



WEIGHTLIFTING FEDERATION OF AFRICA
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COMPETITION DATE AND PLACE

The Competition will be held in Entebbe, Uganda from 07th to 14th October 2017.

COMPETITION RULES AND REGULATIONS

The competition will be held and organised in accordance to the IWF 2017-2020 technical and competition rules & regulations.

The WFA will appoint the technical officials (ITOs) whom will be nominated by their national Federations/Associations to officiate for the championships.

ELIGIBILITY

According to article (1.1.2) of IWF Technical and Competition rules, eligible athletes to participate in the championships should have an Official National Passport reflecting:

1. 13 - 17 years of age for Youths (from 2000 to 2004)
2. 15 - 20 years of age for Juniors (from 1997 to 2002)

With reference to Article (5.6.4) of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered Testing Pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least two months before and during the IWF Event in question. The Athletes who do not comply with this provision are not eligible to compete.

Only IWF Member Federations or their competitors that has no arrears towards the IWF & WFA are eligible to participate.

A maximum of eight (8) men and eight (8) women Youth / Junior competitors could be registered plus two (2) reserves for each gender and age group may also be entered but during the Verification of Final Entries each country can only register (8) men and (8) women Youth / Junior as a final entry without any reserves. And it is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

The passport is considered as the sole official document to proof the age and the eligibility of the athlete.

COMPETITIO EVENTS AND CATEGORIES

IWF Categories for Men and Women Youth / Junior are follows:

Men:

Youth: 50kg, 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, +94kg.

Junior: 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg.

Women:

Youth: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, +75kg.

Junior: 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, 90kg, +90kg.

ENTRY FORMS

Enclosed herewith please find both **Preliminary** and **Final Entry Forms**.

Preliminary Entry Forms, must be submitted to both the Organizing Committee (UGA WF) and the Weightlifting Federation of Africa (WFA) respectively no later than **August 31st 2017**.

Maximum athletes allowed on the Preliminary Entry Form are ten (10) women and ten (10) men Youth / Junior.

Final Entry, Accommodation and Transportation Forms must be submitted to both the Organizing Committee (UGA WF) and the Weightlifting Federation of Africa (WFA) respectively no later than **September 20th 2017**.

Maximum athletes allowed on the Final Entry Form are ten (10) women and ten (10) men Youth / Junior; this consists of a full team (eight (8) women and eight (8) men) plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form.

EQUIPMENT

Barbell: With IWF License.

Results System: Approved by IWF.

DOPING CONTROL

Doping Control will be conducted during the competition in accordance with the IWF Anti-Doping Policy and will be carried out by the IWF selected DCOs.

With reference to Article 5.6.4 of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered Testing Pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least 2 months before the IWF Event in question. The Athletes who do not comply with this provision are not eligible to compete. Only athletes of Member Federations that has no arrears towards the IWF are eligible to participate.

ACCREDITATION

The federations/associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the Delegations will take place at the Imperial Group Hotels upon arrival.

Please note that the Accreditation will be valid only for the days registered on the Accreditation Card at the Accreditation Centre and will be issued only after Full Payment of Accommodation, Entry and Anti-Doping Fees.

ACCOMMODATION

Please note that All Guests will be accommodated in the [Imperial Group of Hotels](#) for the specified duration above. Any extra days will be charged at the normal rates of the day.

The hotel will be provided from 07th August to the end of the competition with the following normal rates:

- a) **US \$100** full board per person per night for standard twin rooms.
- b) **US \$130** full board per person per night for standard single rooms.

FINANCIAL CONDITIONS

Only affiliated national federations/associations that have annually paid their IWF and WFA subscription fees have the right to participate in this competition.

An Entry Fee of **US \$150** per person (including **US \$50** Special Anti-Doping Fee) shall be paid to the WFA by each delegation for all their athletes and officials (Except the officials whom will be appointed to officiate during the competition).

All payments must be made in cash to the Organization Committee preferably in US Dollars Upon arrival at the accreditation center located at the Imperial Group Hotels.

The WFA is responsible for providing the Trophies, Medals and Certificates.

The Organizing Committee will cover the accommodation and board costs for the technical officials whom will be appointed to officiate for the competition.

The Organizing Committee will cover the accommodation and board costs for the Chairpersons of the WFA Technical, Medical and Coaching and Research Committees, when they are not among the appointed Technical Officials.

Reference to IWF Regulations, a minimum 30% of all fees for the team is required with the Final Entries. Balance of total payment will be effected on arrival at the Accreditation Centre. To enable us make proper booking for your accommodation, **All Teams must** submit their Registration Forms for accommodation by **20th September 2017**.

COMPETITION AND TRAINING VENUES

Competition and training venues will be at the Imperial Group of Hotels.

TRANSPORT

All teams will be received at Entebbe International Airport upon their arrival and they will be transported by shuttle bus to the Hotel, and return.

Accommodation and Transportation forms (in the Final Entry form) shall state the date and time of arriving and departure, which airline and flight number of each delegate will be arriving on, and will be returned.

ENTRY VISA

All participants should contact the respective Embassy in their own country for Entry Visas to Uganda. If need be, your itinerary and Passport Copy should be forwarded in time for the Organising Committee to seek permission to enable you obtain Entry Visas at the entry point. **Entry Visa on arrival may vary from country to country between US \$50 and \$100.**

VISA EXEMPTIONS

African visitors that do not pay for Visa while entering Uganda include:

COMESA (Angola, Eritrea, Malawi, Madagascar, Seychelles, Swaziland, Zambia, Comoros, Kenya, Mauritius, Zimbabwe)

EAC (Tanzania, Rwanda, Kenya, Burundi)

OTHERS (Lesotho, Sierra Leone and Gambia)

For further details, kindly visit the following link: <http://gov.ug/content/requirements-entry-uganda>

INTERNATIONALVACCINATION CERTIFICATE

If your nation enforces requirement for having a [Valid Yellow Fever Certificate](#), to avoid unnecessary delay at the port of entry into Uganda, please come with it as it may be asked. The following countries may be asked to present one on arrival: **Angola, Benin, Burundi, Cameroon, Central African Republic, Chad, Congo DR, Congo PR, Cote d'Ivoire, Equatorial Guinea, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Rwanda, Senegal, Sierra Leone, Somalia, South Sudan, Sudan, Tanzania, Togo, Zambia and Zanzibar.**

For further details, kindly visit the following link: <https://www.cdc.gov/yellowfever/maps/africa.html>

HEALTH INSURANCE

According to IWF Rules, the participating Federations must undertake full moral and financial responsibility of their registered/ accredited delegates with regard to their health and wellness and in case of accidents or damages not attributable to the OC.

FLAG AND ANTHEM

All participating delegates of each country are kindly requested to bring with them an Audio Cassette or CD of their National Anthem and two National Flags with a size of 100 x 150cm. These Items will be submitted on arrival at the Accreditation Centre. You can also send an attachment of the Anthem's Audio by E-mail if you have one, as we await the CD.

AWARDS

Gold, Silver and Bronze medals will be awarded in each bodyweight category of age groups for both men and women in Snatch, Clean & Jerk and Total.

Trophies will be awarded to the best three teams in total respectively for both men's and women's Youth / Junior competitions in accordance with IWF Team Classification.

Best lifters trophies will be awarded in both men's and women's Youth / Junior events.

Certificates of participation will be presented to all participants.

TENTATIVE PROGRAM

07/10/2017		Saturday		Arrival and accreditation of delegations	
08/10/2017				Sunday	
10:00		11:00		12:00	
Verification of Final Entries		Technical Official Meeting		All WFA Committees Meeting	
				18:00	
				WFA Executive Board Meeting	
09/10/2017				Monday	
10:00				16:00	
WFA Annual Congress Meeting				Opening Ceremony	
10/10/2016				Tuesday	
11:00		13:00		15:00	
Competition Cat. 44 Kg & 48 Kg (Women)		Competition Cat. 50 kg & 56 kg (Men)		Competition Cat. 62kg (Men)	
11/10/2017				Wednesday	
11:00		13:00		15:00	
Competition Cat. 53 kg & 58 kg (Women)		Competition Cat. 69 kg (Men)		Competition Cat. 77 kg (Men)	
12/10/2017				Thursday	
11:00		13:00		15:00	
Competition Cat. 63 kg & 69 kg & 75 kg (Women)		Competition Cat. 85 kg (Men)		Competition Cat. 94 kg (Men)	
13/10/2017				Friday	
11:00		13:00		19:00	
Competition Cat. +75 kg & 90 kg & +90 kg (Women)		Competition Cat. +94 kg & 105 kg & +105 kg (Men)		Closing Ceremony and Banquet	
14/10/2017		Saturday		Departure of delegations	

Note: This tentative program may subject to be changed after the verification of final entries.

TRAVEL RE-CONFIRMATIONS:

Most Air and Land Transport Offices for different companies are located within the city, making it very easy for one to make travel alterations directly with the pertinent Transport Company.

GENERAL INFORMATION

All Electrical Alternate Current (AC) power sources have 220/240 Volts and DC batteries range from 1.5 Volts onwards, types including (AA & AAA, etc). All plug types are readily available.

Average temperature on Entebbe during the Championships is 18° -27° C.

Currency rate is US\$ (1 US dollar 3565 Ugandan Shillings).

CONTACT DETAILS

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Looking forward to receiving you as our Valuable Guest, I remain

Yours Faithfully,



Eng. Khaled MHALHEL

PRESIDENT

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