

**2019 AWF ASIAN
WEIGHTLIFTING CHAMPIONSHIPS
OLYMPIC QUALIFICATION EVENT**

Ningbo, China April 18th to April 28th 2019

REGULATIONS

1. Dates and Place

April 18 - 28, 2019 Ningbo, China

2. Competition Venue& Training Venue

Ningbo Youngor Gymnasium

Address: No. 360 Zhongxing Road, Yinzhou District, Ningbo

Distance from accommodation: 2 km / 7 minutes

3. Accommodation

Participating Teams:

1.Crowne Plaza City Center Ningbo Hotel



Address: No.129 Yaohang Street, Haishu District, Ningbo, China

Distance from airport: 15km, 30 minutes by bus

Distance from competition venue: 4km, 18 minutes by bus

2. Ningbo Nanyuan Hotel



Address: No.2 Lingqiao Road, Haishu District, Ningbo, China

Distance from airport: 14km, 25 minutes by bus

Distance from competition venue: 5km, 18 minutes by bus

Other Officials:

Marriott Ningbo



Address: No.188 Heyi Road, Haishu District, Ningbo, China

Distance from airport: 16km, 25 minutes by bus

Distance from competition venue: 3.6 km, 10 minutes by bus

Participants must accept accommodation to stay at the official hotel offered by the organizing committee. A minimum stay of 4 (four) nights is required for all participants.

4. Financial Conditions

Single room: USD 140 per person per day, with three meals

Double room: USD 120 per person per day, with three meals

Entry fee: USD 120 per person

Anti-doping Fee: USD 50 per athlete

5. Methods of Payment

All payment shall be paid by cash US dollars upon arrival to the Organizing Committee.

6. Entries, Forms

PRELIMINARY ENTRY

Deadline for Preliminary Entry is **Feb. 28, 2019**. The preliminary entry must be sent to awc2019@163.com before Feb. 28, 2019.

FINAL ENTRY

Final Entry, Team Accommodation Form, Transportation Form, and Visa Application Form are to be sent as soon as possible, latest by **March 10, 2019**.

Forms must be sent together with **the electronic photo** (3x4, with white background), **and passport copies** before the deadline.

All forms must be sent to the following address: awc2019@163.com

7. Visas

All participants must apply for Chinese visas before entering China. Please fill in the Visa Application Form and return it together with passport copies before March 10, 2019 to E-mail: awcinv@163.com

Important note: Visa invitation letter will be processed in a minimum of one week, after which an invitation letter will be sent. Passport expiry date must be after November 1, 2019.

8. Accreditation

The Accreditation will take place at Pan Pacific Hotel.

NOTE: Check-in is after 14:00, check-out is before 12:00.

9. Anthem

Each Member Federation should bring two (2) national flags sized 100 x150cm and the national anthem on USB drive. This must be submitted upon arrival/accreditation to Organizing Committee (OC).

10. Transportation

Shuttle bus will be provided between Ningbo Lishe International Airport/ Ningbo Railway Station, accommodation, meetings, competition/training venue and any other official program:

11. Competition Regulation

The 2019 AWF Asian Championships will follow the IWF Technical and Competition Rules and Regulations (TCRR).

12. Eligibility

Participating athletes must be 15 years of age and over (year of birth 2004 or earlier). With reference to Article 5.6.5 of the IWF Anti-Doping Policy 2018, an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations for a period of at least two months prior to the IWF Event in question. An athlete who does not comply with this provision is not eligible to compete at this event.

13. Bodyweight Categories

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

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

14. Awards

Gold, silver, and bronze medals will be awarded in Snatch, Clean & Jerk, and Total in each bodyweight category.

Team trophies will be awarded to the best six teams respectively for both Men's and Women's competitions in accordance with IWF Team Classification.

15. Doping Control

Doping Control will be conducted in accordance with the IWF Anti-Doping Policy.

16. Barbell

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

17. Insurance

According to IWF Regulations, all participants must be under coverage for travel and accident/injury issuance by their respective Federations before their departure from their hometown.

18. Temperature

Climate during the proposed period: The average temperature in Ningbo is 12°C ~ 22°C in April .

19. Contact

Asian Weightlifting Federation

P.O. Box 2473, Doha, Qatar

Email: awfederation@yahoo.com and info@awfederation.com

Chinese Weightlifting Association

Ms. MENG Bo (General Contact and visa invitation letter)

Tel: +86 10 67020339 / +86 18510268370

Address: Room 301, Building 10, No. 1, Dongdadi Street, Dongcheng District, Beijing, China

Email: chinaweightlifting@sports.cn

Local Organizing Committee

Ms. HOU Chunfei (Transportation, accommodation and Entry)

Tel: +86 135 679 24810

Address: No. 2001, Ningchuan Road, Yinzhou District, Ningbo, Zhejiang Province, China

Email: awc2019@163.com
