



POWERLIFTING HANDBOOK

FISU WORLD UNIVERSITY CHAMPIONSHIPS

QUARTIER UNIL | BÂTIMENT SYNATHLON
CH-1015 LAUSANNE | SWITZERLAND
TEL: +41 21 692 6400
fisu@fisu.net | www.fisu.net | www.fisu.tv



DEPARTMENT
**WORLD UNIVERSITY
CHAMPIONSHIPS DEPARTMENT**

RELEASE DATE
MARCH 2023



INTERNATIONAL
UNIVERSITY
SPORTS
FEDERATION

TABLE OF CONTENT

1. THE HISTORY OF POWERLIFTING IN FISU.....	2
2. SCHEDULE.....	2
3. SPORT REGULATIONS (TECHNICAL REGULATIONS).....	2
4. SERVICES.....	4
5. COMPETITION VENUE.....	4
6. EQUIPMENT.....	4
7. TRAINING SESSION	5
8. COMPETITION PROGRAMME.....	5
9. SPECIFIC MEDICAL AND DOPING CONTROL REQUIREMENTS.....	5
10. SPORT PRESENTATION.....	5
11. SPORT TIMELINE	6

1. THE HISTORY OF POWERLIFTING IN FISU

Powerlifting entered the programme of the FISU World University Championships officially in 2019. The first World University Championship Powerlifting will be organised in Tartu, Estonia in 2024

2. SCHEDULE

ARRIVALS	ARRIVALS + TECHNICAL MEETING	OPENING DAY AND COMPETITION DAY 1	COMPETITION DAY 2 TO 4	COMPETITION DAY 5 & CLOSING CEREMONY	DEPARTURES
----------	------------------------------	-----------------------------------	------------------------	--------------------------------------	------------

3. SPORT REGULATIONS (TECHNICAL REGULATIONS)

3.1. GENERAL TERMS

The Powerlifting competitions shall be organised in accordance with the most recent Technical Regulations of the International Powerlifting Federation (IPF). In any dispute, the English text shall be regarded as authoritative.

The programme and duration of competitions are fixed by FISU in agreement with the Organising Committee and the ITC. The competitions shall last minimum five days and include the following events:

MEN	WOMEN
59 kg	47 kg
66 kg	52 kg
74 kg	57 kg
83 kg	63 kg
93 kg	69 kg
105 kg	76 kg
120 kg	84 kg
+120 kg	+84 kg

The competition shall include the following sequences:

- a) The Squat
- b) The Bench Press
- c) The Deadlift

Gold, silver and bronze medals shall be awarded in squat, bench press, deadlift and total.

A Team Classification shall be calculated as per the IPF TR, and trophies shall be awarded to the top 3 teams by gender.

Individual "Best Lifter" awards calculated via IPF points for top 3 by gender.

Each country is authorised to enter up to 32 competitors with a maximum of two athletes per weight category.

No reserve athletes are allowed.

The delegation may include the following officials according to the number of participants registered:

- 1-8 athletes = max. 2 officials
- 9 or more = max. 4 officials

At the first General Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of competitors accredited by the CIC.

3.2. PRE-COMPETITION PROCEDURE

Three months before the Cup, the Organising Committee has the right to collect 50% of the total cost of stay per athlete and official from participating universities.

3.3. TECHNICAL OFFICIALS

Nomination and costs

International Technical Officials (ITOs) shall be appointed jointly by IPF and FISU. The cost of the ITO's (travel and per diem) will be covered by IPF while full board accommodation in single room will be covered by the OC.

Other costs are referenced in the FISU – IPF Collaboration Convention.

Numbers of Technical Officials

A minimum of 18 ITOs are needed, of which a minimum of 15 shall be from a country other than the host country. Approximately 8 to 10 NTOs are also needed.

ITOs = International Referees, Jury Members and Technical Controllers to run the competition on the lifting platform

NTO's = National Referees to assist on official speakers and scoring table, assist with weigh in, controlling warm up and training area;

4. SERVICES

The Organising Committee shall inform the participating countries through the bulletins and its website about the possible and potential services and their costs.

Wi-Fi shall be available for all delegations for free.

Technical Officials

Technical Officials (TO) Services is complex and must not be underestimated. The Sport functional area must set up an efficient team early in advance.

In coordination with other relevant functional areas, the Technical Officials Services team is responsible for:

- NTOs recruitment in coordination with the Competition Manager and NF;
- support services such as visa, invitation letters, flight tickets (only for NTOs) and accreditation;
- managing and delivering TO clothing / uniforms when requested;
- procuring suitable accommodation for the period required;
- providing daily catering and transportation;
- ensuring that all TOs are properly qualified (in close cooperation with FISU);
- hosting Technical Officials' meetings;
- per diem and allowance payment (only for NTOs).

5. COMPETITION VENUE

The Organising Committee shall present during the inspection visit the layout of the competition venue(s). The complete layout must be sent to FISU Championships Department and FISU TCC for approval. This layout should include all competition and training areas as well as the different areas, accesses and services allocated for each client group taking part in the competition or involved in its delivery.

6. EQUIPMENT

Equipment must be IPF approved.

Equipment needed is listed in the FISU Powerlifting Venue Minimum Requirements.

7. TRAINING SESSION

The training sessions schedule should be drawn up by the FISU Technical Committee Chair together with the Organising Committee Competition Manager and provided to the participating teams as early as possible to make the planning as smooth as possible. Training must be provided from 2 days before the first day of competition until the final day.

8. COMPETITION PROGRAMME

The competition programme shall be approved by the FISU Technical Committee Chair during the inspection visit and published on the website as soon as approved. It has to be in accordance with the tentative schedule.

9. SPECIFIC MEDICAL AND DOPING CONTROL REQUIREMENTS

The venue medical plan shall be presented by the OC and approved by the FISU TCC during the inspection visit.

Doping Control

TESTING DAY(S)	NUMBER OF TESTS	ESA	GHRF
3	15	0	4

10. SPORT PRESENTATION

Sport presentation is the audio-visual presentation of a sport in each competition venue of a FISU World University Championship.

Sport presentation has become a vital instrument of major sport events and is key to delivering the Championship sports successfully. It aims to attract, educate, and entertain live audiences at the competition sites and elevates the sport experience for all client groups.

Sport presentation comprises elements such as video clips, sounds, announcements, World Cup mascots, creation of fan teams, the involvement of cheerleaders and other innovative elements that increase the understanding of the sport and the attractiveness of the competitions.

It is complex and must be carefully planned to the second, as it can have a substantial impact on the operation of broadcasters and venue teams. Therefore, close collaboration and early communication with broadcasting, awarding ceremonies and the ICT is essential.

Sport presentation planning should ground on one common creative theme that fits with the specific Championship concept. Nonetheless, as every sport has its own unique characteristics, it is important that each sport presentation is tailored to the particular sport while still embracing the main theme.

Due to its complexity, FISU suggests the OC to consult expert advice for assisting the OC in developing their sport presentation strategy in an early stage of the event lifecycle.

Considering the importance of sport for the sport presentation planning, the OC is recommended to place sport presentation under the responsibility of the sport manager of the Organising Committee.

11. SPORT TIMELINE

DEADLINES	ACTIONS
Event -12 months	<ul style="list-style-type: none"> - Inspection Visit – Venue visit & equipment approval (FISU TCC) - Competition programme and venue medical plan approval (FISU TCC)
Event -6 months	<ul style="list-style-type: none"> - General entries
Event -3 months	<ul style="list-style-type: none"> - Quantitative entries - 50% payment from the participating countries - ITO & NTO's list (FISU- IPF)
Event -1 month	<ul style="list-style-type: none"> - Individual entries - Event Handbook (OC - FISU TCC)
Event -1 day	<ul style="list-style-type: none"> - Accreditation & teams' confirmation - Referee meeting (ITOs - NTOs - FISU TCC - OC) - General Technical Meeting (NUSFs - OC - FISU)
EVENT	
Event +1 month	<ul style="list-style-type: none"> - Final report to FISU

FISU UNIVERSITY WORLD CUPS POWERLIFTING HANDBOOK

Published by



Contact

World University Championships Department
championships@fisu.net

FISU
International University Sports Federation
Quartier UNIL-Centre | Bâtiment Synathlon
CH - 1015 Lausanne | Switzerland
Tel + 41 (0)21 692 64 00

www.fisu.net | www.fisu.tv

Photos©FISU Archives
This document is not for public distribution
and remains the property of FISU

