

## Official Invitation

The International Powerlifting Federation  
and  
the Norwegian Powerlifting Federation  
invite  
the IPF member nations to participate in the

### World Open Powerlifting Championships 2021

from 7<sup>th</sup> of November to 13<sup>th</sup> of November 2021

### in Stavanger, Norway

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.

<b>Meet Director:</b>	Morten Novum, Prestegaardsjordet 6, 3440 Roeyken, Norway Mobile Phone: +47 908 22 012, E-Mail: <a href="mailto:novum@online.no">novum@online.no</a>
<b>Correspondence, visa:</b>	Norwegian Powerlifting Federation Mobile phone +47 913 21 685, E-Mail : <a href="mailto:Styrkeloftforbundet@nif.idrett.no">Styrkeloftforbundet@nif.idrett.no</a>
<b>Championship Secretary:</b>	Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg Mobile Phone: +352 621165214, Fax: +352 582696, E-Mail: <a href="mailto:Gaston.Parage@powerlifting.sport">Gaston.Parage@powerlifting.sport</a>
<b>Host City:</b>	Stavanger, Norway
<b>Venue:</b>	Stavanger Idrettshall
<b>General Assembly:</b>	Sunday 7 <sup>th</sup> of November 2021 at 14:00 Clarion Hotel Energy
<b>Technical Meeting:</b>	Sunday 7 <sup>th</sup> of November 2021 at 20:00 Clarion Hotel Energy
<b>Weigh-in:</b>	Stavanger Idrettshall

<b>Official Hotels:</b>	Clarion Hotel Energy	
<b>Room rates:</b>	Single room:	NOK 865
	Double room:	NOK 1065
	Triple room:	NOK 1265
	Rates are per room per night including breakfast.	
<b>Booking and Payment:</b>	Anne Haugstad, Clarion Hotel Energy Mobile Phone: +47 51 34 78 00, E-Mail: <a href="mailto:anne.haugstad@choice.no">anne.haugstad@choice.no</a> <b>All reservations and payments are made directly with the Clarion hotel Energy.</b>	
<b>Note:</b>	<p>18<sup>th</sup> of October 2021 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets.</p> <p>If not cancelled in time, association 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.</p> <p>For referees the 17<sup>th</sup> of October 2021 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.</p>	
<b>Scales:</b>	Scales available in the official hotel and venue	
<b>Training:</b>	Available in the local powerlifting club, close to the venue and hotel.	
<b>Flag and anthem:</b>	Will be provided by the Organizer	
<b>Transport:</b>	Transport from/to airport will be by public bus. The bus leaves every 30 minutes and takes 17 minutes, with stop just across the hotel. Price for round trip is NOK 205 when purchased online at <a href="http://www.flybussen.no">www.flybussen.no</a> .	
<b>Closing Banquets:</b>	<b>13<sup>th</sup> of November 20:00 at the Clarion Hotel Energy</b> Invitation by the mayor of Stavanger, free of charge.  Banquet reservation must be filed together with the final nomination.	
<b>Participation Fee:</b>	€50 for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be send by the IPF treasurer.	

<b>Anti-Doping Fee:</b>	€60 for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be send by the IPF treasurer.
<b>Ceremonies:</b>	<b>Opening ceremony</b> 8 <sup>th</sup> of November at 12:30  All representatives from each participating country shall take part at the Ceremony.
<b>Health and Travel Insurance:</b>	All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc.
<b>Nominations:</b>	Team nomination form must be in the hands of the Meet Director ( <a href="mailto:novum@online.no">novum@online.no</a> ) and the IPF Championship Secretary ( <a href="mailto:Gaston.Parage@powerlifting.sport">Gaston.Parage@powerlifting.sport</a> ) not later than <b>18<sup>th</sup> October 2021</b> .
<b>Preliminary:</b>	<b>9<sup>th</sup> of September</b> (Complete filled in preliminary nominations must be done via the Goodlift System. Additional all nominations must also be filled in in the IPF nomination form and sent to the Championship Secretary and Meet Director.  No final nomination will be accepted, if the preliminary nomination was not sent.)
<b>Final :</b>	<b>18<sup>th</sup> of October (later entries will not be accepted)</b>
<b>Victory Ceremonies:</b>	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.

### **Anti-Doping Information:**

*For the:*

### **World Open Equipped 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.  
Only 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](mailto:ipfantidoping@cces.ca).

**Provisional Timetable:**

Day	Weigh-in Time	Men/Women	Category	Start	End	Remark
<b>Monday, 08.11.21</b>		<b>Opening</b>	<b>Ceremony</b>	<b>12:30</b>	<b>12:50</b>	
	11:00-12:30	Women	47kg/52kg	13:00	17:00	
<b>Tuesday, 09.11.21</b>	09:00-10:30	Men	59kg/66kg	11:00	14:30	
	13:00-14:30	Women	57kg	15:00	17:30	
	16:00-17:30	Men	74kg	18:00	20:30	
<b>Wednesday, 10.11.21</b>	09:30-11:00	Women	69kg	11:30	14:00	
	13:00-14:30	Women	63kg B-Group	15:00	18:00	
	13:00-14:30	Men	83kg B-Group	15:00	18:00	
	17:00-18:30	Women	63kg A-Group	19:00	21:30	EUROSPORT Live
	17:00-18:30	Men	83kg A-Group	19:00	21:30	EUROSPORT Live
<b>Thursday, 11.11.21</b>	11:00-12:30	Women	76kg	13:00	15:30	
	14:00-15:30	Men	93kg	16:00	19:00	
<b>Friday, 12.11.21</b>	10:00-11:30	Men	105kg	12:00	16:30	
	15:00-16:30	Men	120kg	17:00	20:30	
<b>Saturday, 13.11.21</b>	08:00-09:30	Women	84kg	10:00	13:30	
	08:00-09:30	Women	84+kg B-Group	10:00	13:30	
	08:00-09:30	Men	120+kg B-Group	10:00	13:30	
	12:30 - 14:00	Women	84+kg A-Group	14:30	17:00	EUROSPORT Live
	12:30 - 14:00	Men	120+kg A-Group	14:30	17:00	EUROSPORT Live

## 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] at the final nomination you must definite 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 time table of events. All changes will take place at the technical meeting that will be held on Sunday 7<sup>th</sup> November at 20:00 at Clarion Hotel Energy.
- Victory Ceremonies will be held at the end of each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.
- If the organizer does not receive a 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 applies to participation and anti-doping fees (IPF-By-Laws 105.5.2)
- 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.

**Gaston Parage**  
IPF President

**Morten Novum**  
Meet Director

**Inger Blikra**  
NPF President