



## **5<sup>th</sup> International Fajr Cup (Namjou Cup)**

**Olympic Qualification Event for 2020 Tokyo Olympic Games**

**1-5 February 2020 Rasht, IRAN**

### **1. Competition Regulations**

Competitions will be held in accordance with IWF Constitution and By-Laws, and IWF Technical and Competition Rules & Regulations.

### **2. Accommodations**

Will be covered by Iran Weightlifting Federation for participating athletes maximum 5 from each country. If the number of athletes exceeds 5 persons, the extra athletes should pay the related expenses of their accommodation and full board during the competitions.

**The official Accommodation:** Rasht 5 Star International Hotel

### **3. Competition & Training Venue**

“Rasht Competition Venue “

### **4. Seven (7) Men Bodyweight Categories**

61 Kg, 67 Kg, 73 Kg, 81 Kg, 96 Kg, 109 Kg, +109 Kg

### **5. Number of invited athletes from each country: 5**

**Note:** Iran will have one full team consisting of 7 lifters.

### **6. Number of invited ITOs: 20**

### **7. Eligibility of invitation & participation**

7.1 The tournament will be held in individual and team placing.

7.2 Only the Members of National Team are allowed to participate in the event.

7.3 In each bodyweight category maximum 12 athletes are allowed to compete:

Participating athletes must be 15 years of age and over (year of birth 2005 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 **two months prior** (by 02 December 2019) to the IWF Event in question.

An athlete who does not comply with this provision is not eligible to compete at the IWF Event.

## 8. Quota of Team Officials

8.1- For each Federation:

1-5 athletes, 1 coach, 1 official (TO), 1 Team Leader = 8 persons

## 9. Methodology and Training Science & Anti-Doping Course

Iran Weightlifting Federation will cover all internal expenses, including local transportation by shuttle bus, accommodation (room and 3 meals per day) for all participants. Certificate will be presented to participants at the end of course. The lecturer will be appointed in coordination with IWF to make presentation the most advanced educational items and materials will be presented to the participants.

## 10. Accreditation

The accreditation of delegates will be performed at the hotel upon arrival.

**Remark:** A copy of the passport and color passport photos (Photo Format: JPEG, Size 200-400 kb) shall be submitted when you send your final entry forms (athletes and officials).

## 11. Entries

**Preliminary Entry Forms** must be sent back both to the Iran Weightlifting Federation ([iriwf@iriwf.org](mailto:iriwf@iriwf.org)) before 1<sup>st</sup> December 2019.

**Final Entry Forms** must be sent back both to the Iran Weightlifting Federation ([iriwf@iriwf.org](mailto:iriwf@iriwf.org)) prior to 1<sup>st</sup> January 2020.

**Arrival/Departure Form** must be sent back to the Iran Weightlifting Federation ([iriwf@iriwf.org](mailto:iriwf@iriwf.org)) before 1<sup>st</sup> January 2020.

**Team Accommodation Form** must be sent back to the Iran Weightlifting Federation ([iriwf@iriwf.org](mailto:iriwf@iriwf.org)) before 1<sup>st</sup> January 2020.

## 12. Sport Equipment

IWF approved sport equipment will be provided and used during the competitions.

## 13. Doping control

Doping control shall be carried out in accordance with the IWF Anti-Doping Policy.

## 14. Financial conditions

14.1

- The return flight tickets from the country of origin (invited country) to Tehran and back should be provided by the participating countries themselves or their NF's. Only local flight ticket (Tehran-Rasht-Tehran) will be provided by Organizing Committee.

- Accommodation in the Rasht designated hotel from 1-5 February 2020.
- Three meals per day
- Accreditation
- No Entry Fee ( Free of Charge )

#### 14.2

The financial conditions for Federations that enter the athletes at their own expenses will be as follows:

**Single room fee:** \$ 90 / Person / Night

**Double room fee:** \$ 70 / Person / Night

**Local Transfer (from Airport to Hotel, from Hotel to Venue & back):** is free of charge and will be provided by the Organizing Committee

#### 14.3

**IWF special Anti-Doping Fee:** US\$ 30 / Athlete

### 15. Transportation

The Iranian WF will provide airport transfer & transportation means (Shuttle Bus) for all participants upon their arrival from Rasht Airport to Hotel and Venue of the competition and back.

### 16. Technical Officials

If the appointed Technical Officials (Jury Members, Referees, Technical Controllers, Chief Marshal, Competition Doctor, Competition Secretary, Time Keepers, maximum 20 persons) are from your Federation and country, Iran WF will provide free accommodation & three meals per day for 20 ITO's during the competition days.

**Note1:** Please be informed that Iran WF will not provide the return flight ticket from the country of origin to Tehran & such the return flight tickets should be provided by your NF.

OC will only provide local flight ticket "Tehran-Rasht-Tehran" for the ITO's.

**Note2:** Iran WF & OC will reimburse 50 USD as allowance per Diem to all 20 ITO's.

### 17. Insurance

Member Federations participating in the Championships will undertake full financial responsibility of their athletes and officials and do so at their own risk. All participating Federations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness and in case of accidents or damages

### 18. Visa

Federations who require entry visa to the Islamic Republic of Iran must fill in the Visa Application Form per attached and send it back, together with the scanned passport copy plus photo (Scanned passport & Photo Format: JPEG, Size 200-400 kb) of each applicant, no later than 1<sup>st</sup>

January 2020 to the Iranian Weightlifting Federation, who will prepare the Visa Support Letter and send it back to the participating teams.

## 19. Flag and Anthem

Each delegation participating in the competition should bring its national flag sized 100x150 cm, and national anthem on CD. This must be submitted upon arrival/accreditation.

## 20. Awards

- **Gold, Silver and Bronze medals** will be awarded to the first three winners in the Snatch, Clean & Jerk and Total in each bodyweight category. **Team Cup** and **Trophies** will be awarded to the first three winner teams.
- In accordance with Sinclair table, top 6 athletes will be awarded with Prize money as follows:

|                      |          |
|----------------------|----------|
| <b>First place:</b>  | 6000 USD |
| <b>Second place:</b> | 5000 USD |
| <b>Third Place:</b>  | 4000 USD |
| <b>Fourth Place:</b> | 2500 USD |
| <b>Fifth Place:</b>  | 1500 USD |
| <b>Sixth Place:</b>  | 1000 USD |

Participants are awarded with diploma at the end of the tournament.

## 21. General Information

Average Temperature in Ahvaz during Championships:

Electricity: 220V, 50Hz.

## 22. Contact Info

If you have any questions, please do not hesitate to contact us at

**Tel:** (+9821) 44701742, (+9821) 44701637, (+98) 912 4780513 & (+98) 9214780513

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