



## EVENT INFORMATION

### 1. ORGANIZER

The Greek Powerlifting League (GPL), a member of the International Powerlifting League (IPL), announces the TROMARAS Pro Powerlifting competition.

### 2. TROMARAS Pro Powerlifting

This is an international-level event that serves as a qualifying ticket for global competitions, including:

- IPL European Championship (TBS)
- IPL World Championship, Buenos Aires, Argentina (October 30 – November 2, 2025)
- IPL Olympia Pro Powerlifting (TBS)

### 3. DATE & VENUE

The competition will take place on April 12 & 13, 2025, at the Old Oil Mill in Elefsina, located at Kanellopoulou 1, Elefsina 192 00.

### 4. COMPETITION CATEGORIES

Athletes can choose to compete in one or more of the following disciplines, as their schedules do not overlap:

Raw Powerlifting	Classic Raw Powerlifting	Single Ply Powerlifting	Multi Ply Powerlifting
Raw Bench Press Only		Single Ply Bench Press Only	Multi Ply Bench Press Only
Raw Deadlift Only		Single Ply Deadlift Only	Multi Ply Deadlift Only

### 5. RULES

The competition follows IPL regulations. The rulebook can be found on the IPL [website](#) or event [website](#).

## 6. ATHLETES

Participation is open to Greek and foreign athletes legally residing in the country. Athletes must present an official ID, passport, or municipal identification certificate. No classification standards will be set for 2025.

## 7. SPECTATORS – COACHES – COMPANIONS

Each athlete is allowed to have one companion or coach in the warm-up area. If a coach accompanies multiple athletes, those athletes do not have the right to additional personnel in the warm-up area.

General admission for spectators and coaches is €5 per day. Coaches' and companions' entry fees must be prepaid on the athletes' weigh-in day.

## 8. REGISTRATION

Athlete and team registrations must be submitted online via the event [website](#).

## 9. PARTICIPATION FEES

€60 (+VAT) per athlete for the first discipline

€20 (+VAT) for each additional discipline

Team registration fee: €50 (+VAT) (teams must pre-register athletes before team registration, which must be completed by the coach or team representative)

## 10. AGE & WEIGHT CATEGORIES

Age groups recognized by IPL for men and women:

- Junior (A): 15-19
- Junior (B): 20-23
- Open: 15-80+
- Master: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Weight classes recognized by IPL:

- Men: 52 kg, 56 kg, 60 kg, 67.5 kg, 75 kg, 82.5 kg, 90 kg, 100 kg, 110 kg, 125 kg, 140 kg, 140.1+ kg
- Women: 44 kg, 48 kg, 52 kg, 56 kg, 60 kg, 67.5 kg, 75 kg, 82.5 kg, 90 kg, 100 kg, 110 kg, 110+ kg

## 11. EQUIPMENT & ATTIRE

Athletic attire and permitted equipment are detailed in the IPL rulebook (see Section 5).

## 12. WEIGH-IN & COMPETITION SCHEDULE

Weigh-ins will take place 24 hours before the competition day. Athletes must sign a health and data protection declaration and submit their opening attempts. Equipment will be checked during weigh-in. The weigh-in and competition schedule will be officially announced 1-2 days after registration closes. **Only on the day of the weighing** will the

entrance of the coaches or escorts of the athletes be prepaid. For each athlete there is a coach or escort.

RAW	CLASSIC RAW	SINGLE/ MULTI PLY
KNEE SLEEVES	KNEE SLEEVES/ WRAPS	KNEE SLEEVES/ WRAPS
BELT	BELT	BELT
SINGLET	SINGLET	SINGLET
ELBOW SLEEVES	ELBOW SLEEVES	ELBOW SLEEVES
HEADBAND	HEADBAND	HEADBAND
SQUAT SHOES	SQUAT SHOES	SQUAT SHOES
DEADLIFT SHOES	DEADLIFT SHOES	DEADLIFT SHOES
DEADLIFT SLIPPERS	DEADLIFT SLIPPERS	DEADLIFT SLIPPERS
WRIST WRAPS	WRIST WRAPS	WRIST WRAPS
DEADLIFT SOCKS	DEADLIFT SOCKS	DEADLIFT SOCKS
UNDERWARE (YES / NO)	UNDERWARE (YES / NO)	UNDERWARE (YES / NO)
T-SHIRT	T-SHIRT	T-SHIRT
		SQUAT SUIT
		BENCH SHIRT
		DEADLIFT SUIT

### 13. JUDGES

Certified IPL Level I, II, III referees will officiate the event.

### 14. AWARDS

- The overall raw powerlifting male winner will receive €1,000.
- The overall raw powerlifting female winner will receive €350.
- Additional awards for overall winners in other disciplines (minimum 5 athletes per category required for an overall award).
- Medals and commemorative certificates will be awarded to the top three in each age & weight class in each discipline.
- All athletes will receive a commemorative certificate.
- Awards will be given to the top 3 teams, based on the team's average DOTS score (in case of a tie, the team with the best individual DOTS athlete will win).

### 15. PROTESTS

No protests against judges' decisions are allowed under international regulations. Protests regarding other issues must be submitted in writing within 15 minutes of results announcement, accompanied by a €50 fee (refundable if the protest is partially or fully upheld).

### 16. BRIEFING

Briefing will be held in the warm-up area. Attendance is mandatory; failure to attend will result in disqualification. The briefing schedule will be announced along with the weigh-in and competition schedules.

## 17. COMPETITION EQUIPMENT

- Strength Shop SQ Bar (25kg)
- Gear UP Power Bar for Bench Press (20kg)
- Kabuki DL Bar (20kg)
- Blaze Compo Rack (for bench press only)
- Blaze Monolift (for squats, used only for multiply category; all other categories must step back before squatting)

## 18. CONTACT INFORMATION

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