OFFICIAL INVITATION

The European Powerlifting Federation

And

Slovenian Powerlifting Federation

invite the EPF member nations to participate in the

EUROPEAN SUB-JUNIOR, JUNIOR & SOI CLASSIC POWERLIFTING CHAMPIONSHIP
3rd to 13th of December 2026 Kranjska Gora, Slovenia

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 made by the EPF - Member nations, NOT by individuals.

Meet Director	**Urban Mur**	Email: urban.mur@powerlifting.si Cell: +386-41-378-455
Correspondence (Secretary General)	**David Brunšek**	Email: david.brunsek@powerlifting.si Cell: +386-31-691-261
Visa support	**Urban Mur**	Email: urban.mur@powerlifting.si Cell: +386-41-378-455
Nominations	**Laura Jelen**	Email: epfkg2026@powerlifting.si Cell: +386-70-712-323
EPF Championship Secretary	**Tero Hyttinen**	Email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation	**Laura Jelen**	Email: epfkg2026@powerlifting.si Cell: +386-70-712-323
Transport, banquet	**Laura Jelen**	Email: epfkg2026@powerlifting.si Cell: +386-70-712-323
Technical Secretary	**Tjaša Vagaja**	Email: referees@powerlifting.si Cell: +386-4'-216-450
Host City	Kranjska Gora, Slovenia	
Date	From the 3rd to the 13th of December 2026	
Venue	Dvorana Vitranc, Kolodvorska ulica 1a, 4280 Kranjska Gora	
Technical Meeting	Place: Hotel Kompas Date: 2nd of December 2026 at 18:00	
Event website	https://epfkg26.powerlifting.si/	
Event Instagram page	https://www.instagram.com/epfjunioreuros26/	

ACCOMMODATION RATES		
Hotel (Kompas, Ramada Resort or Ramada H&S)		
Single room	breakfast + dinner	135 €
Double room	breakfast + dinner	175 €
Triple room	breakfast + dinner	230 €
Quadruple room	breakfast + dinner	280 €
	no dinner	- 4€ per person per night
	lunch	+ 12 € per person per night
Apartments (Apartmaji Vitranc)		
Small apartment (up to 3 people)	no meals	145 €
Large apartment (up to 4 people)	no meals	170 €
Small apartment (3 people)	breakfast + dinner*	70 € per person per night
Large apartment (4 people)	breakfast + dinner*	68 € per person per night
	**in one of the hotels*	
Small apartment = double bed + sofa bed; *Large apartment = double bed + single bed + sofa bed*		
Meal times		
Breakfast	7:00 - 10:00	**dinner time will be extended if required by the competition schedule*
Lunch	12:00 - 14:00	
Dinner	19:00 - 21:00*	
Remarks		
All prices include use of the pools in the Hotel Ramada Resort (Aquapark Larix) and Hotel Kompas. All prices include city tax of 3.5€ per person per night. Breakfast, lunch and dinner are all buffet-style with food selection adjusted for the athletes.		

HOTEL PAYMENT

All accredited athletes, coaches, officials, and referees nominated by their national federation for a European 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 who is not staying in the hotel. Additionally, the issued credentials shall match the days they will stay in the official hotel. 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 National Federations must do all room bookings through the official email: epfkg2026@powerlifting.si

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/cash on arrival at the venue
2.Bank transfer against the invoice

Payment must be received at the bank account mentioned on the invoice at the latest 20 days prior to the beginning of the Championship.

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

Saturday, 12th of November 2026 is the latest date for any removal of nominated lifters and cancellation of booked hotel rooms. If not cancelled in time, the National federation must pay the reserved hotel rooms, the participation fee and the doping fee for all lifters and officials specified at the final nomination form.

International Airport for Arrival/ Departure	Ljubljana Jože Pučnik Airport (LJU)

Arrivals/ Departures/ Transportation	1 person - 100 € 2 people - 50 € 3 people - 35 € 4 or more - 30 € *prices are per person, one way transport*

Scale	The scales will be available 1 day before the first competition day 24/7 at the official hotel

Training	Training facility will be available at the venue 1 day before the first competition day and then every day. Training hours will be published later.

Flag and anthem	Flags and Anthems will be provided

Opening Ceremony	3rd of December at 14:30 at the Venue. One representative from each participating country must take part at the Ceremony.

Closing Ceremony and Athletes' Night	**7th December 2026 at 21:00 (Sub-Juniors)** **13th December 2026 at 21:00 (Juniors)** Free of charge for all accredited lifters, coaches, referees and officials.

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

Coach Capitation Fee	**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 to cover loss of luggage, theft, delayed planes, etc.

Nominations	Team nomination forms must be sent to: Urban Mur the Meet Director , Email: urban.mur@powerlifting.si Laura Jelen, nominations manager, Email: epfkg2026@powerlifting.si and the EPF Championship Secretary Tero Hyttinen Email: tero@europowerlifting.org

Preliminary	Sunday, 4th of October 2026 (Preliminary nomination must be formed in each nation's personal Goodlift account, and the completed filled-in preliminary form must be sent to the Meet Director and EPF Championship Secretary)

Final	Thursday, 12th of November 2026 (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

SOI REGULATIONS

SOI division will include athletes with mental disabilities who are members of the SOI and/ or represent public organizations, educational institutions, special boarding schools, boarding houses (or who have graduated from them) for persons with mental disabilities, or SOI clubs, and have a doctor's permission to participate in the competitions. The admission criterion is the provision of a document (or a duly certified copy) certifying the mental disability of an athlete.
Admitted nosology codes: F-70, F-71, F-72.
No European and/ or World records will be registered in the SOI division.
SOI athletes are released from paying participation and anti-doping fees.
Accreditation may additionally be granted to parents, legal guardians, or designated support persons responsible for athletes competing under Special Olympics International (SOI) regulations. Such access to weigh-in, warm-up, preparation and competition areas ensures that athletes who require personal assistance or emotional support can benefit from it without compromising the integrity or security of the restricted areas. However, such persons must conform to the coach's dress code in all respective areas.

ANTI-DOPING INFORMATION:

*For the **European Sub-Junior, Junior and SOI Classic Powerlifting Championships*** Each participant is **strictly liable** for any substance found in their body (or specimen). Each participant may be charged with an 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 Agency (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 International Level Athletes.

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) before 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.

Provisional Timetable
European Sub-Junior, Junior & SOI Classic Powerlifting Championships 2026

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

Day	Weigh in			Start	End	Lifters
Wednesday 02.12.2026	**Technical Meeting**			**18:00**	**18:30**	
	SOI Coach Education			**18:45**	**19:45**	
Thursday 03.12.2026	**Education for SOI coaches attending World Games 2027**			**10:00**	**11:00**	
	08:00 – 09:30	Sub-Jun Women	-43 – 52 kg	10:00	13:45	13
		Sub-Jun Men	-53 – 59 kg			7
	Opening Ceremony MoU EPF SOEE			**14:30**	**15:30**	
	14:00 – 15:30	Sub-Jun Men	-66 kg	16:00	19:30	13
		Sub-Jun Men	SOI			5
Friday 04.12.2026	09:00 – 10:30	Sub-Jun Women	-57 kg	11:00	15:15	11
		Sub-Jun Women	-63 kg			13
	14:00 – 15:30	Sub-Jun Women	-69 kg	16:00	19:30	10
		Sub-Jun Women	-76 kg			8
Saturday 05.12.2026	09:00 – 10:30	Sub-Jun Men	-74 kg B Group	11:00	15:00	12
		Sub-Jun Men	-83 kg B Group			12
	14:00 – 15:30	Sub-Jun Men	-74 kg A Group	16:00	20:30	13
		Sub-Jun Men	-83 kg A Group			13
Sunday 06.12.2026	09:00 – 10:30	Sub-Jun Men	-93 kg B Group	11:00	14:15	10
		Sub-Jun Women	-84 kg			7
	14:00 – 15:30	Sub-Jun Men	-93 kg A Group	16:00	19:15	9
		Sub-Jun Women	-84+ kg			8
Monday 07.12.2026	07:00 – 08:30	Sub-Jun Men	-105 kg B Group	09:00	12:15	7
		Sub-Jun Men	-105 kg A Group			8
	11:00 – 12:30	Sub-Jun Men	-120 kg	13:00	16:15	8
		Sub-Jun Men	120+ kg			9
	15:00 – 16:30	Jun Men	-53-59 kg	17:00	20:15	7

		Jun Women	-43 – 47 kg			8
	Sub-Juniors Athletes' Night			**21:00**		

Tuesday 08.12.2026	07:00 – 08:30	Jun Men	-66 kg B Group	09:00	12:15	7
		Jun Men	-66 kg A Group			8
	11:00 – 12:30	Jun Women	-52 kg B Group	13:00	16:15	8
		Jun Men	-74 kg B Group			10
	15:00 – 16:30	Jun Women	-52 kg A Group	17:00	20:30	9
		Jun Men	-74 kg A Group			9

Wednesday 09.12.2026	09:00 – 10:30	Jun Women	-57 kg B Group	11:00	14:30	9
		Jun Women	-63 kg B Group			11
	14:00 – 15:30	Jun Women	-57 kg A Group	16:00	19:45	9
		Jun Women	-63 kg A Group			11

Thursday 10.12.2026	07:00 – 08:30	Jun Men	-83 kg C Group	09:00	12:30	11
		Jun Men	-93 kg C Group			8
	11:00 – 12:30	Jun Men	-83 kg B Group	13:00	16:30	11
		Jun Men	-93 kg B-Group			8
	15:00 – 16:30	Jun Men	-93 kg A-Group	17:00	21:00	9
		Jun Men	-83 kg A Group			12

Friday 11.12.2026	09:00 – 10:30	Jun Women	-69 kg B Group	11:00	14:45	11
		Jun Women	-76 kg B Group			11
	14:00 – 15:30	Jun Women	-69 kg A Group	16:00	20:15	12
		Jun Women	-76 kg A Group			11

Saturday 12.12.2026	09:00 – 10:30	Jun Men	-105 kg C Group	11:00	15:00	10
		Jun Women	-84 kg			11
	14:00 – 15:30	Jun Men	-105 kg B Group	16:00	20:15	11
		Jun Men	-105 kg A Group			11

Sunday 13.12.2026	08:00 – 09:30	Jun Men	-120 kg B Group	10:00	13:30	9
		Jun Men	-120 kg A Group			9
	12:00 – 13:30	Jun Women	-84+ kg	14:00	17:45	9
		Jun Men	120+ kg			11
	Junior Athletes' Night			**20:00**		

TOURIST TRIPS

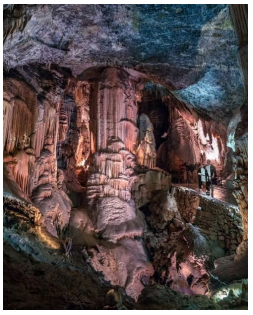
Six trips to three renowned tourist destinations across Slovenia will be held on the following dates:

- Ljubljana (5.12. and 12.12.)
- Bled (6.12. and 10.12.)
- Postojna Cave (7.12. and 11.12)

More information about the trips is available HERE.

Ljubljana

Bled



Postojna Cave

IMPORTANT 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 **Wednesday, 2nd of December 2026** at 20:00. Information regarding A and B group will be given at the Technical Meeting.

According to the Bylaws 16.3.1 (Eligible Coaches), the Organiser has granted an exemption to the standard quota of accredited coaches for this Championships. Each Nation may nominate an unlimited number of coaches.

This increase does not impact regulations on the allowed number of coaches in the warm-up and preparation areas. It remains strictly governed by the IPF Technical Rules and EPF Bylaws.

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 for a minimum of two days.

For referee's **19th of November 2026** 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).

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 on 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: 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 their 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.

GENERAL DATA PROTECTION

The European Powerlifting Federation (EPF) is committed to protecting the privacy and personal data of all athletes, officials, volunteers, and attendees at our events.
During the organization and conduct of EPF events, we may collect and process the following personal data:

- Full name
- Date of birth
- Nationality
- Federation affiliation
- Sport category and results
- Photographs and video recordings taken during the event

Personal data is processed to manage event entries, schedules, results, and records, to comply with sport governance regulations, to publish competition results, records, rankings, and statistics, to promote EPF events through photos, videos, and media publications, to ensure the safety, fairness, and integrity of competitions, and to preserve the historical and sporting archive of European powerlifting.

The EPF processes personal data based on:

- Article 6(1)(f) GDPR — for the legitimate interests of organizing and promoting powerlifting events, preserving sports records, and promoting public interest in sport.
- Article 6(1)(e) GDPR — for the performance of a task in the public interest under recognized sport governance mandates.
- Article 6(1)(c) GDPR — to comply with legal and regulatory obligations.

We implement appropriate organizational and technical measures to safeguard your data against unauthorized access, loss, misuse, or alteration.

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 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/ .

Bjørn Astad EPF President	Urban Mur Meet Director	Tero Hyttinen EPF Championships Secretary