



OFFICIAL INVITATION

The European Powerlifting Federation

and

Malta Powerlifting Association

invite

the EPF member nations to participate in the

EUROPEAN OPEN CLASSIC POWERLIFTING CHAMPIONSHIP 15th to 22nd of March 2026 St Julians, Malta

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 the EPF Member Nations, NOT by individuals.

Meet Director	Mauro Gasan	Email: mauro@madletiks.com Cell: +356 79334479
Correspondence	Mauro Vassallo	Email: mauro@madletiks.com Cell: +356 79334479
Visa support	Mauro Vassallo	Email: mvassallo@petiteevents.com Cell: +356 99666623
Nominations	Mauro Gasan	Email: mauro@madletiks.com Cell: +356 79334479
EPF Championship Secretary	Tero Hyttinen	Email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation	Chloe	Email: chloe@petiteevents.com Cell: +356 7999 9943
Transport, banquet	Chloe	Email: chloe@petiteevents.com Cell: +356 7999 9943
Technical Secretary	Erick Deconinck	Email: epsylon_59@yahoo.fi Cell: +33 05 09 14 32
Host City	St Julians, Malta	
Date	From the 15 th to the 22 nd of March 2026	
Venue	Intercontinental Arena Conference Centre St Julians STJ 3310	
Technical Meeting	20:00 Saturday, 14 th of March 2026 at the Intercontinental Hotel	



Hotel Rates	<p>Hotel 1 - Intercontinental Hotel – 5* €150.00 for a single room €180.00 for a double/ twin room €260.00 for a family room (up to 4 pax) Rates are per room per night, including breakfast Rates exclude city tax of €01.50 per person per night</p> <p>Hotel 2 - Voco Hotel – 5* €140.00 for a single room €175.00 for a double/ twin room Rates are per room per night, including breakfast Rates exclude city tax of €01.50 per person per night</p> <p>Hotel 3 - ME Hotel by Melia – 5* €150.00 for a single room €170.00 for a double/ twin room Rates are per room per night, including breakfast Rates exclude city tax of €01.50 per person per night</p> <p>Hotel 4 - Hyatt Centric – 5* Standard Rooms €125.00 for a single room €150.00 for a double/ twin room Rates are per room per night, including breakfast Rates exclude city tax of €01.50 per person per night</p> <p>Deluxe Rooms with Balcony €155.00 for a single room €180.00 for a double/ twin room Rates are per room per night, including breakfast Rates exclude city tax of €01.50 per person per night</p> <p>FOR ALL HOTEL A MINIMUM OF 3 NIGHTS IS APPLICABLE</p>
--------------------	--

HOTEL PAYMENT	<p>All accredited athletes, coaches, referees, and officials from each federation must stay in the official hotel for all days they require 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 championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for three nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.</p> <p>All room bookings must be made by the National Federation through the official link via WWW.EPFMALTA.COM</p> <p>The organizer will not be responsible for any hotel bills of the participating nations.</p>
----------------------	---



The accommodation fees shall be payable by bank transfer against the invoice. Payment must be received at the bank account mentioned on the invoice at the latest **15 days** prior to the beginning of the Championship (**1ST of March 2026**).

All rooms must be booked at the latest by the deadline of the preliminary nomination. After the deadline, the organizer cannot guarantee the accommodation.

Sunday, 22nd of February 2026 is the latest date for any removal of nominated lifters and cancellation of booked hotel rooms. If not cancelled in time, the National federation must pay the reserved hotel rooms (if the hotel requires such payment), the participation fee and the doping fee for all lifters and officials specified at the final nomination form.

International Airport for Arrival/ Departure

Malta International Airport (MLA)

Arrivals/ Departures/ Transportation

Transfers need to be pre-booked.

3 people + Luggage (Taxi)	€45.00
8 people + luggage (Peugeot)	€75.00
16 people Minivan	€90.00

Booking & Payment – <http://www.epfmalta.com/transportation/>

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)

Deadline – 13th March 2025

Scale

Scale available at the official hotel, 24 hours. The scales will be available 1 day prior to the first competition day.

Training

Training will be available at Venue 1 day prior to the first competition day and then every day from 10:00 to 22:00.

Flag and anthem

Flags and Anthems will be provided

Opening Ceremony

15th of March at 13:00 at the Venue. One representative from each participating country shall take part in the Ceremony.



Closing Banquet

22nd of March 2026 at 20:00

Dress code: formal/smart casual

Price per ticket for one person: **42,00 €**

(Drinks Excluded)

Booking at:

<http://www.epfmalta.com/closing-banquet/>

Participation Fee

90,00 EUR for each lifter must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. The EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

Anti-Doping Fee

75,00 EUR for each lifter must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. The EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

Coach Capitation Fee

50,00 EUR for each coach must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

All invoices are published at the EPF web (www.europowerlifting.org) under “SERVICES” >> “INVOICES”.

Health and Travel Insurance

All delegates must have valid health insurance. The organizer and the EPF will not incur any expenses for a doctor or hospital. We recommend travel insurance to cover loss of luggage, theft, delayed planes, etc.

Nominations

Team nomination forms must be sent to:

the Meet Director, Mauro Gasan

Email: mauro@madletiks.com

and

the EPF Championship Secretary, Tero Hyttinen

Email: tero@europowerlifting.org

Preliminary

Wednesday, 14th of January 2026 (Preliminary nomination must be formed in each nation's personal Goodlift account, and the completed filled-in preliminary form must be sent to the Meet Director and EPF Championship Secretary)

Final

Sunday, 22nd of February 2026 (the latest date for any removal of nominated lifters or cancellation of booked hotel rooms), National federations are bound to pay the reserved hotel rooms, participation, and doping fees for all lifters specified at the final nomination form



ANTI-DOPING INFORMATION

For the *European Open Classic Powerlifting Championship*, each participant is **strictly liable** for any substance found in their body (or specimen). Each participant may be charged with an anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.

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](#).

[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 Agency (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.

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

All athletes participating in this event are classified as International Level Athletes.

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) before the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior and Masters age 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.



European Open Classic Powerlifting Championship

Final Timetable

(Updated 24/02/2026)

Day	Weigh-in Time	Men/Women	Category	Start	End	Lifters
Saturday, 14.03.2026	Technical Meeting			19:00		
Sunday, 15.03.2026	09:00 – 10:30	Women	47 kg	11:00	14:15	12
		Men	59 kg			5
	Opening Ceremony			15:00	15:30	
	14:00 – 15:30	Women	52kg	16:00	20:00	12
Men		66 kg	9			
Monday, 16.03.2026	09:00 – 10:30	Women	57kg (B-Group)	11:00	14:00	8
		Men	74kg (B-Group)			8
	14:00 – 15:30	Women	57kg (A-Group)	16:00	19:30	8
		Men	74kg (A-Group)			9
Tuesday, 17.03.2026	09:00 – 10:30	Women	63kg (B-Group)	11:00	14:30	9
		Men	83 kg (B-Group)			13
	14:00 – 15:30	Women	63kg (A-Group)	16:00	20:00	9
		Men	83 kg (A-Group)			14
Wednesday, 18.03.2026	EPF General Assembly			10:00	13:00	
Thursday, 19.03.2026	09:00 – 10:30	Women	69kg (C-Group)	11:00	13:30	6
		Men	93 kg (C-Group)			8
	12:30 – 14:00	Women	69kg (B-Group)	14:30	17:00	7
		Men	93 kg (B-Group)			8
	15:30 – 17:00	Women	69kg (A-Group)	17:30	20:30	8
		Men	93kg (A-Group)			8
Friday, 20.03.2026	09:00 – 10:30	Women	76kg (B-Group)	11:00	14:45	8
		Men	105 kg (B-Group)			13
	14:00 – 15:30	Women	76kg (A-Group)	16:00	20:00	9
		Men	105kg (A-Group)			14



Saturday, 21.03.2026	09:00 – 10:30	Women	84kg (B-Group)	11:00	13:30	11
	12:00 – 13:30	Men	120kg (C-Group)	14:00	17:15	9
		Men	120kg (B-Group)			10
	16:00 – 17:30	Women	84kg (A-Group)	18:00	21:00	8
		Men	120kg (A-Group)			8

Sunday, 22.03.2026	09:00 – 10:00	Women	84+ kg	11:00	15:15	9
		Men	120+ kg			14
	Banquet				19:00	

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. Best totals from National or International Championships during the previous 12 months before preliminary nomination shall be stated.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination.

The limit of 12 coaches does not apply to this Championship.

According to the Bylaws 16.3.1 (Eligible Coaches), the Organiser has granted an exemption to the standard quota.

Each Nation may nominate an unlimited number of coaches.

This increase does not impact operations, as the number of coaches allowed in the warm-up and preparation areas remains strictly governed by the IPF Technical Rules.

According to the IPF Technical Rules [Page 4, item 7] on the submitted Final Nomination Form you must send the finalized list of 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 **Saturday, 14th of March 2026** at 20:00. Information regarding the A and B groups will be given at the Technical Meeting.

A federation participating with more than four (4) lifters is obliged to nominate at least one referee, and a nation with more than 14 lifters is obliged to nominate at least two referees. If a referee(s) from the nation is not present or, if present, is not available to act in the capacity of either referee or member of jury at least two days during the event, the lifters are allowed to take part, but a fine of Euro 1000 must be paid by the nation for each missing referee (EPF By-laws 105.13). Each nominated referee must be available for a minimum of two days.

For referees, 1st March 2026 is the last day for changes of categories for which referees have been allocated in the final nomination, as indicated by their national federation in the Goodlift system.

Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the championships. Any changes, withdrawal, or no-show by a referee regarding the allocated duty at or after the Technical Meeting may result in a warning or a € 100 fine, depending on the reason. However, federations may allocate duties between their own referees at the latest at the Technical Meeting upon agreement by the appointed Technical Committee member (EPF By-Laws 18.6).

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their



national team tracksuit 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 the nominated lifters and officials. The same shall apply to participation and Anti-Doping fees.

All participating nations in the European championships should be represented at the Technical Meeting. If a representative of a participating nation is absent at the Technical Meeting prior to the European championship or has not informed about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail), a fine of 250 Euro will be imposed on the concerned national federation (EPF By-Laws 18.2).

The confirmation of absence from the Technical Meeting must be sent between the date of the final nomination and the start of the Technical Meeting to the EPF Championship Secretary, Tero Hyttinen, email: tero@europowerlifting.org, with a copy to the EPF Treasurer Xavier de Puytorac, email: xavier@europowerlifting.org. The confirmation must include changes in the list of referees and changes in the final nomination.

Indemnity & Insurance: All participating federations and their delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for or 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 this European Championships.

GENERAL DATA PROTECTION

The European Powerlifting Federation (EPF) is committed to protecting the privacy and personal data of all athletes, officials, volunteers, and attendees at our events.

During the organization and conduct of EPF events, we may collect and process the following personal data:

- Full name
- Date of birth
- Nationality
- Federation affiliation
- Sport category and results
- Photographs and video recordings taken during the event

Personal data is processed to manage event entries, schedules, results, and records, to comply with sport governance regulations, to publish competition results, records, rankings, and statistics, to promote EPF events through photos, videos, and media publications, to ensure the safety, fairness, and integrity of competitions, and to preserve the historical and sporting archive of European powerlifting.

The EPF processes personal data based on:

- Article 6(1)(f) GDPR — for the legitimate interests of organizing and promoting powerlifting events, preserving sports records, and promoting public interest in sport.
- Article 6(1)(e) GDPR — for the performance of a task in the public interest under recognized sport governance mandates.
- Article 6(1)(c) GDPR — to comply with legal and regulatory obligations.

We implement appropriate organizational and technical measures to safeguard your data against unauthorized access, loss, misuse, or alteration.

All the participants of the EPF events are aware of and agree to be photographed and filmed. In case of disagreement, the participant must notify the EPF about it before the start of the event.

Photographs and videos taken at EPF events are the sole property of the EPF and can be published at all EPF internet platforms, including but not restricted to the EPF web, social media accounts on Instagram, Facebook,



and TikTok.

All the participants of the EPF events agree on their personal data to be collected, processed, saved, and displayed in the electronic system for the competition run GoodLift, on the websites: <https://goodlift.info/> and <https://www.europowerlifting.org/>.

Bjørn Astad
EPF President

Mauro Gasan
Meet Director

Tero Hyttinen
EPF Championships Secretary