



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

**The European Powerlifting Federation and the Hungary Powerlifting Federation Invite the EPF member nations to participate in the**

**European Sub Junior and Junior Championships in Classic Powerlifting  
10<sup>th</sup> October to 17<sup>th</sup> October 2023 in Budapest, Hungary**

**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:** Kromek András, e-mail: [kromek.andras@hunpower.hu](mailto:kromek.andras@hunpower.hu), +36 302674938

**Technical Secretary:** Peter Mizser, e-mail: [fotitkar@hunpower.hu](mailto:fotitkar@hunpower.hu)

**Correspondence, visa:** Barna Szetey, e-mail: [booking@welltravel.hu](mailto:booking@welltravel.hu), +36 204867444

**Accommodation:** Andrea Horváth-Hajós, e-mail: [booking@welltravel.hu](mailto:booking@welltravel.hu), +36 203332522

**Transport, banquet:** Barna Szetey, e-mail: [booking@welltravel.hu](mailto:booking@welltravel.hu)

**Banquet:** Barna Szetey, e-mail: [booking@welltravel.hu](mailto:booking@welltravel.hu)

**Championship Secretary:** Tero Hyttinen, email. [tero@europowerlifting.org](mailto:tero@europowerlifting.org), phone +358 44 309 2263

**Host City:** Budapest

**Date:** 9<sup>th</sup> October to 17<sup>th</sup> October 2023

**Venue:** Phoenix Sports Hall, 2151 Fót, Sport u. 10.

**Technical Meeting:** 09. October at 20:00 at Aquaworld Resort Budapest\*\*\*\*, Address: 16 Íves út, 1044 Budapest,

*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 [tero@europowerlifting.org](mailto:tero@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 athletes competing at [IPF Championships](#) **must** successfully complete education through [ADeL](#) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete. Please note that the certificate file must be in PDF format only. This is the standard file format in which the certificate can be obtained from the WADA ADEL platform.

ADeL: <https://adel.wada-ama.org/learn>

### Official Hotels:

**Aquaworld Resort Budapest\*\*\*\***, Address: 16 Íves út, 1044 Budapest, Hungary; Distance from Phoenix Sports Hall, Fót: ~ 8,3 km

**Hotel Rates:** Prices for night per room per person

Single room: 155,00 € per room/night, including breakfast and all taxes.

Double room: 174,00 € per room/night, including breakfast and all taxes.

**Intercity Hotel\*\*\*\***, Address: 7-8 Baross tér, 1087 Budapest, Hungary;

Distance from Phoenix Sports Hall, Fót: ~ 21,1 km

**Hotel Rates:** Prices for night per room per person

Single room: 135,00 € per room/night, including breakfast and all taxes.

Double room: 148,00 € per room/night, including breakfast and all taxes.

**Danubis Hotel Hungaria City Center\*\*\*\***, Address: Rákóczi út 90, 1074 Budapest, Hungary; Distance from Phoenix Sports Hall, Fót: ~ 20,1 km

**Hotel Rates:** Prices for night per room per person

Single room: 140,00 € per room/night, including breakfast and all taxes.

Double room: 150,00 € per room/night, including breakfast and all taxes.

Triple room: 175,00 € per room/night, including breakfast and all taxes.

**Verdi Grand Hotel\*\*\*\***, Address: 89b Üllői út, 1091 Budapest, Hungary;

Distance from Phoenix Sports Hall, Fót: ~ 23,4 km

**Hotel Rates:**

Single room: 122,00 € per room/night, including breakfast and all taxes.

Double room: 128,00 € per room/night, including breakfast and all taxes.

Triple room: 155,00 € per room/night, including breakfast and all taxes.

**ibis Styles Budapest City Hotel\*\*\***, Address: 12 Soroksári út, 1095 Budapest, Hungary; Distance from Phoenix Sports Hall, Fót: ~ 22,7 km

**Hotel Rates:**

Single room: 114,00 € per room/night, including breakfast and all taxes.

Double room: 122,00 € per room/night, including breakfast and all taxes.

Triple room: 143,00 € per room/night, including breakfast and all taxes.

### Payment:

**The accommodation and arrivals/transportation and closing banquet fees shall be payable as follows:**

1. Credit card
2. Bank transfer

**Arrivals/Transportation:****Arrivals/Departures by plane –airport:**

Personalised, specially organised transport from airport to hotel, where guests are waited at the arrival terminal upon arrival and pick up upon departure from Budapest will be from the hotel.

The prices are for one way! If you book for more people transfers together, the prices are cheaper, according to the list below:

1 person: **€35**, 2 persons: **€29**, 3 persons: **€26**, 4-8 persons: **€24**, 9-18 persons: **€19**, 19- persons: **€16**

If you order the transport, you must pay for it even if you later decide not to use it.

**Note 1:**

All rooms must be booked by the national federation via the official travel agency of the event, Well Travel Budapest Travel Agency. The booking has to be done at the official booking website of the event, available at: [www.welltravel.hu/booking](http://www.welltravel.hu/booking), and paid until 08th September 2023 at the latest. If the reservation of accommodation for the championship are cancelled before this date the prepaid payments will be refunded. Modifications are accepted until 7 days prior to arrival according to the Terms&Conditions of the event. After this deadline, the hotel allocation and price cannot be guaranteed.

For cancellations occurring until 31 days prior to scheduled arrival, the 50% deposit will be refunded.

For cancellations occurring 30 - 10 days prior to scheduled arrival, 20% of the reserved rooms and services which belong to one reservation number can be cancelled once for free of charge. During this period, in case of cancellation which belongs to the same reservation number, the cancellation fee equals with the 80% of the prepaid total amount.

For cancellations occurring 9 - 7 days prior to scheduled arrival, 10% the reserved rooms and services which belong to one reservation number can be cancelled once for free of charge. During this period, in case of cancellation which belongs to the same reservation number, the cancellation fee equals with the 90% of the prepaid total amount.

Cancellations made within 6 days of scheduled arrival are subject to no refund. In case of late cancellation or no-show 100% penalty applies.

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 (athletes, 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.

Accommodation and airport transfer reservation can be made: [www.welltravel.hu/booking](http://www.welltravel.hu/booking)

**Note 2:**

**Tuesday 19<sup>th</sup> September 2023 (21 days prior to the date of the Championship)** is the latest date for any removal of nominated lifters. If not cancelled in time, federations have to pay the participation fee and the doping fee for all lifters specified in the final nomination form.

**For referees Tuesday 26<sup>th</sup> September 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. All corrections must be made latest 14 days 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.

Any nation, participating in European Championships with at least three (3) lifters, must include at least one international referee. If more than 14 lifters from one nation take part, at least two (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.

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

Transport must be paid in advance on account of the organizer Travel agency Well Travel, against the invoice. Payment must be made mentioned on the invoice according to the Terms & Conditions. If you order the transport, you must pay for it even if you later decide not to use it.

**Scales:** Scales are available at hotels

**Training:** Training available at Venue

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

**Closing Banquet:** Tuesday 17<sup>th</sup> October at 20:00

Price 35,00 EUR per person can be paid to the organizer.  
Payment in advance for banquet tickets is recommended.

Tickets order send to:

Tickets for the Banquet can be paid at the venue of accreditation.

The number of banquet tickets must be ordered at the Nomination form.

Tickets for the banquet can be paid to the account of the organizer according the invoice. Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the date of the Championship.

**Participation Fee:** 90,00 € 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:** 60,00 € 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 BL 103.3.2.). Federations must pay participation and anti-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.

**Nominations:** Team nomination are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to:  
Technical Secretary:

and EPF Championship Secretary Tero Hyttinen, email: [tero@europowerlifting.org](mailto:tero@europowerlifting.org)

**Preliminary:** **Friday 11<sup>th</sup> August 2023** (No later than 60 days before the date of the Championship. Complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).

**Final:** **Tuesday 19<sup>th</sup> September** (no later than 21 days before the date of the Championship. Later entries will not be accepted).  
All lifters are expected to present passports (identification) and consent form at the weigh-in.

- Technical Meeting:** Monday 9<sup>th</sup> October at 20:00 at Aquaworld Resort Budapest\*\*\*\*, Address: 16 Íves út, 1044 Budapest,
- Opening Ceremony:** Tuesday 10<sup>th</sup> September at 15:00 hours at the Venue. One representative from each participating country must take part at the Ceremony.
- 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.
- Medals:** Men and Women are going to receive medals for placing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in their weight classes.  
  
The best lifters by IPFGL formula of each age category, will be rewarded during victory ceremony. Awards for Nation competition by Team points isn't available for Masters Championships.
- Referees exam:** If referee's examination is arranged, the written examinations will be done on Tuesday 10<sup>th</sup> September, 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. Oganiser will prepare a room for written examination.
- Important Note:** The timetable may be changed after the preliminary nomination and after the Technical Meeting.

## Timetable after preliminary nomination European Sub junior and Junior Classic Powerlifting Championships

Last updated: 27.6.2023

Day	Weigh in	Sub Junior	Start	Number of lifters	End after victory ceremony
Tuesday 10 October	08:00-09:30	<b>Sub-junior women</b> Group 1: 43, 47, 52 (10) Group 2: 57 (10)	10:00	20	14:00
		<b>Opening ceremony</b>	<b>15:00</b>		
	13:30-15:00	<b>Men Sub-junior</b> Group 3: 59, 66 (12) Group 4: 74 (12)	15:30	24	20:30
42					
Wednesday 11 October	08:00-09:30	<b>Men Sub Junior</b> Group 1: 83 (10) Group 2: 93 (10)	10:00	20	14:00
	13:00-14:30	<b>Women Sub Junior:</b> Group 3: 63 (10) Group 4: 69, 76 (12)	15:00	22	19:00
40					
Thursday 12 October	08:00-09:30	<b>Women Sub Junior:</b> Group 1: 84 (8) Group 2: +84 (8)	10:00	16	13:30
	13:00-14:30	<b>Men Sub Junior</b> Group 3: 105 (10) Group 4: 120, +120 (14)	15:00	24	19:30

Day		Junior	Start	Number of lifters	End after victory ceremony
Friday 13 October	08:00-09:30	<b>Women Junior</b> Group 1: 43, 47, 52 (10) Group 2: 57 (12)	10:00	22	13:30
	13:00-14:30	<b>Men Junior</b> Group 3: 59, 66 (11) Group 4: 74 (13)	15:00	24	19:30
40					
Saturday 14 October	08:00-09:30	<b>Women Junior</b> Group 1: 63 (10) Group 2: 63 (10)	10:00	20	13:00
	13:00-14:30	<b>Men Open</b> Group 2: 83 B (10) Group 3: 83 A (10)	15:00	20	19:00
40					
Saturday 15 October	08:00-09:30	<b>Women Junior</b> Group 1: 69 (10) Group 2: 69 (10)	10:00	20	14:00
	13:00-14:30	<b>Men Open</b> Group 3: 93 (10) Group 4: 93 (10)	15:00	20	19:00
40					
Saturday 16 October	08:00-09:30	<b>Women Junior</b> Group 1: 76 (9) Group 2: 76 (9)	10:00	18	13:30
	13:00-14:30	<b>Men Open</b> Group 3: 105 B (12) Group 3: 105 A (10)	15:00	22	19:00
40					
Saturday 17 October	08:00-09:30	<b>Women Junior</b> Group 1: 84 (10) Group 2: +84 (8)	10:00	18	13:30
	13:00-14:30	<b>Men Junior</b> Group 3: 120 (12) Group 4: +120 (10)	15:00	22	18:00
<b>Banquet for Junior lifters</b>			<b>20:00</b>	<b>332</b>	

### 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. The timetable may be changed one day after the final nomination. Some categories may be moved one day earlier or one day later than specified in the preliminary timetable. All other changes will take place at the technical meeting.

If the organiser does not receive a confirmed cancellation of hotel rooms by the given deadline 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 European 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.”

Bjørn Astad  
EPF President

Kromek András  
Meet Director

Tero Hyttinen  
EPF Championships Secretary