



**XL INTERNATIONAL TOURNAMENT "MANUEL SUAREZ IN MEMORIAM"
CLASSIFICATION TO THE XXIV CENTRAL AMERICAN AND CARIBBEAN GAMES
"SAN SALVADOR DEL 2023"**

REGULATIONS

The Cuban Federation of Weightlifting and the Mercantile Society CUBADEPORTES SA, is pleased to invite your federation to participate in this traditional event which commemorates its XL Anniversary and will be the second qualifying event for the XXIV Central American and Caribbean Games in 2023. It will be held according to the following rules:

1. Competition Rules and Regulations

The competitions will be held in accordance with the rules of the International Weightlifting Federation (IWF).

Athletes born before December 31, 2007 (over 15 years old) are eligible to participate.

“In accordance with Article 5.5.16 of the IWF Anti-Doping Rules Whereabouts information of the athletes shall be submitted at minimum two (2) months prior to the event (by 15 January 2022)”.

In the competitions, it will be an essential requirement at the time of the Official Weigh-in, the presentation of the identity card or the athlete's passport.

2. Competition and Training

Venue The competitions and training will be in the Humberto Nores Roofed Room "of the municipality of Cardenas, in the Matanzas province The training program will be made from the final registration of the athletes.

• Date of the Event

From March 14 to 19, 2022

Arrival of the Delegations. March 13, 2022

Departure of the Delegations: March 20, 2022

3. Events

The divisions according to sex in which they will compete are those established by the IWF, according to their body weight.

Female: 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and + 87 kg

Male: 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and + 109 kg.

4. Registrations.



Preliminary registrations will be received until January 13, 2022, the closing of final registrations will be on February 13, 2022. Contact will be made through the site www.cubadeportes.cu. For better advice you can contact: eventoscuba@cubadeportes.cu, Agenciac@cubadeportes.cu, cubapesas19@gmail.com.

Conditions for payment:

No.	CONCEPTS	PRICE IN EURO
1	Athletes registration + special IWF anti-doping fee	155.00 €
2	Official registration	110.00 €
3	Accommodation (all-inclusive regime) per night of stay for person in double and triple rooms. *	80.00 €
4	Accommodation (all-inclusive regime) per night of stay for person in single rooms	125.00 €
5	Training camp (cost per day per person)	30.00 €
6	Accommodation, family members and / or companions (all-inclusive regime) per night of stay per person in double and triple rooms.	90.00 €
7	Accommodation, family members and / or companions (all-inclusive regime) per night of stay per person in single rooms.	130.00 €

*To the National Teams that accredit the complete team, the athlete number 10 of each sex, will pay only € 50 (62.5% of the price of accommodation in double and triple rooms per night), courtesy of CUBADEPORTES SA.

The villa The official event will be the Hotel **Brisas del Caribe** with a 4-star category (*) All-inclusive plan (IT). Located in front of Varadero beach. It has rooms with views of the pool and beach, a children's playground, multiple programs for children, varied gastronomic, recreational and cultural offers Address: Road Las Morlas km 12 1/2, Varadero Matanzas, Cuba.



You can also stay at the Hotel **ROC Arenas Doradas** with category 4 stars (****), All-inclusive (IT). Located on the beachfront, Los Tainos, recognized as one of the best in Cuba, in front of the Marina Chapelín marina and the dolphinarium, located next to Brisas del Caribe (Villa of the Event). It stands out for its spectacular architecture: it is a hotel



open to the sea, with tropical gardens that reach the beach and rooms and suites with magnificent views.

Address: Highway Varadero Km 12, Varadero, Matanzas, Cuba.



With the payment of the accommodation is included, food, transfer to and from the airport "Juan Gualberto Gómez" of Varadero, internal transport during the competition.

The sports delegations to receive the services and benefits for the Organizing Committee they must take advantage of the package offered by the CUBADEORTESSA agency, otherwise they must pay the value of **one night (€ 90.00) additional** to the registration of the event. In addition, the organizers are not responsible for internal transportation, food, as well as transfer from and to the airport.

In the case of arriving through the international airport "José Martí de La Habana, the transfer from and to Varadero will have an **additional cost of 36.00 €**.

Payment will be made for 100% of the value of the selected service, it will be made by Documentary Bank Transfer, in favor of CUBADEPORTES SA, in your account No 0300000002038721, Swift bank BFICCUHH. Bank in the BFI. Sierra Maestra branch. Bank address. Avenue 1ra esq O Miramar La Habana, Cuba, within 10 days prior to the execution of the service and according to the invoice issued by the commercial area.

If the payment is made less than 10 days before the event, there will be a 5% service charge.

The entrance to the Hotel is 3:00 p.m., for this reason the Organizing Committee is NOT responsible for the delivery of rooms to those who arrive before this established time. The departure from the hotels is at 12:00 hours, that is why the Organizing Committee is NOT responsible for reserving rooms after this time.

Credit Card (VISA or MASTER CARD) that do not have funds in North American Banks.



The delegations that wish may hold training camp in Havana and Matanzas respectively. The coordination will be through our agency CUBADEPORTES S.A They will be done before or after the event is over.

Optional:

All athletes and technicians who wish to reserve hotels with family members and / or companions, must declare it in advance, since our agency can offer preferential packages for these cases as described in the table of payment rates.

5. Competition Team,

The team of competitions that will be used will be ELEIKO, which is endorsed by the International Federation (IWF).

6. Final Verification.

It will be held on March 14, 2022 at 1300 hours.

7. Technical Meeting.

To nominate athletes by body weight categories, it will be held on March 14 at 3:00 p.m.

8. Meeting of Technical Officials.

It will be held on March 14 at 4:00 p.m.

9. 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.

10. Awards.

Gold, Silver and Bronze medals will be awarded to the first three places in the Snatch, Clean & Jerk and Total modalities, of each body weight category. All countries affiliated to the IWF that present the endorsement of their National Federation will be able to participate.

11. Anthem / Flag.

We ask the participating countries to please bring their flags and anthems and deliver them at the Technical Meeting.

12. Technical Officials

The Technical Officials selected for this event will be exempt from the payment of accommodation, food and internal transportation.

13. Insurance.



All participating Federations are morally and financially responsible for their delegations in relation to their health and well-being and in case of any accident or damage they will not be attributed to the Organizing Committee.

14. Visa.

To request the processing of your Visa you must go to the Consulate of your country or your Tourist card at the time of arrival at the "José Martí" airport, send no later than February 13 the passport photo of each member of the delegation, any information to be communicated to the following emails, first of all, to the department of International Relations of INDER:

- arsenio.lluch@inder.gob.cu
- cubapesas19@gmail.com

15. Overcoming Activity.

Parallel to the competition, it will be held for the Coaches, Referees, Athletes and other participants in the event; On March 16 at 8:30 am, a Scientific Conference on general aspects of Sports Training, prevention of the scourge of doping and other topics of interest, which will be taught by qualified professionals of the Cuban Federation of Weightlifting, the University of Physical Culture and Sports Sciences (UCCFD) "Manuel Fajardo" and the Institute of Sports Medicine (IMD), all participants will be given a Certificate that accredits their participation.

16. Hygienic-Epidemiological Recommendations to follow for the Competition.

The area to be used meets the requirements for each athlete to maintain the appropriate distance indicated by the WHO, which is 1 meter and a half or more between each one.

It has adequate ventilation, drinking water services, supplies for deep cleaning (chlorine, detergents), soap for hand washing as well as 0.1% and 0.5% hypochlorite for cleaning surfaces. for the sanitation of the people who will enter the premises, which has soap and water and 0 1% hypochlorite.

All participants must maintain the use of the mandatory surgical mask at all times, as well as the foot bath

Cleaning will be done before and after each competition following the WHO protocols.

There will be toilets for each sex, which must be used in anticipation of not generating crowds while maintaining social distancing.

There will be an area for medical personnel that will be equipped with supplies, equipment and basic medicines to treat the symptoms of suspicious people.



It is necessary to stay informed of any modification in the hygienic and sanitary measures against Covid - 19, in our country.

Competition Program

13/03/22	Arrival of Delegations			
14/03/22	Final Verification			1:00 PM
	Technical Meeting			3:00 PM
	Meeting of Technical Officials			4:00 PM
Date	Division	Sex	Weigh-in	Competition
15/03/22	45 kg A	W	7:00 AM	9:00 AM
	55 kg A	M	9:00 AM	11:00 AM
	49 kg B	W	11:00 AM	1:00 PM
	61 kg B	M	1:00 PM	3:00 PM
	49 kg A	W	3:00 PM	5:00 PM
	61 kg A	M	5:00 PM	7:00 PM
16/03/22	Scientific Day		8:30AM	
	55 kg A	W	12:00 M	2:00 PM
	67 kg A	M	2:00 PM	4:00 PM
	59 kg A	W	4:00 PM	6:00 PM
	73 kg B	M	6:00 PM	8:00 PM
17/03/22	64 kg B	W	7:00 AM	9:00 AM
	73 kg A	M	9:00 AM	11:00 AM
	64 kg A	W	11:00 AM	1:00 PM
	81 kg B	M	1:00 PM	3:00 PM
	71 kg A	W	3:00 PM	5:00 PM
	81 kg A	M	5:00 PM	7:00 PM
18/03/22	76 kg B	W	7:00 AM	9:00 AM
	89 kg A	M	9:00 AM	11:00 AM
	76 kg A	W	11:00 AM	1:00 PM
	96 kg B	M	1:00 PM	3:00 PM
	81 kg A	W	3:00 PM	5:00 PM
	96 kg A	M	5:00 PM	7:00 PM
19/03/22	102 kg A	M	7:00 AM	9:00 AM
	87 kg A	W	9:00 AM	11:00 AM
	109 kg A	M	11:00 AM	1:00 PM
	+87 kg A	W	1:00 PM	3:00 PM
	+109 kg A	M	3:00 PM	5:00 PM

Note: The Competition Program is subject to change according to the Verification Meeting Final.