




**REGULATIONS
EUROPEAN
YOUTH & U15
WEIGHTLIFTING
CHAMPIONSHIPS**

**Raszyn, Poland
August 10th – 18th, 2022**



To the President / General Secretary

EWF Affiliated Weightlifting Federations

Dear Sir/Madam,

On behalf of the Polish Weightlifting Federation, and Municipality of Raszyn, we have the great pleasure to invite you to the 2022 EWF Youth and U15 Championships that will take place during the period 10 – 18 August 2022 in Raszyn, Poland.

AIRPORT HOTEL OKECIE is located in the southwest part of Warsaw at the junction of national roads: S2, S7 and S8 as well as in the immediate vicinity of the Chopin Airport. The location is convenient for domestic and foreign travel. The public transport network connects the hotel with the centre of Warsaw.

Warsaw is a city full of attractions. You will find the atmospheric Old Town, magnificent royal palaces, museums that tell the history of Warsaw and Poland.

Discover the capital's biggest attractions.

We are looking forward to see you in Poland.

Best regards,

Waldemar Gospodarek

President

Halina Pikula

General Secretary

KEY DATES

<i>EWF invites Member Federations to participate</i>	26 May 2022
Technical Officials nomination deadline	start from 01 June to 10 June 2022
Preliminary Entries Max 10 Main Athletes for female Max 10 Reserve Athletes for female Max 10 Main Athletes for male Max 10 Reserve Athletes for male	06-10 June 2022
<i>Whereabouts information of Athletes wishing to compete at European championships must be properly submitted two months before the European championships and throughout the whole competition</i>	10 June 2022
Information about selected Technical Officials	20 June 2022
Final Entries Max 10 Main Athletes for female Max 2 Reserve Athletes for female Max 10 Main Athletes for male Max 2 Reserve Athletes for male	06-10 July 2022
Team receives Invoices	11-14 July 2022
Team Payment by bank transfer	15-20 July 2022

<p>Online Final Verification</p> <p>Max 10 Main Athletes for female</p> <p>Max 10 Main Athletes for male</p> <p>Max two athletes for each category</p>	<p>from 04 August 2022 (09.00 a.m. CET)</p> <p>to 07 August 2022 (09.00 a.m. CET)</p>
Selected Technical Officials' arrival day	8 August 2022
Publishing Start book	09 August 2022 (09:00 CET)
<p>Anti-doping & Fair Play Seminar</p> <p>ITOs meeting in the Competition Hall</p> <p>Test event:</p>	<p>09 August 2022</p> <p>09:00-10:30 CET</p> <p>15:00 CET</p> <p>16:00-17:30 CET</p>
Team Manager's Meeting	09 August 2022 (20.00 CET) Zoom
Competition	10 August - 18 August 2022
Halfway meeting for Technical Officials	13 August 2022
Last day of the competition:	18 August 2022
Departure day	19 August 2022

1. ACCOMMODATION AND FEES

Team Hotel:	AIRPORT HOTEL OKECIE
Technical Officials' Hotel:	AIRPORT HOTEL OKECIE

Address: Street: Komitetu Obrony Robotnikow 24 02-148 Warsaw, Poland Tel: +48 22 456 80 00 E-mail: rezerwacja@airporthotel.pl	Address: Street: Komitetu Obrony Robotnikow 24 02-148 Warsaw, Poland Tel: +48 22 456 80 00 E-mail: rezerwacja@airporthotel.pl
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Accommodation prices:	
Single room:	Under discussion
Double room:	Under discussion
Triple room:	Under discussion

Check-in: 14.00 Check-out: 12.00

The minimum stay in a hotel for the participants in the competition is three (3) nights.

Preliminary hotel reservation: **10.06.2022**

The ACCREDITATION CENTRE is located at the AIRPORT HOTEL OKECIE

Entry Fee: 150 € per person.

IWF Special Anti-Doping Fee: 50 USD, U17 athletes only.

PCR test for Covid-19: Under discussion

Rapid antigen test: Under discussion

Transportation fee: Under discussion

Payment must be made by bank transfer and any bank charges for transfers or other transactions are the responsibility of the Member Federation.

Details of the Poland Weightlifting Federation bank :	
The Bank: PKO BP	
Address : 02-515 WARSZAWA, PULAWSKA 15	
SWIFT Code : BPKOPLPW	
Account Holder: POLISH WEIGHTLIFTING FEDERATION, 01-813 WARSZAWA,MARYMONCKA 34	
Account Number : PL 73 1020 1026 0000 1602 0369 9873 Currency : EUR IBAN* PL	Account Number : Currency : USD IBAN* PL

Payments made in Euro (€) currency - Accommodation, Entry Fee, Transportation Fee, PCR/Rapid test for COVID-19.

Payments made in US DOLLAR (USD, US\$) currency – IWF Special Anti-Doping Fee

MEDIA:

All media participants must be approved in advance. No Accreditation fee is required.

Media Accreditation requests shall be submitted via e-mail to the Poland Weightlifting Federation and EWF.

The EWF and Poland Weightlifting Federation pay special attention to Media representatives interested in the most important EWF continental competition and weightlifting, in general. In this sense, the Organizing Committee is considering extending the possibility of overnight accommodation in other hotels with more advantageous financial conditions for accredited Media Representatives, under the mandatory conditions that Covid-19 protocol and rules governing the smooth running of the competition in Poland are observed.

In case of any questions, please contact:

biuro@pzpc.pl

and

media@ewf.sport

2. COMPETITION AND TRAINING VENUE

Competition hall name: **CENTRUM SPORTU RASZYN**

Sportowa 30

05-090 Raszyn

Training hall name: **AIRPORT HOTEL OKECIE**

Komitetu Obrony Robotnikow 24

02-148 Warsaw

Shuttles will be available for transportation between hotels and the competition hall.

3. ELIGIBILITY

The participation in the European Youth & U15 championships is limited to athletes (boys and girls) and team officials from National Federations which are full members of the EWF.

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules 2021 whereabouts information of the Athletes shall be submitted at a minimum of two months prior to the Event (by 10 June 2022).

If you have any problems submitting your Whereabouts, please contact IMMEDIATELY iwf@ita.sport

All Athletes participating shall successfully complete the WADA ADeL online course for Athletes before competing.

The following link will take you to the course: <https://adel.wada-ama.org/>

Athletes and support personnel (coaches, team physicians) must register on the site, watch the videos, and pass the quiz at the end to earn the certificate, much as they did with the IWF iLiftClean platform.

Please contact WADA at adel@wadaama.org if athletes and athlete support personnel (coaches, team medics, etc.) have any issues with the registration procedure.

4. COMPETITION RULES

The Championships will be held according to the current IWF Technical and Competition Rules & Regulations (IWF TCRR).

ELEIKO will be used in competitions as well as in training.

5. DOPING CONTROL

Doping Control will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with the IWF Anti-Doping Rules.

6. INSURANCE

Participating Federations must accept full moral and financial responsibility for their respective delegations.

Before departing their homeland, all participants must be covered by their respective Federations for travel and accident/injury/illness (Covid-19).

7. COVID-19 MEASURES

The health of athletes, coaches, officials, fans, organizers, and everyone associated with our event remains our top priority. Therefore, we ask you to consistently follow the measures of EWF and the host Federation.

All federations will be informed of the details of the host country's Covid-19 measures.

EWF Covid-19 Officer: Mr. Colin Buckley

8. EVENT CATEGORIES AND AWARDS

European Youth Championships

- Weightlifters born between 1st January 2005 and 31st December 2009 (aged between 13-17 years).

Girls, 10 categories: 40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg +81 kg.

Boys, 10 categories: 49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, +102 kg.

European Under 15 Championships

- Weightlifters born between 1st January 2007 and 31st December 2009 (aged between 13-15 years).

Girls, 10 categories: 40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg +81 kg.

Boys, 10 categories: 49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, +102 kg.

One Federation competes with two different teams in Youth and in U15 EWC competitions. Youth and U15 teams need different weightlifters. The same weightlifter cannot compete in two competitions and cannot be classified in both competitions.

Gold, silver, and bronze medals will be awarded to the first, second, and third place lifters in Snatch, Clean & Jerk, and Total in each bodyweight category.

The best male and female athletes, as well as the top six ranked men's and women's teams, will receive trophies according to the IWF team classification.

Diplomas will be awarded to all participants.

9. VISAS

Participants who require a visa to enter Poland must complete the Visa Application Form and return it together with passport copies before 20 June 2022 to e-mail:

halina.pikula@pzpc.pl or biuro@pzpc.pl

Local Organizing Committee will supply visa invitation letters to all Federations / Associations free of charge if they provide all the required documents in time.

LOC cannot guarantee the visa invitation letter if participants send their documents later than the deadline.

10. FLAGS AND ANTHEMS

Each national federation is kindly asked to bring two (two) national flags (100 x 150 cm) and an mp3 version of their national anthem.

The Organizing Committee will collect them from each delegation upon their arrival.

11. TERMS AND CONDITIONS OF PARTICIPATING

Accredited Participants – athletes, team officials, technical officials (ITO), media, guests, etc. must:

- Acknowledge and fully comply with EWF, IWF Constitution and By-Laws, IWF TCRR, Anti-Doping Rules (ADR)
- Abide by all reasonable directions given by the EWF, the Organizing Committee (OC), TOs
- Should accept any prize or award given by EWF and /or OC/sponsors, and will attend all special award ceremonies where prizes or awards are presented

- Should attend Press Conference upon request of EWF/OC
- Should not participate in, support, or promote illegal betting
- Should be responsible for all property they bring into the Event – the EWF and/ or OC shall have no responsibility in any loss or damage of this property
- Should irrevocable release EWF & OC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any OC or EWF facility, or for airport transfers
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the OC.
- All participating federations and their members agree that any material recorded during the competition in which they are located may be used for EVF promotional purposes without compensation.

12.FURTHER INFORMATION

<p>Poland Weightlifting Federation</p> <p>Contact Person</p> <p>Halina Pikula, General Secretary</p> <p>Tel.: +48 722 122 015 (WhatsApp)</p> <p>e-mail:</p> <p>halina.pikula@pzpc.pl</p>	<p>European Weightlifting Federation</p> <p>EWF General Secretary</p> <p>Dr. Milan MIHAJLOVIC</p> <p>Tel: +381 63 287 263 (WhatsApp)</p> <p>e-mail:</p> <p>secretariat@ewf.sport</p>
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PRELIMINARY TIMETABLE

Please note: The competition schedule is subject to change after the verification of final entries

Arrival day 8,9 August 2022

Opening ceremony 10. August 2022

Sess.	Gander	Category	Date	Start
1	F	U 15 40	8/10	10:00
2	F	U 15 45	8/10	12:00
3	F	U 15 49	8/10	14:00
4	M	YOUTH 49	8/10	16:00
5	M	U 15 49	8/10	18:00
6	M	U 15 55B 61B	8/11	10:00
7	M	U 15 55	8/11	12:00
8	M	U 15 61	8/11	14:00
9	F	U 15 55	8/11	16:00
10	M	YOUTH 55	8/11	18:00
11	M	YOUTH 61	8/11	20:00
12	F	U 15 59B 64B	8/12	10:00
13	F	U 15 59	8/12	12:00
14	F	U 15 64	8/12	14:00
15	F	YOUTH 49B 55B	8/12	16:00
16	M	YOUTH 67	8/12	18:00
17	F	YOUTH 40 45	8/12	20:00

18	M	U 15 67B 73B	8/13	10:00
19	M	U 15 67	8/13	12:00
20	M	U 15 73	8/13	14:00
21	F	YOUTH 49	8/13	16:00
22	F	YOUTH 55	8/13	18:00
23	F	U 15 71	8/13	20:00
24	F	U 15 76	8/14	10:00
25	M	YOUTH 73B	8/14	12:00
26	M	YOUTH 73	8/14	14:00
27	F	YOUTH 59	8/14	16:00
28	M	U 15 81	8/14	18:00
29	M	U 15 89	8/14	20:00
30	F	YOUTH 64	8/15	10:00
31	M	YOUTH 81B	8/15	12:00
32	M	YOUTH 81	8/15	14:00
33	F	U 15 81	8/15	16:00
34	M	U 15 96	8/15	18:00
35	F	YOUTH 71	8/15	20:00
36	F	YOUTH 76	8/16	10:00
37	M	YOUTH 89B 96B	8/16	12:00
38	M	YOUTH 89	8/16	14:00

39	F	YOUTH 81	8/16	16:00
40	F	U 15 +81	8/16	18:00
41	F	YOUTH +81	8/16	20:00
42	M	YOUTH 96	8/17	10:00
43	M	U 15 102 +102	8/17	12:00
44	M	YOUTH 102	8/17	14:00
45	M	YOUTH +102	8/17	16:00

Departure 18. August 2022