



BY-LAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

By-Laws of the European Powerlifting Federation

In force from 19.03.2025

TABLE OF CONTENTS

1	GENERAL ASSEMBLY.....	5
1.1	General Assembly may be open to the Public.....	5
1.2	Outside Persons attending the General Assembly.....	5
1.3	Participation of the Executive Committee Officers	5
1.4	Participation Guidelines for Commission Chairs.....	5
1.5	Constitutional General Assembly Schedule.....	5
1.6	Speeches by Candidates for EPF Office	5
2	STANDING ORDERS.....	6
2.1	Order of Business	6
2.2	Minutes.....	6
2.3	Order of Speakers	6
2.4	Chair's Ruling.....	6
2.5	Speeches	6
2.6	Motions and Amendments.....	6
2.7	Voting.....	7
2.8	Matters of Procedure	8
3	EXECUTIVE COMMITTEE OFFICERS.....	8
3.1	President.....	8
3.2	Vice President.....	8
3.3	Secretary General	9
3.4	Treasurer	9
3.5	Championship Secretary.....	10
3.6	Technical Commission Chairperson.....	10
3.7	Law and Legislation Commission Chairperson	11
4	NON-EXECUTIVE OFFICERS	11
4.1	Media Officer	11
4.2	Records Registrar	11
4.3	Internet Officer.....	11
4.4	Internal Auditor	12
4.5	Safeguard Officer	12
5	EPF OFFICERS EXPENSES	12
5.1	Executive Committee Members Expenses.....	12
5.2	Daily Allowance for the EPF Executive Officers at the EPF Events	12



BY-LAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

5.3	Travel and Accommodation Costs for the EPF Executive Officers	13
5.4	Other Officials Compensation	13
6	COMMISSIONS	13
6.1	Women’s Commission Goals and Objectives	13
6.2	Sports for all Commission Goals and Objectives.....	13
6.3	Law and Legislation Commission Goals and Objectives	14
7	ANTI-DOPING	14
8	PROCEDURES	14
8.1	National Member Federations’ Registry	14
8.2	Affiliation of the National Federations	15
9	USE OF “EUROPEAN” AS RELATES TO EUROPEAN EVENTS.....	15
10	SUBMITTING AND AWARDED BIDS FOR EUROPEAN EVENTS.....	15
10.1	Major EPF Events.....	15
10.2	Timelines for Bids	16
11	SANCTIONING OF THE EVENTS.....	17
11.1	Applications	17
11.2	General Requirements	18
11.3	Authorization Procedure.....	18
11.4	Sub-Regional Events	19
12	FEES.....	19
12.1	Kinds of Fees.....	19
12.2	Suspension for Failure to pay Appropriate Fees and Fines	20
13	TELEVISION AND ADVERTING RIGHTS.....	20
14	SPORT DEVELOPMENT FUND.....	21
15	RECORDS AND AWARDS.....	21
15.1	Categories of the European Records.....	21
15.2	European Record Certificates	21
15.3	Medals	21
15.4	European Event Participation Certificates	22
15.5	European Lifter of the Year	22
15.6	EPF Hall of Fame	23
15.6.1	Election to the Hall of Fame	23
16	EVENTS REQUIREMENTS.....	23
16.1	Non-discrimination in EPF Events	23
16.2	National Flags.....	23



BY-LAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

16.3	Entry to Events	24
16.3.1	Eligible Coaches	24
16.3.2	Dress code for coaches at European Events	26
16.3.3	Filming in the Warm-Up Area	26
16.3.4	Access for Officials	26
16.3.5	Access for Medical Personnel	26
16.3.6	Access for Other Persons	26
17	INVITATION AND ACCOMMODATION	27
17.1	Invitation	27
17.2	Accommodation	27
17.3	Hotel Bills for National Member Federations and Officials at International Events	28
17.4	Hotel Bills for EPF Officials attending European Events	28
18	NOMINATION	29
18.1	Information for Nomination	29
18.2	Representation at the Technical Meeting	30
18.3	Eligibility to Represent an EPF National Member Federation	30
18.4	Eligibility to represent a Member Federation as an Official	31
18.5	Eligibility to represent a National University at EUSA EPF Events	31
18.6	Including a Referee in National Teams, Fine, Restrictions	32
19	DISCIPLINARY ACTIONS	33
	APPENDIX - RULE AMENDMENTS	34
	ADOPTION AND EFFECTIVE DATE	35



Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President", "Technical Commission", and the like shall mean the "EPF General Assembly", "EPF President", "EPF Technical Commission", etc. Unless specifically stated otherwise, the terms "him", "his", and "Chair" shall refer to persons of either sex.

1 GENERAL ASSEMBLY

1.1 General Assembly may be open to the Public

The General Assembly (GA) may be open to the public at the discretion of the Executive Committee, provided seating space is available.

1.2 Outside Persons attending the General Assembly

The President may invite outside persons to attend the General Assembly without the right to vote or be elected.

1.3 Participation of the Executive Committee Officers

All EPF EC officers are allowed admission to the EPF General Assembly in its entirety with a voice and vote.

1.4 Participation Guidelines for Commission Chairs

All Commission Chairpersons and non-executive officers by virtue of their attaining officer status in the EPF, are allowed admission to the General Assembly in its entirety. Non-executive officers have no right to vote but with a voice only as pertains to their respective responsibilities.

1.5 Constitutional General Assembly Schedule

Constitutional changes accepted by the GA are effective from 1 January the following year, if other is not decided by the GA.

1.6 Speeches by Candidates for EPF Office

Candidates for EPF office shall be permitted to address the General Assembly for a maximum period of five minutes.



2 STANDING ORDERS

2.1 Order of Business

An agenda shall be prepared by the Secretary General and circulated to all National Member Federations at least 30 days prior to the General Assembly. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for consideration by the meeting may only do so after the business on the agenda has been completed.

2.2 Minutes

The minutes of the previous General Assembly, having been published on the EPF web, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be regarding the accuracy of the minutes. Questions arising from the minutes shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification has been received and acknowledged by the Secretary General within four months from the date of publication of the minutes.

2.3 Order of Speakers

The Chair shall decide the order of speakers.

2.4 Chair's Ruling

The ruling of the Chair on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken, and a two-thirds majority is required to oppose the ruling.

2.5 Speeches

No member shall speak for more than five minutes at any one time.

2.6 Motions and Amendments

Proposals to the EPF General Assembly can be made by the EPF Executive Committee and by the EPF Member Federations, which have paid the annual membership fee within the deadline.

Only original proposals published in the agenda can be voted on. No amendments to the proposals during the GA are allowed.



Every proposal must be announced and seconded by a member present at the meeting before the discussion.

2.7 Voting

Except when the Chair at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

Counting the votes at the General Assembly is as follows:

Only the valid votes are counted to the result of the voting.

The following shall not be counted as valid votes and are not taken into consideration in the calculation of the required majority:

- ✓ Abstentions
- ✓ Blank votes
- ✓ Votes for more or fewer candidates than the number required.
- ✓ Votes declared void by the scrutineers, whose decision shall be final, e.g., unintelligible votes.

Examples:

Two-thirds majority required: Number of votes cast 35, including

- ✓ Abstentions 2
- ✓ Blank vote 1
- ✓ Void vote 1
- ✓ Number of valid votes 31

Necessary to pass (two-thirds of 31) 21 Votes

FOR 22 Votes

AGAINST 9 Votes

The proposal ACCEPTED

Absolute majority (more than 50 %) required: Number of votes cast 35 including



- ✓ Abstentions 2
- ✓ Blank vote 1
- ✓ Void vote 1
- ✓ Number of valid votes 31

Necessary to pass (more than 50 % of 31) 16 Votes

FOR 15 Votes

AGAINST 16 Votes

The proposal FAILED

2.8 Matters of Procedure

At meetings, all matters of procedure which are not covered under these standing orders shall be decided by the Chair of the meeting.

3 EXECUTIVE COMMITTEE OFFICERS

3.1 President

Initiates and convenes meetings of the EPF as provided in the Constitution and presides at all meetings of the EPF and General Assembly. The President has the right to exercise all the duties pertaining to his office in accordance with the Constitution. He is an ex officio member of all EPF Commissions. The President provides leadership in the long-term and day-to-day activities of the EPF, delegating responsibility for the completion of tasks and making necessary contact with outside agencies to conduct EPF business. The President represents the EPF at all the IPF EC meetings and the IPF GA. Leading the preparations for the upcoming EPF Strategic Plan. The President must sign all contracts with sponsors and supporters performed in the name of the EPF when the majority of the Executive Committee has accepted such a contract to be signed. A copy of the contracts must be given to all EC members if it is requested.

3.2 Vice President

The Vice President has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.



3.3 Secretary General

Secretary General makes arrangements for keeping the records of the EPF and the General Assembly. Issues all official notices of all GA meetings. Serves as Secretary of the General Assembly and at any meetings of the EPF. Conducts all kinds of communication with the EPF Member Federations. Observes the compliance of the EPF Member Federations with the EPF. Sends out all kinds of information to the EPF Member Nations. Keeps all EPF Member Nations updated regarding rule changes and all other relevant information. Keeps in contact with sponsors and suppliers of the EPF Championships. Conducts communication with umbrella federations (IPF, EUSA, etc.); Secretary General is the EPF Representative in EUSA as the Technical Delegate. Accepts the bids from the potential organizers. Leads the evaluation group when it comes to pre-inspections of new hosts. Prepares the evaluation reports after the inspection. Prepares, sends, and signs the EPF Promoter's Contracts. Cooperates with Championship organizers regarding the preparation of the Championship. Provides the backdrop banner design to the organizer. Conducts the medal orders for EPF Championships. Provides the hotel booking for the EPF officials attending the Championship. Staying in close contact with the Championship Secretary and keeping communication with the Meet Director/ Organizer of the EPF Events makes sure that all preparations for the Event are done according to the Promoter's Contract.

Delegates any of the duties to an "assistant secretary" appointed by the Executive Committee or to such assistants as may be provided by the EPF By-Laws to perform it. Signs contracts together with the President with sponsors and supporters after the approval via the EPF EC.

3.4 Treasurer

The Treasurer is responsible for overseeing the financial assets of the federation, supervising the bookkeeping, ensuring proper books of accounts, and supervising the preparation of the annual budget. Reviews all deposits into the accounts of the EPF. Signs all cheques, notes, and drafts together with one other signature as provided by the EPF By-Laws for sums greater than Euro 2.500. Pays all bills approved by the duly authorised officer or by the General Assembly, provided it is within the authorised current budget of the EPF. When requested, hands over to the Auditors all accounts, books, papers, vouchers, and records pertaining to his office. The Auditors shall conduct an audit closing the books on 31 December each year. The Treasurer presents an audited financial report to the annual General Assembly. Is responsible for collecting all fees, penalties, etc. due to the EPF. Is responsible for issuing invoices and collecting any penalties.



3.5 Championship Secretary

Shall maintain a Calendar of Events decided by the Executive Committee covering all major Events for a period of not less than 24 months from the date of the Calendar. In normal circumstances, all European Events shall be allocated on the dates within the Calendar that fall at approximately the same time each year.

The Championship Secretary, in consultation with the Executive Committee, shall ensure that major International and European Events do not clash. If necessary, sanction(s) may be refused to achieve an orderly Calendar. If necessary, the Events on the Calendar may be combined into one Event. The Championship Secretary prepares, distributes to National Member Federations the invitation and details of major Events and posts it on the EPF web page at least twelve months prior to the Event. He shall also distribute team nomination forms and other necessary documents to National Member Federations. The invitation will be based upon the answers to a standard questionnaire sent to the organizers of the Event when a bid is accepted. Closing date for an organizer of the European Events to provide all details in the invitation is from 6 to 8 months prior to the Event date. If special hotel and transport booking forms are required, a draft copy of these forms shall also be sent to the Championship Secretary so that they may be distributed with the invitation.

The Championship Secretary shall collect all team nomination forms and ensure that they are fully and properly completed. Submits the Nomination, Accommodation, Transport, and Visa Support forms to the EPF Internet Officer for publishing on the EPF web. Pending the final drug testing results, publishing the championships results as “Provisional Pending Final Drug Test Results”. Participates in the evaluation tour when it comes to pre-inspections of new hosts. Informs the doping testing body about the upcoming events 2 months prior to them. Conducts control on the results of in-competition testing and organizes medal exchange in case of necessity. Provides statistical information.

3.6 Technical Commission Chairperson

Technical Commission Chairperson organizes briefings before the start of each session at events. Conducts examination of all requirements and proposals of a technical nature submitted to the EPF by affiliated federations. Produces the Referee Duty Lists for European championships and publishes them on the EPF official web page. Conducts the examination of the referees for international categories 1 and 2. Examinations for Category 1 Referees may be done at any European Powerlifting Championship except the Bench Press Championships.



Selects the referees in coordination with the Treasurer for serving at the European Championships in case of financing them.

3.7 Law and Legislation Commission Chairperson

Law and Legislation Commission Chairperson receives the proposals regarding EPF Constitution and By-Laws from the Member Nations, evaluates accordingly, and suggests to the EPF Executive Committee alternative courses of action. Actively participates in further amending the Constitution and By-Laws. Updates the EPF Constitution and the By-Laws. Studies the Constitutions of new applicant nations and reports the results to the Secretary General.

4 NON-EXECUTIVE OFFICERS

4.1 Media Officer

Shall promote the EPF through the media. The President must approve all promotional material and press releases. Shall consider all opportunities for television rights for International Events and make appropriate recommendations to the Executive Committee that decides on it.

4.2 Records Registrar

Shall certify all European records and the records of all the EPF-sanctioned events, maintain an up-to-date register of all records in all categories, form and upload the Record Certificates on the EPF web, and erase the record from the register if it is not confirmed by a negative doping-test result.

4.3 Internet Officer

Maintains the EPF website, including but not limited to:

- ✓ The Directory of National Member Federations
- ✓ Constitution and By-Laws
- ✓ All information related to the administration of the IPF Anti-Doping Program
- ✓ Technical Rules
- ✓ European Records
- ✓ Calendar of Events



- ✓ Results of Events
- ✓ Authorised material from the President or the Executive Committee

Other than replies to routine enquiries, he shall not post any material without the written consent of the President.

4.4 Internal Auditor

The internal auditor shall perform an audit at the end of each calendar year. He/ she is elected by the General Assembly for a term of four years.

4.5 Safeguard Officer

The safeguard officer shall keep informed of current legislation, IPF Safeguarding Policy, and guidance concerning child and adult protection. This person must act as a first point of contact for any safeguarding, child and adult protection concerns, providing timely, relevant support and advice in order to safeguard the individual members of the EPF Member Nations. He/ she must maintain up-to-date, accurate, confidential records on the cases arising.

5 EPF OFFICERS EXPENSES

All the payments shall be made after the fully completed and signed expense report with attached invoices is received by the Treasurer.

Both the President and the Treasurer must approve all claims for expenses or reimbursements. This regulation equally applies to the issue and signing of cheques.

5.1 Executive Committee Members Expenses

The permitted expenses of all officers of EPF shall be decided by the EPF EC and included in the Treasurer's budget proposal. If necessary, the Executive Committee may by two-thirds majority vary payments approved in the budget. In accordance with the duties and workload, the EPF EC Officers receive monthly expence allowance.

5.2 Daily Allowance for the EPF Executive Officers at the EPF Events

A daily meal allowance of € 60 to cover additional food and other living expenses is paid to the EPF Executive Committee members when traveling to Events. The daily meal allowance shall include all travel and event days.



5.3 Travel and Accommodation Costs for the EPF Executive Officers

The EPF shall pay travel costs, accommodation and other expenses of the EPF Executive Committee members.

5.4 Other Officials Compensation

The other officials, depending on their work, may receive day-to-day, monthly or yearly compensation.

6 COMMISSIONS

The Commissions act as consultative bodies to the Executive Committee. In carrying out their functions each Commission shall respect eventual rules decided by the Executive Committee. The Chair of each Commission shall coordinate the proper running of activities and write reports on those activities to the Executive Committee.

6.1 Women's Commission Goals and Objectives

Shall work to defend the rights of women, promote female powerlifting and female referees, and recruit women into governing bodies in powerlifting. Provides statistic information on women participating in the powerlifting events.

6.2 Sports for all Commission Goals and Objectives

Overall, to inspire children to take up Powerlifting; stimulate investments in Powerlifting infrastructures; promote measures to improve the safety of Powerlifting, and to enable EPF's Events, top athletes, and National Member Federations to stimulate change in public policy to implement the above objectives.

To serve as the coordinating body, encourage and promote the participation and the development of Powerlifting programs and Events at the club, local, national, and European level, with the overall aim to increase the exposure and the popularity of the sport of Powerlifting.

To consider and make proposals which ensure complete access to the sport of Powerlifting for all athletes' age, economic, status, ethnicity, gender, and ability level, with the overall goal of social inclusion.

To support and assist organizations which have youth level powerlifting athletes with disabilities.



To seek and improve Powerlifting for future generations in the European region.

To use the inspiration of the sport of Powerlifting to influence public policy decisions and to improve the perception of the sport of Powerlifting worldwide.

To encourage dialogue with EUSA to promote the physical and social benefits of Powerlifting, fitness, wellness programs.

6.3 Law and Legislation Commission Goals and Objectives

Shall serve as the review authority for proposals for amending the Constitution.

Is responsible for updating the EPF Constitution.

Shall study the Constitutions of new applicant nations and report the results to the President and the Secretary General.

Shall evaluate proposed changes to the EPF Constitution and report the results to the Executive Committee. The reported result shall be included in the distribution of proposed amendments.

Shall review and vet all candidates nominated for elections and report the results to the Executive Committee.

7 ANTI-DOPING

IPF Anti-Doping Commission is responsible for the EPF proper implementation of the IPF Anti-Doping Rules as well as the administration of the EPF's entire anti-doping program to ensure its full compliance and conformity with the World Anti-Doping Code and all applicable International Standards. The ADC's responsibilities include but are not limited to management, oversight and administration of all EPF's activities related to anti-doping such as testing, analysis of samples, therapeutic use exemptions, investigations, education, results management and disciplinary procedures.

8 PROCEDURES

8.1 National Member Federations' Registry



All listings, in the Registry of the EPF National Member Federations shall include the name of the national federation, the names and addresses of officers and relevant organisational data such as email addresses, website etc.

8.2 Affiliation of the National Federations

The affiliation of the applicant National Federations shall be conducted at the annual General Assembly followed by the decision of the EPF EC. Members of the European Powerlifting Federation shall be only members of the IPF in the geographical area of Europe or affiliated to the EPF by the EPF EC decision.

The Secretary General shall design and maintain an application form for the use of nations wishing to affiliate to the EPF. The form shall require all necessary information from the applicant including the names and addresses of officers, other affiliations, and relevant organisational data.

9 USE OF “EUROPEAN” AS RELATES TO EUROPEAN EVENTS

The word “European” in connection with powerlifting may only be used by the EPF for Events and records.

10 SUBMITTING AND AWARDING BIDS FOR EUROPEAN EVENTS

10.1 Major EPF Events

Following competitions are the major events in the EPF Calendar. They may be conducted separately or in a combined way on the discretion of the EPF EC.

- European Open Equipped Powerlifting Championship
- European Sub-Junior and Junior Equipped Powerlifting Championship
- European Masters Equipped Powerlifting Championship
- European Open Classic Powerlifting Championship
- European Sub-Junior and Junior Classic Powerlifting Championship
- European Masters Classic Powerlifting Championship
- European Open, Sub-Junior, Junior and Master Equipped Bench Press Championship



- European Open, Sub-Junior, Junior and Master Classic Bench Press Championship
- European Powerlifting Cup
- EUSA Powerlifting Championship
- European University Cup
- Danube Cup
- Western European Championship
- Other European Events as approved by the EPF EC

10.2 Timelines for Bids

All bids, accompanied by the filled in Application Form shall be sent to the Championship Secretary three years before the particular event at least 90 (ninety) days before the next General Assembly.

The applicant must submit the estimated budget of the event to the EPF EC along with the bid.

The Executive Committee will examine the bids, conduct the inspection tours and decide on the distribution of the events. The bidding Member Federations will be informed on granting the events at the following GA.

The Promoter's Contract should be signed by the EPF and the selected organizer two years before the event or latest 30 (thirty) days after the date the Promoter has received the contract from EPF. Further withdrawal of the organizer after signing the Contract will cause the sanctions.

Once a National Federation has been granted permission to organise the European Championship or cup, and thereafter, withdraws from the obligation to host the event, a fine will be imposed which must be paid by the National Federation to the EPF and forwarded to the replacing (new) organizer. Penalties will be set according to the time period in which the organizer withdraws, as follows:

- if 6-12 months prior to the scheduled date of the championships the fine to be paid is 5 times the amount as the championships fee (refer By-Law 12.1)
- if less than 6 month prior to the scheduled championships, the fine to be paid is 10 times the championships fee (refer By-Law 12.1).



Penalties will also include the documented losses (e.g. cancelled air tickets) from nominated participants (lifters and officials).

The fines above will not be imposed if the reason for the withdrawal is due to circumstances the promoter could not possibly have foreseen which are catastrophic and which place potential participants at risk (e.g. natural disasters, political crises, outbreak of war etc.)

The selected organizer must then report in detail to the General Assembly on the extent preparations made.

Any National Federation organizing any of the events listed above which has not paid the sanction fee, shall not be allowed to nominate athletes, coaches or referees for the EPF and IPF events until such a fee is paid.

11 SANCTIONING OF THE EVENTS

11.1 Applications

The application to organize a Regional Event (the "Application") must be submitted by National Member Federations, or third parties seeking EPF approval or sanctioning for any European Event to be organized. The application and supporting documentation shall be submitted to the Executive Committee at a minimum of 36 months prior to the proposed date of the European Event.

The organizer must describe in detail the format of the event:

- Proposed dates (not to be in conflict with EPF or IPF events);
- Peculiarities (if any);
- Participants (nominated by National Federations or invited athletes);
- Planned media coverage;
- Prize fund;
- Expected sponsorship.

Additional information may be requested by the EPF EC.

A written declaration confirming that the Applicant conforms to the IPF Rules must be submitted.

EPF will send the inspection officers to check the facilities prior to the decision. Granting of events will take place at the annual GA or inbetween in case of urgent necessity.

Number and qualification of officials to be approved by the EPF.

11.2 General Requirements

To ensure the proper functioning of European Events by third parties, proof of sufficient financial standing for organizing the planned European Event must be provided in advance. Applicants are requested to provide a copy of the previous year's annual financial report filed with the relevant companies' registry and a letter from a reputable accountancy firm confirming that the organizer is in good financial standing for the organization of the Event and has sufficient funds to pay all prize money or payments due to participating athletes and officials. The Applicant shall provide evidence of relevant professional risk liability insurance for the European Event.

11.3 Authorization Procedure

The Executive Committee shall verify the completeness of the documentation contained in application and in the case of incompleteness grant the applicant the right to supplement its documentation. Failure to complete the application within the requested time frame, or revised time frame agreed with the applicant, shall result in the rejection of the Application for being manifestly incomplete. A complete application shall be decided upon by the Executive Committee no later than 30 days upon receipt of the complete application. The Executive Committee shall accept or reject the application on a non-discriminatory basis between third parties and EPF members based on the requirements set out above. On payment of the required fee, the Executive Committee will issue a permit for the European Event to the organizer. The amount of the sanction fee to be decided by the EPF EC in each separate case. An additional condition for permission is that, at the European Event doping tests must be carried out in accordance with the IPF Anti-Doping Rules, the IPF ADC's test distribution plan, and in full conformity with the International Standard for Testing and Investigations. Facilities for the doping control must be available. These are separate facilities or rooms not to be used for any other purposes for the duration of the Event. The Event organizers are wholly responsible for the costs associated with ensuring compliance with the requirements outlined in the IPF Anti-Doping Rules, the International Standard for Testing and Investigations and any other specific directives related to anti-doping issued by the ADC on a need-be basis.



No National Member Federation shall take part in an European Event for which a permit has not been issued.

The Executive Committee's decision shall be communicated to the applicant in writing. Should an application be rejected, the Executive Committee shall provide the applicant with the reasons for the rejection.

11.4 Sub-Regional Events

The European Executive Committee may sanction sub-regional Events on an international level. Sub-regional means a competition between two or more nations, but not open to all the nations in that region.

Any organizer of an European Event must not attempt to advertise or invite athletes and officials to the Event without first obtaining a written sanction from the EPF Secretary General. Only written contracts or sanction will be valid. Only National Member Federations affiliated to the EPF may apply for sanctions. In special cases the Executive Committee can make exception to this rule.

12 FEES

12.1 Kinds of Fees

The annual membership fee must be paid by each EPF Member Federations till the end of January each year for the Federation to have a vote at the EPF GA.

Sanction fees shall be paid in accordance with the following scale of subscriptions and fees:

- Annual National Membership Affiliation Fee Euro 300
- Event Sanction Fee European Championships Euro 1000
- Event Sanction Fee European Cup Euro 700
- Event Sanction Fee Western European Championships Euro 400
- Event Sanction Fee Danube Cup Euro 200
- Event Sanction Fee European University Cup Euro 200
- Event Sanction Fee Other Events Euro 200



- Anti-Doping Fee According to the IPF regulations
- Athlete Participation Fee Euro 90
- Coach Capitation Fee Euro 50

The National Member Federation shall pay anti-doping and participation fee for each athlete and capitation fee for each coach (head coach, coach, assistant coach) entered the Final nomination form of all European events and those sanctioned by the EPF. Coaches participating in the same event as athletes or referees are exempt from paying the coach capitation fee. 30 Euro of each athlete's participation fee shall be used to support the organizers of the EPF events.

The latest date of withdrawal of any lifter and coach from the nomination list to avoid paying the Participation, Capitation and Anti-Doping fees is 21 days prior to the Technical Meeting for the event.

12.2 Suspension for Failure to pay Appropriate Fees and Fines

Any National Member Federation nominating athletes for any of the Events listed in the By-Laws that has not fully paid a previously imposed fine arising from a violation of any EPF rule shall be reported to the IPF for the further suspension from the EPF membership, until the required fine is paid in full.

The case of the National Federations more than 2 years in arrears with their annual membership fee shall be transferred to the IPF for the further suspension from the EPF membership.

If a National Member Federation nominated for an European Event has not paid the required participation or anti-doping fee for the athletes and coaches nominated in the final nomination, to the bank account of the EPF within one day prior to the Technical Meeting for the Event, a penalty fee of Euro 500 will be charged.

The invoice must be sent to the nominating National Member Federations by the Treasurer, latest 14 days prior to the day of the Technical Meeting for each of the European Events.

13 TELEVISION AND ADVERTING RIGHTS

The EPF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post Event production of video recording, advertising rights, and all other multimedia coverage of the European Events and other Events organised and controlled by the EPF. To obtain these rights or part of these rights, a fee must be paid to the EPF. Television rights, marketing and



sponsorship revenues from European Events are apportioned according to the signed contract between the organizer and the EPF.

An organizer may not negotiate a TV contract for an European Event without the approval of the Executive Committee. Failure to comply with this regulation may result in suspension of the National Member Federation until the next General Assembly.

14 SPORT DEVELOPMENT FUND

The EPF budgets for and maintains a Sport Development Fund administered by the Executive Committee.

The purpose of the fund is to assist National Member Federations based on the EC decision.

EPF EC shall annually evaluate the candidates for the Sport Development Fund support.

15 RECORDS AND AWARDS

15.1 Categories of the European Records

The EPF recognises European records in both the equipped and classic categories in the following: Men's Open, Women's Open, Junior Men and Women, Sub-Junior Men and Women, and Masters Men and Women. Single lift Bench Press: Men's and Women's Open, Junior Men and Women, Sub-Junior Men and Women, and Masters Men and Women.

European records will be accepted and registered only within the categories listed in this item.

Any records set at the subregional events may be registered only as records of that particular competition.

15.2 European Record Certificates

The EPF Records Registrar shall upload the honour certificates of all the athletes who establish bona fide European Records at the EPF web page.

15.3 Medals

All medals to be used at European Events shall be approved by the EPF Secretary General.



For all European Championships, the EPF shall maintain and provide standardised medals for use at European Events. Medals to be presented for first, second and third places in each category based upon totals. In addition, medals shall be presented for first, second and third places in the individual lifts of squat, bench press and dead lift in each category.

Other awards and gifts may be provided according to the custom of the organizer. Organizers may prepare medals to use as awards for category winners, in lieu of medals obtained from the EPF. Such medals must be of high quality and the design of the medal must be submitted to the Secretary General for approval no less than six months prior to the championship. Arrangements for the manufacturing and time of completion must be submitted as well.

Team medals shall be presented to the top three teams in each age and gender category according to IPF Technical Rules book. The top five athletes by IPF GL points in each team shall receive the medals. The team medals are to be provided and paid by the EPF. The participation medals must be provided and paid by the organizer.

An athlete that commits an Anti-Doping Rule Violation at an European Event will have his results automatically disqualified and must return all his/her medals from that Event to the EPF. Failure by the athlete's National Member Federation to return the medal(s) to the EPF within one month after receiving notice will result in the imposition of a fine of Euro 100 on the relevant National Member Federation. The replacement of a lost or stolen medal shall cost 50 Euros and shall be ordered through the EPF.

Top three lifters in each age division of each gender shall receive the "Best Lifter" awards based on their results upon the IPF GL formula. These awards must be approved by the EPF Secretary General and are to be provided and paid by the organizer.

15.4 European Event Participation Certificates

European Event participation certificates may be downloaded from the EPF web page by each participant (athletes, coaches, officials and referees).

15.5 European Lifter of the Year

At the end of each year the EPF EC appoints one female and one male European lifter in both classic and equipped powerlifting as European Powerlifter of the Year.



The appointment is based on the lifters' results upon the IPF GL formula. Lifters with the highest scores calculated from the total at European and World Open Powerlifting Championships during one calendar year are elected.

Each elected lifter will be honoured by a silverplated dish with inscriptions.

A lifter can not be appointed if he or she has been involved in an Anti-Doping Rule violation.

15.6 EPF Hall of Fame

The "EPF Hall of Fame" is an honorary body whose purpose is to honour members who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting in Europe. A maximum of two athletes and two officials, male and female, may be elected to the Hall of Fame each year. A certificate of achievement will be awarded. No one who has served a period of ineligibility for a doping offence involving a non-specified substance, or who has committed multiple Anti-Doping Rule Violations or who has been established as having associated with an individual on the WADA Prohibited Association List shall be nominated to Hall of Fame. Any athlete or official previously awarded Hall of Fame will lose this distinction if suspended or brings the sport of powerlifting into disrepute or for doping or any other Legal Code violations. The decision for removal shall be made by the Executive Committee.

15.6.1 Election to the Hall of Fame

The Executive Committee prior to the General Assembly, after having received the bids from National Member Federations, decides to whom will be awarded Hall of Fame. The appointed persons will be awarded in an honourable way.

16 EVENTS REQUIREMENTS

16.1 Non-discrimination in EPF Events

No one is to be denied access to Events on the grounds of countries, or individuals for reasons of race, colour, gender, sexual bent / orientation, religions, or politics.

16.2 National Flags

Each participating National Member Federation at an European Event must provide if required, a national flag approximately 1.5 m x 1.0 m in size. Any National Member Federation failing to meet this obligation will be fined the sum of Euro 30 to reimburse the organizer for any loss and



inconvenience suffered. It is the responsibility of the organizer to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the organizer fails to return a nation's flag he shall be required to reimburse that National Member Federation for the loss suffered. Athletes may not display National Flags before or during the medal presentation.

16.3 Entry to Events

At all European Events the organizer shall provide free access to the venue and other Event buildings or functions for team officials and coaches.

Only accredited athletes, coaches, support personnel, officials, and referees are allowed in the performance, preparation, and warm-up area. At no time, for health and safety reasons, are infants and children allowed in these areas.

The organizer must ensure that there is sufficient staff available to control the access to the warm-up and preparation area.

16.3.1 Eligible Coaches

Each National Federation must nominate a Head Coach responsible for the team.

Additionally, coaches and assistant coaches may be nominated.

Person participating in the Championship both as an athlete and as a coach should be nominated as an Assistant Coach and is not required to pay the coach capitation fee of Euro 50.

The maximum number of nominated coaches for the EPF Championships is:

Open (Classic/ Equipped) Powerlifting Championship	12 coaches
Junior and Sub-Junior (Classic/ Equipped) Powerlifting Championship	12 coaches
Masters (Classic/ Equipped) Powerlifting Championship	12 coaches

In case of championships conducted in combined way of the beforementioned age categories the number of coaches is added respectively.

Open, Junior, Sub-Junior, Masters (Classic/ Equipped) Bench Press Championship	20 coaches
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The number of coaches of each nation for each lifting group in the warm-up area:



BY-LAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

One Athlete = 3 Coaches

Two Athletes in the same group = 3 Coaches

Two Athletes in two different groups (e.g.: A&B group) = 5 Coaches

Three Athletes = in the same group = 5 Coaches

Tree Athletes = in two different groups (e.g.: A and B group) = 6 Coaches

Four Athletes = 6 Coaches, which is the maximum number of allowed Coaches.

The number of Coaches for each lifting group in the preparation/wrapping area for Equipped lifting:

One Athlete = 2 Coaches

Two Athletes = 4 Coaches

Three Athletes = 5 Coaches

Four Athletes = 6 Coaches, which is the maximum number of allowed Coaches.

The number of Coaches for each lifting group in the preparation area for Classic lifting:

One Athlete = max 2 Coaches

Two Athletes in one group = max 2 Coaches

Three Athletes in one group = max 2 Coaches

Three Athletes in two groups = max 3 Coaches

Four Athletes in two groups = max 4 Coaches, which is the maximum number of allowed Coaches.

The number of Coaches for each lifting group in the coaching zone – only 1 Coach.

As a priority, the EPF together with the organizer must ensure that there are sufficient staff available to control the access to the warm-up and preparation area for each bodyweight category/group. The pre-registered/nominated coaches from each nation must state on the final nomination the weight class and gender they will be assigned.

16.3.2 Dress code for coaches at European Events

Dress code for coaches at EPF events shall be national team tracksuit or sport shorts, plus team T-shirt or T-shirt, which meets all the IPF requirements in the terms of logo size and placement. All coaches must adhere to this code. A coach failing to adhere to the rules shall be excluded from the Event warm up room and Event platform area. For coaches not adhering the rules, the Technical shall notify the Jury to exclude the coach. The Organizer of any European Event shall ensure that there is a system of registering and monitoring coaches, such that all coaches present in the warmup room or preparation area are identifiable. Persons not identifiable shall be requested to leave the warmup room or preparation area. The warm-up area and preparation area shall be checked by the Technical and/or Jury Members a minimum of one hour prior to and during the Event start time to ensure there are no unidentifiable persons present. No music boxes are allowed in the warm-up and wrapping area.

16.3.3 Filming in the Warm-Up Area

During filming in the warm-up area, it is forbidden to film a lifter being while in underwear or exposed. In the event of an inappropriate situation arising, coaches should take immediate action and reported to the Jury. If necessary, the coach will be ejected from the warm-up area, and the camera should be confiscated by security personnel.

16.3.4 Access for Officials

The courtesy of free access shall also be extended to all officiating referees and jury members to a maximum of three per nation.

16.3.5 Access for Medical Personnel

The courtesy of free access shall be extended to all the medical personnel and referees and Jury members who participate during the Event. The names of such personnel shall be forwarded to the organizer.

16.3.6 Access for Other Persons

At no time are children allowed to enter the warm-up area (for health and safety). Also, no parents or grandparents are allowed to enter the warm-up area principally when sub juniors are competing.

Also, there are to be no personal music boxes allowed in the warm-up or platform areas. Sufficient rubbish bins shall be placed in the warm-up area. It is the responsibility of the athletes and coaches to ensure the warm-up and wrapping area is kept clean and clear of debris.

The organizer is responsible for providing security to prevent unauthorized personnel from entering the warm-up area. When required and decided by the Jury, additional technical controllers may be placed in the warm-up area. The number of technical controllers will be determined by the number of lifters and coaches present in the warmup area. Coaches' accreditation badges should be marked according to gender, bodyweight category, and include a photo identification. One coach per athlete is not sufficient, particularly during sessions when it is necessary to spot super heavyweight lifters. Also, there may be certain sessions with lifters lifting heavy weights that may require additional spotters, even in classic competitions. The primary purpose of having the additional spotters is to prevent injuries and to ensure the safety of the athletes. Although the use of communication devices by athletes or coaches in the wrapping or warm-up areas is currently not permitted.

17 INVITATION AND ACCOMMODATION

17.1 Invitation

The official invitations and details of the European Events must be received by National Member Federations at least six months prior to the Event. Details shall include the date of the General Assembly, Event date, names and addresses of hotels and the rates to be charged. Accommodation rates charged by the organizer must not exceed the normal rack rate charged by the establishment providing the accommodation.

17.2 Accommodation

All accredited athletes, coaches, officials and referees nominated by their national federation for an European event, must stay in the official hotel(s) designated by the organizer. An accreditation badge shall not be issued to a nominated athlete, coach, official or referee that is not staying in the official hotel. Additionally, the issued credential shall match the number of days they will be staying in the official hotel.

At all the European Championships minimum period of stay in the official hotel is 2 (two) consecutive nights. Each athlete, coach, official and referee shall receive accreditation for the day of arrival, stay and departure day.

If an athlete, coach, referee or official does not stay in the official hotel, they shall not receive accreditation and shall be excluded from the event.



All room reservations must be done through the meet director of the Event, unless other is specified in the Invitation to the Event.

At all European Events the accommodation fees shall be payable by bank transfer or credit card as follows (Exceptions may be granted by the EPF EC):

By bank transfer as specified by the organizer in the invitation for each European Event at the latest 14 days prior to the competition.

- By bank transfer.
- By credit card.
- By cash payment at the Organizer's risk if this option is specified in the Championship Invitation.

If a hotel reservation fee is specified in the invitation for the Event, the same rule and time limits as above apply for nominated athletes and officials.

Coaches or referees and sub-junior athletes of the opposite sex are not authorized to be assigned to same hotel room at European events unless the coach is a parent or legal guardian.

17.3 Hotel Bills for National Member Federations and Officials at International Events

At all International Events, participating National Member Federations shall be responsible for their own hotel bills. All pre-booked rooms must be paid 21 days before the start of the Event, except those rooms which were cancelled until that period.

If required Visa is not obtained, the hotel must be notified at the latest 7 days prior to the Technical Meeting to cancel the reservation. Cancellation must be proofed by a written confirmation to the organizer e.g., an email or fax. No other exception shall be accepted. National Member Federations will be charged for any damages or thefts occurring in the hotel room.

17.4 Hotel Bills for EPF Officials attending European Events

The hotel bills of EPF Officials as decided by the Executive Committee shall be paid by the EPF.

Organizers of European Events shall provide for the referees and the EPF officials free meals during the Event. Free meals should preferably include at least two servings of food and non-alcoholic drinks each Event Day served in the Event area. Only referees and EPF officials that work with official duties during an Event Day shall be granted such benefit from the organizer.

18 NOMINATION

18.1 Information for Nomination

Each national federation has the autonomy to establish their own rules and procedures in the selection of their national team coaches and lifters. Coaches and lifters shall be nominated by the National Federation where they're members in good standing.

Nomination forms for the European Events must provide columns for the following information, but not limited to:

- Athlete's family name as well as maiden name if married.
- Athlete's first name
- Athlete's best total performed within the preceding twelve months at national or international level
- Athlete's year of birth
- Athlete's picture
- Athlete's ADEL certificate

Nomination of athletes and officials to European Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

Preliminary nomination not later than 60 (sixty) days prior to an European Event.

Final nomination, submitted not later than 21 (twenty one) days prior to an European Event, must be made from those nominated in the preliminary nomination.

A precondition for acceptance of a Preliminary nomination is that the nominating National Member Federation has successfully entered without exception the following information into the Goodlift System:

- A duly completed ADEL (WADA Anti-Doping E-Learning) certificate in the name of each nominated athlete and coach.
- A duly executed and signed Consent Form for each nominated athlete.
- National Federation Certificate/ University Diploma of a licensed powerlifting coach and/or the IPF certification course.

Should any athlete or official have a pending charge against them under the IPF Anti-Doping Rules, irrespective of whether they are currently provisionally suspended, as the rights of all other nominated athletes and officials, the Championship Secretary shall not accept their Nomination. If a period of ineligibility or suspension will have been fully served with all applicable reinstatement conditions and requirements respected and fulfilled by the date the Event begins, the Championship Secretary shall accept nomination for any athlete or official who is currently serving a period of ineligibility under the IPF Anti-Doping Rules or a suspension under any other IPF/EPF regulations on the day of the Preliminary nomination deadline. Should any reinstatement conditions be breached prior to the start of the Event, any applicable consequences under the Anti-Doping Rules would apply.

18.2 Representation at the Technical Meeting

All participating in the European Event Nations should be represented at the Technical Meeting prior to it. If a representative of a Nation is not present and has not informed the EPF Championship Secretary about his/her absence confirming the participation of the National Federation's nominated athletes via e-mail or phone, a fine of Euro 250 will be imposed to the concerned National Federation.

18.3 Eligibility to Represent an EPF National Member Federation

An athlete, coach, official, or referee can be a member of only one national powerlifting federation to prevent instances of conflict of interest and to ensure the principles of antidoping are followed in accordance with the WADA Code.

All athletes taking part in European Events representing a National Member Federation must be either a resident or citizen (passport holder) of the country of the National Member Federation entering or sanctioning the participation of those athletes. An athlete who is a resident or passport holder of two or more countries at the same time may be a member of and represent only one of them, as he or she may elect.

If an athlete once representing a National Federation at an European Event, changes either his/her country of residency or citizenship, he/she is allowed represent a new National Federation country provided that at least six months have passed since the last event, where he/she represented former National Federation. The six months period may only be reduced with the agreement of both National Member Federations and with the final approval of the EPF Executive Committee.

A National Member Federation may decline that an athlete moves from it to another National Federation for justified reasons, to the satisfaction and sole discretion of the Executive Committee.



If an athlete changing the National Federation membership does not change the citizenship, the residency of the athlete must be verified (e.g., school, university documents, employment contract, etc.) to the satisfaction and sole discretion of the EPF Executive Committee. The athlete must have resided in the country for at least six months before being able to start representing the new National Member Federation, if the other decision was not made by the EPF EC.

All cases related to the determination of the National Member Federation which an athlete may represent in an European event, shall be resolved by the Executive Committee at its sole discretion. In resolving such matters, the Executive Committee may make all decisions of a general or individual nature to ensure that the athlete is treated fairly. The Executive Committee will consider national legislation when taking decisions.

The athlete may not change federations if he/she has been charged with an Anti-Doping Rule Violation or if the athlete is subject to disciplinary action.

18.4 Eligibility to represent a Member Federation as an Official

The term "official" wherever it may appear in these By-Laws, the Constitution, and applicable rules shall be deemed to include all persons described as such in the IPF Technical Rules or appointed by the organising committee of an Event, to act in any official capacity during the whole or any part of that Event. All individual officials taking part in European Events must be members of the National Member Federation entering or sanctioning the participation of those officials. Each official must be nominated for the European Event only by one National Federation. However, an official nominated by one National Federation may also assist other nations provided there is the agreement between both National Member Federations and the assistance is within the IPF Technical Rules.

The Executive Committee shall resolve all cases and all matters relating to the determination of the country of which an official may be nominated in an European Event. In resolving such matters, the EPF Executive Committee may make all decisions of a general or individual nature regarding issues of eligibility.

18.5 Eligibility to represent a National University at EUSA EPF Events

At all EUSA events, athletes represent not their countries and National Federations, but the Universities, in which they study.

The National University Sport Association and National Powerlifting Federation of the country, where the University is situated are responsible for the nomination of the athletes, coaches and officials of each University team.

Membership of the nominating National Powerlifting Federation is required for the University team members to be nominated.

If an athlete studies in the country different from the country of his/ her citizenship, he should obtain the membership of the nominating National Federation or the permission from the National Federation of his native country to be nominated. Otherwise, provided that the athlete resides in the country, where he studies, he/ she may change the membership in the National Federation. In this case the transition rules described in the article 18.3 will apply.

18.6 Including a Referee in National Teams, Fine, Restrictions

Any National Member Federation, being affiliated to the EPF for more than 5 years and participating with more than 4 athletes in the EPF Events, should include international referee(s) among its team officials available for refereeing or being a member of the Jury at least for two days. The host federation can nominate six referees. A federation participating with more than 4 athletes, as stated in the final nomination, is obliged to nominate at least one referee and a National Member Federation with more than 14 athletes, as stated in the final nomination, is obliged to nominate at least two referees. No nominated referees may be currently serving periods of ineligibility as a result of an Anti-Doping Rule Violation. It is the nominating National Member Federation's obligation to ensure that none of the referees it nominates are currently subject to disciplinary action of any kind under any IPF rule. Each referee assigned to an European Event is required to know and understand the IPF Anti-Doping Rules.

In combined Events (equipped and classic) the number of athletes in the teams (equipped and classic, all age categories, both sexes) from one National Federation is counted together.

If a referee(s) from that National Member Federation is not present, or if present, but is not available to act in the capacity of either a referee or a member for Jury for at least two days during the Event, the athletes are allowed to take part, but a fine of Euro 1000 has to be paid by the National Member Federation for each missing referee. The Treasurer must receive such payment before the athletes from that National Member Federation can take part in any further EPF Events. Each National Member Federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the Technical Commission Chairperson

issues a Referee duty list for the whole Event. Any changes of a Referee's duty may be reported to the Technical Commission Chairperson until 14 days prior to the Event. After that date, the referees cannot expect to officiate in other duties than specified on the Referee duty list. Referee duties, specified by the Technical Commission Chairperson, are mandatory 14 days prior to the Technical Meeting. However, National Member Federations may allocate duties between their own referees at the latest at the Technical Meeting upon agreement with the appointed Technical Commission Chairperson.

Any changes, withdrawals or no show up by a referee regarding the allocated duty after the Technical Meeting, may lead to a warning or € 100 in fine depending on the reason as decided by the Jury in cooperation with the appointed Technical Commission Chairperson.

19 DISCIPLINARY ACTIONS

All the EPF disciplinary actions are under the authority of the IPF.

APPENDIX - RULE AMENDMENTS

Proposals to amend the EPF Constitution, By-Laws, Technical Rules and/or Appendices, hereinafter referred to as rule(s), shall be set out as follows:

Clear identification of the exact rule(s) or portion thereof concerned.

For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."

Action to be taken: Deletion, or Addition, or Amendment,

For example: "delete ... and insert (or replace with)...Text involved and (10.2.3) above."

Exact identification of the text to be deleted.

Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full and (10.2) above.

The text of the addition or insertion accompanied in the former case by the proposed rule No. or location.

A brief statement of the reasons(s) for the proposal. This will form part of the formal proposal but is merely for the guidance of the General Assembly. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be affected, have been consistently dealt with by the proposal.

The Law and Legislation Commission will check whether the proposal is in line with all the laws, regulations and codes followed by the EPF. If the proposal conflicts with any, the answer with the explanation will be sent to the proposing party.

Renumbering: It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.



ADOPTION AND EFFECTIVE DATE

So adopted by the EPF General Assembly on 19.03.2025.