



**2024 ASIAN YOUTH &  
JUNIOR WEIGHTLIFTING  
CHAMPIONSHIPS**  
04-14 November 2024 – Manila, Philippines



## **INVITATION**

**To the President/General Secretary of AWF Affiliated National Weightlifting Federation/Association**

**Dear Sir, Madam,**

On behalf of the Philippine Weightlifting Association and the Philippine Olympic Committee, we extend a cordial invitation to you for the 2024 Asian Youth & Junior Weightlifting Championships. This prestigious event will take place from November 4th to November 14th, 2024, in the vibrant city of Manila, Philippines.

Manila, known as the “Pearl of the Orient,” has a rich history and a strong tradition of hosting international sporting events. From the 2019 Southeast Asian Games to various regional championships, our city has consistently demonstrated its commitment to excellence in sports organization.

As a member of the Asian Weightlifting Federation (AWF) and the International Weightlifting Federation (IWF), we are dedicated to promoting weightlifting excellence in our region. Our athletes have consistently achieved remarkable results in international competitions, and we look forward to showcasing their talent during the upcoming championships.

We invite you to experience the warmth and hospitality of the Filipino people, as well as indulge in our diverse and flavorful gastronomy. Manila awaits you with open arms, ready to make the 2024 Asian Youth & Junior Weightlifting Championships a memorable and successful event.

Thank you for considering our invitation, and we hope to welcome you to the Philippines soon!

Sincerely yours,

**Monico PUENTEVELLA**

**President of Philippines Weightlifting Association**

**Vice-President of Asian Weightlifting Federation**

**Honorary President of Asian Weightlifting Federation**



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# COMPETITION REGULATIONS



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## REGULATIONS

### 1. Date & Place

05-13 November, 2024, Manila, Philippines

### 2. Competition and Training Venue

Competition : **Ninoy Aquino Stadium**  
Rizal Memorial Sports Complex  
Adriatico Street, 0922 Manila

Training : **Rizal Memorial Coliseum**  
Rizal Memorial Sports Complex  
760 P. Ocampo Sr. Street, Malate, Manila

### 3. Accommodation

**Century Park Hotel**

599 P. Ocampo Sr. Street, Malate, 1004 Manila, Philippines

**A minimum stay of 4 (four) nights is required for all participants.**

**\* NOTE: Check-in Time: 14.00    Check-out Time: 12.00 AM \***

### 4. Financial Conditions

#### 4.1 Accommodation Fee (with full board)

Single room: 160 USD / per person / per night

Double room: 140 USD / per person / per night

#### 4.2 Entry fee

Athletes 220 USD per athlete (Including 100 USD IWF Special Anti-Doping Fee)

Delegates and Team Officials 120 USD per person



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#### **4.3 Payment**

- Upon check-in: All participants must make total payment of participation (entry) fees at the hotel accommodation upon arrival in US dollars cash if they did not submit their payment by bank transfer. (Bank account details will be sent shortly)
- Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form, and have not informed the OC 21 days before the arrival, the delegation must pay Hotel charges for the Hotels mentioned above, the charge of "No-Show" per person. This charge required by the hotel for keeping the room available for each night and meals ordered. The charge is

equal to the Participation Fee per person/ per day. If one or more participants are delayed one or more days, the delegation must pay for all the days specified in the Accommodation & Transportation Form sent.

- All payments must be made in US dollars currency. No accommodations or accreditations will be offered to any delegation member until funds have been received in full or paid in cash. No accommodation is guaranteed until full payment is received.
- After the submission of the Accommodation & Transportation Form on **05/10/2024** should you require any additional hotel rooms, the OC will use their best efforts to accommodate your additional team members in the same hotel, however, this cannot be guaranteed. Cancellations will not be accepted after **05/10/2024** and no refunds will be given.

#### **5. Pre-Competition Procedures/Athlete's Registration**

**Athletes must be registered via the IWF Online Entry System:**

<https://mf.iwf.sport>

**If you have any questions or difficulties, please, contact IWF at [competition@iwf.sport](mailto:competition@iwf.sport)**



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## PRELIMINARY ENTRIES

**The Preliminary Entries must be uploaded into the IWF Online Entry System by no later than 05 August 2024**

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

**TWENTY (20) MEN and TWENTY (20) WOMEN / Youth  
&  
TWENTY (20) MEN and TWENTY (20) WOMEN / Junior**

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT MODIFY LIST AFTER  
05 AUGUST 2024**

- At the same time for administrative purposes the Member Federation must declare the estimated number of athletes and Team officials who will participate in the 2024 Asian Youth & Junior Championships.

## FINAL ENTRIES

**The Final List of athletes must be confirmed in the IWF Online Entry System by no later than 05 September 2024. Two months before the event.**

The Member Federation must select the Final List of Athletes from the Preliminary Entry (previously submitted by 05 September 2024)

**Max. TWELVE (10+2 RESERVE) MEN and TWELVE (10+2 RESERVE) WOMEN IN  
YOUTH AND JUNIOR SECTION**

**THE FINAL LIST OF ATHLETES MUST BE SELECTED ONLY FROM THOSE INCLUDED  
IN THE PRELIMINARY ENTRY.**



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The following documents must be returned by (not later than) **05 October 2024** (by email):

- Accommodation & Transportation Form
- Media Accreditation Form
- Copies of all Passports (picture page)
- Electronic Passport Photos (3.5 cm x 4.5 cm, with white background) All forms must be sent to the following address: [2024awfajwc.manila@gmail.com](mailto:2024awfajwc.manila@gmail.com).

For media:

- All media participants must be approved in advance.
- Please submit the Media Accreditation Form to: [2024awfajwc.manila@gmail.com](mailto:2024awfajwc.manila@gmail.com) and [secretariat@awf.sport](mailto:secretariat@awf.sport)

## 6. Visas

**Most Asian countries do not need to apply for a visa** before entering the Philippines. [The Philippines has visa exemption agreements with several countries around the world, allowing nationals from more than 150 nationalities to enter the country visa-free.](#) However, **all foreigners** who wish to enter the Philippines must meet the following requirements:

1. **Passport:** It should be valid for at least six (6) months from the time of arrival.
2. **Roundtrip flight itinerary:** You'll need to show proof of your return or outbound ticket to your country of origin or next destination.
3. **Hotel or accommodation reservations:** Make sure you have arrangements for your stay.
4. **Cash, debit, or credit card:** Having sufficient funds for your trip is essential.

**Keep in mind that the specific requirements may vary based on your nationality and other factors, so it's always a good idea to check with the Philippine embassy or consulate in your country for the most up-to-date information. (Additional requirements and updates on Philippine's entry visa will be sent shortly)**

## 7. Accreditation

The Accreditation will take place at the CENTURY PARK Hotel.



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## 8. Anthem

Each Member Federation should bring two (2) national flags sized 120x180cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to OC.

## 9. Transportation

- The OC will provide shuttle bus / transport from the NINOY AQUINO INTERNATIONAL AIRPORT Terminal 1. Participants must provide their full and accurate flight schedule by **05 October 2024**.
- Transportation form shall state which airline, flight number and times each delegate will be arriving and departing on. Any change in travel schedule must be communicated on time.
- Onsite transportation changes or new requests are not guaranteed to be accommodated.
- Local shuttle bus will be provided for all participants to get to the venues (accommodation, meetings, competition/training venue and any other official program).

## 10. Competition Regulation

The 2024 Asian Youth & Junior Championships will follow the IWF Technical and Competition Rules & Regulations (TCRR).

## 11. Terms and Conditions of Participation

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

- Acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti- Doping Rules (ADR).
- Abide by all reasonable directions given by the AWF, the OC, TOs.
- Should accept any prize or award given by AWF and /or OC/sponsors, and will attend all special award ceremonies where prizes or awards are presented.
- Should attend Press Conference upon request of AWF/OC.
- Should not participate in, support, or promote illegal betting.
- Should be responsible for all property they bring into the Event – the AWF and/ or OC shall have no responsibility in any loss or damage of this property.
- Should irrevocably release AWF & 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.



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- 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 AWF 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.

## **12. Eligibility**

### **Asian Youth Weightlifting Championships**

Athletes born between 1<sup>st</sup> January 2007 and 31<sup>st</sup> December 2011 (aged 13 – 17 years)

### **Asian Junior Weightlifting Championships**

Athletes born between 1<sup>st</sup> January 2004 and 31<sup>st</sup> December 2009 (aged 15 – 20 years)

In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2024 whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (by 05 August 2024).

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at [iwf@ita.sport](mailto:iwf@ita.sport).

## **13. WADA ADeL online course**

It is recommended that athletes participating should successfully complete the WADA ADeL online course for Athletes before competing.

The course can be found at the following link: <https://adel.wada-ama.org/>.

**In case Athletes and supported personnel (coaches, team doctors) have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net).**

## **14. Event Categories**

### **For Asian Youth Weightlifting Championships**

**MEN:** 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

**WOMEN:** 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg



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### **For Asian Junior Weightlifting Championships**

**MEN:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

**WOMEN:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

### **15. Awards**

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk and the Total in each bodyweight category.

Team trophies will be awarded to the best male and female athletes, as well as to the best six teams respectively for both Men's and Women's competitions (for both Youth & Junior) in accordance with IWF Team Classification.

### **16. 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.

### **17. Equipment**

IWF approved ZKC barbells will be used during the competition and training.

### **18. Insurance**

According to IWF Regulations, all participants must be under coverage for travel and accident / injury / illness (Covid-19) by their respective Federations before their departure from their hometown.

#### **18.1 COVID-19 Guidelines**

All travelers should preferably be fully vaccinated as per the approved primary schedule of vaccination against COVID-19 in their Country.

### **19. Temperature**

- Daytime temperatures: Expect daytime temperatures to range between 28°C to 32°C (82°F to 90°F) during the early part of the month. As November progresses, temperatures may decrease slightly, with highs ranging from 25°C to 30°C (77°F to 86°F) towards the end of



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the month.

- Nighttime temperatures: Nights are generally cooler compared to the previous months, with lows ranging from 22°C to 26°C (72°F to 79°F) early in the month, and dropping to 20°C to 24°C (68°F to 75°F) towards the end of November.

**Electricity:** Manila operates on a 220V-50 Hertz supply voltage.

**Contact details:**

**Asian Weightlifting Federation**

Tel: +966 50 800 8917  
Prince Faisal Bin Fahd Olympic Complex  
P.O.Box 42806 Riyadh 11551  
Kingdom of Saudi Arabia  
Email: [secretariat@awf.sport](mailto:secretariat@awf.sport)

**Samahang Weightlifting ng Pilipinas,  
Organizing Committee**

Tel: +63 9175287104 / +63 9434792449  
+63 9154949931  
Address: RMSC, P. Ocampo Sr.,  
Street Malate, Manila, Philippines  
E-Mail: [2024awfayjwc.manila@gmail.com](mailto:2024awfayjwc.manila@gmail.com)



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<b>TIME TABLE (PROVISIONAL)</b>				
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Group</b>
1	02 November 2024		Arrival of Delegations	
2	03 November 2024	10:00	AWF Committee Meetings	
		15:00	AWF EB Meeting	
		18:00	Final Verification	
3	04 November 2024	10:00	Anti-Doping Seminar	
		14:00	Technical Officials' Meeting	
4	05 November 2024	10:00	45 kg Women	B
		13:00	40 kg Women	A
		16:00	Opening Ceremony	
		18:00	49 kg Men	A
5	06 November 2024	10:00	49 kg Women	B
		12:00	61 kg Men	B
		14:00	45 kg Women	A
		17:00	55 kg Men	A
6	07 November 2024	10:00	55 kg Women	B
		12:00	67 kg Men	B
		14:00	49 kg Women	A
		16:00	55 kg Women	A
		18:00	61 kg Men	A
7	08 November 2024	10:00	59 kg Women	B
		12:00	67 kg Men	A
		14:00	64 kg Women	B
		16:00	81 kg Men	B
8	09 November 2024	10:00	59 kg Women	A
		12:00	73 kg Men	A
		14:00	64 kg Women	A
		16:00	81 kg Men	A
9	10 November 2024	10:00	71 kg Women	A
		12:00	89 kg Men	A
		14:00	76 kg Women	A
		16:00	96 kg Men	A
10	11 November 2024	10:00	81 kg Women	A
		12:00	102 kg Men	A
		14:00	81+ kg Women	A
		16:00	102+ kg Men	A
11	12 November 2024	11:00	87 kg Women	A
		14:00	109 kg Men	A



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12	13 November 2024	10:00	87+ kg Women	A
		12:00	109+ kg Men	A
		18:00	Closing Ceremony	
13	14 November 2024		Departure of Delegations	

**\*\* NOTE: Schedule is subject to change after the Final Entry Deadline / Verification of Final Entries \*\***