

## OFFICIAL INVITATION

### The International Powerlifting Federation

and

### Malta Powerlifting Federation

invite

the IPF member nations to participate in the

#### IPF World Classic & Equipped Sub-Junior & Junior Powerlifting Championship

from 28<sup>th</sup> August – 8<sup>th</sup> September 2024

in St Paul's Bay, Malta

**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.**

Official Championship Webpage: <https://ipfmalta.com/>

**Meet Director:** Name: Mauro Gasan  
Address: 159, Vjal il-Helsien, Haz-Zebbug ZBG2076, Malta  
Phone: +356 79334479  
E-mail: [mauro@madletiks.com](mailto:mauro@madletiks.com)

**Correspondence, Visa:** Name: Mauro Vassallo  
Phone: +356 99666623  
E-mail: [mvassallo@petiteevents.com](mailto:mvassallo@petiteevents.com)

**Accommodation and transport:** Name: Denise Dalli  
Phone: +356 99666621  
E-mail: [denise@petiteevents.com](mailto:denise@petiteevents.com)

**Technical Secretary:** Name: Johan Smith  
Phone: +27825663433  
E-mail: [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport)

**IPF Championship Secretary:** Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg  
Mobile Phone: +352-621165214, Fax: +352-582696  
E-mail: [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport)

**Host City:** St Paul's Bay, Malta

**Date:** 28<sup>th</sup> August – 8<sup>th</sup> September 2024

**Venue:** Oracle Conference Centre, Double Tree by Hilton, St Paul's Bay, SPB2402, Malta

**Technical Meeting:** Tuesday 27<sup>th</sup> August 2024 at 19h00, Oracle Conference Centre, Double Tree by Hilton, St Paul's Bay, SPB2402, Malta

<b>Hotel A:</b>	Name: Double Tree by Hilton Address: Qawra, SPB2402 Phone: +356 2355 2355 E-mail: <a href="mailto:bookings@ipfmalta.com">bookings@ipfmalta.com</a>	Webpage: <a href="http://www.ipfmalta.com">www.ipfmalta.com</a>
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<b>Hotel Rates:</b>	<b>Prices per room per night with breakfast, including City tax of €00.50 per person per night</b>
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<p>Rates on BB Basis</p> <p>€200.50 EURO (Standard single room – 1 adult)</p> <p>€211.00 EURO (Standard double/twin room – 2 adults)</p> <p>Supplements</p> <p>€35.50 EURO – Supplement for 3<sup>rd</sup> person sharing (sofa bed) with 2 adults</p> <p>€114.00 EURO – Supplement for Queen Two Bedroom Family room</p> <p>€21.00 EURO per person – HB+ (including unlimited drinks)</p> <p>€42.00 EURO per person – FB+ (including unlimited drinks)</p> <p>€49.00 EURO per person – All Inclusive</p> <p>Minimum Length of Stay</p> <p>3 nights on BB, HB and FB</p> <p>5 nights on All Inclusive</p> <p>Reductions</p> <p>Kids below 12 years (-12 years) complimentary when sharing with adults on same board basis.</p> <p>Concessions</p> <p>Complimentary mineral water in the room on arrival</p> <p>Free safety deposit box in the room</p> <p>Complimentary Wi-Fi in all areas of the hotel</p> <p>Free use of indoor pool, sauna, Jacuzzi and fitness room</p>
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<b>Hotel B:</b>	Name: db San Antonio Hotel & Spa Address: Triq it-Turisti, Qawra, St Paul's Bay Phone: +356 2350 3201 E-mail: <a href="mailto:bookings@ipfmalta.com">bookings@ipfmalta.com</a>	Webpage: <a href="http://www.ipfmalta.com">www.ipfmalta.com</a>
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<b>Hotel Rates:</b>	<b>Prices per room per night with breakfast, excluding City tax of €00.50 per person per night</b>
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<p>Rates on BB Basis (min of 3-night stay)</p> <p>€165.50 EURO (Standard single room – 1 adult)</p> <p>€181.00 EURO (Standard double/twin room – 2 adults)</p> <p>€201.50 EURO (Standard Family Room – 2 adults + 1 child)</p> <p>Supplements</p> <p>€40.50 EURO – 2<sup>nd</sup> child supplement</p> <p>€10.00 EURO – Seaview Supplement per person</p> <p>Rates on All Inclusive Basis (min of 5-night stay)</p> <p>€210.50 EURO (Stand single room – 1 adult)</p> <p>€271.00 EURO (Standard double/twin room – 2 adults)</p> <p>€291.50 EURO (Standard Family Room – 2 adults + 1 child)</p> <p>Supplements</p> <p>€45.50 EURO – 2<sup>nd</sup> child supplement</p> <p>€10.00 EURO – Seaview Supplement per person</p> <p>€25.00 EURO – All Inclusive PLUS Supplement for 12 years and over</p> <p>Reductions</p> <p>25% for 3<sup>rd</sup> Adult sharing in a family room on same board basis</p> <p>100% - Children (up to 5.99 years inclusive) sharing a room with 2 adults</p> <p>100% for the 1<sup>st</sup> child + 2<sup>nd</sup> child to pay the applicable supplement in case of 2 Children (as from 6 to 11.99 years inclusive) sharing a room with 2 adults</p>
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**Hotel C:**

Name: ODYCY Hotel

Address: Qawra Coast, Qawra SPB1902

Phone: +356 2354 3000

E-mail: [bookings@ipfmalta.com](mailto:bookings@ipfmalta.com)Webpage: [www.ipfmalta.com](http://www.ipfmalta.com)**Hotel Rates:****Prices per room per night with breakfast, excluding City tax of €00.50 per person per night**

€170.50 EURO (Comfort Land view single room – 1 adult)

€191.00 EURO (Comfort Land view double/twin room – 2 adults)

€185.50 EURO (Comfort Side Sea view single room – 1 adult)

€206.00 EURO (Comfort Side Sea view double/twin room – 2 adults)

€195.50 EURO (Comfort Sea view single room – 1 adult)

€216.00 EURO (Comfort Sea view double/twin room – 2 adults)

€222.00 EURO (Family Land view - up to 4 adults)

€252.00 EURO (Family Sea view – up to 4 adults)

Supplements

€21.00 EURO per person – HB+ (including unlimited drinks)

€30.00 EURO per person – FB+ (including unlimited drinks)

€35.00 EURO per person – All Inclusive

Children Policy

0 to 4.99 Years – Complimentary on room &amp; Board Basis

5 to 11.99 Years - Complimentary on room + 50% Discount on Board Basis

Minimum Length of Stay

3 nights on BB, HB and FB

5 nights on All Inclusive

**Hotel D:** Name: Santana Hotel  
Address: Triq il-Maskli, St Paul's Bay  
Phone: +356 21583451  
E-mail: [bookings@ipfmalta.com](mailto:bookings@ipfmalta.com) Webpage: [www.ipfmalta.com](http://www.ipfmalta.com)

**Hotel Rates: Prices per room per night with breakfast excluding City tax of €00.50 per person per night**

€107.50 EURO (Standard single room – 1 adult)  
€135.00 EURO (Standard double/twin room – 2 adults)  
Supplements  
€10.00 EURO per person – Family room  
€13.00 EURO per person – Suite (minimum of 2 persons)  
€13.00 EURO per person – Studio (minimum of 2 persons)  
€23.00 EURO per person – Dinner (including unlimited drinks)

Reductions  
30% for 3<sup>rd</sup> Adult sharing in a family room on same board basis  
100% for 1<sup>st</sup> child (3 to 12 years old) sharing with 2 adults  
50% for 2<sup>nd</sup> child (3 to 12 years old) sharing with 2 adults  
100% for infant 1 to 3 years old

Minimum Length of Stay  
3 nights on BB and HB

**Please note**

- Rooms are quoted per room per night including breakfast but excluding Eco-Tax
- Accommodation is limited thus it will be on first come first serve basis.
- (Accommodation is guaranteed for all who will book until the end of the preliminary nomination)
- Free cancelation of the hotel rooms until 21 days prior the championship (6<sup>th</sup> August 2024)

**Note 1:**

**All 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.** 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 cannot guarantee the accommodation.**

**Payable by:**

1. Bank transfer according to the invoice. Payment must be received on the bank details stated hereunder within 5 days from the booking online.  
MADLETIKS LIMITED  
Flavio Court, Flat 3, Triq it-Tempju  
Qala QLA1062, Gozo, Malta  
  
IBAN NR - MT06APSB77013000000044247520015  
SWIFT CODE – APSBMTMT
2. Payment by credit card latest upon arrival. However, a guarantee of the first night must be done via booking over the online system.

<b>International Airport for arrival:</b>	Malta International Airport (MLA)
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<p><b>Arrivals/Transportation:</b> In order to make it as cost effective as possible, instead of charging per person, you will find hereunder the prices per vehicle together with their total capacity of number of people per vehicle. Transfers need to be pre-booked.</p> <p>€45.00 - Taxi – 3 people + Luggage          €70.00 - Peugeot 8-seater + luggage          €85.00 - 16-seater Minivan          €95.00 - 18-seater Minivan          €100.00 – 22-seater Minivan</p> <p>Booking &amp; Payment – <a href="http://www.ipfmalta.com/transportation/">http://www.ipfmalta.com/transportation/</a>          Payment by Credit Card.          Transfer Tickets and Payment confirmation are received instantly via email.          (Please check your Spam/ Junk just in case you don't receive anything once payment is processed)</p> <p>Deadline – Monday 19<sup>th</sup> August 2024</p>
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<p><b>Scales:</b></p>	<p>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.</p>
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<p><b>Training:</b></p>	<p>Training will be available at the venue in specified area for accredited persons only</p>
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<p><b>Flag and anthem:</b></p>	<p>Will be provided by the Organizer.</p>
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<p><b>Closing Banquet Equipped</b></p>	<p>31<sup>st</sup> August 2024 at 20h00          Price - €42.00          Venue – Double Tree by Hilton</p> <p>Booking &amp; Payment – <a href="http://www.ipfmalta.com/closing-banquet/">http://www.ipfmalta.com/closing-banquet/</a></p> <p>Payment by Credit Card.          Closing Dinner Tickets and Payment confirmation are received instantly via email. (Please check your Spam/ Junk just in case you don't receive anything once payment is processed)</p> <p><b>The banquets tickets must be ordered with the preliminary nomination.</b></p>
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**Closing Banquet Classic** 8<sup>th</sup> September 2024 at 20h00  
Price - €42.00  
Venue – ODYCY Hotel

Booking & Payment – <http://www.ipfmalta.com/closing-banquet/>

Payment by Credit Card.  
Closing Dinner Tickets and Payment confirmation are received instantly via email. (Please check your Spam/ Junk just in case you don't receive anything once payment is processed)

**The banquets tickets must be ordered with the preliminary nomination.**

**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.  
**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 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

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

*For the: IPF World Classic & Equipped Sub- Juniors and Juniors Powerlifting Championship*

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 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 taking 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).

<b>Nominations:</b>	Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: <b>29<sup>th</sup> June 2024</b>
<b>Preliminary:</b>	<b>29<sup>th</sup> June 2024 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).</b>
<b>Final:</b>	<b>7<sup>th</sup> August 2024 (later entries will not be accepted).</b>

**21 Days Before Technical Meeting: 7<sup>th</sup> August 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 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)

### Provisional Timetable

**Technical Meeting:** Tuesday 27<sup>th</sup> August 2024 - 19:00 – Double Tree by Hilton

**Opening Ceremony:** Wednesday 28<sup>th</sup> August 2024 – 12:30 – Double Tree by Hilton (Venue)

Day	Classes		Start
Tuesday, 27.08.2024	Technical Meeting		19:00
Wednesday, 28.08.2024	Men SjR/Jr	53 - 59 kg equipped	10:00
	Opening Ceremony		13:30
	Women SjR/Jr	43 - 47 kg equipped	14:00
	Men SjR/Jr	66 kg equipped	17:00
Thursday, 29.08.2024	Women SjR/Jr	52 - 57 kg equipped	09:00
	Men SjR / Jr	74 kg equipped	13:00
	Women SjR/Jr	63 - 69 kg equipped	16:00
Friday, 30.08.2024	Men SjR/Jr	83 kg equipped	10:00
	Women SjR/Jr	76 - 84+ kg equipped	14:00
	Men SjR/Jr	93 kg equipped	18:00



Saturday, 31.08.2024	Men SJr/Jr	105 kg equipped	10:00
	Men SJr/Jr	120 - 120+ kg equipped	13:00
	Men SJr/Jr	53 kg classic	17:00
<b>Banquet Equipped</b>			<b>20:00</b>

Sunday, 01.09.2024	Women SJr/Jr	43 - 47 kg classic	09:00
	Men SJr/Jr	59 kg classic	13:00
	Women SJr	52 - 57 kg classic	17:00
Monday, 02.09.2024	Men SJr/Jr	66 kg classic	09:00
	Women Jr	52 - 57 kg classic	13:30
	Women SJr	63 kg classic	18:30
Tuesday, 03.09.2024	Women Jr	63 kg classic	09:00
	Men SJr	74 kg classic	13:00
	Men Jr	74 kg classic	17:00
Wednesday, 04.09.2024	Women SJr/Jr	69 kg classic	09:00
	Women SJr/Jr	76 kg classic	15:00
Thursday, 05.09.2024	Men SJr	83 kg classic	10:00
	Men SJr	93 kg classic	14:30
Friday, 06.09.2024	Men Jr	83 kg classic	09:00
	Men Jr	93 kg classic	15:00
Saturday, 07.09.2024	Men SJr	105 kg classic	09:00
	Men Jr	105 kg classic	11:30
	Women SJr	84 - 84+ kg classic	16:00
	Women Jr	84 - 84+ kg classic	19:00
Sunday, 08.09.2024	Men Jr	120 kg classic	10:00
	Men SJr	120 - 120+ kg classic	13:00
	Men Jr	120+ kg classic	13:00
<b>Banquet Classic</b>			<b>20:00</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.
- 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)
- If challenged, the National Federation may be required to provide evidence of an athlete's total during the previous 12 months.

According 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 Tuesday, 27<sup>th</sup> August 2024 19:00 at the Double Tree by Hilton Hotel. 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 World Championships.

**Gaston Parage**  
President IPF

**Mauro Gasan**  
Meet Director

**Matthew Elphick**  
President MPA