



# REGULATIONS



## **SINGAPORE WEIGHTLIFTING INTERNATIONAL 2022 (Qualification Event for 2022 Commonwealth Games)**

### **1. Dates of Competition**

**25 - 27 February 2022**

### **2. Competition Rules & Regulations**

The Weightlifting International 2022 will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

### **3. Terms and Condition of Participation**

Accredited participants (athletes, Team Officials, Technical Officials (TOs) etc.): Should acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP)

- Should abide by all reasonable directions given by the Organizing Committee (OC), TOs
- Should participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk
- Should undertake full moral and financial responsibility with regards to their health and wellness and in case of accidents or damages
- Are responsible for all property they bring into the Event and that the OC shall have no responsibility in any loss or damage of this property
- Acknowledge and agree that the OC shall not arrange any insurance connected with the participation in the Event
- Should irrevocably release the OC (and their respective members, officers, employees, etc.) from liability for any loss, injuries, 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) if they are minors

### **4. COVID-19 Safety Measures**

All athletes and accompanying coaches/support personnel must be fully vaccinated against COVID-19 – an individual is considered fully vaccinated 2 weeks after having received 2 doses of the Pfizer BioNTech/Comirnaty, Moderna or any WHO EUL vaccines. Proof of vaccination must be produced for verification by the OC prior to participation.

### **5. Eligibility**

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules 2021, whereabouts information of the athletes shall be submitted at **minimum two months prior to the Event (25 December 2021).**



## 6. Doping Control

Doping Control will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with the IWF Anti-Doping Rules

## 7. Competition Categories

Men: 55Kg, 61Kg, 67Kg, 73Kg, 81Kg, 96Kg, 109Kg, +109Kg / **8 BW Categories**

Women: 49kg, 55Kg, 59Kg, 64Kg, 71Kg, 76kg, 87Kg, +87Kg / **8 BW Categories**

## 8. Awards

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in the **total only**.

## 9. Entries Deadline

All final entry forms must be returned to the Organizing Committee and the CWF no later than **25 January 2022**.

## 10. Verification of Final Entries

**Verification of final entries will be held on 24 February 2022 at 6pm.**

## 11. Competition Venue

Toa Payoh Sports Hall  
297 Lor 6 Toa Payoh, Singapore 319389



## 12. Accommodation

The accommodation will be at Hotel Royal.  
36 Newton Road, Singapore 307964  
Check In: 1400      Check Out: 1200

## 13. Financial Conditions

Single Room: US\$185 per person/per night/with 3 meals  
Double Room: US\$145 per person/per night/with 3 meals

Anti-Doping Fee: US\$50 per athlete



#### **14. Accreditation**

The accreditation process will take place at Hotel Royal with full payment upon arrival.

#### **15. Training**

Training venue and sauna will not be available due to COVID-19 health and safety measures.

#### **16. Barbells/Weights Equipment**

Eleiko equipment will be used.

#### **17. Transportation**

Local transport will be provided by the Organizing Committee from Singapore Changi International airport to hotel upon the arrival of delegations.

#### **18. Visas**

Most Commonwealth countries do not require visa for the short period of stay. However other countries will require visas and therefore we ask each delegation to check if visas are required for their country. (Please note that no visas will be issued on arrival at airport)

#### **19. Health Insurance**

As per IWF Technical and Competition Rules, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance.

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## Competition Schedule

(Subject to change after verification of final entries)

Thursday, 24 February	Arrival of Delegates		
Friday, 25 February	1000	Women	49kg
	1200	Men	55kg
	1400	Women	55kg
	1600	Men	61kg
	1800	Women	59kg
Saturday, 26 February	1000	Men	67kg
	1200	Women	64kg
	1400	Men	73kg
	1600	Women	71kg
	1800	Men	81kg
Sunday, 27 February	1000	Women	76kg
	1200	Men	96kg
	1400	Women	87kg, +87kg
	1600	Men	109kg
	1800	Men	+109kg
Monday, 28 February	Departure of Delegates		