

EVLS CUP

Benchpress & Deadlift

Proposition

16. - 17th November 2024, Prague, Czech Republic

1) General information

Organizer: EVLS
Date of action: **16.-17th november 2024 (Saturday, sunday)**
Place: PVA Expo Prague, Beranových 667, Prague 9 - Letňany
Characteristics: International open benchpress and deadlift cup

Applications: Send at the latest date of October 20, 2024.
Pay the starting fee at the latest date of October 20, 2024.
- online application form: <https://tinyurl.com/EVLS2024Form>
- starting list: <https://tinyurl.com/EVLS2024-Startlist>

Informations: Vladimír Jeřábek tel. +420777616566
email: jerabek.vladimir@seznam.cz

WWW: www.EVLS.cz

2) Competition – general rules

Competition – EVLS CUP

- a) **Benchpress RAW** (without equipment – singlet, belt, shoes)
- b) **Benchpress EQUIPPED** (with equipment – suit, belt, wrist wraps)
- c) **Deadlift RAW** (without equipment – singlet, belt, shoes, knee socks)
- d) **Deadlift EQUIPPED** (with equipment – suit, belt, wraps)

Final results

Final results will be evaluated by the rules of powerlifting, the weight classes and age classes. (detailed bellow).

a) Weight classes:

Women: (67,5 kg, 67,5+ kg), we can split the categories, after registration, to the 2 equal ones.

Men: (90 kg, 110 kg, +110 kg) we can split the categories, after registration, to the 3 equal ones.

b) The minimal starting attempt

First attempt limits						
Weight class		67,5 kg	+67,5 kg	90 kg	110 kg	+110 kg
Benchpress	Women	40 kg	65 kg	x	x	x
	Teens + Juniors	x	x	120 kg	130 kg	140 kg
	Open	x	x	140 kg	150 kg	160 kg
	Masters	x	x	115 kg	125 kg	135 kg
	EQUIPPED	x		200 kg		
Deadlift	Women	90 kg	120 kg	x	x	x
	Teens + Juniors	x	x	175 kg	185 kg	195 kg
	Open	x	x	200 kg	220 kg	240 kg
	Masters	x	x	185 kg	195 kg	205 kg
	EQUIPPED	x	x	250 kg		

c) Absolute winners

- 1) Women RAW - weight coefficient (Cots)
- 2) Teens + Juniors RAW – weight coefficient (Cots)
- 3) Open RAW – weight coefficient (Cots)
- 4) Masters RAW – weight and age coefficients (Cots + McCulloch)
- 5) Open EQUIPPED – weight coefficient (Cots)

The absolute winner will be declared for each discipline in RAW and single at EQ category. Organizer could merge the classes, if there are fewer than 5 competitors.

3) Starting fees

- **50 € for the start in 1 category**
- **+ 30 € each other start**
- **Entry ticket for the EVLS Prague 2024 expo is included, additional 30% discount for the EVLS Prague 2024 – bodybuilding show**

Registration after deadline (20.10. 2024) is possible only with the director approval.

Payment method:

Transfer or deposit on the account international payment:

IBAN: CZ90 0300 0000 0003 3641 1831, BIC/SWIFT: CEKOCZPP

It's essential to identify competitor – name within the payment

Starting fee is refundable only in a case of health emergency – in that case, we need a medical approval.

Please, make sure the payment will arrive till the official deadline – 20.10.2024.

4) Technicals

Competition will be held under the official competition rules of the powerlifting sport. Equipment must be approved by the rules of powerlifting competitions.

Condition of starting at EVLS benchpress and deadlift cup :

Filled and sent application – till 20.10.2024

Paid off start fee – till 20.10.2024

Signed application of starting at your own risks – sign at the weighing

Protests are filed to the director of competition, under the fee of **100 €**

5) Team of officials

Director:	Vladimír Jeřábek
Technical chief:	Luděk Kalenský
Speaker:	Vladimír Jeřábek
Medical:	[will be filled]
Loading crew:	Team Strogmen Most
Protests official:	Vladimír Jeřábek

6) Team of referees

Experienced and accredited referees.

7) Time schedule

Presentation and weigh-in:

15.11.2024	17:00 - 19:00	Benchpress RAW + EQUIPPED
16.11.2024	08:00 - 10:00	Benchpress RAW + EQUIPPED, Deadlift RAW + EQUIPPED
	17:00 - 19:00	Deadlift RAW + EQUIPPED
17.11.2024	08:00 - 10:00	Deadlift RAW + EQUIPPED

Competition day - 16. 11. 2024

11:00 start Benchpress RAW + EQUIPPED
17:00 winners ceremony Benchpress RAW + EQUIPPED

Competition day - 17. 11. 2024

11:00 start Deadlift RAW + EQUIPPED
17:00 winners ceremony Deadlift RAW + EQUIPPED

The exact time schedule of the competition will be published after the closure of applications (20.10.24). We strongly recommend to watch information channels of the competition – (will be filled).

8) Prizes and titles

Competitors will earn medals, diplomas, cups and other prizes. Absolute winners will also earn **Prize money 500€** for the highest performance in **bench press** and **500€** for the highest performance in **deadlift** (converted according to **Cots coefficient**).

9) Insurance

Every competitor has own responsibility for insurance himself.

Also every competitor has to sign a declaration of starting at his own risk form – sign at weigh in.

10) GDPR

Information on the processing of personal data and approval on processing of personal data :

Every competitor, who sign and send the application form is granting acceptance on the processing of personal data.

11) Accomodation

Competitors are ensuring their own accomodation.

12) Other

Director is taking a reserve of changing any of the aforementioned provisions.

Make:
Vladimír Jeřábek
Director
Day : 30.8.2024

Approved by:
Vladimír Mati
EVLS
Day: 30.8.2024