



**African Youth (10<sup>th</sup> Men & 9<sup>th</sup> Women) Weightlifting Championships  
Qualification event for the Buenos Aires 2018 Youth Olympic Games  
African Junior (24<sup>th</sup> Men & 19<sup>th</sup> Women) Weightlifting Championships  
Cairo – Egypt (23<sup>rd</sup> to 30<sup>th</sup> March 2018)**

# Regulations

## **1- Competition Date and Place:**

The competition will be held in Cairo, Egypt from **23<sup>rd</sup> – 30<sup>th</sup> March, 2018.**

## **2- Competition Rules and Regulations:**

The competition will be held and organised in accordance to the IWF Technical and Competition Rules & Regulations.

## **3- Eligibility to Entries:**

**A-** According to article (1.1) of IWF Technical and Competition Rules & Regulations, the athletes have the eligibility to participate as follows:

**1) Youth:** 13 – 17 years of age (from 2005 to 2001)

**2) Junior:** 15 – 20 years of age (from 2003 to 1998)

**B-** With reference to Article (5.6.4) of the IWF Anti-Doping Policy, the Athlete 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.

**C-** Only competitors of member federations that has no arrears towards the IWF and WFA are eligible to participate.

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

**E-** A maximum of eight (8) men and eight (8) women Junior / Youth 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 Junior / Youth as a final entry without any reserves.



**F-** It is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

#### **4- Competition Events and Categories:**

IWF Categories for Men and Women are follows:

##### **A- Youth Categories:**

###### **Men Youth:**

50kg, 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, +94kg

###### **Women Youth:**

44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, +75kg

##### **B- Junior Categories:**

###### **Men Junior:**

56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg

###### **Women Junior:**

48kg, 53kg, 58kg, 63kg, 69kg, 75kg, 90kg, +90kg

#### **5- Entry Forms:**

Enclosed herewith please find both Preliminary and Final Entry Forms.

**A- Preliminary** Entry Forms, Accommodation and Transportation Forms must be submitted to both the Organizing Committee (EGY. WF) and the WFA secretariat respectively no later than **31/01/2018**.

- Maximum athletes allowed on the Preliminary Entry Form are ten (10) women and ten (10) men for each age group.

**B- Final** Entry Forms, Accommodation and Transportation Forms must be submitted to both the Organizing Committee (EGY WF) and the WFA secretariat respectively no later than **28/02/2018**.

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

#### **6- 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.



## **7- Accommodation:**

- A-** The accommodation for all delegations will be at Dar El Modaraat new hotel located in Salah Salem st - Nasr City, behind Cairo Stadium 20 minutes from Cairo International Air port.
- B-** The hotel will be provided from **23/03/2018** to the end date of the competition with the following normal rates:
- **US \$ 100** full board per person per night for standard double rooms including officials.
  - **US \$ 120** full board per person per night for standard single room for the head of the delegation.

## **8- Accreditation:**

- A-** The National Federations/Associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.
- B-** Accreditation of the delegations will take place at Dar El Modaraat New Hotel upon arrival.
- C-** 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 Annual subscription and competition entry fees.

## **9- Financial Condition:**

- A-** Only affiliated national federations/associations that have annually paid their subscription fees to IWF and WFA have the right to participate in this competition.
- B-** 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 (ITOs) whom will be appointed to officiate at the competition).
- C-** All payments must be made in cash to the Organization Committee preferably in US Dollars upon arrival at the accreditation center located in Dar El- Modaraat New Hotel.
- D-** The WFA is responsible for the Trophies, Medals and Certificates.
- E-** According to the IWF TCRR, and as this championship is the continental qualification event for the Buenos Aires 2018 Youth Olympic Games, therefore the WFA will appoint Cat. (1) ITOs from the nomination list of their National Federations to be officiated in the championships and the Organizing Committee will cover the costs of their accommodation and board.



**F-** The Organizing Committee will cover the accommodation and board costs for the WFA Secretariat Members, IWF representatives. IWF TIS staff and IWF selected Doping Control Officers.

**10- Equipments:**

**A - Barbells:** The IWF approved ZKC barbells will be used in Training site and Uesaka barbells will be used in competition site.

**B - Results System:** IWF Technology and Information System (TIS).

**11- Competition and Training Venues:**

**Competition Site:** Indoor hall at Cairo International Stadium

**Training Site:** Dar El Modaraat new hotel

**12- Entry Visa:**

**A-** If an entry visa is required, you could be obtaining the visa from the Egyptian Embassy in your respective country.

**B-** For any consultation and assistance, please contact the EGY WF Director Mr. Hisham Hamdy on +20123642183 or +201016310631.

**13- Education Seminars:**

**A-** IWF Anti-Doping Seminar will be conducted on 24/03/2018.

**B-** Weightlifting injuries Education Seminar will be conducted on 25/03/2018.

**14- Awards:**

**A-** Gold, Silver and Bronze Medals will be awarded in each bodyweight category for both Junior/Youth men and women in Snatch, Clean & Jerk and Total.

**B-** Trophies will be awarded to the best three national teams in total respectively for both Junior/Youth men's and women's competitions in accordance with IWF team classification.

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

**D-** Certificates of participation will be presented to all participants.

**15- Transport:**

**A-** Local transportation will be provided from/to Cairo International Airport for all delegations upon their arrival and departure.

**B-** Buses will be provided to/from competition venue.



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**UPDATED TENTATIVE SCHEDULE**

**23 March 2018**

Arrivals of delegations

**24 March 2018**

09:00 WFA Executive Board Meeting  
13:00 Verification of Final Entries  
14:00 Technical Officials Meeting  
16:00 IWF Anti-Doping Seminar  
19:00 WFA Congress Meeting

**25 March 2018**

10:00 All WFA Committees Meeting  
16:00 Weightlifting Injuries Education Seminar  
19:00 Opening Ceremony

**26 March 2018**

10:00 44 Kg & 48 Kg Women Competition  
13:00 50 Kg & 56 Kg Men Competition  
16:00 53 Kg Women Competition  
19:00 62 Kg Men Competition

**27 March 2018**

10:00 58 Kg Women Competition  
13:00 69 Kg Men Competition  
16:00 63 Kg Women Competition  
19:00 77 Kg Men Competition

**28 March 2018**

10:00 69 Kg Women Competition  
13:00 85 Kg Men Competition  
16:00 75 Kg Women Competition  
19:00 94 Kg Men Competition

**29 March 2018**

10:00 +75 Kg & 90 Kg & +90 Kg Women Competition  
13:00 +94 Kg & 105 Kg & +105 Kg Men Competition  
19:00 Closing Ceremony

**30 March 2018**

Departure of delegations

**The Schedule may subject to be changed after the verification of final entries.**





### **17- Health Insurance:**

- A- As per IWF regulation, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. All participants will have to be under insurance coverage for travel and accident by their respective federation before their departure from their own country.
- B- The Organizing Committee (EGY WF) and the WFA are not responsible for any kind of accidents.

### **18- Flags and National Anthems:**

Each delegation participating in the competition should bring a minimum of two national flags sized 100cm x 150cm, and a CD of their national anthem. These requirements must be submitted upon arrival at the accreditation center.

### **19- General Information**

- A- All Electrical Alternate Current (AC) power sources have 220/240.
- B- Average temperature in Cairo during the Championships is 23° - 28° C in the daytime and 09° - 14° C in the night.
- C- Currency rate is US\$ (1 US dollar 17.50 Egyptian Pound).
- o For any assistance please contact the organizing committee (EGY WF ) or the WFA on the following contacts:

Continental Federation address:  
Weightlifting Federation of Africa  
Tripoli – Libya  
Tel/Fax: +218 21 7255974  
Mobile of WFA President: +218 91 3530366  
Mobile of WFA Sec. Gen.: +218 91 3543635  
E-mail: [newwfa@hotmail.com](mailto:newwfa@hotmail.com)

Organizing Committee (EGY WF) address:  
Egyptian Weightlifting Federation  
Cairo – Egypt  
Tel.: +202-22621476 – Fax: +202-24031050  
Mobile of EGY WF President: +201001769928  
Mobile of EGY WF Director: +201016310631  
E-mail: [weightlifting\\_egy@yahoo.com](mailto:weightlifting_egy@yahoo.com)

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

Yours Faithfully,

Eng. Khaled MEHALHEL  
WFA President

Mr. Mahmoud MAHGOUB  
EGY WF President