



# IWF Grand Prix – RF President Cup

21-23 November 2013

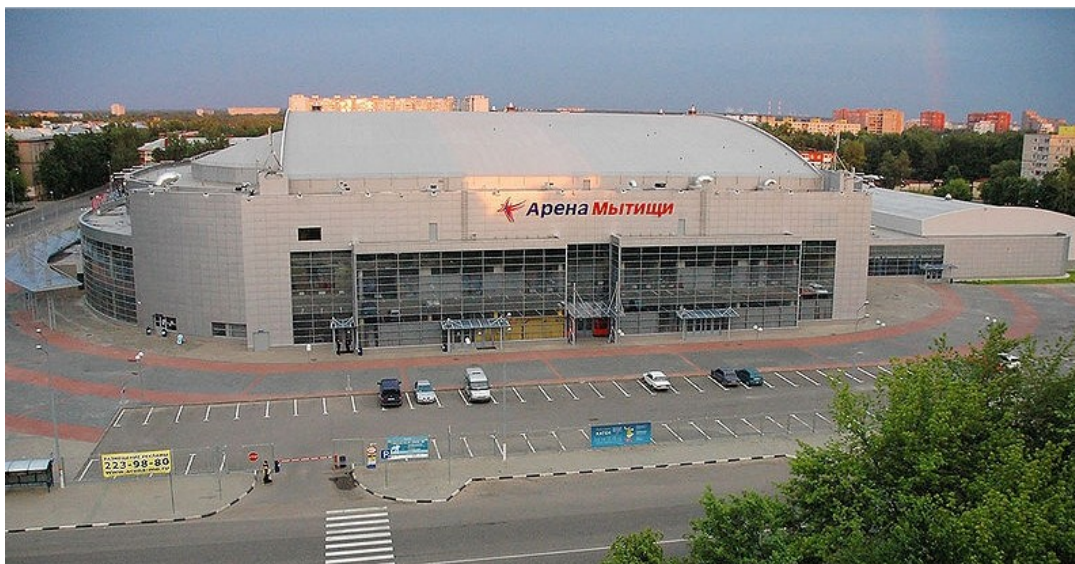
Moscow, Russia

## Competition Regulations



### 1. Competition:

The IWF Grand Prix – Russian Federation President Weightlifting Cup will be held from 21 to 23 November, 2013 in Moscow, Russia at the Palace of Sports “Arena Mytishchi” (17 Letnaya str., Mytishchi, [www.arena-mo.ru](http://www.arena-mo.ru)).



The athletes will be invited to compete in the following bodyweight categories:

- Men 94kg, 105kg, +105kg
- Women 75kg, +75kg

In each bodyweight category maximum 12 athletes are allowed to compete:

- 8 athletes are invited according to the IWF Ranking Lists (excluding Russian athletes),
- 2 athletes representing Russia upon approval by the President of the Russian Weightlifting Federation,
- 2 athletes by individual applications subject to Russian Weightlifting Federation’s decision

## 2. Awards:

The winner and medalists in Snatch and Clean & Jerk in each bodyweight category will be awarded with medals and diplomas of the Russian Federation Ministry of Sports.

The winner and medalists in Total in each bodyweight category will be awarded with Prize Money, medals, diplomas. The winner in Total in each bodyweight category will receive the smaller-size copies of the Russian Federation President Weightlifting Cup.

Winners according to the Total result in each bodyweight category will be awarded with Prize Money as follows:

First place: 5 000 USD

Second place: 3 000 USD

Third place: 2 000 USD

Any athlete setting up a new Senior World Record will be awarded with the following bonus:

Snatch: 3 000 USD

Clean & Jerk: 3 000 USD

Total: 6 000 USD

The World Record bonus is provided only for the last record in the progression in one lift and limited to 6 000 USD per person in each bodyweight category.

The best Team according to the combined Men and Women Team Classification will receive the Russian Federation President's Weightlifting Cup.

Dress code for the Closing Ceremony: formal (elegant dress or costume for women, dark suit for men).

## 3. Program:

Date		
November 21		Arrival, Accreditation, Verification of Final Entries
November 22	18:00	Opening of the sports complex for spectators
	18:30 - 19:00	Opening Ceremony
	19:00 - 20:30	Women. 75 kg
	20:30- 20:45	Women. 75 kg Awarding Ceremony
	21:00 - 22:30	Men. 94 kg
	22:30 - 22:45	Men. 94 kg Awarding Ceremony
November 23	15:00	Opening of the sports complex for spectators

	16:00 - 17:30	Women. + 75 kg
	17:30- 17:45	Women. + 75 kg Awarding Ceremony
	18:00 - 19:30	Men. 105 kg
	19:30 - 19:45	Men. 105 kg Awarding Ceremony
	20:00 - 21:30	Men. + 105 kg
	21:30 - 21:45	Men. + 105 kg Awarding Ceremony
	23:00 - 23:30	Closing Ceremony
November 24		Departure

**The final competition program is subject to change.**

#### **4. Training:**

Trainings will be organized at the Palace of Sports “Arena Mytishchi” from 9:00 till 23:00. We will provide training time for each team after the final entries are processed.

#### **5. Equipment:**

IWF approved sport equipment will be provided.

#### **6. Accommodation:**

The official accommodation in the “Lecco” Hotel (32, Letnaya str., Mytishchi, <http://www.lecco-hotel.ru/en/>).



### **7. Doping control:**

Doping control shall be carried out in accordance with the IWF rules and regulations.

### **8. Financial conditions:**

The Russian Weightlifting Federation will cover costs for the invited athletes and one coach per National Federation or one accompanying person:

- Economy round trip flight tickets
- local transfer
- accommodation from 21<sup>st</sup> till 23<sup>rd</sup> November 2013
- three meals per day

Additional athletes and coaches applying individually for participation should cover their expenses. For further details contact the Organizing Committee.

### **9. Visa:**

Organizing Committee provides visa support to Russia if needed. Visa fee is paid individually by all the applicants and participants.

### **10. Applications, Entries**

Applications to participate and confirmation on invitations should be sent to the Organization Committee before 15 September 2013.

Final entries should be sent before 1 November 2013 both to the Russian Weightlifting Federation ([office@pcwl.ru](mailto:office@pcwl.ru)) and the International Weightlifting Federation ([eva.balogh@iwfnet.net](mailto:eva.balogh@iwfnet.net)).

## 11. Organization Committee contacts

### *Russian Weightlifting Federation*

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The President of  
the Russian Weightlifting Federation



Sergey Syrtsov