



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

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

### 4<sup>th</sup> European Open University Cup In Classic Powerlifting 16<sup>th</sup> – 18<sup>th</sup> March 2023 in Albi, France

The EPF member nations are invited to take part in the 4<sup>th</sup> European Open University Cup In Classic Powerlifting 16<sup>th</sup> – 18<sup>th</sup> March 2023 in Albi, 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:** M. GIROT Sylvain , e-mail: [unialbi2023@gmail.com](mailto:unialbi2023@gmail.com) , phone:+337 61 97 41 07, France

**Correspondence, visa:** M. GIROT Sylvain , e-mail: [unialbi2023@gmail.com](mailto:unialbi2023@gmail.com) , phone:+337 61 97 41 07, France

**Accommodation:** M. GIROT Sylvain , e-mail: [unialbi2023@gmail.com](mailto:unialbi2023@gmail.com) , phone:+337 61 97 41 07, France

**Transport, banquet:** M. GIROT Sylvain , e-mail: [unialbi2023@gmail.com](mailto:unialbi2023@gmail.com) , phone:+337 61 97 41 07, France

**Technical Secretary:** Mme FERRAUD natahlie, e-mail [nathalie.feraud@ffforce.fr](mailto:nathalie.feraud@ffforce.fr), phone +336 89 87 35 66, France

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

**Host City:** Albi, France

**Date:** 16<sup>th</sup> – 18<sup>th</sup> March 2023

**Venue:** COSEC 271 Avenue Colonel Teyssier Albi, France

**Technical Meeting:** Wednesday 15<sup>th</sup> March at 20:00 in the Hotel Ibis Teatro

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

*The confirmation of absence from Technical Meeting must be sent between the date of the final nomination and the start of the Technical Meeting to the EPF Championship Secretary with a copy to the EPF Treasurer. The confirmation must include changes in the list of referees and changes in the final nomination.*

EPF Championship Secretary: Mail [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org)

EPF Treasurer: Xavier de Puytorac: Mail [xavier@europowerlifting.org](mailto:xavier@europowerlifting.org)

## IPF Anti-Doping Program

The IPF encourages all its participants to complete education to understand the rules that apply to them and to know their rights and responsibilities under the IPF Anti-Doping Program. In addition to the information provided on the [IPF website](#), WADA's Anti-Doping e-Learning platform (ADeL) offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport. Note that all Junior, Sub-Junior and open athletes competing at [IPF Championships](#) **must** successfully complete education through [ADeL](#) in order to be able to compete. ADeL: <https://adel.wada-ama.org/learn>

## Official hotel:

<b>Hotel: IBIS Style Theatro</b>	48 Place Jean Jaurès 81000 Albi
<b>Single room (1 person):</b>	90 € per room/night, breakfast included
<b>Twin room (2 person):</b>	100. € per room/night, breakfast included

If the hotel is full you will be sleeping in the other Hotel Ibis Style Centre with the services (200 m from this Hotel).

<b>Hotel: IBIS Budget</b>	16 Avenue Gambetta 81000 Albi
<b>Single room (1 person):</b>	70 € per room/night, breakfast included (not hot food)
<b>Twin room (2 person):</b>	90 € per room/night, breakfast included (not hot food)

Not many rooms in this hotel are available.

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

All rooms must be **booked** via the championship organiser and paid 21 days prior to the date of the Championship) Only rooms that are paid for within the deadline will be noted as official championship hotel rooms.

Participants are free to book their own hotel accommodation at other hotels after the deadline, but then they must pay an administration fee of 100 € for each person (lifter, coaches, referees and officials) 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.

## Note 2:

**Thursday 23<sup>rd</sup> February 2023** (21 days prior to the date of the Championship) 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 Thursday 2<sup>nd</sup> March 2023** (14 days prior to the date of the Championship) is the latest day for changes of categories for which referee has been allocated in the final nomination ([published at www.europowerlifting.org](#)). 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.

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 1000€ for each missing referee. All nominated referees attending a championship, must be available for at least two days. (see: EPF BL 105.13 and 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 Committee Chairman (TC Chairman) 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 TC Chairman for corrections.

Please send your detailed travel itinerary to:

Use the accommodation-transport form.

### **Arrivals/Departures/Transportation:**

**From Toulouse-Blagnac Airport, France (TLS) to Albi** about 85km: **35 €** each person each travel.

Please send your detailed travel itinerary to: [unialbi2023@gmail.com](mailto:unialbi2023@gmail.com)

Use the accommodation-transport form.

Like for the hotel, transport must be paid in advance on bank 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 (23<sup>rd</sup> February) 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.

**Shuttle:** Daily free shuttle will be organised from the hotels to the venue

**Scales:** Scales are available at the venue and at Hotel IBIS STYLE THEATRO.

**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 18<sup>th</sup> March at 20:00**  
Price 35 EUR per person paid to the organizer.  
Tickets for the banquet please order on the transport-banquet form.

Tickets order send to: e-mail:

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 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:** 60 € 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 16<sup>th</sup> March at 14:30 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)
- Technical Secretary:
- directly to Goodlift nomination online program on internet,
- the EPF Championships Secretary **Bjorn Astad**, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org) phone: +47 91817979, Norway

**Preliminary:** **Saturday 14<sup>th</sup> January 2023** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).

**Final:** **Thursday 23<sup>rd</sup> February 2023** (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.**

<b>Preliminary timetable</b>					
Day	Event				Start
Wednesday 15 <sup>rd</sup> March 2023	Accreditation				12:00
	Technical Meeting				20:00
Day	Weigh-in	Classic Powerlifting		Lifters	Start
Thursday 16 <sup>th</sup> March 2023	08:30 – 10:00	Women	47, 52, 57 kg	18	10:30
	Opening Ceremony				14:30
	13:00 – 16:30	Men	59, 66, 74 kg	22	15:00
Friday 17 <sup>th</sup> March 2023	08:00 – 09:30	Women	63, 69 kg	19	10:00
	12:30 – 14:00	Men	83, 83 kg	28	14:30
Saturday 18 <sup>th</sup> March 2023	08:00 – 09:30	Women	76, 84, +84 kg	17	10:00
	13:00 – 14:30	Men	105, 120, +120 kg	25	14:00
	Closing banquet				20:00

**Important Items to Remember:**

Preliminary nominations are done by each federation by the IPF Electronic Nomination System. In additions, 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. If the organizer 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 organizer 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 organizer. 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 organizing 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 European University Cup.

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 Cup 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 **TEN (10)** universities in the men's category and **TEN (10)** universities in 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 **2023**, athletes must be born between **01/01/1998 and 31/12/2006**.
  - 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. Maximum two athletes of each sex from each university can be nominated for each weight class.

**EUSA** (European University Students Association) has signed a MOU with EPF and supports the organization of the EPF European Students cup. Representatives from EUSA will be present during the cup.

Arnulf Wahlstrøm  
EPF President

Sylvain GIROT  
Meet Director

Bjorn Astad  
EPF Championships Secretary