



EUROPEAN OPEN, SUB-JUNIOR
JUNIOR & MASTERS
EQUIPPED & CLASSIC

BENCH PRESS CHAMPIONSHIPS

OFFICIAL INVITATION

The European Powerlifting Federation

and

Malta Powerlifting Association

invite

the EPF member nations to participate in the

**EUROPEAN OPEN, SUB-JUNIOR, JUNIOR & MASTERS
EQUIPPED & CLASSIC BENCH PRESS CHAMPIONSHIP
22nd to 28th of September 2025
St Paul's Bay, Malta**

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:

Name: Mauro Gasan
Address: 159, Vjal il-Helsien, Haz-Zebbug ZBG2076, Malta
Phone: +356 79334479
E-mail: mauro@madletiks.com

Correspondence

Name: Mauro Vassallo
Phone: +356 99666623
E-mail: mvasallo@petiteevents.com

Visa support

Name: Mauro Vassallo
Phone: +356 99666623
E-mail: mvasallo@petiteevents.com

Nominations

Name: Mauro Gasan
Address: 159, Vjal il-Helsien, Haz-Zebbug ZBG2076, Malta
Phone: +356 79334479
E-mail: mauro@madletiks.com

EPF Championship Secretary Tero Hyttinen

E-mail: tero@europowerlifting.org
Cell: +358 44 309 2263

Accommodation

Name: Chloe
Phone: +356 7999 9943
E-mail: chloe@petiteevents.com

Transport, banquet

Name: Chloe
Phone: +356 7999 9943
E-mail: chloe@petiteevents.com



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Technical Secretary Erick Deconinck email: epsylon_59@yahoo.fr
Cell : +336 21 02 91 04

Host City St Paul's Bay, Malta

Date 22nd – 28th of September 2025

Venue Oracle Conference Centre, Double Tree by Hilton, St Paul's Bay, SPB2402, Malta

Technical Meeting Sunday, 21st of September 2025, at the Hotel, at 20:00

Hotel 1: Name: Double Tree by Hilton
Address: Qawra, SPB2402
Phone: +356 2355 2355

E-mail: chloe@petiteevents.com Webpage: www.epfmalta.com

Hotel Rates: Prices per room per night with breakfast, including City tax of €00.50 per person per night

Rates on BB Basis

€208.50 EURO (Standard single room – 1 adult)

€234.00 EURO (Standard double/twin room – 2 adults)

Supplements

€35.50 EURO – Supplement for 3rd person sharing (sofa bed) with 2 adults per night
furthermore, room to be upgraded to a Superior room at €25.00 EURO additional supplement,
therefore a supplement of €60.50 in total per night.

If there will be 4 people in the room, a supplement of €70.50 EURO applies for the 3rd and 4th
sharing persons plus the upgrade to a Twin Superior with Seaview and Sofa bed - €55.00
EURO per night, therefore a supplement of €126.00 in total per night.

€137.00 EURO – Supplement for Queen Two Bedroom Family room

€41.25 EURO per person – HB+ (including unlimited drinks)

€80.00 EURO per person – FB+ (including unlimited drinks)

€86.75 EURO per person – All Inclusive

Minimum Length of Stay

3 nights on BB, HB and FB

5 nights on All Inclusive

Reductions

Kids below 12 years (-12 years) complimentary when sharing with adults on same board
basis. 1st and 2nd child free up to 12 years. 3rd child at €17.50 EURO per night for
accommodation and 50% of F&B supplements, 4th child and more, full price to apply.



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Concessions
Complimentary DoubleTree Cookie on arrival
Free safety deposit box in the room
Complimentary Wi-Fi in all areas of the hotel
Free use of indoor pool, sauna, Jacuzzi and fitness room
Indoor pool from 07:00hrs to 19:00hrs
Spa from 09:00hrs to 19:00hrs

Hotel 2: Name: ODYCY Hotel
Address: Qawra Coast, Qawra SPB1902
Phone: +356 2354 3000

E-mail: chloe@petiteevents.com Webpage: www.epfmalta.com

Hotel Rates: Prices per room per night with breakfast, including City tax of €00.50 per person per night

€208.50 EURO (Comfort Land view single room – 1 adult)
€231.00 EURO (Comfort Land view double/twin room – 2 adults)
€218.50 EURO (Comfort Side Sea view single room – 1 adult)
€241.00 EURO (Comfort Side Sea view double/twin room – 2 adults)
€233.50 EURO (Comfort Sea view single room – 1 adult)
€256.00 EURO (Comfort Sea view double/twin room – 2 adults)
€302.00 EURO (Family Land view - up to 4 adults)
€327.00 EURO (Family Sea view – up to 4 adults)

Supplements
€30.00 EURO per person – HB+ (including unlimited drinks)
€40.00 EURO per person – FB+ (including unlimited drinks)
€60.00 EURO per person – All Inclusive

Children Policy
0 to 4.99 Years – Complimentary on room & Board Basis
5 to 11.99 Years - Complimentary on room + 50% Discount on Board Basis

Minimum Length of Stay
3 nights on BB, HB and FB
5 nights on All Inclusive

All accredited athletes, coaches, referees, and officials from each federation must stay in the official hotel for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship. For championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for three nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

All room bookings must be made by the National Federation through the official link via [EPFMALTA 2025](http://EPFMALTA2025) |



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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. Payment must be received at the bank account mentioned on the invoice at the latest **7 days** prior to the beginning of the Championship (**15th of September 2025**).

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

Monday 1st of September 2025 is the latest date for any removal of nominated lifters and cancellation of booked hotel rooms.

If not cancelled in time, the National federation has to pay the reserved hotel rooms (if the hotel requires such payment), the participation fee and the doping fee for all lifters and officials specified at the final nomination form.



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International Airport for Arrival/ Departures	Malta International Airport (MLA)
Arrivals/ Departures/Transportation	
Arrivals/Transportation	Transfers need to be pre-booked. €45.00 - Taxi – 3 people + Luggage €75.00 - Peugeot 8-seater + luggage €90.00 - 16-seater Minivan €100.00 - 18-seater Minivan €115.00 – 22-seater Minivan Booking & Payment – http://www.epfmalta.com/transportation/ Payment by Credit Card. Transfer Tickets and Payment confirmation are received instantly via email. (Please check your Spam/ Junk just in case you don't receive anything once payment is processed) Deadline – Wednesday 4 th September 2024.
Scales	Scales available at the official hotel, 24 hours. The scales will be available 1 day prior to the first competition day.
Training	Training will be available at Venue 1 day prior to the first competition day and then every day from 10:00 to 22:00.
Flag and anthem	Flags and Anthems will be provided
Opening Ceremony	22 nd of September at 13:00 at the Venue One representative from each participating country shall take part at the Ceremony.
Closing Banquet Classic Bench Press Closing Banquet Equipped Bench Press	25th of September 2025 at 20:00 at the Mamasita Restaurant 28th of September 2025 at 20:00 at the Double Tree By Hilton Price per ticket for one person: 42,00 € (Drinks Excluded) Booking from http://www.epfmalta.com/closing-banquet/
Participation Fee	90,00 EUR for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. The EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
Anti-Doping Fee	75,00 EUR for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. The EPF



Coach Participation Fee

invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

50,00 EUR for each coach 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 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, etc..

Anti-Doping Information:

For the European Open, Sub-Junior, Junior and Masters Equipped Powerlifting Championships

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 in 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 and Masters age 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.



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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/>.

Nominations	Team nomination forms must be sent to: the Meet Director Mauro Gasan – email: mauro@madletiks.com and the EPF Championship Secretary Tero Hyttinen - email: tero@europowerlifting.org
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Preliminary	Thursday 24th of July 2025 (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	Monday 1st of September 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
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Provisional Timetable

(Weigh in and Start time are subject to change after final nomination)

Day	Weigh In Time	Classes	Start	End	Lifters
Sunday 21.09.2025		Technical Meeting	20:00		



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Classic Bench Press						
Monday 22.09.2025	09:00 – 10:30	Women	M4 all	11:00	12:30	6
		Women	M3 all			12
	Opening Ceremony			13:00		
	12:00 – 13:30	Men	M4 all	14:00	16:00	10
		Men	M3 all			19
	14:30 – 16:00	Women	M2 47 – 69 kg	16:30	18:30	14
Women		M2 76 – 84+ kg	13			
Tuesday 23.09.2025	09:00 – 10:30	Men	M2 59 – 83 kg	11:00	13:30	17
		Men	M2 93 – 105 kg			13
		Men	M2 120 – 120+ kg			8
	12:00 – 13:30	Women	M1 47 – 63 kg	14:00	16:00	11
		Women	M1 69 – 84+ kg			18
	14:30 – 16:00	Men	M1 59 – 93 kg	16:30	18:30	16
Men		M1 105 – 120+	14			
Wednesday 24.09.2025	08:00 – 09:30	Women	Sub Jun 43 – 57 kg	10:00	12:30	10
		Women	Sub Jun 63 – 84+ kg			14
		Men	Sub Jun 53 – 66 kg			15
	11:00 – 12:30	Men	Sub Jun 74 – 83 kg	13:00	15:00	14
		Men	Sub Jun 93 – 120+kg			16
	13:30 – 15:00	Women	Jun 43 – 57 kg	15:30	18:00	13
		Women	Jun 63 – 69 kg			12
		Women	Jun 76 – 84+ kg			12
	16:30 – 18:00	Men	Jun 53 – 66 kg	18:30	20:30	9
		Men	Jun 74 kg			13
		Men	Jun 83 kg			11
	19:00 – 20:30	Men	Jun 93 – 105 kg	21:00	23:00	15
Men		Jun 120 – 120+ kg	12			
Thursday 25.09.2025	08:00 – 09:30	Women	Open 47 – 52 kg	10:00	12:00	13
		Women	Open 57 – 63 kg			15
10:00 – 11:30	Men	Open 59 – 74 kg	12:30	14:30	13	
	Men	Open 83 – 93 kg			19	
13:00 – 14:30	Women	Open 69 – 76 kg	15:00	16:30	14	
	Women	Open 84 – 84+ kg			10	



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	15:00 – 16:30	Men	Open 105 kg	17:00	19:00	11
		Men	Open 120 – 120+ kg			19
	Banquet			20:00		
Equipped Bench Press						
Friday 26.09.2025	09:00 – 10:30	Men	M4 all and M3 59 – 83 kg	11:00	12:30	11
		Men	M3 93 – 120+ kg			10
	11:00 – 12:30	Women	M4 and M3 all and M2 47 – 57 kg	13:00	15:30	13
		Women	M2 63 – 84+ kg			13
		Women	M1 all			10
	14:00 – 15:30	Men	M2 59 – 93 kg	16:00	18:00	14
		Men	M2 105 – 120+ kg			15
	16:30 – 18:00	Men	M1 59 – 93 kg	18:30	20:00	10
Men		M1 105 – 120+ kg	11			
Saturday 27.09.2025	09:00 – 10:30	Men	Sub Jun 53 – 74 kg	11:00	12:30	8
		Men	Sub Jun 83 – 120+ kg			8
	11:00 – 12:30	Women	Sub Jun 47 – 63 kg	13:00	14:30	10
		Women	Sub Jun 69 – 84+ kg			8
	13:00 – 14:30	Men	Jun 59 – 93 kg	15:00	17:00	14
		Men	Jun 105 – 120+ kg			14
	15:30 – 17:00	Women	Jun 43 – 63 kg	17:30	19:00	11
		Women	Jun 69 – 84+ kg			10
Sunday 28.09.2025	09:00 – 10:30	Women	Open 47 – 57 kg	11:00	13:00	13
		Women	Open 63 – 69 kg			14
		Women	Open 76 – 84+ kg			14
	11:30 – 13:00	Men	Open 59 – 74 kg and SOI	13:30	15:30	12
		Men	Open 83 - 93 kg			14
	14:00 – 15:30	Men	Open 105 kg	16:00	17:30	8
		Men	Open 120 – 120+ kg			14
	Banquet			20:00		



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Important Items to Remember

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a 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 of 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 **Sunday, 21st of September 2025** at 20:00. Information regarding A and B group will be given at the Technical Meeting.

A federation participating with more than four (4) 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 must 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 **8th of September 2025** is the 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 by a referee regarding the allocated duty at or after the Technical Meeting, may impose a warning or Euro 100 fine dependent of the reason. However, federations may allocate duties between their own referees at the 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 **Sunday 22nd 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. The organizer will prepare a room for written examination.

Victory Ceremonies will be held at the end of each lifting session. It will be 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 with a copy to the EPF Treasurer Xavier de Puytorac, email:



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xavier@europowerlifting.org. The confirmation must include changes in the list of referees and changes in the final nomination.

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 this European Championships.

Bjørn Astad
EPF President

Mauro Gasan
Meet Director

Tero Hyttinen
EPF Championships Secretary