



2019 IWF World Championships  
16-27 September 2019, Pattaya, Thailand



**POWER** OF SPIRITS  
2019 IWF WORLD CHAMPIONSHIPS



**Message From  
President of  
Thai Amateur Weightlifting Association**

The International Weightlifting Federation (IWF) has accorded us the honor to organize the 2019 IWF World Championships to be held in Pattaya, Thailand on 16-27 September 2019.

Pattaya: known as the Rivera of Thailand; 150 kilometers southeast of Bangkok, faced the Gulf of Siam. It is located within easy access of the Bangkok Airport and has excellent entertainment for all tastes. Because of its easy accessibility from Bangkok, Pattaya remains one of Thailand's most popular weekend getaways for Bangkok's people and become one of best place to relax in Thailand.

On behalf of Organizing Committee, I wish to express my most sincere appreciation to all of you who participate and to those federations and associations that supported us. Thanks all the members of the organizing Committees who have times making the Championships success. Last but not least, wish you all a very successful and a happy stay in Pattaya.



***Mrs.Boossaba Yodbangtoey***  
***President of Thai Amateur Weightlifting Association***



# 2019 IWF World Championships 16-27 September 2019, Pattaya, Thailand



## REGULATIONS 2019 IWF WORLD CHAMPIONSHIPS

### 1. DATES AND PLACE

16-27 September 2019, Pattaya, Thailand

### 2. COMPETITION AND TRAINING VENUE

SAT Indoor Athletics Stadium (Eastern national Sport Training Centre, Chaiya Phruet 2 Rd., Ban Na Jomtien, Pattaya, Chonburi 20150 Thailand).  
The venue will be available for training from 15-27 September 2019.

### 3. ACCOMMODATION

AMBASSADOR CITY JOMTIEN  
21/10 Sukhumvit Rd., Na Jomtien, Sattahip, Chonburi 20250, THAILAND  
Tel: (+66) 3825-5501-40  
Fax: (+66) 3825-5731  
Website: [www.ambassadorcityjomtien.com](http://www.ambassadorcityjomtien.com)  
Email: [rsvn@ambassadorcityjomtien.com](mailto:rsvn@ambassadorcityjomtien.com)

Participants must accept accommodation to stay at the following hotels offered by the Organizing Committee. A minimum stay of 4 (four) nights is required for all participants.

**\* Please noted: Check-in Time: 14.00 Check-out Time: 12.00 \***

### 4. FINANCIAL CONDITIONS

#### Participation Fee (with full board)

Single room: 150 USD per person/ per night  
Double room: 130 USD per person/ per night

#### Entry fee

**Athlete:** 250 USD per person  
(includes 50 USD Special Anti-Doping Fee)

**Delegates & Team Officials:** 200 USD per person

### 5. PAYMENT

- A minimum of 30% of the total must arrive by 5pm Thailand time (UTC/GMT +7 hours) on 16 August 2019 to the account of Thai Amateur Weightlifting Association (TAWA). If you are paying by wire transfer, please ask your bank and consider the time it takes to process the transfer in order for the payment to arrive by the deadline date and time.
- Check-in: All participants must make total payment (the rest of 70%) upon arrival in US cash dollars to the Organizing Committees.
- Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Team Accommodation Form, and have not informed the Organizing Committee 10 days before the arrival, the delegation must pay to the Organizing Committee, previously to the accreditation, the charge of "No-Show" per person. This charge required by the hotel for keeping the room available for each night and meals ordered. The charge is equal to the Participation Fee per person/per day. If



**2019 IWF World Championships**  
**16-27 September 2019, Pattaya, Thailand**



one or more participants are delayed one or more days, the delegation must pay all the days specified in the Team Accommodation Form sent.

- We kindly ask that you send, 15 (fifteen) days before your arrival, the bank document that accredits the funds transfer to [tawa@tawa.or.th](mailto:tawa@tawa.or.th) in order to validate your payment with our bank.

Account Name: Thai Amateur Weightlifting Association  
Account No.: 981-0-67408-2  
Bank Name: KRUNG THAI BANK PUBLIC COMPANY LIMITED  
BANGKOK THAILAND  
Branch: Sports Authority of Thailand

SWIFT Code: KRTHTHBK  
Address: Thai Amateur Weightlifting Association (TAWA)  
286, 20th Floor of Sports Authority Building. Ramkhamhaeng Rd.,  
Huamark, Bangkok, Bangkok 10240 THAILAND

All payments must be made in US dollars currency and any bank charges for transfers or other transactions are the responsibility of the Member Federation. No accommodations or accreditations will be offered to any delegation member until funds have been received in full to the TAWA bank account.

No accommodation is guaranteed until full payment is received.

- After the submission of the Final Entries on 16 August 2019, should you require any additional hotel rooms, the OC will use their best efforts to accommodate your additional team members in the same hotel, however, this cannot be guaranteed. Cancellations will not be accepted after 25 August 2019 and no refunds will be given.

## **6. ENTRY DEADLINES AND PRE-COMPETITION PROCEDURES**

**Entries should be registered through the IWF Online Entry System:**

<http://www.iwf.net/e-entry>

If you have any questions, please contact:

- Ms Angelique Mottet (Entries), [angelique.mottet@iwfnet.net](mailto:angelique.mottet@iwfnet.net)
- Mr Zoltan Veres (Technical issues), [zoltan.veres@iwfnet.net](mailto:zoltan.veres@iwfnet.net)



**2019 IWF World Championships**  
**16-27 September 2019, Pattaya, Thailand**



**PRELIMINARY ENTRIES - OBLIGATORY!**

The Preliminaries Entries must be uploaded into the IWF Online Entry System by no later than **16 JUNE 2019**.

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

**TWENTY (20) MEN and TWENTY (20) WOMEN**

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT  
ADD / CHANGE ATHLETES AFTER 16 JUNE 2019.**

- At the same time for administrative purposes the Member Federation must declare the estimated number of athletes and Team officials who will actually participate in the 2019 IWF WC.

**FINAL ENTRIES**

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than **16 AUGUST 2019**.

- Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 16 JUNE 2019).

Max. **TWELVE (10+2 RESERVE) MEN and TWELVE (10+2 RESERVE) WOMEN**

**THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE  
INCLUDED IN THE PRELIMINARY ENTRY.**

The following documents must to be returned by **16 AUGUST 2019** (by email):

- Team Accommodation Form
- Transportation Form
- Visa Application Form
- Media Accreditation Form
- Copies of all Passports (picture page)
- Electronic Passport Photos (3cm x 4cm, with white background)

All forms must be sent to the following email address by the designated deadline:

[tawa@tawa.or.th](mailto:tawa@tawa.or.th)



## 2019 IWF World Championships 16-27 September 2019, Pattaya, Thailand



### **For Media:**

All media participants must be approved in advance. Please submit the Media Accreditation Form to the following:

[adrienn.szasz@iwfnet.net](mailto:adrienn.szasz@iwfnet.net) and [tawa@tawa.or.th](mailto:tawa@tawa.or.th)

**All media requests are due by 16 AUGUST 2019.**

### **7. VISAS**

Visa entry to Thailand could be obtained from the Thai Embassy in the respective countries by presenting the Official Invitation for the said Championships. If there is any help needed, please contact the Organizing Committee. There are 18 countries can apply VISA on arrival to Thailand please check the following info; <http://www.consular.go.th/main/contents/filemanager/VISA/Visa%20on%20Arrival/VOA.pdf>. If you would like to request Exemption VISA please send a complete list of names with passport data, itinerary schedule (flight booking) and fax number/ mailing address should be sent in time to the Organization Committee for the issuance of invitation letters, for this process must be sent all documents latest by **16 JULY 2019**. **Important note: Visa application will be processed in a minimum of two weeks, after which an invitation letter will be sent. Passport expiry date must be after 14 March 2020.**

Note: In some countries are required International Health Certificate for **Yellow Fever Vaccination**, please check: <http://www.mfa.go.th/main/en/services/4908/15384-List-of-countries-which-require-International-Heal.html>

### **8. ACCREDITATION**

The Accreditation will take place at The Ambassador City Jomtien

### **9. ANTHEM**

Each Member Federation should bring two (2) national flags sized 120x180cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to Organizing Committee (OC).

### **10. TRANSPORTATION**

The Organizing Committee (OC) will provide shuttle bus or van transportation service from Suvarnabhumi International Airport (BKK) and U-Tapao Rayong-Pattaya International Airport (UTP). Participants must provide their full and accurate flight schedule by **16 AUGUST 2019**.

- a) Transportation forms shall state which airline, flight number and times each delegate will be arriving and departing on. Any change in travel schedule must be communicated on time.
- b) Onsite transportation changes or new requests are not guaranteed to be accommodated.
- c) Shuttle bus and van services will be provided for all participants to get to the venues.



### **11. COMPETITION REGULATION**

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

### **12. TERMS AND CONDITIONS OF PARTICIPATION**

Accredited Participants – athletes, team officials, technical officials (ITO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP)
- Abide by all reasonable directions given by the IWF, the Organizing Committee (OC), TOs
- Should accept any prize or award given by IWF and /or OC/sponsors, and will attend all special award ceremonies where prizes or awards are presented
- Should attend Press Conference upon request of IWF/OC
- Should not participate in, support, or promote illegal betting
- Should be responsible for all property they bring into the Event – the IWF and/ or OC shall have no responsibility in any loss or damage of this property
- Should irrevocable release IWF & OC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors
- Should acknowledge that by not following the above mentioned terms and conditions, sanctions may be imposed
- 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 OC or IWF facility, or for airport transfers
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the OC.

### **13. 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, 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 three months** prior to the IWF Event in question (IWF World Championships). An Athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Athletes who wish to compete at the IWF World Championships shall submit their whereabouts information for the period outlined above at the latest **on 18 JUNE 2019.**

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at [iwf@ita.sport](mailto:iwf@ita.sport)

#### **14. ILIFTCLEAN E-LEARNING ONLINE ANTI-DOPING EDUCATION PLATFORM**

**The IWF requests all Athletes participating in the 2019 IWF World Championships held in Pattaya, THA to successfully complete the iLiftCLEAN E-learning Course before the Event.**

To successfully complete the iLiftCLEAN course, your Athletes need to take the final test at the end of the course and obtain a final score of at least 80%. The course is available in English, French, Spanish, Russian, Arabic and Japanese language. It takes approximately 30 minutes to complete.

The IWF Anti-Doping E-learning platform can be reached on the following website:

<https://iliftclean.com>

#### **Here are the steps to follow for your Athletes:**

- Step 1: Register;
- Step 2: Create an account on the platform for yourself;
- Step 3: Confirm your account by clicking on the link received by e-mail from the website;
- Step 4: Sing in with your username and password;
- Step 5: Watch the Anti-Doping videos and complete the test after;
- Step 6: Receive your Certificate;
- Step 7: Show your Certificate to the IWF by sending it to [education@iwfnet.net](mailto:education@iwfnet.net)

For the avoidance of doubt, your Athletes will not be limited in the number of attempts to successfully complete the course.

Please note that the Anti-Doping test could be only taken after going through the Videos of the Platform.

Certificates will be valid for one year after the day of completion.

Your Athletes' compliance with this obligation will be monitored by the IWF directly through the iLiftCLEAN platform.

Please do not hesitate to contact us by email [education@iwfnet.net](mailto:education@iwfnet.net) if your Athletes need any assistance to complete the iLiftCLEAN course.

Athletes who are unable to complete the test will have the opportunity to do it at the Event.

#### **15. EVENT CATEGORIES**

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg  
WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg



**16. MINIMUM ENTRY TOTALS**

Minimum Entry Total in each bodyweight category is 75% of the reference number for men; and 65% of the reference number for women.

Reference number = Result of winner in each category of the 2018 IWF World Championships, Ashgabat, TKM

<b>MEN</b>	<b>Reference number (kg) 2018 IWF WC</b>	<b>Minimum Entry Total (kg) 75 %</b>	<b>WOMEN</b>	<b>Reference number (kg) 2018 IWF WC</b>	<b>Minimum Entry Total (kg) 65 %</b>
<b>55kg</b>	282	<b>212</b>	<b>45kg</b>	186	<b>121</b>
<b>61kg</b>	317	<b>238</b>	<b>49kg</b>	209	<b>136</b>
<b>67kg</b>	332	<b>249</b>	<b>55kg</b>	232	<b>151</b>
<b>73kg</b>	360	<b>270</b>	<b>59kg</b>	237	<b>154</b>
<b>81kg</b>	374	<b>281</b>	<b>64kg</b>	252	<b>164</b>
<b>89kg</b>	372	<b>279</b>	<b>71kg</b>	267	<b>174</b>
<b>96kg</b>	416	<b>312</b>	<b>76kg</b>	270	<b>176</b>
<b>102kg</b>	396	<b>297</b>	<b>81kg</b>	249	<b>162</b>
<b>109kg</b>	435	<b>326</b>	<b>87kg</b>	268	<b>174</b>
<b>+109kg</b>	474	<b>356</b>	<b>+87kg</b>	330	<b>215</b>

**17. AWARDS**

Gold, silver, and bronze medals will be awarded in the Snatch, the Clean & Jerk, and the 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.

The World Weightlifting Magazine Editorial Board shall select and award the Best Lifters of the event.

**18. DOPING CONTROL**

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

**19. BARBELL**

Eleiko barbells will be used during the competition and training.

**20. INSURANCE**

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

**21. TEMPERATURE**

The average Pattaya, Thailand temperature during the Championships will be approximately between 25-35 degrees on Celsius. Electricity in Thailand is 220 Volt.



**2019 IWF World Championships**  
**16-27 September 2019, Pattaya, Thailand**



The Organizing Committee contact details:

**THAI AMATEUR WEIGHTLIFTING ASSOCIATION (TAWA)**

286, 20<sup>th</sup> Floor of Sports Authority Building.

Ramkhamhaeng Rd., Hua Mark Bangkapi

Bangkok 10240 THAILAND

Tel: (+66) 2170-9461 Fax: (+66) 2170-9462

Website: [www.tawa.or.th](http://www.tawa.or.th)

Email: [tawa@tawa.or.th](mailto:tawa@tawa.or.th)

## Preliminary Timetable

### 2019 IWF World Championships, Pattaya, Thailand

13.09 2019		Arrival		
14.09 2019	10:00	IWF Committee Meetings		
15.09 2019	10:00	IWF Executive Board Meeting		
16.09 2019	10:00	IWF Executive Board Meeting		
	18:00	Verification of the Final Entries		
17.09 2019	09:00	Registration for IWF Congress		
	10:00	IWF Congress		
	17:00	Opening Ceremony		
	20:00	Technical Officials' Meeting		
18.09 2019	10:00	Women	49	C
	12:00	Men	55	B
	14:30	Women	45	B
	17:55	Men	55	A
	20:25	Women	45	A
	22:30	Men	61	C
19.09 2019	08:00	Women	55	D
	10:00	Men	67	C
	12:00	Women	49	B
	14:25	Men	61	B
	17:55	Women	49	A
	20:25	Men	61	A
	22:30	Women	55	C
20.09 2019	08:00	Women	59, 64	D, E
	10:00	Women	59	C
	12:00	Men	67	B
	14:25	Women	55	B
	17:55	Men	67	A
	20:25	Women	55	A
	22:30	Men	73, 81	D, E
21.09 2019	08:00	Men	81	D
	10:00	Men	73	C
	12:00	Women	59	B
	14:25	Men	73	B
	17:55	Women	59	A
	20:25	Men	73	A
	22:30	Women	64	D



**2019 IWF World Championships**  
**16-27 September 2019, Pattaya, Thailand**



22.09 2019	08:00	Women	64	C
	10:00	Men	81	C
	12:00	Women	64	B
	14:25	Men	81	B
	17:55	Men	81	A
	20:25	Women	64	A
	22:30	Women	71	C
	23.09 2019	08:00	Men	89
10:00		Men	89	C
12:00		Men	89	B
14:25		Women	71	B
17:55		Women	71	A
20:25		Men	89	A
22:30		Men	96	D
24.09 2019		08:00	Men	96
	10:00	Women	76, 81	C
	12:00	Women	76	B
	14:25	Men	96	B
	17:55	Men	96	A
	20:25	Women	76	A
	22:30	Women	87	C
	25.09 2019	08:00	Men	109, 102
10:00		Women	81	B
12:00		Men	102	B
14:25		Women	87	B
17:55		Women	81	A
20:25		Men	102	A
22:30		Men	109	C
26.09 2019		08:00	Men	+109
	10:00	Women	+87	C
	12:00	Women	+87	B
	14:25	Men	109	B
	17:55	Men	109	A
	20:25	Women	87	A
	27.09 2019	09:00	Men	+109
11:00		Men	+109	B
13:25		Women	+87	A
15:55		Men	+109	A
19:00		Closing Ceremony		
28.09 2019		Departure		

*\*\*Please note: Time schedule subject to be changed after the verification of final entries\*\**