**INTERNATIONAL WEIGHTLIFTING COMPETITION REGULATIONS**

**"Ludza City Cup" – 2025**
(Ludza City Festival Event)

**1. PURPOSE AND OBJECTIVES**

1.1. To promote weightlifting in Ludza and throughout Latvia.
1.2. To determine the best athletes of the year 2025.
1.3. To improve the skill level of athletes.

**2. COMPETITION MANAGEMENT, PARTICIPANTS, PROGRAM**

2.1. The competition is organized by Ludza Municipality Sports School in cooperation with the Ludza Municipality. The event will be conducted by an officially approved panel of judges, in accordance with the regulations of the Latvian Weightlifting Federation (LWF).
2.2. Responsible person and Head Judge of the competition: **Deniss Žulins** (Phone: +371 27894783)

**3. VENUE AND DATES**

3.1. The competition will take place:

* **August 8, 2025** at 17:00 (Weigh-in: 15:00–16:00)
* **August 9, 2025** at 9:00 (Weigh-in: 7:00–8:00)

3.2. Team arrival: **August 8**
3.3. Team departure: **August 10**
3.4. Venue: **Ludza Municipality Sports School Athletics Hall, Sporta iela 21, Ludza**

**4. PARTICIPANTS**

4.1. The competition is open to participants **of all ages**.
4.2. Winners in each weight category will be determined by the **total of two lifts**.
4.3. **Weight categories**:

* **Men**: 30 kg, 35 kg, 40 kg, 46 kg, 52 kg, 56 kg, 60 kg, 65 kg, 71 kg, 79 kg, 88 kg, 94 kg, +94 kg
* **Women**: Evaluated using the **Sinclair point system** in the following age groups: **U15, U17, and Adults**
4.4. Participating teams: **Latvia, Lithuania, Estonia**

**5. AWARDS**

5.1. The top three athletes in each category will be awarded **diplomas and medals**.
5.2. **Team Awards**: The **top three teams** will receive cups based on the highest individual Sinclair result within the team, in the following age groups:

* **Boys**: U10, U13, U15, U17, U20
* **Girls**: U15, U20
5.3. **Individual Awards**: Cups will be awarded to the strongest athletes based on Sinclair points in the following groups:
* **Boys**: U10, U13, U15, U17, U20, Men
* **Girls**: U15, U20

**6. APPLICATIONS**

Preliminary applications must be submitted **by August 1, 2025**, indicating the number of participants in each weight category.
Submit to: **denis822@inbox.lv** or call **+371 27894783**
The official application must be submitted **on the day of team arrival**.

**7. CONDITIONS**

7.1. The organizer will cover the costs related to the organization of the competition.
7.2. **Travel and accommodation expenses** for participants are covered by the **sending organization**.

**8. PERSONAL DATA PROCESSING**

8.1. The organizer informs that the competition will be photographed and filmed. Personal data submitted will be used for result processing and awarding purposes.

**9. MEDICAL SUPPORT**

9.1. A certified **medical professional** will be present during the competition.