

7TH STRONGIRLS STRENGTH FESTIVAL

< Information For Athletes >

1 Hosted By

Barbell Radio Company Limited
Stronggirls Japan

2 Dates/ Time

2027 February 27 & 28th (SAT/ SUNDAY)
Weigh Ins 8:30
Event Starts 10:30
Event Ends 18:30

3 Venue

POWERFLASH ARENA
Address : 4-12-11 Uozumicho Nishikigaoka,
Akashi, Hyogo Prefecture
5 min walk from Uozumi Station

4 Athlete Registration

< DEADLINES >

EARLY ENTRY

START : 2026 Dec. 13th (SUN) 10:00
DEADLINE : 2026 Dec. 19th (SAT) 23:59
Early entry is for Kansai region residents only

OFFICIAL ENTRY

START : 2026 Dec 20th (SUN) 10:00
DEADLINE : 2027 Jan 10th (WED) 23:59

Registration Method: Fill out an online form on the Barbell Radio Website. Pay through bank transfer.

Website : www.barbellradio.com/strongirls

- The participant limit for this competition is 80 athletes. Registration will automatically close once the capacity is reached.
- Once registration has closed, the entry list will be posted on the website.

5 Registration Fee

ATHLETES 12,000 YEN (Incl Tax)

SPECTATORS & COACHES 2,000 YEN (Incl. Tax)

Pay cash at the venue, free for children under the age of 5

6 Rules

This competition will follow the rules of the IPF, however the following modifications will apply

- Wearing a singlet is recommended but not mandatory. Athletes may instead wear a T-shirt with tight-fitting shorts or leggings (leggings that extend to the ankles are also allowed).
- A weigh-in will be conducted, but there will be no weight classes. Rankings will be determined by calculating the ratio of total weight lifted to bodyweight.
- Use of a 15 kg bar is permitted.

※Note: As this is a non-official competition, no official records will be recognized or registered.

Equipment : ELEIKO

7 Contact

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