

## OFFICIAL INVITATION

**The International Powerlifting Federation**  
and  
**Turkish Powerlifting Strongman Street Workout Federation**  
Invite

the IPF member nations to participate in the

**MEN'S AND WOMEN'S IPF University Powerlifting Cup**  
**sanctioned by FISU**

**31. October – 4 November 2022**  
**in Istanbul Turkey**

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.

<b>Meet Director:</b>	Gurhan Gurler - email: gurhansh@gmail.com Cell: +90 506 531 7892 (Only Whatsapp) Cell: +90 530 628 8610 (for Calls)
<b>Correspondence</b>	Furkan Kaya – e-mail: agirsaglam@gmail.com Cell: +90 530 170 8200 (Whatsapp and Calls)
<b>Visa support:</b>	Mustafa Kaya – e-mail: <a href="mailto:mustafa@agirsaglam.com">mustafa@agirsaglam.com</a>
<b>Nominations:</b>	Ozan Kunit – e-mail: ozanerkankumitt@gmail.com
<b>IPF Championship Secretary :</b>	Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg phone : +352-621165214 fax : +352-582696 e-mail : <a href="mailto:Gaston.Parage@powerlifting.sport">Gaston.Parage@powerlifting.sport</a>
<b>Accommodation:</b>	Ozan Kunit – e-mail: ozanerkankumitt@gmail.com Cell: +90 530 628 8610 (Whatsapp and Calls)
<b>Transport:</b>	Ali Yuksel – e-mail: aliyuksel1903@gmail.com Cell: +90 532 560 1903
<b>Technical Secretary:</b>	Ozan Kunit – e-mail: <a href="mailto:ozanerkankumitt@gmail.com">ozanerkankumitt@gmail.com</a>
<b>Host City:</b>	Istanbul, Turkey
<b>Date:</b>	31. October – 4. November 2022
<b>Venue:</b>	Eser Diamond Hotel, Silivri, İstanbul
<b>Technical Meeting:</b>	Sunday, 30. October 2022, 20:00 hrs at the Eser Diamond Hotel

**Hotel:** Eser Diamond Hotel, Silivri, İstanbul

**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.

Single room: 70 EUR per night/per room, including breakfast  
Double room: 85 EUR per night/per room, including breakfast  
Triple room: 100 EUR per night/per room, including breakfast  
Dinner: 15 EUR per evening, 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) : **TR92 0004 6000 1388 8000 1588 54 – Powerlifting Spor Kulübü**

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:** 6th August 2022 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 6th August 2022 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:**

There are 2 airports in Istanbul, Istanbul Airport is the bigger and better option.

### **Transportation to and from the Istanbul Airport (IST) to the Hotel (65 km) is:**

When arriving 1 person: 100 EUR per person/both ways  
When arriving 2 people: 50 EUR per person/ both ways  
When arriving 3 people: 35 EUR per person/ both ways  
When arriving 4 people: 35 EUR per person/ both ways  
When arriving 5 or more people: 30 EUR per person/ both ways

Payment must be effected at the latest 14 days prior to the beginning of the Championship.

**Transportation to and from the Sabiha Gokcen (SAW) Airport to the Hotel (147 km) is:**

When arriving 1 person: 200 EUR per person/both ways

When arriving 2 people: 100 EUR per person/ both ways

When arriving 3 people: 70 EUR per person/ both ways

When arriving 4 people: 70 EUR per person/ both ways

When arriving 5 or more people: 60 EUR per person/ both ways

Payment must be effected at the latest 14 days prior to the beginning of the Championship.

Please send the itinerary of your journey to Ali Yuksel – e-mail: [aliyuksel1903@gmail.com](mailto:aliyuksel1903@gmail.com) Cell: +90 532 560 1903

If you order the transfer you must pay for it even though you decide not to use it.

You can order transfer from other location but in this case the transportation fee will be accordingly decided but the organizer may decline it..

Transportation fee must be paid in advance to organizer bank account and the currency of the invoice is euro.

Payment must be effected on the bank account mentioned by the invoice at the 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:** Monday 31. October, 13:00 at the Venue. All representatives from each participating country/university shall take part at the Ceremony.

**Closing Banquets:** Eser Diamond Hotel, 04. November 19:00 at

Price per ticket for one person: 15 EUR paid by bank transfer or on arrival.

The number of banquet tickets must be ordered at the Nomination form.

**Participation Fee:** **50,00 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 delegate must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or hospital. We recommend 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 (Turkey). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Turkish 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 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](mailto:ipfantidoping@cces.ca).

#### Nominations :

Team nomination forms must be in the hands of the Meet Director Gurhan Gurler and the IPF Championship Secretary

[Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport)

#### Important Note:

The nomination for the IPF University Cup 2022 will be on the same format as forseen in the FISU WUC Powerlifting:

For the IPF University Cup 2022, all IPF Member Federations are allowed to nominate a maximum total of 32 lifters (16 male and 16 female) among all IPF weight categories and from various Universities of the respective country. Same as in IPF Championships, not more than 2 lifters per category are allowed – no reserve lifters! In addition to the 32 lifters, the NF is allowed to nominate the following number of coaches (officials): 1-8 Athletes = 2 Coaches; 9-32 Athletes = 4 Coaches. Age regulation: Be at least 18 and no older than 25 years of age on the 31<sup>st</sup> December of the year of the event; for 2022, athletes must be born between the 01/01/1997 and the 31/12/2004.

**Preliminary :** **1<sup>st</sup> September** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final :** **10<sup>th</sup> October** (later entries will not be accepted).

**21 Days Before the start of the competition: 10<sup>th</sup> October 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](mailto:Gaston.Parage@powerlifting.sport)

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

#### Provisional Timetable of Events

Day	Weigh-in time	Classes		Start
<b>Sunday, 30.10.2022</b>		<b>Accreditation</b>		<b>09:00</b>
		<b>Technical Meeting</b>		<b>20:00</b>
<b>Monday, 31.10.2022</b>	<b>08:00 - 09:30</b>	<b>Men</b>	<b>59kg</b>	<b>10:00</b>
		<b>Open Ceremony</b>		<b>12:30</b>
	<b>11:00 – 12:30</b>	<b>Women</b>	<b>47kg</b>	<b>13:00</b>
<b>Tuesday, 01.11.2022</b>	<b>08:00 – 09:30</b>	<b>Women</b>	<b>52kg – 57kg</b>	<b>10:00</b>
	<b>11:00 – 12:30</b>	<b>Men</b>	<b>66kg</b>	<b>13:00</b>
	<b>14:00 – 15:30</b>	<b>Women</b>	<b>63kg</b>	<b>16:00</b>
<b>Wednesday, 02.11.2022</b>	<b>08:00 – 09:30</b>	<b>Men</b>	<b>74kg</b>	<b>10:00</b>
	<b>11:00 – 12:30</b>	<b>Women</b>	<b>69kg</b>	<b>13:00</b>
	<b>14:00 – 15:30</b>	<b>Men</b>	<b>83kg</b>	<b>16:00</b>
<b>Thursday, 03.11.2022</b>	<b>08:00 – 09:30</b>	<b>Men</b>	<b>93kg</b>	<b>10:00</b>
	<b>11:00 – 12:30</b>	<b>Women</b>	<b>76kg</b>	<b>13:00</b>
	<b>14:00 – 15:30</b>	<b>Men</b>	<b>105kg</b>	<b>16:00</b>
<b>Friday, 04.09.2022</b>	<b>08:00 – 09:30</b>	<b>Women</b>	<b>84kg -+84kg</b>	<b>10:00</b>
	<b>11:00 – 12:30</b>	<b>Men</b>	<b>120kg - +120kg</b>	<b>13:00</b>
		<b>Closing Banquet</b>		<b>19:00</b>

### **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.
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- 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 Sunday, 30. October 2022, 20:00 hrs at the Eser Diamond Hotel

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-Laws14.5).

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.

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**Gaston Parage**  
**IPF President**  
**IPF Championship Secretary**

**Gurhan Gurler**  
**TPF President**

**Gurhan Gurler**  
**Championship Director**