

Powerliften

1. Every student sports organization (OSSO) or educational institution of every city can sign up multiple participants for powerlifting.
2. A participant may only be a student that applies to chapter 1 of the event regulations of SSN. When this regulation is violated, the participant loses all competitions. If an ineligible participant participates in the GNSK competition, a fine of €200,- will be charged to the OSSO of the participant. Besides, the results of the participant will be taken out of the rankings.
3. The powerlifting competition will be a deadlifting competition.
4. Rules and regulations are according to the KNKF and the international powerlifting federation. The regulations will be followed unless otherwise stated by the organization.
5. The participant needs to be a member of the KNKF.

More information see: <https://knkf-sectiepowerliften.nl/docs/reglementen/technisch-reglement/>