



TARTU 2024 FISU WORLD UNIVERSITY CHAMPIONSHIPS

POWERLIFTING

TECHNICAL HANDBOOK



FISU WORLD UNIVERSITY CHAMPIONSHIPS

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INTERNATIONAL
UNIVERSITY
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TARTU 2024



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1. HISTORY

Powerlifting officially became part of the FISU World University Championships programme in 2019, marking a significant milestone in the development and recognition of university-level strength sports on the global stage.

In 2024, the inaugural FISU World University Championship Powerlifting took place in the vibrant city of Tartu, Estonia. Renowned for its rich academic tradition and lively cultural scene, Tartu provided an ideal backdrop for the event. The 2024 championship was a memorable occasion, showcasing the best young powerlifters from across the globe competing in a well-organised, professional, and welcoming environment.

2. STATISTICS

EDITION	YEAR	COUNTRY	CITY	COUNTRIES	ATHLETES			OFFs	TOTAL
					M	W	TOT		
1	2024	EST	Tartu	22	125	81	206	62	268

3. GENERAL SCHEDULE

DAY -3	DAY -2	DAY -1	DAY 1-4	DAY 5	DAY 6
A	A	GTM / OC	C	C / CC	D

Legend: A – Arrivals / CC – Closing Ceremony / C – Competition / D – Departures / GTM – General Technical Meeting / OC – Opening Ceremony

For Powerlifting, the competitions shall last 5 days

4. REGISTRATION PROCEDURES

4.1. GENERAL ENTRY (DEADLINE: -6 MONTHS TO THE EVENT)

The General Entry is the first stage of the registration process, where delegations are invited to register, through the NUSFs, for the Championship indicating a general interest in participating in the event.

Teams and athletes are not required to submit any documentation or undergo a selection processes.

The submission of a General Entry Form is non-binding, indicating only initial interest by the NUSF but not final commitment

4.2. QUANTITATIVE ENTRY (DEADLINE: -3 MONTHS TO THE EVENT)

During the Quantitative Entry the NUSF delegation commits to participate and confirms the delegation composition in terms of numbers and although it does not yet provide individual details, it requires the NUSFs to submit an accurate count of delegation members.

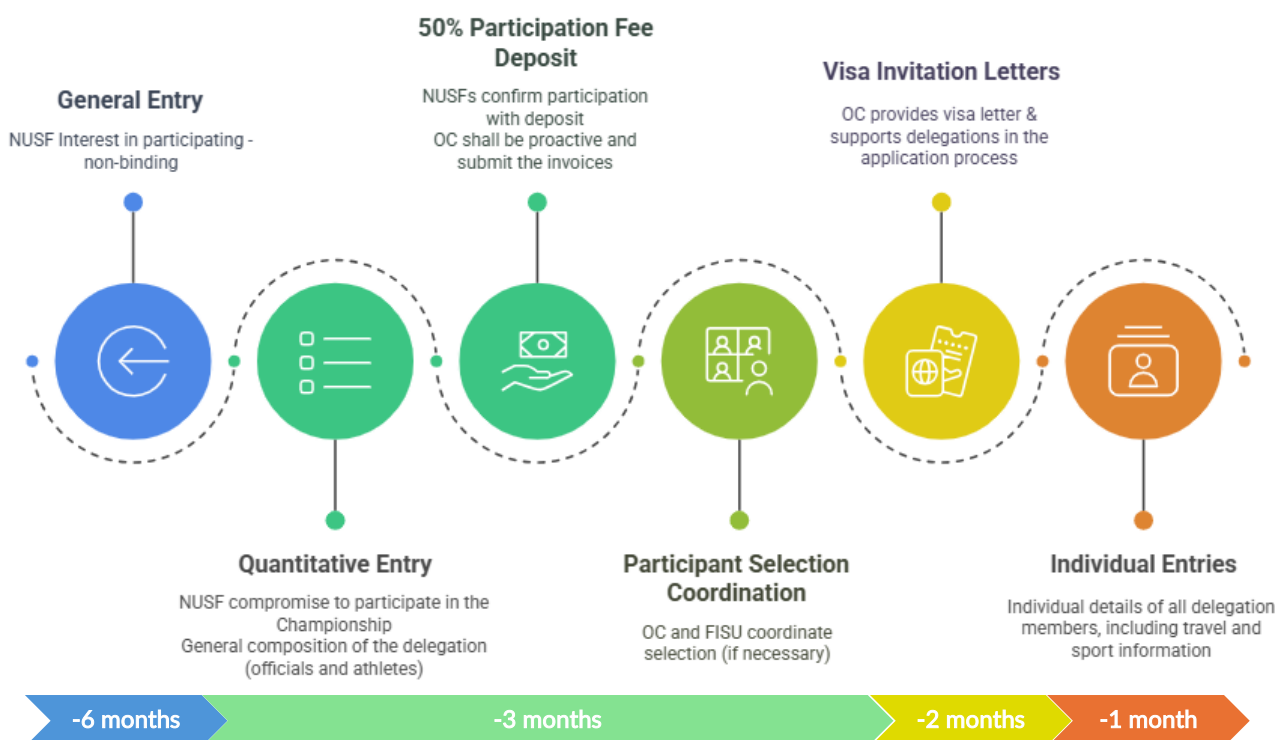
At this stage, a 50% payment of the participation fees is due and must be settled by the Quantitative Entry deadline. By proceeding with the payment, the delegation confirms its participation in the Championship.

This deposit serves as a participation guarantee, and is non-refundable in case of withdrawal, with refunds subject to FISU General Regulations and any OC-specific cancellation policies

4.3. INDIVIDUAL ENTRY (DEADLINE: -1 MONTH TO THE EVENT)

The Individual Entry is the final step in FISU event registration. The NUSF must provide all relevant data and documentation for each delegation member.

The remaining 50% of the participation fees is paid in full to the Organising Committee by this deadline. Failure to do so may result in non-participation in the Championship, unless specifically approved by the Organising Committee



5. SPORT REGULATIONS

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

The competitions shall last 5 days as indicated in the General Schedule (Section 3) and the competition programme shall be proposed by the Organising Committee Competition Manager and confirmed by the FISU TCC, including the following events:

5.1. COMPETITION EVENTS

WEIGHT CATEGORIES (SQUAT / BENCH PRESS / DEADLIFT)								
Men's	59Kg	66Kg	74Kg	83Kg	93Kg	105Kg	120Kg	+120Kg
Women's	47Kg	52Kg	57Kg	63Kg	69Kg	76Kg	84Kg	+84Kg

5.2. CLASSIFICATION SYSTEM

The competition will comprise the following sequences:

- The Squat
- The Bench Press
- The Deadlift

A. Squat / Bench Press / Deadlift Classification

Each competitor is permitted three attempts at each lift. The lifter's highest valid attempt for each lift will be used to calculate their competition total. In the event of a tie on the total, the lighter lifter will be ranked higher than the heavier lifter.

If two lifters record the same bodyweight at weigh-in and ultimately achieve identical totals at the end of the competition, the lifter who achieved the total first will be ranked higher. The same procedure applies for awards in the best squat, bench press, and deadlift, as well as in the case of a world record break.

Individual medals will be awarded to the top performers in each individual lift—gold, silver, and bronze medals will be presented for the best performances in the squat, bench press, and deadlift.

B. Total

Furthermore, a comprehensive "Total" category will be introduced, whereby athletes' combined scores from all three lifts are aggregated. Medals will be awarded to those who achieve the highest total scores across the entire competition.

C. Individual Best Lifter

Additionally, an individual "Best Lifter" award will be presented to the top three lifters in each gender category, based on the IPF GL Points System. The Best Lifter in each gender category will receive a trophy.



D. Team Classification

A comprehensive Team Classification will be established in accordance with the International Powerlifting Federation (IPF) Technical Rules (TR). Trophies will be awarded to the top three teams in each gender category, recognising their combined performance across their best lifters.

For the purposes of the team competition, only the point scores of the five highest-ranked lifters from each delegation will be considered. A team must consist of at least five members. In the event of a tie in points scored, the final team placings will be determined based on the following criteria:

- If there is a tie between two delegations with the same number of first-place finishes, the team with the greater number of second-place finishes will be ranked higher. This approach continues through the ranking of the maximum of five scoring lifters.
- If the tie persists after applying the above criteria, the delegation with the higher total number of IPF points will be declared the higher-placed team.

To be eligible for the Team Classification, delegations must have a minimum of five athletes. Additionally, there must be one athlete per category competing across any three different categories in each gender. Teams failing to meet these requirements will not be considered for the team awards

The overall Team Classification will be calculated in strict accordance with the IPF Technical Rules, and trophies will be awarded to the top three teams in each gender category

E. Weigh-Ins

Competitors' weigh-ins must be conducted no earlier than two hours prior to the commencement of the respective category's competition. Weigh-ins will be organised per session according to lot number, with the lowest lot number weighing in first. For example, flight one will weigh in before flight two, beginning with the lowest lot number in flight one.

The weigh-in period will last for one and a half hours

5.3. DELEGATIONS COMPOSITION

A. Athletes

EVENTS	MEN's	WOMEN's
Weight Categories	Max. 2 athletes per category	Max. 2 athletes per category
Max. 32 athletes (16 men & 16 women) per delegation		

All participating players and coaches will require a valid IPF license as a condition of entry

No reserve athletes are allowed

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

B. Officials

TOTAL NUMBER OF ATHLETES	TOTAL NUMBER OF OFFICIALS
1 to 8 athletes	Max. 2 officials
9 to 16 athletes	Max. 3 officials
Over 16 athletes	Max. 4 officials

6. TECHNICAL OFFICIALS

6.1. INTERNATIONAL TECHNICAL OFFICIALS

For the FISU Championship, the ITOs are appointed by IPF, with the endorsement of FISU. This appointment process considers several critical factors, including the number of participants, the level and availability of NTOs, and the goal to minimise expenses when possible. To achieve cost-efficiency, IPF will aim to nominate ITOs from neighbouring countries whenever feasible. This approach not only fosters regional cooperation but also optimises resources.

A. Number & Roles of ITOs

INTERNATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
18	Referee / Official
8	Media
A total of 26 ITOs are required	

B. ITOs Costs

According to the Collaboration Convention signed between FISU and IPF, the costs of the ITOs are the following:

- IPF will cover:
 - Technical Delegate's flights
 - ITOs flights
 - ITO's per-diem
- Organising Committee shall cover:
 - Technical Delegate's accommodation in single room
 - Technical Delegate's meals
 - Technical Delegate's internal transportation
 - ITOs' accommodation in single rooms
 - ITOs' meals
 - ITOs' internal transportation

6.2. NATIONAL TECHNICAL OFFICIALS

Concerning the NTOs, these individuals are appointed by the Powerlifting National Federation or the appropriate governing bodies within a country, under the supervision of the Organising Committee.

A. Number & Roles of NTOs

NATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
7	Spotter
4	Administrator
4	Controller (Warm-Up & Training Area)
3	Entry & Admin Registration
A total of 18 NTOs are required	

B. Agreement with the NF

Concerning the NTOs participation, it falls outside the scope of FISU or IPF. It is therefore advisable for the Organising Committee to reach an agreement directly with the National Federation. This collaboration will help ensure clarity and alignment on the financial aspects associated with it, including the following:

- NTOs Nomination – Ensure all NTOs possess the necessary qualifications to work in an international event
- Management and distribution of the technical official's clothing/uniforms
- Arrangement of suitable accommodation for the required period, if needed

It is strongly recommended to initiate communication with the National Federation promptly regarding the appointment of these officials. This proactive approach will help avert any potential personnel shortages that may arise from conflicting event dates, thereby expanding the available options and ensuring a more successful engagement

7. SPORT MINIMUM REQUIREMENTS

7.1. COMPETITION VENUES

- Number of competition venues – 1
- Type of venues – Indoor
 - Stage – 12m x 12m
 - Height – max. 0.1m
 - Competition platform – 4m x 2.5m
- Lighting – min. 3.000 lux

7.2. TRAINING VENUES

- Number of training venues – 1
- Type of venue – Indoor
 - Enough space for 3 training platforms – 3m x 3m, with safety zones

7.3. FACILITIES

- Official weigh-in room
- Test weigh-in room
- Referee room

7.4. EQUIPMENT

A. Venue Equipment

- Scale – min 3 (official scale, test scale and hotel(s) scale)
 - Capacity – weigh up to 200kg
 - Precision – 2 decimals
- Platform
- Bars & Discs
- Collars
- Squat Racks
- Bench
- Clock
- Lights
- Scoreboard
- Screens with scoreboard at the warm-up area
- Deadlift jack – min 3

B. Warm-Up Area

- Warm-up platforms with official IPF-approved powerlifting racks, bars, and kilo calibrated powerlifting plates – min 6

C. Uniforms & Sport Equipment

- National tracksuit, or IPF-approved lifting gear

Please refer to the [Minimum Requirements document](#) for more detailed information

8. TRAININGS

The Organising Committee is responsible for coordinating and communicating the training schedule to each delegation, ensuring appropriate access to facilities based on the sport and competition schedule. Some of the factors to be considered are:

- Create a training schedule based on the indications of the FISU TCC
- Consider the usage of the main competition venue, if needed and appropriate
- Provide hydration and basic medical assistance for training sessions
- Share a detailed training plan with each delegation at least 48 hours before their arrival
- Ensure training venue availability throughout the Championship

Please refer to the [Section 5.2.3 of the General Handbook](#) for more detailed information regarding Trainings

9. MEDICAL SERVICES

A. FISU Requirements

- First aid and Emergency Medical care
- Medical transportation
- OC on-call first aid medical services shall be available on a 24-hour basis
- A minimum of two ambulances per venue should be available and on duty from the start of warm-up until at least 45 minutes after the final competition of the day

B. Participants Medical Insurance

All participants must have valid travel medical insurance, covering:

- 24/7 Emergency Assistance
- Emergency Medical Expenses
- Medical Evacuation/Repatriation
- Trip Cancellation/Interruption
- Accidental Death or Injury

The OC is solely responsible for providing first aid, emergency medical care, and transportation to the designated hospital. All other medical costs shall be borne by the participant's insurance

Refer to Section 3.4.1 of the General Handbook for more detailed information regarding Medical Services

10. DOPING CONTROL

A. FISU Requirements

- The requirements regarding the number and type of doping tests, as well as the total number of tests to be conducted, can be found in the *FISU Doping Test Requirements* document. This information is available exclusively to the Organising Committee.
- The OC Doctor or Head of the Medical area shall coordinate the doping testing and contact the FISU CMI to clarify the moment or disciplines in which the tests will be carried out.
- All doping tests costs (including collection, transportation, laboratory analyses) shall be borne by the Organising Committee.

B. Athletes Selection

- Athletes are eligible for testing once accredited until departing from the official event accommodation.

Please refer to Section 3.4.2 of the General Handbook for more detailed information regarding Doping Control

11. PROTOCOL, SPORT PRESENTATION & AWARDING

11.1. MEDALS TABLE

POWERLIFTING								
WEIGHT CATEGORIES		EVENTS	MEN			WOMEN		
MEN	WOMEN		G	S	B	G	S	B
59Kg	47Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
66Kg	52Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
74Kg	57Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
83Kg	63Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
93Kg	69Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
105Kg	76Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
120Kg	84Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
+120Kg	+84Kg	Squat	1	1	1	1	1	1
		Bench Press	1	1	1	1	1	1
		Deadlift	1	1	1	1	1	1
		Total	1	1	1	1	1	1
TOTAL			32	32	32	32	32	32



A. FISU Requirements

The Organising Committee is responsible for providing the medals as shown in the table above. Medals must be awarded for all categories and events. The top 3 athletes in each event (Squat, Bench Press, Deadlift & Total) are eligible for medals.

The table below provides a comprehensive overview of the total number of medals awarded across all competition disciplines. Please note that extra/reserve medal sets and the FISU set are not included in these figures.

POWERLIFTING MEDALS	
Gold	64
Silver	64
Bronze	64

The Organising Committee must provide FISU with a set of medals of the event

B. Recommendations & Considerations

It is crucial to have additional sets of medals on hand as a contingency. Some medals may be defective and may need to be replaced.

Medals are not mandatory for Officials in Powerlifting

11.2. SPORT PRESENTATION

Sports presentation is vital for elevating a Championship from a competition to an unforgettable experience. It encompasses everything from music and lighting to commentary and fan engagement, creating a unique atmosphere that engages the audience.

In case there is a big screen in the venue for the spectators, some educational video (provided by IPF) regarding the rules of the sport can be displayed at the beginning of the competition day

A. FISU Requirements

- **Audio Elements**
 - Sound System: A high-quality sound system is essential for announcements, music, and commentary, ensuring clear communication and an engaging atmosphere.
 - Microphone: Essential for general announcements such as schedule, results, athletes introduction, general information, and others.
 - Thematic Music: Curate an energetic playlist to be played during introductions, warm-ups, and medal ceremonies to elevate the excitement.
- **Commentary and Announcing**
 - Live Announcements: Make timely announcements regarding event schedules, race results, and athlete backgrounds to keep the audience informed and engaged.
- **Athletes Introduction**
 - Ceremonial Introductions: Develop exciting and personalized introductions for the athletes, showcasing their achievements and backgrounds.

B. Recommendations & Considerations

- **Audio Elements**
 - DJ: Enhances the atmosphere and overall experience of a sports competition, by creating and maintaining energy, motivating the athletes and engaging the crowd.
 - Request to have music played during the competition and between lifters' attempts as part of the effort to encourage audience engagement and promote social media interaction.
- **Commentary and Announcing**
- The IPF will send a speaker to the venue to handle all competition-related announcements, ensuring a smooth progression of the event and the proper management of timings and attempts.
- The IPF will provide a commentator, along with its broadcasting team for the live stream (additional requirements may be necessary).
- The IPF will also dispatch a Computer Secretary to oversee the scoring system and referee lights.
- For enhanced media coverage, the IPF will also arrange for its own professional photographer, experienced in the sport.

12. SERVICES

The Organising Committee should provide a variety of services for the event, including:

- Ice
- Laundry
- Wi-Fi

Please refer to the [Section 3.11 of the General Handbook](#) for more detailed information on all services

12.1. ICE

The supply of ice is one of the most common requests from participating delegations, particularly for injury treatment and recovery purposes.

- The Organising Committee must supply ice for treating injuries during both practice and competition, as part of the medical coverage for the event. It does not cover large quantities of ice needed for recovery treatments, such as cryotherapy.

[The Organising Committee secure a reliable ice provider on standby, anticipating the request from teams and establishing clear procedures for ice procurement, including pricing and how to access this service](#)

12.2. LAUNDRY

Laundry services are essential for many sports, particularly in long-duration competitions and team sports, where athletes may require frequent changes of clothing.

- Laundry services must be provided in all Team Sports Championships and in all sports with more than four competition days.
- Self-Service or Full-Service Laundry can be considered (hotel/accommodation and external services included in the latter)

Self-Service is the preferred option, giving more flexibility and control to the teams. If not, it is important to negotiate reduced pricing and adjust the timing for collection/delivery of uniforms with the provider

12.3. WI-FI

Wi-Fi is an essential service for university students, as it serves as a critical infrastructure that fosters communication and supports their academic responsibilities.

- Participants can easily access real-time information about event schedules, results, and updates. This allows them to plan their day effectively, ensuring they don't miss out on key events and activities.
- Participants can engage with live broadcasts, social media updates, and other digital content related to the event.
- For many students, academic responsibilities continue even during events. Wi-Fi connection ensures they can access study materials and educational resources, maintain communication with professors, and keep up with online courses.

Wi-Fi should be provided free of charge for all participants at the event, both at the accommodation sites and at the competition venues

13. GENERAL TIMELINE

TIMELINE	ACTIONS
Event -12 months	• Coordination Visit ◦ Venues visit and Equipment approval (FISU TCC) • Competition programme approval (FISU TCC) • Venue medical plan approval (FISU TCC)
Event -6 months	• General Entries (NUSFs)
Event -3 months	• Quantitative Entries (NUSFs) • 50% payment from participating countries (NUSFs / OC) • ITOs & NTOs list (FISU / IPF)
Event -1 months	• Individual Entries (NUSFs) • 100% payment from participating countries (NUSFs / OC) • Final Bulletin (OC / FISU / FISU TCC)
Event -1 day	• Accreditation and participants list confirmation (NUSFs) • Technical Officials Meeting (ITOs / NTOs / TCC / OC) • General Technical Meeting (NUSFs / OC / FISU)
EVENT	
Event +1 week	• Send all documents and media to FISU (OC)
Event +1 month	• Final Report to FISU (OC)

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