

OFFICIAL INVITATION

The International Powerlifting Federation
and
Powerlifting zveza Slovenije
(Slovenian Powerlifting Federation)

invite
the IPF member nations to participate in the

2023 IPF University World Cup

From 30th of October to 4th of November

in Kranjska Gora, Slovenija

Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Meet Director:

Urban Mur Phone: +386-41-378-455 E-mail: info@powerlifting.si

Accommodation visa and transport:

Urban Mur

Phone: +386-41-378-455

E-mail: info@powerlifting.si

IPF Championship Secretary:

Gaston Parage, 3, route D'Arion, L-8009 Strassen, Luxembourg

Mobile Phone: +352-621165214, Fax: +352-582696

E-mail: Gaston.Parage@powerlifting.sport

Host City:

Kranjska Gora, Slovenija

Date:

from 30.10.2023 to 04.11.2023

Venue:

Dvorana Vitranc, Kolodvorska ulica 1a, 4280 Kranjska Gora

Technical Meeting:

Kompas Hotel

Hotel:

Name: Kompas Hotel, Kranjska Gora

Address: Borovška cesta 100, 4280 Kranjska Gora

Contact: Goran Jovanović

Phone: +386 31 671 996

E-mail: goran.jovanovic@hit-alpine.si

Webpage: <https://www.hit-alpine.si/sl/nastanitve/hotel-kompas/>

Hotel Rates (bed & breakfast & dinner):

Single room: 83 € per person per night

Double room: 63 € per person per night

Hotel rate includes:

- buffet breakfast
- buffet dinner
- entry to the [Larix Wellness centre](#)
- entry to the [Relaxation centre in the Kompas hotel](#)
- Free parking & Wi-Fi
- Tourist tax, fees, and registration

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). **All accreditations will be issued only for the days of stay in the official hotel.**

Note 2:

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible.

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

Payable by:

1. Bank transfer according to the invoice
Payment must be received at the bank account
latest **at the issued payment deadline on the invoice.**

International Airport for arrival:

Ljubljana airport (Letališče Jožeta Pučnika Ljubljana), Slovenia

Arrivals/Transportation:

From Ljubljana Airport to hotel (one direction, per person):

- 1 person 90,00 €
- 2 person 45,00 €
- 3 person 40,00 €
- 4-8 person 35,00 €

Transport must be ordered together with the room reservation and to be paid together with the rooms.

Transport between hotel and venue:

Distance between venue and hotel is 600 m (<10 min walk according to Google maps).

Scales:

Scales will be available at the official hotel(s), 24 hours.

Scales will also be available at the venue.

Training:

Will be possible in the training room at the venue.

Flag and anthem:

Will be provided by the Organizer.

Closing Banquet & Disco afterparty:

At the hotel. Price per person: 35€

Banquet tickets must be ordered together with the room reservations and paid together with the rooms.

Participation Fee:

60 € for each lifter declared must be wired to the IPF bank account.

Anti-Doping Fee:

60 € for each lifter declared must be wired to the IPF bank account.

Health and Travel Insurance:

All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend the travel insurance for covering loss of luggage, theft, delayed planes etc.

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. ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Host Countries Government. Failure to do so, will cause a disqualification and exclusion from the championship.

Anti-Doping Information:

For the:

2023 IPF University World Cup

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 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 and the IPF Championship Secretary not later than: **01.09.2023**

Preliminary: 01.09.2023

Complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: 09.10.2023 (later entries will not be accepted).

21 Days Before Technical Meeting: 09.10.2023 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, coaches and officials 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

Important Note:

Each Country is allowed to nominate lifters from various Universities without any limitation regarding numbers of Universities.

Each University can nominate a maximum of 16 lifters (8 male and 8 female) with a maximum of 2 lifters in one weight category.

Coaches can be nominated per University (no limitation on nomination of coaches). Just keep in mind, that the number of coaches per University in the warm up area will be limited as follow:

1 lifter = 2 Coaches; 2-3 lifters = 3 coaches; 4 or more lifters = 4 coaches;

Final Timetable

Technical Meeting: 30.10.2023 at 20:00 in the Kompas Hotel

Opening Ceremony: 31.10.2023 at 14:30 in the Venue

DAY	WEIGH-IN	START	CLASS	LIFTERS	TOTAL LIFTERS
Mon, 30.10.		20:00	Technical meeting		
Tue, 31.10.		14:30	Opening Ceremony		
	13:00 - 14:30	15:00	Women 47kg Men 59kg	4+6=10	10
Wed, 1.11.	8:00 - 9:30	10:00	Women 52kg + 57kg	5+17=22	52
	12:00 - 13:30	14:00	Men 66kg	13	
	15:00 - 16:30	17:00	Women 63kg	17	
Thur, 2.11.	8:00 - 9:30	10:00	Men 74kg	13	48
	11:00 – 12:30	13:00	Women 69kg	14	
	14:00 - 15:30	16:00	Men 83kg	21	

Fri, 3.11.	8:00 - 9:30	10:00	Men 93kg	15	45
	12:00 - 13:30	14:00	Women 76kg	12	
	15:00 - 16:30	17:00	Men 105kg	18	
Sat, 4.11.	8:00 - 9:30	10:00	Women 84kg + Women 84+kg	4+4=8	24
	11:00 - 12:30	13:00	Men 120kg + Men 120+kg	11+5=16	
		20:00	Banquet		

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 to Technical Rules [Page 4, item 7] at the final nomination you must definitely list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on 30.10.2023 at 20:00 in the Hotel Kompas. Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear a Warm-up/Track Suit for the award presentation.

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.

Gaston Parage
President IPF

Urban Mur
Meet Director & President nat. Fed.