



## OFFICIAL INVITATION

The European Powerlifting Federation  
and  
Powerlifting & Weightlifting Federation Luxembourg  
invite  
the EPF nations to participate in the

### EUROPEAN UNIVERSITY CLASSIC POWERLIFTING CUP 21<sup>st</sup> to 23<sup>rd</sup> February 2025 Hamm, Luxembourg

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**.

<b>Meet Director</b>	Gaston Parage	email: <a href="mailto:gaston.parage@pwf.lu">gaston.parage@pwf.lu</a> Cell:+352621165214 / +352661165214
<b>Visa support</b>	Gaston Parage	email: <a href="mailto:gaston.parage@pwf.lu">gaston.parage@pwf.lu</a> Cell:+352621165214 / +352661165214
<b>EPF Championship Secretary</b>	Tero Hyttinen	email: <a href="mailto:tero@europowerlifting.org">tero@europowerlifting.org</a> Cell: +358 44 309 2263
<b>Accommodation</b>	Alessio Pizzutilo Gaston Parage	email: <a href="mailto:organisation@pwf.lu">organisation@pwf.lu</a> Cell:+352621621897 / +352621165214
<b>Transport</b>	Alessio Pizzutilo	email: <a href="mailto:organisation@pwf.lu">organisation@pwf.lu</a> Cell: +352 621621897
<b>Technical Secretary</b>	Gaston Parage	email: <a href="mailto:gaston.parage@pwf.lu">gaston.parage@pwf.lu</a> Cell:+352621165214 / +352661165214
<b>Host City</b>	<b>Hamm</b>	
<b>Date</b>	<b>21<sup>st</sup> February to 23<sup>rd</sup> February 2025</b>	
<b>Venue</b>	Sportshall of Hamm 157, rte de Hamm L-1713 Luxembourg-Hamm	
<b>Technical Meeting</b>	<b>Hotel Ibis Airport 20<sup>th</sup> February 2025 at 20h00</b>	



<b>Hotel Rates Ibis Airport</b>	Rates per night per room, breakfast included (at the Ibis Hotel) Single room 105 € Double room: 115 € Triple room: 135 €
<b>Hotel Rates Ibis Budget</b>	Rates per night per room, breakfast included (at the Budget Hotel) Single room 80 € Double room 85 € Triple room 100 €

All accredited athletes, coaches, officials and referees nominated by their national federation for an international or world championship event, must stay in the official hotel(s) designated by the organizer. An accreditation badge shall not be issued to a nominated athlete, coach, official or referee that is not staying in the hotel. Additionally, the issued credential shall match the number of days they will be officially participating in the event. If an athlete, coach, referee or official does not stay in the hotel, they shall not receive accreditation and shall be excluded from the event.

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

All room bookings must be done by the National Federation through the officials **Gaston PARAGE or Alessio PIZZUTILO** email: [organisation@pwf.lu](mailto:organisation@pwf.lu) Cell: +352 661165214 / +352 621462801

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

The accommodation fees shall be payable directly to the Hotel;

1. Credit card on arrival:
2. Cash on arrival (only in Euro)
3. In case of a bank transfer contact accommodation managers for details

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

**31<sup>st</sup> of January** 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.

<b>International Airport for Arrival</b>	Luxembourg Findel Airport
<b>Arrivals/Transportation</b>	Hotels are on walking distance from the airport
<b>Scales</b>	Scales are available at the official hotel
<b>Training</b>	Training facilities are available at the venue
<b>Flag and anthem</b>	Flags and Anthems will be provided



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<b>Opening Ceremony</b>	<b>21<sup>st</sup> of February</b> at 14:30 at the Venue. One representative from each participating country shall take part at the Ceremony.
<b>Closing Banquet</b>	<b>23<sup>rd</sup> of February</b> , at 20:00 Price per ticket for one person: <b>40 EUR</b> 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.
<b>Participation Fee</b>	<b>90,00 EUR</b> for each lifter must be paid by bank transfer <b>to the EPF bank account</b> before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
<b>Anti-Doping Fee</b>	<b>60,00 EUR</b> for each lifter must be paid by bank transfer <b>to the EPF bank account</b> before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
<b>Capitation Fee</b>	<b>50,00 EUR</b> for each coach must be paid by bank transfer <b>to the EPF bank account</b> 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 ( <a href="http://www.europowerlifting.org">www.europowerlifting.org</a> ) under “SERVICES” >> “INVOICES”.	
<b>Health and Travel Insurance</b>	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 Classic Powerlifting Cup***

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 the 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](mailto:ipfantidoping@cces.ca).

## GENERAL DATA PROTECTION

Under the GDPR, processing special categories of data, such as racial or ethnic origin, political opinions, religious or philosophical beliefs, trade union membership, genetic data, biometric data, or data concerning health, is generally prohibited.

Taking photographs of people in public is allowed and is qualified for the household exemption under Article 2(2)(c) of the GDPR.

All the participants of the EPF events are aware of and agree to be taken photos and videos of. In case of disagreement the participant must notify the EPF about it before the start of the event.

Photographs and videos taken at the EPF events is the sole property of the EPF and can be published at all EPF internet platforms including but not restricted to EPF web, social media accounts in Instagram, Facebook and TikTok. All the participants of the EPF events agree on their personal data to be collected, processed, saved and displayed in the electronic system for competition run GoodLift, at the webs: <https://goodlift.info/> and <https://www.europowerlifting.org/>.

<b>Nominations</b>	Team nomination forms must be sent to: the Meet Director Parage Gaston email: <a href="mailto:organisation@pwf.lu">organisation@pwf.lu</a> and the EPF Championship Secretary Tero Hyttinen email: <a href="mailto:tero@europowerlifting.org">tero@europowerlifting.org</a>
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<b>Preliminary</b>	<b>Monday 23<sup>rd</sup> of December 2024</b> (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** **Friday 31<sup>st</sup> of January 2025** (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

### Provisional Timetable

(Updated 05.07.24)

Day	Weigh In Time	Classes		Start	End	Lifters
<b>Thursday</b> 20.02.2025		<b>Technical Meeting</b>		<b>20:00</b>		
<b>Friday</b> 21.02.2025	09:00 – 10:30	Women 47, 52 & 57 kg		11:00	13:30	
		<b>Opening Ceremony</b>		<b>14:30</b>		
	13:30-15:00	Men	59 – 74 kg	15:30	19:00	
Women		63 kg				
<b>Saturday</b> 22.02.2025	08:00-09:30	Women	69 kg	10:00	13:00	
		Women	76 kg			
	12:00 – 13:30	Men	83 kg B	14:00	17:00	
		Men	93 kg B			
	16:30-18:00	Men	83 kg A	17:30	20:30	
		Men	93 kg A			
<b>Sunday</b> 23.02.2025	08:00-09:30	Women	84 and 84+ kg	10:00	13:00	
		Men	-105 kg B			
	12:00-13:30	Men	-105 kg A	14:00	17:00	
		Men	-120, 120+ kg			
		<b>Banquet</b>		<b>20:00</b>		

#### 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. Best totals from National or International Championships during the previous 12 months before preliminary nomination shall be stated.
- 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 20<sup>th</sup> February 2025 at 20:00 at the Hotel Ibis Airport. Information regarding A and B group will be given at the Technical Meeting.

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 1000 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 referee's 7<sup>th</sup> of February, 2025 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 18.6).

If referee's examination is arranged, the written examinations will be done on Friday 21<sup>st</sup> February, 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 18.2).

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](mailto:tero@europowerlifting.org) with a copy to the EPF Treasurer Xavier de Puytorac, email: [xavier@europowerlifting.org](mailto:xavier@europowerlifting.org) and the Meet Director Gaston Parage [organisation@pwf.lu](mailto:organisation@pwf.lu) .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 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 this European University Cup.



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.”

### **Important Competition Guidelines:**

**The European University Classic Powerlifting 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 teams in the men’s category and **TEN** (10) universities teams 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 2025, athletes must be born between 01/01/2000 and 31/12/2008.
  - 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 recognized 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 University Classic Powerlifting Cup. Representatives from EUSA will be present during the Cup.

Bjøm Astad  
EPF President

Gaston Parage  
Meet Director

Tero Hyttinen  
EPF Championships Secretary