



# EUROPEAN POWERLIFTING FEDERATION

## INVITATION EUROPEAN POWERLIFTING FEDERATION AND SERBIAN POWERLIFTING FEDERATION

INVITE  
THE FOLLOWING EPF MEMBER NATIONS TO PARTICIPATE IN THE  
**BALKAN CUP**

### **BENCH PRESS & POWERLIFTING CLASSIC OPEN, MASTERS, JUNIOR, SUB-JUNIOR IN BELGRADE, SERBIA**

**BULGARIA, CROATIA, GREECE, ROMANIA, SLOVENIA, SERBIA, TURKEY**

Please note: all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by EPF-Member nations, NOT by individuals.

**Organizers:** Serbian Powerlifting Federation

**Meet Director:** Aleksandra Rapajic - e-mail: [aleksandramiss@gmail.com](mailto:aleksandramiss@gmail.com)

**Visa requests:** : Aleksandra Rapajic - e-mail: [aleksandramiss@gmail.com](mailto:aleksandramiss@gmail.com)

**Transport, banquet:** Jelena Brkulj - e-mail: [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com)

**Accommodation:** Jelena Brkulj - e-mail: [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com)

Phone: +381 63 722 5555

Phone: +381 62 180 5456

**EPF Championship secretary:** Jiri Hofirek - e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com), mobil: +420 739 405 689  
Malickeho 980, 410 02 Lovosice, Czech Republic

**Host city:** Belgrade, Serbia

**Date:** 12th – 14th October 2018

**Venue:** Belgrade Fair – Hall 3

Bulevar Vojvode Misica No.14

11000 Belgrade

**Technical meeting:** Thursday 11 th October 2018 at 20:00

**Correspondence:** E-mails regarding the championships must be sent to **Meet Director:**

Aleksandra Rapajic e-mail: [aleksandramiss@gmail.com](mailto:aleksandramiss@gmail.com) and a copy to the SPF secretary Jelena Brkulj

e-mail: [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com)

#### **Hotels:**

Hotel name	Price in € Per room per night			
	SGL		DBL/TWIN	
	Price	Number of rooms	Price	Number of rooms
Compass River City – boatel	35		40	
Admiral Arena Hotel 4*	56		67	
Prime Hotel 4*	56		67	
Design Hotel Mr. President 4*	62		72	
Queen's Astoria Design Hotel 4*	62		72	

**Room rate includes:** Buffet breakfast, Wi-Fi internet , International landline calls, Cable LCD TV, Hotel insurance and VAT and City tax 1,24€. **The accommodation booking form is Appendix # 1 to the Invitation.**

**Deadline for submitting the reservation under the prices above is September 01<sup>st</sup>, 2018.**

**Number of rooms is limited.**

Prices include VAT and all town charges. Payment after arrival can be done by card (VISA, Master Card) or in cash. Payment in EUR will be calculated according to the current exchange rate.

## Notes:

### Note 1:

All bookings must be guaranteed by credit card or paid in advance. Payment should be made directly to the hotel by credit card or by bank transfer 3 days after receiving the final confirmation from the hotel. For any questions regarding payment and cancellation please send e-mail to [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com). **Reservation cancelled 15 days prior to the Technical Meeting will be charged for the amount and price for 1 night. If not cancelled in time, federations have to pay the reserved hotel rooms.** No-show will be charged in full amount paid for the whole period of stay. **Meeting will be charged for the amount and price for 1 night. If not cancelled in time, federations have to pay the reserved hotel rooms.** No-show will be charged in full amount paid for the whole period of stay.

**To book your room, please return completed form to: [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com)**

All athletes, coaches, referees and officials from each federation must stay in the official hotel. If not, they have to pay an administration fee of **€100** or they will not be allowed to participate in the championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay **directly their rooms** by bank transfer or at the arrival at the hotel reception.

**They mustn't pay the doping and the participation fees on this bank account!**

At all European competitions **the accommodation fees** shall be payable as follows:

1. Bank transfer against the invoice. Payment must be received at the bank account mentioned on the invoice at the latest **14 days** prior to the beginning of the Championship.
2. Credit card.
3. Cash (RSD or EUR according to the current exchange rate).

### Note 2:

**26 September 2018** is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms – **15 days prior to the Technical Meeting.**

If not cancelled in time, federations have to pay the reserved hotel rooms.

**If requested visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation.**

For referees **27 September 2018 (14 days prior to the Technical Meeting)** is the latest day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.

The referee's final nomination is stated at the EPF website (Referees/Jury under Upcoming Events). If referees do not indicate changes to the Championships Secretary within 14 days to the technical meeting, referees are obliged to be available for the original categories by the final nomination.

***However, federations may allocate duties between their own referees latest at the technical meeting upon agreement by the appointed technical committee member. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or €100 in fine dependant of the reason and decided by the jury in cooperation with the appointed technical committee member.***

**Important warning for referees!!!**

At the EPF General Assembly 2015 a new rule was adopted in the Constitution 13.10.1.

**The rule states: "Any lifter or referee properly entered for a competition that without acceptable reasons does not attend, may be subject to suspension up to 6 month for the first offence and up to 12 month for second offence and a maximum fine of 250 Euro."**

## Transport

### Arrivals/Departures by transport-accommodationform

Transport of Belgrad airport – Hotel – Airport, price €20 per person

Transport of Belgrad Ferry – Hotel – Belgrad Ferry, price €20 per person

Please send your detailed travel itinerary to: [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com)

### Use the transport-accommodationform!!!

Transport must be paid in advance on account of the organizer against the invoice in EUR. **Payment must be received at the bank account mentioned on the invoice at the latest 10 days prior to the beginning of the Championship.** If you order the transport, you must pay for it even if you later decide not to use it.

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**Training:** Training equipment (one training platform with approved powerlifting equipment) available at the venue. This equipment can be used only by entered lifters during the championship.

**Scales:** Available at venue and at the hotel

- Medals:** Open are going to receive medals for placing 1st, 2nd and 3rd in their weight classes (mean and women), Sub junior are going to receive medals for placing 1st, 2nd and 3rd in their weight classes (mean and women), Junior are going to receive medals for placing 1st, 2nd and 3rd in their weight classes (mean and women) and Master are going to receive medals for placing 1st, 2nd and 3rd in their weight classes (mean and women). Only for the first place in all categories in Open championship will be Cup.
- Flag and anthem:** Will be provided by the organizer
- Opening ceremony:** Friday, 12<sup>th</sup> October 2018 at 13:00 at Venue. One representative (either lifter or official) from each participating country shall take part at the ceremony.
- Closing banquet:** Sunday 14th October 2018 at 20:00 at Venue. Price 30 € per person paid to the organizer. Tickets for the banquet please order at the transport-banquet form. Tickets for the banquet must be paid in advance on account of the organizer against the invoice in EUR. **Payment must be received at the bank account mentioned on the invoice at the latest 14 days prior to the beginning of the Championship.**
- Participation fee:** € 90,00 for **the number of lifters nominated at the preliminary nomination**, must be paid by bank transfer to the EPF bank account **latest one day** before the Technical Meeting.
- Anti-Doping fee:** € 50,00 for **the number of lifters nominated at the preliminary nomination**, must be paid by bank transfer to the EPF bank account **latest one day** before the Technical Meeting.
- EPF Invoices:** **The invoice must be sent to the nominated federations by the EPF Treasurer at the latest 14 days prior to the day of the Technical Meeting for each of the European Championships (EPF BYLAWS 103.3.2.)**  
Federations must pay participation and doping fees from the number of lifters declared at the preliminary nomination. Nominated reserve lifters are not included.  
All invoices are published at the EPF web ([www.europowerlifting.org](http://www.europowerlifting.org)) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF web-site and download their invoices. This was informed in the letter from our treasurer sent you 11.01.2018
- Nominations:** Team nomination forms must be in the hands of the Meet Director - e-mail: Aleksandra Rapajic - e-mail: [aleksandramiss@gmail.com](mailto:aleksandramiss@gmail.com) and the EPF Championship secretary - e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com) not later than:
- Preliminary:** **12 August 2018 complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.**
- Final:** **20 September 2018 - later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!**

Final nomination must be sent not later than 21 days before the date of the Championships, and must be made only from lifters nominated in Preliminary nomination of the Championship. This is inclusive of reserve or alternate lifters. According to this, no reserve lifters can be included in the final nomination.

The weight category of each lifter in the final selection (final nomination) is mandatory. After the final nomination no changes in the weight category in which the lifter is nominated will be allowed.

#### **Confirmation of the referees participation.**

It is obligatory for every Federation to confirm the participation of their nominated Referees in the Final nomination or cancel the referees who will not participate in the Championships.

All lifters are expected to present passports and other required documents at the weigh-in.

- Correspondence:** E-mails regarding the championships must be sent to **Meet Director** Aleksandra Rapajic, address: [aleksandramiss@gmail.com](mailto:aleksandramiss@gmail.com) and **SPF secretary** Jelena Brkulj [jelenabrkulj\\_bps@yahoo.com](mailto:jelenabrkulj_bps@yahoo.com) and copy to the EPF Championship secretary: Jiri Hofirek - e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com)

**Indemnity and Insurance:**

*All participating federations and its delegated athletes and officials agree to indemnify and not hold the organizing committee or IPF/ EPF accountable for and against any claims for personal injury, financial loss, death or property damage in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said European Championships.*

*All delegate members must have a valid incident and health insurance policy. The Organizer and the IPF/ EPF will not incur any expenses for a doctor or stay in hospital. We recommend a travel insurance for covering loss of luggage, delayed flight, sickness, accidents, thefts etc.”*

**Referees:** All nominated referees attending a championship, must be available for at least two days! (see: IPF Technical Rules, chapter - Referees, page 31, paragraph 17).

Any nation participating in Championships with more than 3 lifters must include at least one international referee.

**Referees exam:** If referee's examination are arranged, the **written examinations will be done on Friday 12 October mornig**, all candidates will do this exam together. EPF Technical Committee will decide about the date and time for each candidate to make the practical examinations. Organizer will prepare a room for written examination.

**Victory Ceremonies:** Will be held immediately after each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

**Important Note:** Changes of the timetable are possible by the amount of nominations at the Final nomination. On days when there are few referees available, some weight categories may be merged.

## Preliminary timetable of the Balkan Cup 2018

Day	Weigh-In Ttime	Classes	Categories	Start
<b>Friday 12.10.2018</b>	09:00-10:30	Women Open, Sub juniors, Juniors and Master	-47 to +84kg	11:00
	<b>Opening ceremony</b>			<b>13:00</b>
	14:00-15:30	Men Open, Sub juniors, Juniors and Master	-59 to +120kg	16:00
	<b>Awarding medals for classic bench press</b>			<b>20:00</b>
<b>Classic bench press</b>				

<b>Saturday 13.10.2018</b>	09:00-10:30	Women Open, Sub juniors, Juniors and Master	-47 to +84kg	11:00
	13:00-14:30	Men Open, Sub juniors, Juniors and Master	-59 to -83kg	15:00
<b>Classic powerlifting</b>				

<b>Sunday 14.10.2018</b>	09:00-10:30	Men Open, Sub juniors, Juniors and Master	-93kg to +120kg	11:00
	<b>Awarding medals for classic powerlifitng</b>			<b>19:00</b>
	<b>Closing banquet</b>			<b>20:00</b>
<b>Classic powerlifting</b>				

Arnulf Wahlstrøm  
EPF President

Aleksandra Rapajic  
Meet Director

Jiri Hofirek  
EPF Championship Secretary