

OFFICIAL INVITATION

The International Powerlifting Federation and Romanian Powerlifting Federation

Invite
the IPF member nations to participate in the

IPF WORLD CLASSIC & EQUIPPED SUB JUNIOR AND JUNIOR POWERLIFTING CHAMPIONSHIPS

**24th August – 3rd September 2023
In Cluj Napoca, Romania**

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:	Alin Tomus - email: romania.powerlifting@gmail.com Cell: +40733683460
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Visa support:	Ovidiu Panazan - email: romania.powerlifting@gmail.com
Nominations:	Ovidiu Panazan - email: romania.powerlifting@gmail.com
IPF Championship Secretary :	Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg phone : +352-621165214 fax : +352-582696 e-mail : Gaston.Parage@powerlifting.sport
Accommodation:	Rares Crisan Pariza (Events Manager) ; Mob : +40 757 028.234 e-mail: eventcluj@selecthotels.it
Transport:	Valentin Rusandu - email: valentin.rusandu@colibritour.ro Cell: +40774041372
Technical Secretary:	Ordean Daniel - email: ordean_daniel@yahoo.com
Host City:	Cluj Napoca, Romania
Date:	24 th August – 3 rd September 2023
Venue:	Grand Hotel Italia Cluj Napoca
Technical Meeting:	Wednesday, 23 rd August 2023, 20:00 hrs at the Grand Hotel Italia
Hotel:	GRAND HOTEL ITALIA, Vasile Conta Str. No. 2, 400479 ; Cluj-Napoca (Romania)

Note 1: All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that Event. All room reservations must be done through the meet director of the Event, unless otherwise specified on the Invitation to the Event. (IPF By-laws 14.4).

Note 2: The organizer will not be responsible for any hotel bills of the participating nations.

Hotel Rates:

Single room: 100 EUR per night/per room, including breakfast

Double room: 120 EUR per night/per room, including breakfast

Dinner: 25 EURO/Person per day, open buffet

Lunch : 25 EURO/Person per day, open buffet

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

1. credit card (online, please demand before if you prefer paying credit card)

2. Bank transfer against the invoice - on the basis of a requirements of participants only against the invoice (EUR according to the current exchange rate).

Payment must be received at the bank account mentioned on the invoice at the latest 14 days prior to the beginning of the Championship.

Bank account details (IBAN): RO17BTRL01304202319787XX; Swift code : BTRLRO22; – Grand Hotel Italia

All rooms must be booked at the latest with the deadline of the preliminary nomination. After the deadline the organizer cannot guarantee the accommodation. If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

Note 3: 3rd August 2023 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.

For referees the 3rd August 2023 is last day for changes of categories for which referee has been allocated in the final nomination which his national federation sent to Championships Secretary.

Arrivals/Transportation:

The cost of transportation to and from the Cluj Napoca Airport to the Grand Hotel Italia is 20 Euro/ person/ one way. Payment must be made at latest 14 days prior to the beginning of the Championship (8th August 2023).

Please send the itinerary of your journey and all the transfer details (date and time of arrival, flight number, number of persons, contact and invoicing details, observations, etc.) to Valentin Rusandu – e-mail: cell: +40774041372.

Please note that once the transfer service is ordered it is automatically confirmed and you must pay for it even though you decide not to use it.

Transport services can also be ordered directly to the carrier from other airports or locations than the one mentioned (Cluj Napoca Airport), but in this case, the rates will be calculated specifically for each request, and the confirmation of the availability of the transport services will be made by the carrier for each individual situation.

Transportation fee must be paid in advance to organizer bank account and the currency used for invoicing is euro. Payment must be made on the bank account mentioned by the invoice at latest 14 days prior to the beginning of the Championship.

Scales: Scales available at the official hotel.

Training: Training facilities available in the warm-up area at designated times

Flag and anthem: Flags and Anthems will be provided.

Opening Ceremony: Thursday 24th August, 13:30 at the Venue. All representatives from each participating country shall take part at the Ceremony.

Closing Banquets:

Equipped: Grand Hotel Italia, 27th August at 20:00

Classic: Grand Hotel Italia, 3rd September at 20:00

Price per ticket for one person: **40 EUR (BUFFET;SOFT DRINKS INCLUDED)** paid by bank transfer or on arrival. The number of banquet tickets must be ordered at the Nomination form.

Participation Fee: **60,00 EUR** for each lifter must be paid by bank transfer **to the IPF bank account** before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.

Anti-Doping Fee: **60,00 EUR** for each lifter must be paid by bank transfer **to the IPF bank account** before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.

Health and travel

Insurance: All delgate must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or hospital. We recommed travel insurance for covering loss of luggage, theft, delayed planes, ect.

COVID19 Regulations: The Championship will be organised under strict COVID19 rules and regulations.

IPF COVID Precautions are published on the webpage under the following link:

<https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>

Additionally, the IPF will follow to 100% the COVID Rules and Regulations of the Government from the host country (Romania). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Romanian Government. Failure to do so, will cause a disqualification and exclusion from the championship.

Anti-Doping Information:

For the:

World Sub-Junior and Junior Powerlifting Championships

1. You are **strictly liable** for any substance found in your body (or specimen). You 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.
2. 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](#).

3. **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. You must submit your completed certificate from ADeL with your nomination for your registration to be complete.
4. 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
5. 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 and Masters 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 take 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 in the hands of the Meet Director Alin Tomus and the IPF Championship Secretary Gaston.Parage@powerlifting.sport

Preliminary : **25th June** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final : **3rd August** (later entries will not be accepted).

21 Days Before the start of the competition: 3rd August is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If not any withdrawal is made 21 days prior to the Technical Meeting of a World Championship or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF By-Laws 14.4 and 14.5)

Correspondence: E-Mails regarding the championship must be sent to:
Meet Director and IPF Championship Secretary Gaston Parage – Gaston.Parage@powerlifting.sport

Victory Ceremonies: Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.

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

Day	Weigh In Time	Classes		Start
Wednesday, 23.08.2023		Technical Meeting		20:00
Thursday, 24.08.2023	08:00-09:30	Men SJr/Jr	53 - 59 kg equipped	10:00
		Opening Ceremony		13:30
	12:00-13:30	Women SJr/Jr	43 - 47 kg equipped	14:00
	15:00-16:30	Men SJr/Jr	66 kg equipped	17:00
Friday, 25.08.2023	08:00-09:30	Women SJr/Jr	52 - 57 kg equipped	10:00
	12:00-13:30	Men SJr / Jr	74 kg equipped	14:00
	14:30-16:00	Women SJr/Jr	63 - 69 kg equipped	16:30
Saturday, 26.08.2023	08:00-09:30	Men SJr/Jr	83 kg equipped	10:00
	12:00-13:30	Women SJr/Jr	76 - 84+ kg equipped	14:00
	16:00-17:30	Men SJr/Jr	93 kg equipped	18:00
Sunday, 27.08.2023	08:00-09:30	Men SJr/Jr	105 kg equipped	10:00
	11:00-12:30	Men SJr/Jr	120 - 120+ kg equipped	13:00
	14:00-15:30	Men SJr/Jr	53 kg classic	16:00
		Banquet Equipped		20:00
Monday, 28.08.2023	07:00-08:30	Women SJr/Jr	43 - 47 kg classic	09:00
	10:30-12:00	Men SJr/Jr	59 kg classic	12:30
	15:30-17:00	Women SJr	52 - 57 kg classic	17:30
Tuesday, 29.08.2023	07:00-08:30	Men SJr/Jr	66 kg classic	09:00
	11:00-12:30	Women Jr	52 - 57 kg classic	13:00
	16:00-17:30	Women SJr	63 kg classic	18:00
Wednesday, 30.08.2023	07:00-08:30	Women Jr	63 kg classic	09:00
	11:00-12:30	Men SJr	74 kg classic	13:00
	14:30-16:00	Men Jr	74 kg classic	16:30
Thursday, 31.08.2023	07:00-08:30	Women SJr/Jr	69 kg classic	09:00
	11:00-12:30	Women SJr/Jr	76 kg classic	13:00
	15:00-16:30	Men SJr	83 kg classic	17:00

Friday, 01.09.2023	07:00-08:30	Men Jr	83 kg classic	09:00
	11:30-13:00	Men SJr	93 kg classic	13:30
	15:00-16:30	Men Jr	93 kg classic	17:00
Saturday, 02.09.2023	07:00-08:30	Men SJr	105 kg classic	09:00
	10:00-11:30	Men Jr	105 kg classic	12:00
	13:30-15:00	Women SJr	84 - 84+ kg classic	15:30
	16:00-17:30	Women Jr	84 - 84+ kg classic	18:00
Sunday, 03.09.2023	08:00-09:30	Men SJr	120 - 120+ kg classic	10:00
	11:00-12:30	Men Jr	120 - 120+ kg classic	13:00
			Banquet Classic	20:00

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.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination. (IPF By-Laws 14.5)

According 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 Wednesday, 23rd August 2023 at 20:00.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear their National Team Warm-up/Track Suit 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 (IPF-By-Laws 12.9). The same shall apply to participation and Anti-Doping fees (IPF-By-Laws 14.5).

All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that Event. All room reservations must be done through the meet director of the Event, unless otherwise specified on the Invitation to the Event. (IPF By-laws 14.4).

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 the said World Championships.