



OFFICIAL INVITATION
The International Powerlifting Federation
and
Turkish Powerlifting Association
invite
the IPF nations to participate in the
UNIVERSITY CUP
from 16th to 20th July 2025
in Istanbul / Turkiye

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: Name: Gürhan Gürler
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Correspondence, Visa: Name: Ozan Erkan Kunit
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Accommodation/Hotel Name: Ozan Erkan Kunit
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Transport from airport to hotel:
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Technical Secretary: Name: Ahmet Kerem Konak
Phone: +90 531 377 07 85
E-mail: konakkerem6161@gmail.com

IPF Championship Secretary: Pjotr van den Hoek, 3, route D'Arlon, L-8009 Strassen, Luxembourg
Mobile Phone: +31 644094698
E-mail: championshipsecretary@powerlifting.sport

Host City: Istanbul / Turkiye

Date: Date from 16th to 20th July 2025

Venue: Pullman Istanbul Hotel & Convention Center

Technical Meeting: Date/Time: Tuesday, 15th July 2025 / 20:00 hours

Hotel:	Name: Pullman Hotel&Convention Center İstanbul Address: Yenibosna Merkez, 1. Asena Sk. No:15, 34295 Bahçelievler/İstanbul Phone: +90 507 650 74 18 E-mail: - Webpage: -
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Hotel Rates:	Prices per room per night with breakfast per person per night
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Rates on BB Basis

130€ EURO (Standard single room – 1 adult)
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150€ EURO (Standard double/twin room – 2 adults)
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Hotel Reservation information:

Note 1:

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. 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

Payable by:

1. Payment must be settled with bank transfer. If you need support, please contact **Ozan Erkan Kunit** :
Mobile +90 507 650 74 18 Mail : ozanerkankumitt@gmail.com

International Airport for arrival: ISTANBUL AIRPORT

Transport from Hotel to Venue: 40 EURO FOR 1 WAY

Scales: Scales will be available at the official hotel(s), 24 hours.
Scales will also be available at the venue.
The Scales will be available minimum 2 days prior to the first competition day.

Training After the end of the competitions, the training area will remain open until 22:00 in the evening.

Flag and anthem: Will be provided by the Organizer.

Closing Banquet

Price Banquet Ticket: 40 EURO

The banquets tickets must be ordered/reserved and sent with the preliminary nomination.

Payment: Bank Transfer

Participation Fee: 60 € for each lifter declared must be wired to the IPF bank account.
Anti-Doping Fee: 75 € for each lifter declared must be wired to the IPF bank account.
Coach Capitation Fee: 50 € for each nominated coach 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 organizer 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.

Anti-Doping Information:

For the:

University 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 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.

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 master's 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:see below
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21 Days Before Technical Meeting: 25th June 2025 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

Preliminary:	17th May 2025 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
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Final:	25th June 2025 (later entries will not be accepted).
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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 Pjotr van den Hoek – championshipsecretary@powerlifting.sport

Please take note of IPF By-Law 14.4:

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 all championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for a minimum of two nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

Accreditation

According to the final accreditation form the organizer will produce the participation badges. The organizer will not issue any additional participation badge on site.

The badges are available at the championship office in the venue or at the Technical meeting. We will give out the badges per nation to the team manager and not to any participant.

Provisional Timetable

Technical Meeting: Tuesday, 15th July 2025 - 20:00



Opening Ceremony: Wednesday, 16th July 2024 – 15:00

Day	Event	Start
Tuesday 15 th July 2025	Accreditation	12:00
	Technical Meeting	20:00

Day	Weigh-in	Classes	Start
Wednesday 16 th July 2025	09:00 – 10:30	Women - 47 & - 52 kg	11:00
	Opening Ceremony		15:00
	14:00 – 15:30	Women - 57 & - 63 kg	16:00

Thursday 17 th July 2025	09:00 – 10:30	Men - 59 & - 66 kg	11:00
	13:00 – 14:30	Women - 69 & - 76 kg	15:00

Friday 18 th July 2025	09:00 – 10:30	Men - 74 kg	11:00
	13:00 – 14:30	Women - 84 & +84 kg	15:00

Saturday 19 th July 2025	09:00 – 10:30	Men - 83 kg	11:00
	13:00 – 14:30	Men - 93 kg	15:00

Sunday 20 th July 2025	09:00 – 10:30	Men - 105.0 kg	11:00
	13:00 – 14:30	Men 120 & +120.0 kg	15:00
	Closing banquet		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 to the 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 15th July 2025 at the **20:00 hours**. Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team 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 Cup University.

Important Competition Guidelines:

The University 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. IPF follows the rules of FISU and only the competitors who satisfy the following conditions may take part in a FISU University Cup:
 - 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.

Sigurjón Pétursson
Interim President
International Powerlifting Federation

Gürhan Gürler
President
Turkish Powerlifting Federation

Meet Director
Gürhan Gürler