

**2019 JAPAN-CHINA-KOREA  
FRIENDSHIP WEIGHTLIFTING TOURNAMENT  
&  
READY STEADY TOKYO – Weightlifting**

**06-07 July 2019, Tokyo, JAPAN**

**REGULATIONS**

# OFFICIAL INVITATION

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

Dear Sir/Madam,

On behalf of Japan Weightlifting Association and Local Organising Committee, we have great honor to invite you to the 2019 JAPAN-CHINA-KOREA FRIENDSHIP WEIGHTLIFTING TOURNAMENT & READY STEADY TOKYO – Weightlifting between 06 - 07 July Tokyo, Japan.

This event has two important roles; in the IWF Calendar, it is categorized as the Silver Olympic Qualification Event for Tokyo, and it is a Test Event for Tokyo 2020. Tokyo International Forum, the Competition Venue for Tokyo 2020 is used for this event. Therefore, all participants can collect points for Tokyo 2020 feeling similar atmosphere of the Games.

Tokyo hosted many Weightlifting events and we are happy to organise such a prestigious event again in the capital of Japan. The 2019 JAPAN-CHINA-KOREA FRIENDSHIP WEIGHTLIFTING TOURNAMENT & READY STEADY TOKYO – Weightlifting will gather World weightlifting families and we believe success of this event will contribute for participants to prepare for forthcoming Olympic Games, at the same time to strengthen unity and friendship among Weightlifting Family.

We are looking forward to welcoming you soon!

With best regards,

Handwritten signature in blue ink, reading '三宅義行' (Miyake Yoshiyuki).

**Yoshiyuki Miyake  
President, Japan Weightlifting Association**

# REGULATIONS

## 1. COMPETITION REGULATION

The 2019 JAPAN-CHINA-KOREA FRIENDSHIP WEIGHTLIFTING TOURNAMENT & READY STEADY TOKYO – Weightlifting (hereinafter “the Event”) will follow Technical and Competition Rules & Regulations (TCRR) of the International Weightlifting Federation (IWF).

## 2. TERMS AND CONDITIONS OF PARTICIPATION

Accredited participants (Athletes, Team Officials, Technical Officials etc.) must:

- Acknowledge and fully comply with IWF Constitution & By-Laws, IWF TCRR, and IWF Anti-Doping Policy (ADP).
- Abide by all reasonable directions given by the IWF, the Local Organising Committee (LOC), The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) and Technical Officials.
- Assign with full title guarantee in perpetuity to IOC / IWF all rights of any nature in any such recordings.
- Accept any prize or award given by LOC / sponsors and will attend all special award ceremonies where prizes or awards are presented.
- Attend Press Conferences upon request of the IOC / IWF / Tokyo 2020 / LOC.
- Not participate in, support or promote illegal betting.
- Participate in the Event at their own risk and take all reasonable measures to protect from any risk.
- Be responsible for all property they bring to the Event and that the IOC, IWF, Tokyo 2020 and LOC shall have no responsibility in any loss or damage of the property.
- Irrevocably release IOC, IWF, Tokyo 2020 and LOC from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event.
- Guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors.
- Acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed.
- Be a Member Federation of IWF in good standing.
- 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 LOC facility, or for airport transfers.
- Acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance.
- Agree that the use of syringes is banned in all areas of the Event, inclusive of accommodation areas without application of the IWF Needle Policy.
- Acknowledge that Member Federations participating in the Event do so at own risk.
- Acknowledge that no outside food and beverage will be permitted in the hotel public areas due to health, safety and moral reasons.
- Acknowledge **smoking is not allowed in the hotel except the designated area; smoking in the hotel room is not allowed.**
- Acknowledge **smoking is not allowed in the venue according to IOC’s policy, inclusive of outdoor area of the facility.**
- Acknowledge **smoking on the road and littering of cigarette butts are not allowed within Chiyoda-ku where the venue locates except the designated area.** Violators will be fined JPY 2,000.
- Undertake full moral and financial responsibility of their registered / accredited delegates regarding their health and wellness and in case of accidents or damages not attributable to LOC.

### 3. ELIGIBILITY

- Only athletes of Member Federations that have no arrears towards IWF are eligible to participate.
- Participating athletes must be born in or after 2004.
- In accordance with Article 5.6.5 of the IWF Anti-Doping Policy, 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 in the ADAMS system as set out at Annex I of the International Standard for Testing and Investigations for a period of at least two (2) months prior to the Event in question. An Athlete who does not comply with this provision is not eligible to compete at the Event.
- Athletes who wish to compete at the Event shall submit their whereabouts information for the period outlined above **at the latest on 6<sup>th</sup> May 2019**.
- In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at [adams@iwfnet.net](mailto:adams@iwfnet.net) .
- More information on eligibility of an Athlete can be found on the IWF Anti-Doping Policy; [https://www.iwf.net/wp-content/uploads/downloads/2018/04/IWF\\_Anti-Doping-Policy-2018.pdf](https://www.iwf.net/wp-content/uploads/downloads/2018/04/IWF_Anti-Doping-Policy-2018.pdf) .

### 4. DATES

04 – 08 July 2019: Training Venue available  
06 – 07 July 2019: Competition

### 5. COMPETITION AND TRAINING VENUE

Competition / Training venue: Tokyo International Forum  
3-5-1 Marunouchi, Chiyoda-ku, Tokyo  
100-0005, Japan

### 6. ACCOMMODATION

Participants must accept accommodation to stay at the following hotels offered by LOC. A minimum stay of 3 (three) nights is required for all participants:

Shinagawa Prince Hotel 4-10-30 Takanawa, Minato-ku, Tokyo  
108-8611, Japan  
<http://www.princehotels.com/shinagawa/>

### 7. EVENTS

For 2019 JAPAN-CHINA-KOREA FRIENDSHIP WEIGHTLIFTING TOURNAMENT:

Men; 55kg / 61kg / 67kg / 73kg / 81kg / 89kg / 96kg / 102kg / 109kg / +109kg  
Women; 45kg / 49kg / 55kg / 59kg / 64kg / 71kg / 76kg / 81kg / 87kg / +87kg

For READY STEADY TOKYO – Weightlifting:

The Event accepts 20 participants from the Member Federation other than Japan, China and Korea with following limitations.

Men; 109kg / +109kg

Women; 87kg / +87kg

NOTE; The right to select athletes remains in IWF and Tokyo 2020. MFs which entered athlete(s) will receive the result of the selection by 20 May 2019.

## 8. DELEGATION MAXIMUM

For Japan, China and Korea: Athletes – 20 (10 Men, 10 Women)  
Team Officials – 8  
Technical Officials – 2 (preferably 1 male and 1 female)

NOTE: Reserve athlete(s) can be included up to 2 per gender, however if reserve athlete(s) would like to participate in the Event, number of Team Official(s) must be reduced to make the sum of Athletes and Team Officials to be 28.

For MFs other than Japan, China and Korea:

Athletes – 4  
Team Officials – 4

## 9. AWARDS

Gold, silver and bronze medals will be awarded to the first three athletes in the Total among athletes of Japan, China and Korea in each bodyweight category during the Closing Banquet.

## 10. DOPING CONTROL

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

## 11. BARBELL

The IWF approved ZKC barbells will be used in competitions and training.

## 12. INSURANCE

As required by IWF Regulations, all participants must be under insurance coverage for travel and accident/injury by their respective Federations before their departure from their home town.

## 13. DEADLINES

Entries must be registered together with the passport copies and passport photos before the following deadlines.

- Preliminary Entries, Visa Application Forms:  
**No later than 6<sup>th</sup> May 2019.**
- Final Entries, Accommodation Form, Media Accreditation & Transportation Form:  
**No later than 1<sup>st</sup> June 2019.**

All forms must be sent to the following address:

Official travel agency for  
**2019 JAPAN-CHINA-KOREA  
FRIENDSHIP WEIGHTLIFTING TOURNAMENT  
& READY STEADY TOKYO - Weightlifting**

E-mail : [2019jckfwt@gmail.com](mailto:2019jckfwt@gmail.com)  
Phone : + 81 3 5909 8090  
FAX : + 81 3 5909 8100

## 14. FINANCIAL CONDITIONS AND METHODS OF PAYMENT

### For Japan, China and Korea:

Anti-Doping Fee: USD 30 per Athlete (IWF special Anti-Doping Fee applied to Silver Qualification Event)

Total amount must be paid in USD cash to LOC upon arrival at the accreditation center.

### For MFs other than Japan, China and Korea:

Entry Fee: USD 200 per person  
Accommodation Fee (with full board):  
Single Room: USD 140 per person per night  
Double Room: USD 120 per person per night  
Anti-Doping Fee: USD 30 per Athlete

A minimum 50% deposit of the total amount due must be transferred to the bank account written in the section 15. WIRE TRANSFERS by **20<sup>th</sup> June 2019**. All bank charges must be covered by the participating delegation. Please consider the time which takes to process the transfer in order for the payment to arrive by the deadline. We kindly ask you to send 10 days before your arrival, the bank document that accredits the final funds transfer to [2019jckfwt@gmail.com](mailto:2019jckfwt@gmail.com) in order to validate with our bank.

The rest of the total amount shall be paid in USD cash to LOC upon arrival at the accreditation center.

**NOTE:** For any nations which has not transferred above deposit will be excluded from the participation in the Event.

**NOTE:** For any nations which do not provide Entry Forms before the deadline, LOC will not guarantee the price and the type of the room written in the regulation.

### Hotel "No-Show" and Cancellation Charge:

If one or more delegation members do not arrive on the date specified on the Final Accommodation and Transportation Form and have not informed to LOC by 30 days before the scheduled arrival date, the delegation must pay to LOC the charge of "No-Show" per person (see below).

No-show or Cancellations charge rates are as follows:

Until 31 days before: no charge  
30 days - 15 days before: 50%  
14 days - 2 days before: 80%  
1 day before (or No-show on the reservation day): 100%

## 15. WIRE TRANSFERS

Please make sure when sending wire payments that the payment is converted to USD (US Dollar). All wire transfer payments are processed through a third party on behalf of LOC. Please make sure your MF name to be on the reference name. Any fees imposed for the transaction is to be covered separately by the sender.

Bank Name: The Bank of Tokyo-Mitsubishi UFJ, Ltd.  
Branch Name: Shimbashi Branch  
Branch Address: 2-12-11, Shimbashi, Minato-ku, Tokyo, 140-8602, Japan  
Bank Swift Code: BOTKJPJT  
Account Number: 433-4945605  
Account Name: JTB Corp.  
Account Address: 2-3-11 Higashi Shinagawa, Shinagawa-ku, Tokyo, 140-8602, Japan

## 16. ACCREDITATION

The accreditation will take place at Shinagawa Prince Hotel upon arrival. LOC will make the accreditation cards ready before arrival of each team, in order to avoid undesired queues at the hotel it is required from each delegation to send the name list and e-photos (passport size) of your team members to LOC by e-mail before **1<sup>st</sup> June 2019**.

## 17. TRANSPORT

LOC will provide transport services between either Tokyo Haneda Airport (HND) or Tokyo Narita Airport (NRT) and the hotels and between the hotel and the venues of competitions, training and meetings. Travel time to the hotel from Tokyo Haneda Airport is around 30 - 40 minutes and from Tokyo Narita Airport is around 90 – 120 minutes by vehicle.

Team Accommodation and Transport Forms must be submitted to LOC before **6<sup>th</sup> May 2019 (for the preliminary form) and 1<sup>st</sup> June 2019 (for the final form)**.

## 18. VISA

All participants shall apply for visa (if a visa is required) at Japanese Embassies or Consulates in their own countries. Please send the VISA Request Forms (Excel data format) to LOC not later than **6<sup>th</sup> May 2019**.

E-mail : [2019jckfwt@gmail.com](mailto:2019jckfwt@gmail.com)

Japan Weightlifting Association will supply visa letters to all MFs.

Please note that the Japanese Embassies and Consulates require the original invitation letter (not sent by email), therefore, it will take time for you to obtain the formal invitation letter after your MF submits the Visa Application Form (Excel Data Format). LOC recommends your earlier visa application.

Conditions for visa application differ by countries. Please refer below link or contact with the nearest Japanese Embassy or diplomatic mission abroad for further information:

[https://www.mofa.go.jp/j\\_info/visit/visa/index.html](https://www.mofa.go.jp/j_info/visit/visa/index.html)

**IMPORTANT NOTE:** Please send all passport copies and other required documents not later than **6<sup>th</sup> May 2019**. LOC will not guarantee visa assistance in case passport copies are sent late. Copies of non-expired passports, colorful photos and visa forms must be sent to the following email address: [2019jckfwt@gmail.com](mailto:2019jckfwt@gmail.com)

## 19. NOTES

Information about Tokyo

Average temperature foreseen in Tokyo during the Tournament is 30-35 C°. Electricity:  
100 V

**Local Organising Committee's contact details:**

Official travel agency for

**2019 JAPAN-CHINA-KOREA**

**FRIENDSHIP WEIGHTLIFTING TOURNAMENT**

**& READY STEADY TOKYO – Weightlifting**

JTB Corp./JTB Sports Desk

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2-1-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo 163-0454, Japan

Phone : + 81 3 5909 8090

FAX : + 81 3 5909 8100

Email : 2019jckfwt@gmail.com