



# REGULATIONS

2024

## EUROPEAN JUNIOR & U23 CHAMPIONSHIPS

Raszyn - Poland



To All EWF Member Federations

## INVITATION

Dear Sir/Madam,

On behalf of the Polish Weightlifting Federation, and Municipality of Raszyn, we have the great pleasure to invite you to the 2024 EWF Junior and U23 Championships that will take place during the period 26.10. – 03.11.2024 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 Poland Weightlifting Federation



## 1. KEY DATES

<b>Whereabouts</b>	<b>26 July 2024</b>
Whereabouts information of Athletes wishing to compete at the European Junior Championships must be properly submitted three months before the start of the competition and throughout the whole competition.	
<b>Technical Officials' nomination deadline</b>	<b>21-26 August 2024</b>
<b>Preliminary Entries for Junior</b>	<b>21 - 26 August 2024</b>
<i>Max 10 Main Athletes for female</i>	
<i>Max 10 Reserve Athletes for female</i>	
<i>Max 10 Main Athletes for male</i>	
<i>Max 10 Reserve Athletes for male</i>	
<b>Preliminary Entries for U23</b>	
<i>Max 10 Main Athletes for female</i>	
<i>Max 10 Reserve Athletes for female</i>	
<i>Max 10 Main Athletes for male</i>	
<i>Max 10 Reserve Athletes for male</i>	
<b>Final Entries for Junior</b>	
<i>Max 10 Main Athletes for female</i>	
<i>Max 2 Reserve Athletes for female</i>	



<i>Max 10 Main Athletes for male</i>	<b>23 - 26 September 2024</b>
<i>Max 2 Reserve Athletes for male</i>	
<b>Final Entries for U23</b>	
<i>Max 10 Main Athletes for female</i>	
<i>Max 2 Reserve Athletes for female</i>	
<i>Max 10 Main Athletes for male</i>	
<i>Max 2 Reserve Athletes for male</i>	
<b>Accommodation &amp; Transportation Form</b>	<b>23-26 September 2024</b>
<b>Team receives invoices</b>	<b>30 Sep - 04 Oct 2024</b>
<b>Team Payment by bank transfer</b>	<b>07 - 11 October 2024</b>
<b>Online Final Verification Junior</b>	<b>From 14 October 2024 (9:00 a.m. CET) to 15 October 2024 (9:00 p.m. CET)</b>
<i>Max 10 Main Athletes for female</i>	
<i>Max 10 Main Athletes for male</i>	
<i>Max 2 (two) athletes for each category</i>	
<i>During the online Final Verification, Team Managers from each participating National Federations can access the Entry System, to confirm the names, categories, and entry totals of their athletes, including the correct spelling of their athletes' names as they appear in their respective passports.</i>	
<b>Online Final Verification for U23</b>	



<i>Max 10 Main Athletes for female</i>	
<i>Max 10 Main Athletes for male</i>	
<i>Max 2 (two) athletes for each category</i>	
<i>During the online Final Verification, Team Managers from each participating National Federations can access the Entry System, to confirm the names, categories, and entry totals of their athletes, including the correct spelling of their athletes' names as they appear in their respective passports.</i>	
<b>Start Book publication</b>	<b>21 October 2024</b>
<b>Selected Technical Officials' Arrival Day</b>	<b>24 October 2024</b>
<b>EWF Committee meetings TBC</b>	<b>24 October 2024</b>
<b>EWF EB meeting</b>	<b>24 October 2024</b>
<b>EWF Special Congress</b>	<b>25 October 2024</b>
<b>Anti-Doping &amp; Fair Play Seminar</b>	<b>25 October 2024</b>
<b>TEST Event &amp; ITO meeting in the Competition Hall</b>	<b>25 October 2024</b>
<b>Team Managers' Meeting</b>	<b>25 October 2024 20.00 CET - Zoom TBC</b>
During the Online Team Managers' Meeting, there will be a briefing on all the arrangements relating to accommodation, meals, local transportation, training, and competition. This will also be the main opportunity for Team Managers to ask questions. Option - information will be sent by email.	
<b>Opening Ceremony</b>	<b>26 October 2024</b>
<b>Competition - First Day</b>	<b>26 October 2024</b>



Halfway meeting for ITO	29 October 2024
Competition – Last Day	03 November 2024
Departure Day	04 November 2024

## 2. ACCOMMODATION AND ENTRY FEE

### AIRPORT HOTEL OKECIE, RASZYN, POLAND

Check-in time: 03.00 pm

Check-out time: 12.00 am

The minimum stay in the hotel for the participants in the competition is four (4) nights.

#### Hotel “No-Show” charges:

If one or more members of a delegation fail to check into their accommodation on the date specified on the Accommodation and Transportation Form, and also fail to notify the LOC at least 10 days before the first competition day, the delegation is to pay the “no-show” fee for every person who failed to arrive. The charge is equal to the Accommodation Fee per person/per day (for all days specified in the Accommodation and Transportation Form)

If one or more participants are delayed one or more days, the delegation must pay for all the days specified in the Accommodation and Transportation Form submitted.

After the submission of the Accommodation and Transportation form on the 26th of September 2024, should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members at the same hotel, however, this cannot be guaranteed.

Cancellations will not be accepted after **17th October 2024**.

The accommodation fees and entry fees are:

**Single Occupancy 160 € (Euros) per person per day**

**Double Occupancy 140 € (Euros) per person per day**

**Triple Occupancy 120 € (Euros) per person per day**

**EWF Entry Fee - 200 € (Euros) per person**

**In addition, 100 \$ (USD) for IWF Special Anti-Doping Fee**, which will be paid only by athletes who will compete in the European Junior Championship.

**Transportation Fee: 30 € (Euros) per person.**

All the incidental extra costs will be covered by the guests staying in the room, including in-room movies, long-distance telephone charges, room service, resort fees, and other such services.



Participants must pay for incidentals at the front desk at their own expense.

\*No cooking devices will be permitted in any areas of the hotels.

### 3. PAYMENT INFORMATION

**Beneficiary:** POLISH WEIGHTLIFTING FEDERATION  
**Address:** POLAND, 01-813 WARSZAWA, MARYMONCKA 34  
**Name of Bank:** PKO BP  
**Address of Bank:** POLAND, 02-515 WARSZAWA, PULAWSKA 15

#### Payments in EURO

**IBAN:** PL73 1020 1026 0000 1602 0369 9873

**Swift code:** BPKOPLPW

#### Payments in USD

**IBAN:** PL08 1020 1026 0000 1402 0527 7100

**Swift code:** BPKOPLPW

Payments must be made by bank transfer and any bank charges for transfers or other transactions are the responsibility of the Member Federation.  
Cash payment is not accepted.

### 4. COMPETITION AND TRAINING VENUE

**Competition Hall:** Sports Hall Raszyn

**Training area:** AIRPORT HOTEL OKECIE, RASZYN, POLAND

### 5. ACCREDITATION

The accreditation procedures will take place in the Accreditation Area and OC office at the **AIRPORT HOTEL OKECIE, RASZYN, POLAND.**

### 6. AGE LIMITATIONS, CATEGORIES AND ELIGIBILITY

#### EUROPEAN JUNIOR CHAMPIONSHIPS

- **Age category** - Athletes born between January 1st, 2004 and December 31st, 2009 (aged between 15 and 20) are eligible to participate in the Junior Championships.



**Women, 10 bodyweight categories:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg.  
**Men, 10 bodyweight categories:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg.

#### **EUROPEAN UNDER 23 CHAMPIONSHIPS**

- **Age category** - Athletes born between January 1st, 2001, and December 31st, 2003 (aged 21, 22, and 23) are eligible to participate in the Under 23 Championships.

**Women, 10 bodyweight categories:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg.  
**Men, 10 bodyweight categories:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg.

## **7. ELIGIBILITY**

**Participation in the European Junior and U23 Championships is limited to weightlifters and team officials from the National Federation which are full members of the EWF.**

In accordance with Article 5.5.16 of the 2023 IWF Anti-Doping Rules, the Whereabouts information of the weightlifters participating in the European Junior Championships shall be submitted at a minimum of three months prior to the Event (by 26th July 2024).

If you have any problems submitting your Whereabouts, please contact IMMEDIATELY [iwf@ita.sport](mailto:iwf@ita.sport)

All athletes participating are recommended to 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 a certificate, much as they did with the IWF iLiftClean platform. Please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) if athletes and athlete support personnel (coaches, team doctors, etc.) have any issues with the registration procedure.

## **8. 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.

## **9. 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.





## 10. COMPETITION RULES AND REGULATIONS

The Championships will be held according to the current IWF Technical Competition Rules and Regulations (IWF TCRR) and EWF Constitution.  
IWF Certified Weightlifting Equipment will be used.

## 11. AWARDS

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 for each championship.  
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.

## 12. VISAS

Participants who require a visa to enter Poland must submit a request to the Poland Weightlifting Federation together with passport copies before **26. August 2024** to the email address:  
[biuro@pzpc.pl](mailto:biuro@pzpc.pl)

## 13. FLAGS AND ANTHEMS

Each National Federation is kindly requested to bring two (2) National Flags (100 x 150 cm) and the national anthem in "mp3" format.  
The Local Organizing Committee will collect them upon arrival from each delegation.

## 14. TERMS AND CONDITIONS OF PARTICIPANTS

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

- Acknowledge and fully comply with the EWF, the IWF Constitution and By-Laws, the IWF TCRR, the 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 for any loss or damage to this property
- Should irrevocably 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.

## 15. 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.

In case of any questions, please contact the Poland Weightlifting Federation at [biuro@pzpc.pl](mailto:biuro@pzpc.pl) and European Weightlifting Federation at [media@ewf.sport](mailto:media@ewf.sport)



## 16. CORRESPONDENCE ADDRESS

### LOCAL ORGANIZING COMMITTEE CONTACT:

#### **POLAND WEIGHTLIFTING FEDERATION**

ul. Marymoncka 34  
01-813 WARSZAWA, POLAND  
Tel: +48 228341142  
E-mail: [biuro@pzpc.pl](mailto:biuro@pzpc.pl)

### EUROPEAN WEIGHTLIFTING FEDERATION

**EWF General Secretary**  
Dr. Milan MIHAJLOVIC

Tel. +381 63 287263  
E mail: [secretariat@ewf.sport](mailto:secretariat@ewf.sport)



## DRAFT TIMETABLE

Sess.	Gender	Category	Date	Start
1	Women	JU 45	26	13:00
2	Men	JU 55	26	15:00
3	Women	U23 45 49	26	17:00
4	Women	JU 49	26	19:00
5	Men	JU 61	27	13:00
6	Women	JU 55	27	15:00
7	Men	U23 55 61	27	17:00
8	Women	U23 55	27	19:00
9	Men	JU 67	28	11:00
10	Women	U23 59	28	13:00
11	Men	U23 67	28	15:00
12	Women	JU 59B	28	17:00
13	Women	JU 59	28	19:00
14	Women	JU 64B / U23 64B	29	09:00
15	Women	JU 64	29	11:00
16	Men	U23 73	29	13:00
17	Women	U23 64	29	15:00
18	Men	JU 73B	29	17:00
19	Men	JU 73	29	19:00
20	Men	JU 81B / U23 81B	30	11:00
21	Men	JU 81	30	13:00
22	Women	JU 71	30	15:00
23	Men	U23 81	30	17:00
24	Women	JU 76	30	19:00
25	Men	JU 89B / U23 89B	31	09:00
26	Women	U23 71B	31	11:00
27	Men	JU 89	31	13:00
28	Women	JU 81 / U23 71	31	15:00
29	Men	U23 89	31	17:00
30	Women	U23 76	31	19:00
31	Men	JU 96B / U23 96B	01	09:00
32	Men	JU 96	01	11:00
33	Men	U23 96	01	13:00
34	Women	JU 87	01	15:00
35	Women	U23 81	01	17:00
36	Men	JU 102	01	19:00
37	Men	U23 102	02	11:00
38	Women	JU +87	02	13:00
39	Men	JU 109	02	15:00
40	Women	U23 87	02	17:00
41	Men	U23 109	02	19:00
42	Men	JU +109	03	11:00
43	Women	U23 +87	03	13:00
44	Men	U23 +109	03	15:00

\* Please note: The competition schedule is subject to change after the verification of Final entries.