

Weightlifting Federation of Africa



12th All African Games Morocco 2019

Technical Rules and Regulations of Weightlifting Sport



الألعاب الإفريقية
JEUX AFRICAINS
AFRICAN GAMES
JOGOS AFRICANOS
RABAT 2019

1- Date of Competition:

The Competition will be held from 24 through 30 August 2019.

2- Events Bodyweight Categories:

The weightlifting competitions will comprise (10) bodyweight categories for Men and (10) bodyweight categories for Women.

2.1 Men's categories: 55, 61, 67, 73, 81, 89, 96, 102, 109 and +109 Kg

2.2 Woman's categories: 45, 49, 55, 59, 64, 71, 76, 81, 87 and +87 Kg

3- Competition and Training Venues:

The competition and training venues will be in Nahda sports hall in Rabat city.

4- General Rules and Regulations:

4.1 The competition will be held and organized in accordance to the 2019 IWF Technical and Competition Rules & Regulations, 2018 IWF Calendar Policy and IWF Anti-Doping Policy.

4.2 According to the 2018 IWF Calendar Policy, the competition will be Silver level qualification event for 2020 Tokyo Olympic Games.

4.3 The IWF in consultation with the WFA will appoint the technical officials (TOs) whom will be nominated by their national Federations/Associations to officiate for the competition.

4.4 In case of disagreement in the interpretation of the rules, the English text will prevail unforeseen cases will be dealt with as follows:

4.4.1 Cases of general nature will be resolved according to the rules of the Association of African Sport Confederations (AASC).

4.4.2 Technical questions will be decided according to the 2019 IWF Technical and Competition Rules & Regulations.

5- Eligibility:

5.1 According to the 2019 IWF Technical and Competition Rules & Regulations, the athletes born in 2004 or earlier have the eligibility to participate.

5.2 All athletes must hold the citizenship of the country they represent. In case of objections, the national Olympic Committee concerned must provide proof of citizenship.

5.3 The passport is considered as the sole official document to prove the age and the eligibility of the Athlete.

5.4 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 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 the IWF Event.

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

5.6 A maximum of ten (10) men and ten (10) women senior competitors could be registered plus two (2) reserves for each gender but during the verification of final entries each country can only register (10) men and (10) women senior competitors as a final entry without any reserves.

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

5.8 The participating athletes from each team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

6- Entries:

6.1 For entry participation, the NOCs will use entry forms provided by ANOCA.

6.2 Preliminary entries:

Preliminary entry forms should be submitted through the respective national Olympic Committees to both the organizing committee of the African Games (COJA) and WFA respectively no later than sixty days before the start of the Games (**19th June, 2019**).

6.3 Final entries:

Final entry forms should be submitted through the respective national Olympic Committees to both the organizing committee of the African Games (COJA) and WFA respectively no later than thirty days before the start of the Games (**19th July, 2019**).

6.4 Maximum athletes allowed on preliminary and final entry forms for both senior men and women are 12 competitors for each gender.

7. Equipment:

Sport Equipment: IWF approved sport equipment will be provided.

TIS Result System: Approved by IWF.

8- Technical Organization:

The Weightlifting Federation of Morocco, under the supervision of International Weightlifting Federation (IWF) and Weightlifting Federation of Africa (WFA) will be responsible for the technical organization of the event.

9- Competition Program and Results:

9.1 The weightlifting competitions program will be held in seven days including the day of verification of final entries and technical officials meetings.

9.2 The verification of final entries and technical officials meetings will be held on 24/08/2019 at (10:00 AM) at the games village.

9.3 The weigh-in of each bodyweight category will take place every day, begins two (2) hours before the competition start of the category concerned.

9.4 Competitions of (3) bodyweight categories of both men and women will be held in each day according to the competition schedule to be drawn up.

9.5 Each competition results of each men or women bodyweight category will be final.

10- Technical Officials:

10.1 Six (6) months prior of the Games, the IWF will be appointed the technical officials (TOs) in consultation with the WFA and will be sent their details to the (COJA).

10.2 The competitions will be officiated with the minimum number of category one and category two TOs according to the 2019 IWF Technical and Competition Rules & Regulations:

11- Athletes' Outfit:

Athletes must wear the weightlifting outfit according to the 2019 IWF Technical and Competition Rules & Regulations.

12- Medical Control:

Medical assistance will be provided as arranged by COJA at each competition site.

13- Doping Control:

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

14- Medals Ceremonies:

14.1 The medals ceremonies will take place after the competition of group A in each category.

14.2 Gold, Silver and Bronze medals will be awarded in each men and women bodyweight category as following:

14.2.1 Gold medals: for the first place winners in snatch, clean & jerk and Total.

14.2.2 Silver medals: for the second place winners in snatch, clean & jerk and Total.

14.2.3 Bronze medals: for the third place winners in snatch, clean & jerk and Total.

15- Competition Program:

The weightlifting competitions will be held in seven days as following:

Day	Time	Events	Gender
1 st day 24/8/2019	10:00	Verification of final entries and technical official meetings in competition venue	Men & Women
2 nd day 25/8/2019	12:00	Competition Cat. 45 Kg	Women
	15:00	Competition Cat. 49 Kg	Women
	18:00	Competition Cat. 55 Kg	Men
3 rd day 26/8/2019	12:00	Competition Cat. 55 Kg	Women
	15:00	Competition Cat. 61 Kg	Men
	18:00	Competition Cat. 67 Kg	Men
4 th day 27/8/2019	12:00	Competition Cat. 59 Kg	Women
	15:00	Competition Cat. 64 Kg	Women
	18:00	Competition Cat. 73 Kg	Men
5 th day 28/8/2019	12:00	Competition Cat. 71 Kg	Women
	15:00	Competition Cat. 81 Kg	Men
	18:00	Competition Cat. 89 Kg	Men
6 th day 29/8/2019	12:00	Competition Cat. 76 Kg	Women
	15:00	Competition Cat. 81 Kg	Women
	18:00	Competition Cat. 96 Kg	Men
7 th day 30/8/2019	12:00	Competition Cat. 102 Kg	Men
	15:00	Competition Cat. 87 & +87 Kg	Women
	18:00	Competition Cat. 109 & +109 Kg	Men



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