



## OFFICIAL INVITATION

### The International Powerlifting Federation and the South African Powerlifting Federation

invite

the IPF member nations to participate in the

**Arnold Rogue Classic Powerlifting Grand Prix,  
Equipped Powerlifting, Classic & Equipped Bench Press**

**from 3<sup>rd</sup> to 4<sup>th</sup> June 2022**

**in Roodepoort Gauteng , SOUTH AFRICA**

**Please note: all information is posted only for information purposes. All entrants must be Affiliated members in good standing with any approved IPF Federation.**

- Meet Director:** Hannie Smith  
**Phone:** +27825663433  
**E-Mail:** [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport)
- Host City:** Roodepoort Gauteng, SOUTH AFRICA
- Date:** 3<sup>rd</sup> to 4<sup>th</sup> June 2022
- Venue:** Ruimsig Athletics Staduim, Handicap Road, Ruimsig Roodepoort
- Hotel:** Hotels must be booked individually. The organiser will not provide any hotel.
- Entry Opening Date:** 1 April 2022 at 12H00 Johannesburg time (GMT+1)  
Entries will open at this time and date. Entries are limited to 10 male and 10 females in the Bench Press and Equipped Powerlifting and 20 male and 20 females in the Classic Powerlifting. Entries will be on a first come first serve basis, based on the date and time of the Prelim Entries received. In terms of IPF rules, this date is deemed to be the Preliminary Entry Date.
- Last Date for Payment:** 48 Hrs after Receipt of Confirmation of Entry  
Payments must be made within 48hrs of receipt confirming your Entry, failing which your Entry will be forfeited. Payment details are all listed within the Invitation. Payment amounts will be in South African Rands. Doping Fee, plus one Entry Fee per Competition. Entries will be accepted on a first come first serve basis, based on the date and time of your Entry Submission. You will only be notified confirming your successful Entry and requesting payment if you are within the cut-off limits.
- Final Date:** 13 May 2022  
Final Date for withdrawals, where a 10% cancellation fee will apply.



## Arrivals/Transportation Information

### International Airport for arrival:

Johannesburg (JNB) O.R. Tambo International Airport  
Airport – Hotel transport must be organized by each attendant individually

### Participation Fee:

R1070 for each lifter per competition  
Payments must be made within 48hrs of receipt confirming your Entry, failing which your Entry will be forfeited. Payment details are all listed within the Invitation. One Doping Fee, and one Entry per Competition. Entries will be accepted on a first come first serve basis, based on the date and time of your Entry Submission. You will only be notified confirming your successful Entry and requesting payment if you are within the cut-off limits.

### Anti-Doping Fee:

R1070 irrespective of the number of Competitions entered

### Qualifying Criteria:

In order to compete, you must have competed at atleast one competition within the last 12 months.

### T-Shirts:

T-Shirts will be provided and included withing Participation fee

**Health and Travel Insurance:** All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend the travel insurance for covering loss of luggage, theft, delayed planes etc.

### COVID19 Regulations:

The Championship will be organised under strict COVID19 rules and regulations.

IPF COVID Precautions are published on the webpage under the following link:

<https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>

Additionally, the IPF will follow to 100% the COVID Rules and Regulations of the Government from the host country (South Africa). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the South Africa Government. Failure to do so, will cause a disqualification and exclusion from the championship.

### Scoring:

All scorings are based on IPF GL Points (no weight categories!)

### Awards/Prize Money:

All participants will receive a medal. The top 3 in each Session will Receive an award and the prize money according the list below.

## Rogue Classic Powerlifting Grand Prix

|          | <b>Women</b> | <b>Men</b>   |
|----------|--------------|--------------|
| 1. Place | EUR 1.000,-- | EUR 1.000,-- |
| 2. Place | EUR 500,--   | EUR 500,--   |
| 3. Place | EUR 350,--   | EUR 350,--   |

## Bench Press Equipped

|          | <b>Women</b> | <b>Men</b> |
|----------|--------------|------------|
| 1. Place | EUR 500,--   | EUR 500,-- |
| 2. Place | EUR 350,--   | EUR 350,-- |



3. Place EUR 200,-- EUR 200,--

**Bench Press Classic**

|          | <b>Women</b> | <b>Men</b> |
|----------|--------------|------------|
| 1. Place | EUR 500,--   | EUR 500,-- |
| 2. Place | EUR 350,--   | EUR 350,-- |
| 3. Place | EUR 200,--   | EUR 200,-- |

**Powerlifting Equipped**

|          | <b>Women</b> | <b>Men</b> |
|----------|--------------|------------|
| 1. Place | EUR 500,--   | EUR 500,-- |
| 2. Place | EUR 350,--   | EUR 350,-- |
| 3. Place | EUR 200,--   | EUR 200,-- |

**The payouts for each Session requires a minimum number of 8 competitors.**

**Provisional time Table**  
**Timetable subject to schedule changes**

| Day                       | Session                                                                                                                                                                                      | Weigh In      | Competition   | Victory Ceremony |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------|------------------|
| <b>Friday, 03.06.22</b>   | Classic Bench Press -Men – 10 entries only<br>Classic Bench Press Women – 10 entries only<br>Equipped Bench Press – Men - 10 Entries only<br>Equipped Bench Press – Female - 10 entries only | 07:00 – 08:30 | 09:00 – 12:00 | 12:15            |
|                           | 2. Classic Powerlifting Male 20 entries only                                                                                                                                                 | 11:00 – 12:30 | 13:00 – 16:30 | 16:45            |
| <b>Saturday, 04.06.22</b> | 1. Classic Powerlifting Female – 20 entries only                                                                                                                                             | 07:00 – 08:30 | 09:00 – 12:30 | 12:45            |
|                           | 2. Equipped Powerlifting Male 10 entries only<br>Equipped Powerlifting Female 10 entries only                                                                                                | 11:00 – 12:30 | 13:00 – 17:00 | 17:15            |

**Victory Ceremonies:** Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation. Prize money only release pending Negative Drug Test Results



**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships.

Hannie Smith  
South African Powerlifting Federation

Hannie Smith  
Meet Director

Gaston Parage  
IPF President