



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

The European Powerlifting Federation and the France Powerlifting Federation invite the EPF member nations to participate in the

### 1<sup>st</sup> European Open University Cup 2020 In Classic Powerlifting 27<sup>th</sup> – 29<sup>th</sup> February 2020 in Mérignac, France

The EPF member nations are invited to take part in the 1<sup>st</sup> European Open University Cup In Classic Powerlifting 27<sup>th</sup> – 29<sup>th</sup> February 2020 in Merignac, France.

**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 IPF-Member nations, NOT by individuals.

**Meet Director:** Xavier de Puytorac, e-mail: [xavier@europowerlifting.org](mailto:xavier@europowerlifting.org), phone:+336 85 12 97 81, France

**Correspondence, visa:** M. Claude COUTURIER [claudealain52@gmail.com](mailto:claudealain52@gmail.com) +336 62 29 53 85

**Accommodation:** M. Claude COUTURIER [claudealain52@gmail.com](mailto:claudealain52@gmail.com) +336 62 29 53 85

**Transport, banquet:** M. Claude COUTURIER [claudealain52@gmail.com](mailto:claudealain52@gmail.com) +336 62 29 53 85

**Championship Secretary:** M. Gérard HERNANDEZ [gerard.hernandez@bbox.fr](mailto:gerard.hernandez@bbox.fr) +336 62 70 13 24

**Technical Secretary:** Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org) phone: +47 91817979, Norway

**Host City:** Mérignac, France

**Date:** 27<sup>th</sup> – 29<sup>th</sup> February 2020

**Venue:** Gymnase COLOMBIER , 15 Allée des Acacias 33700 Mérignac, France  
300 m from Official Hotel

**Technical Meeting:** Monday 26<sup>th</sup> February at 20:00 in the Novotel Hotel

*All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation (see EPF By-laws 105.6).*

**Official hotel: NOVOTEL AIRPORT**  
80 Avenue John Fitzgerald Kennedy 33700 Mérignac, France  
1500M from Airport

**Single room:** 140 EUR per room/night, including breakfast

**Double room:** 155 EUR per room/night, including breakfast

**Triple room:** 180 EUR per room/night, including breakfast

#### **Note 1 : BEWARE. NEW AND IMPORTANT INFORMATION**

All rooms must be **booked** via the championship organiser and **paid** for **Wednesday 5 February 2020 the latest**. Only rooms that are **paid** for within the deadline of **Wednesday 5 February 2020** will be noted as official championship hotel rooms.

Participants are free to book their own hotel accommodation at other hotels after the deadline of **5 February 2020**, but then they must pay an administration fee of 100 € for each person (lifter and coach) to the organiser to receive proper documentation to take part in the championship. The organiser will not be responsible for any hotel bills of the participating nations.

No transport (only 300 m) between the official championship hotel and the venue is organised during the championship.

**Note 2:**

**Wednesday 5<sup>th</sup> February 2020** is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified in the final nomination form.

**For referees Wednesday 5<sup>th</sup> February 2020** is the latest day for changes of categories for which referee has been allocated in the final nomination. Any nation, participating in European Championships with at least 3 lifters, must include at least one international referee. If more than 14 lifters from one nation take part, at least 2 referees must be included. Failure to meet this specification imposes a fine of 500€ for each missing referee.

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

It is the responsibility of each Federation to confirm in the final nomination in which categories their referees will be available or cancel the referees who will not participate in the Championships.

All referees nominated at the time of the final nomination will be awarded referee duties by the EPF Technical Secretary (TS) and the referee list will be published at the EPF website (Referees/Jury under Upcoming Events). All federations/referees must control this list and if they do not agree, they must immediately contact the TS for corrections.

All corrections must be made latest 14 days (12<sup>th</sup> February) prior to the date of the technical meeting.

Any changes requested by the referees after this date will cause a fine of **100 Euro!** (EPF BL 105.13.2)

However, federations may allocate duties between their own referees latest at the technical meeting without any fine.

**Arrivals/Departures/Transportation:**

**Airport to Novotel: 15 €** each person to go and return

Please send your detailed travel itinerary to: [claudealain52@gmail.com](mailto:claudealain52@gmail.com)

Use the accommodation-transport form.

Transport must be paid in advance on account of the organiser against the invoice in EUR. **Payment must be received at the bank account mentioned on the invoice at the latest 21 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.

**Scales:** Scales are available at the venue and at the hotel.

**Training:** Training equipment available in the venue. This equipment can be used only by entered lifters during the championship.

**Flag and anthem:** Will be provided by the organiser.

**Closing Banquet:** Saturday 29<sup>th</sup> February, 20:00 at official hotel.  
Price 35 EUR per person paid to the organiser.  
Tickets for the banquet please order on the transport-banquet form.

Tickets order send to: [claudealain52@gmail.com](mailto:claudealain52@gmail.com)

Tickets for the banquet must be paid in advance on account of the organiser against the invoice in EUR. Payment must be received at the bank account mentioned on the invoice at the latest 21 days prior to the beginning of the Championship.

**Participation Fee:** 90 € for each lifter must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting. Invoice will be sent by the EPF Treasurer.

- Anti-Doping Fee:** 50 € for each lifter must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting. Invoice will be sent by the EPF Treasurer.
- EPF Invoices:** The invoice will be sent to the federations by the EPF Treasurer latest 14 days prior to the day of the Technical Meeting (EPF BYLAWS 103.3.2.) Federations must pay participation and doping fees for the number of lifters declared at the **final** nomination.  
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 website and download their invoices. Payment must be at the EPF account latest one day prior to the Technical meeting.
- Opening Ceremony:** **Thursday 27<sup>th</sup> February** at **11:30** hours at the Venue. All representatives from each participating country shall take part at the Ceremony.
- Nominations:** Team nomination are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to:  
- Meet Director Xavier de Puytorac, e-mail: [xavier@europowerlifting.org](mailto:xavier@europowerlifting.org) and the  
- EPF Championship Secretary Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org).
- Preliminary – new term!!!:** **Monday 6<sup>th</sup> January 2020!!!** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).
- Final:** **Wednesday 5<sup>th</sup> February 2020 (later entries will not be accepted)**
- All lifters are expected to present passports and other required documents at the weigh-in.
- Victory Ceremonies:** Will be held immediately after each lifting session. It is mandatory that each athlete wears their Team Warm-up/Track Suit for the award presentation.
- Important Note:** **The timetable may be changed after the final nomination. Some Categories may be moved one day earlier or later than specified in the preliminary timetable.**

<b>NEW Timetable of EPF University Cup</b>						
<b>Timetable of Events</b>						
<b>Day</b>	<b>Event</b>			<b>Start</b>		
<b>Wednesday 26th February</b>	Accreditation			14:00		
	Technical Meeting			20:00		
<b>Day</b>	<b>Weight-in</b>			<b>Start</b>	<b>Lifters</b>	<b>End</b>
<b>Thursday 27th February</b>	<b>Opening Ceremony</b>			<b>11:30</b>		
	10:00 - 11:30	Women	47 & 52 kg	12:00	7	14:30
	13:30 - 15:00	Men	59 & 66 & 74 kg	15:30	15	18:30
<b>Friday 28th February</b>	10:00 - 11:30	Women	57 & 63 kg	12:00	14	15:00
	14:00 - 15:30	Men	83 & 93 & 105 kg	16:00	14	19:00
<b>Saturday 29th February</b>	9:30 - 11:00	Women	72 & 84 & +84 kg	11:30	10	14:00
	13:00 - 14:30	Men	120 & +120 kg	15:00	9	17:30
	<b>Closing Banquet</b>			<b>19:30</b>		

### **Important Items to Remember:**

Preliminary nominations are done by each federation by the IPF Electronic Nomination System. In addition, preliminary nomination forms must be sent to the Meet director and the EPF Championship Secretary not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According to Technical Rules [Page 4, item 7] at the final nomination you must define which athletes will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination. No more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on **Wednesday 26<sup>th</sup> February 2020** at the Venue.

If the organiser does not receive a confirmed cancellation of hotel rooms latest 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation must book their rooms by the organiser and must stay in the official hotel during the entire time in attendance of the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance of the championship, they will be obliged to pay an administration fee of € 100 per person to the organiser. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organising committee 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 World Championships.

All delegate members must have a valid **incident and health insurance policy**. The Organiser 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.”

### **Important Competition Guidelines:**

#### **The European University Championship will be structured and scored as follows:**

1. The competition will be set using the classic / raw lifting style.
2. Each National Federation may nominate up to FIVE universities in the men's category and FIVE university team's for the women's category. The men's team may consist of 8 lifters and the women's team may consist of 8 lifters.
3. The best three universities for both men and women will receive team awards.
4. Team scoring will be determined by calculating the scores of the best five for men and for women for each university (12, 9, 8, 7...)
5. EPF follows the rules of FISU and only the competitors who satisfy the following conditions may take part in a FISU European University Championships:
  - a) Be a member of the national Federation they represent;
  - b) Be at least 17 and less than 25 years of age on January 1st in the year of the event; for 2020, athletes must be born between 01/01/1995 and 31/12/2002
  - c) Meet the conditions laid down under FISU Art. 5.2;

#### **Art. 5.2**

Only the following may participate as competitors in a FISU European University Championship:

- a) Students who are currently officially registered as proceeding towards a degree or diploma at a university or similar institute whose status is recognised by the appropriate national academic authority of their country;
  - b) Former students of the institutions mentioned in a) who have obtained their academic degree or diploma in the year preceding the event;
6. The standard weight classes for both men and women will be used.
  7. Medals will be awarded in the individual disciplines — Squat, Bench Press and Deadlift as well as in the overall.
  8. Only two athletes from each university, maximum, can be nominated for each weight class.

Arnulf Wahlstrøm  
EPF President

Xavier de Puytorac  
Meet Director

Bjorn Astad  
EPF Championships Secretary