

# 6TH STRONGIRLS STRENGTH FESTIVAL

## < Information For Athletes >

### 1 Hosted By

Barbell Radio Company Limited  
Stronggirls Japan

### 2 Dates/ Time

2026 July 12th (SUNDAY)  
Weigh Ins 8:30  
Event Starts 10:00  
Event Ends 17:30

### 3 Venue

MF CLUB TAURA  
Address : 1-50/ Funakoshi-cho Yokosuka  
City, Kanagawa Prefecture  
3 min walk from Keikyu Taura Station

### 4 Athlete Registration

< DEADLINES >

#### EARLY ENTRY

START : 2026 MAY 1st (FRI) 10:00  
DEADLINE : 2026 May 9th (SAT) 23:59  
Early entry is for Yokosuka City residents and  
MF CLUB gym members only

#### OFFICIAL ENTRY

START : 2026 MAY 10th (SUN) 10:00  
DEADLINE : 2026 MAY 10th (WED) 23:59

**Registration Method:** Fill out an online  
form on the Barbell Radio Website  
Website : [www.barbellradio.com/strongirls](http://www.barbellradio.com/strongirls)

- The participant limit for this competition is 40 athletes. Registration will 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

Instagram : @strongirls.japan  
Email: [info@barbellradio.com](mailto:info@barbellradio.com)  
Kanan Kasai, we accept inquiries in English