



OFFICIAL INVITATION

The European Powerlifting Federation
and
FEDERATION FRANCAISE DE FORCE
invite
the EPF member nations to participate in the

EUROPEAN UNIVERSITY CUP PL Classic 1st March to 3rd March 2024 NANCY, 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 the EPF-Member nations, **NOT by individuals.**

Meet Director	CORRINGER Céline	email: corringer.celine@orange.fr Cell: +33 684 13 69 97
Visa support	CORRINGER Céline	email: corringer.celine@orange.fr Cell: +33 684 13 69 97
EPF Championship Secretary	Tero Hyttinen	email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation	CORRINGER Céline	email: corringer.celine@orange.fr Cell: +33 684 13 69 97
Transport	CORRINGER Céline	email: corringer.celine@orange.fr Cell: +33 684 13 69 97
Technical Secretary	DECONINCK Erick	email: epsylon_59@yahoo.fr Cell: +33 605 09 14 32
Host City	NANCY	
Date	1 st March to 3 rd March 2024	
Venue	Salle des fêtes de Gentilly Rue du Capitaine Guynemer 54000 NANCY https://goo.gl/maps/wW532trWb9AcUafk8	
Technical Meeting	Hotel IBIS STYLES 29 th February 2024 at 20h00	



Hotel	IBIS STYLES NANCY OUEST LAXOU 10 rue de la Saône 54520 LAXOU https://all.accor.com/hotel/B4Y4/index.fr.shtml No transport between hotel and the venue (12-min walk)
Hotel Rates	Rates per night per room, breakfast included 1 guest - Single room 110€ 2 guests - Double room (double bed) 120€ 3 guests - Twin room (double bed + sofa bed) 140€ 4 guests - Family room (double bed + sofa bed OR double bed + 2 single beds) 150€ + Occupancy tax: 1,20€ per night per person to be paid on site (check out).

Hotel	IBIS BUDGET NANCY LAXOU 1 rue du Vair 54520 LAXOU https://all.accor.com/hotel/B6J2/index.fr.shtml No transport between hotel and the venue (19-min walk)
Hotel Rates	Rate per night per room, breakfast included 1 or 2 guests – Double room (Double bed) 90€ + Occupancy tax: 0.90€ per night per person to be paid on site (check out).

All athletes, coaches, referees or officials from each federation must stay in the official hotel for all days in attendance of the championship. Accreditation is issued in accordance with the number of hotel booking days. If athletes, coaches, referees or officials do not stay in the official hotel, they will be obliged to pay an administration fee of 100€ per person to the organizer. Failure to comply will have the effect they will not receive accreditation and will be excluded from that championship (EPF By-laws 105.7).

All room bookings must be done by the National Federation through the official Céline CORRINGER, email: corringer.celine@orange.fr Cell: +33684 13 69 97

The organizer will not be responsible for any hotel bills of the participating nations.

The accommodation fees shall be payable by bank transfer against the invoice as follows:

1. Credit card or cash on arrival **is forbidden**.
2. Bank transfer against the invoice is **the only payment solution**
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BIC CMCIFR2A

Payment must be made to the bank account indicated on the invoice at the latest 21 days prior to the beginning of the Championship.

All rooms must be booked at the latest with the deadline of the preliminary nomination. After the deadline, the organizer cannot guarantee the accommodation.

8th February 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, national federation has to pay the reserved hotel rooms (if the hotel requires such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.



Arrivals/Transportation

Shuttles between Luxembourg airport and Nancy are no longer regular and major works are preventing normal traffic.

The delegations will therefore have to go by train to Nancy where the organizer will pick them up.

Please use the Accommodation_transport_UNICUP_2024.xls document for the organizer.

Transport between railway station and hotel is free.

Scales

Scales available at the official hotel

Training

Training facilities available at the venue but not during Cup.

The organizer will give the hours at the TM.

Flag and anthem

Flags and Anthems will be provided

Opening Ceremony

1st March at 14h30 in the Venue.

One representative from each participating country shall take part at the Ceremony.

Closing Banquet

3rd March, 19h30 in the venue.

Price per ticket for one person: **35 EUR**

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 against the invoice or at the venue of accreditation.

Payment in advance for banquet tickets is recommended.

Participation Fee

90,00 EUR for each lifter must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

Anti-Doping Fee

60,00 EUR for each lifter must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

All invoices are published at the EPF web (www.europowerlifting.org) under “SERVICES” >> “INVOICES”.

Health and Travel Insurance

All delegates must have a valid health insurance. The organizer and the EPF will not incur any expenses for a doctor or hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes, ect.

Anti-Doping Information:

For the European University CUP Classic Powerlifting

Each participant is **strictly liable** for any substance found in your body (or specimen). Each participant may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.



Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).

[Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.

All Sub-Junior & Junior athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. Each national federation must submit all the participating athletes' completed certificates from ADeL with the nomination for the registration to be complete.

Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:

- requirements for submitting whereabouts information
- rights and responsibilities during [sample collection](#)
- responsibility to avoid the use of prohibited substances and methods
- consent to the use of your information
- obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom

All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

For all anti-doping related questions, please contact ipfantidoping@cces.ca.

Nominations	Team nomination forms must be sent to: the Meet Director CORRINGER Céline email: corringer.celine@orange.fr and the EPF Championship Secretary_Tero Hyttinen email: tero@europowerlifting.org
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Preliminary	Sunday 31th December 2023 (Preliminary nomination must be formed in each nation's personal Goodlift account and the complete filled in preliminary form must be sent to the Meet Director and EPF Championship Secretary)
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Final	Thursday 8th February 2024 (the latest date for any removal of nominated lifters or cancellation of booked hotel rooms) National federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form
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Final Timetable

(Updated 10.02.2024)

Day	Weigh In Time	Classes		Start	End	Lifters
Friday 01.03.2024		Technical Meeting		10:00		
		Opening Ceremony		14:00		
	13:00-14:30	Women	-52 and 57 kg	15:00	18:00	8
	Men	-59 and 74 kg	8			
Saturday 02.03.2024	08:00-09:30	Women	-63 kg	10:00	14:00	11
		Women	-69 kg			12
	12:30 – 14:00	Men	83 kg (B-Group)	14:30	17:30	8
		Men	-83 kg (A-Group)			8
	16:30-18:00	Men	-93 kg (B-Group)	18:30	21:30	8
		Men	-93 kg (A-Group)			8
Sunday 03.03.2024	08:00-09:30	Women	-76 kg	10:00	13:15	10
		Men	-120 and 120+ kg			8
	12:00-13:30	Women	-84 and 84+ kg	14:00	17:30	7
		Men	-105 kg			13
			Banquet		19:30	

Important Items to Remember

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

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination.

According to the IPF Technical Rules [Page 4, item 7] on the submitted Final Nomination Form you must send the finalized list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and no one can change weight classes.

Changes may occur to the timetable of events. All changes will take place at the Technical Meeting that will be held on Thursday 29th February 2024 at 20:00.



A federation participating with more than 3 lifters is obliged to nominate at least one referee and a nation with more than 14 lifters is obliged to nominate at least two referees. If a referee(s) from the nation is not present or, if present, is not available to act in the capacity of either referee or member of jury at least two days during the event, the lifters are allowed to take part, but a fine of Euro 1 000 has to be paid by the nation for each missing referee (EPF By-laws 105.13). Each nominated referee must be available minimum two days.

For referees **15th February, 2024** is last day for changes of categories for which referee has been allocated in the final nomination which his national federation indicated in the Goodlift system.

Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the championships. Any changes, withdrawal or no show up by a referee regarding the allocated duty at or after the Technical Meeting, may impose a warning or €100 in fine dependent of the reason. However, federations may allocate duties between their own referees latest at the Technical Meeting upon agreement by the appointed Technical Committee member (EPF By-laws 105.13.2).

If referee's examination is arranged, the written examinations will be done on Tuesday 12th March, 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. Organiser will prepare a room for written examination.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear their national team tracksuit for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same shall apply to participation and Anti-Doping fees.

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 Tero Hyttinen, email: tero@europowerlifting.org with a copy to the EPF Treasurer Xavier de Puytorac, email: xavier@europowerlifting.org. The confirmation must include changes in the list of referees and changes in the final nomination.

Indemnity & Insurance: All participating federation and its delegated athletes and officials agree to indemnify 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 this 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 **2024**, athletes must be born between **01/01/1999 and 31/12/2007**.
 - 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.

Bjørn Astad
EPF President

Céline CORRINGER
Meet Director

Tero Hyttinen
EPF Championships Secretary