



心心相融，@未来
Heart to Heart, @Future

Sport Technical Handbook

WEIGHTLIFTING



The 19th Asian Games Hangzhou 2022

**Sport Technical Handbook for
the 19th Asian Games Hangzhou 2022
(ver. 1.0)**

September 8th, 2021

Weightlifting

Foreword

From 10 to 25 September 2022, the 19th Asian Games will be held in Hangzhou, China. In the lead up to this event and, as always, the city is welcoming its friends from across Asia with open arms, warmth and enthusiasm.

“Heart to Heart, @Future” is our slogan for the Games. The unique nature of this slogan is in keeping with Hangzhou’s status as a city of internet. Our message to the world is that people from different countries can reach a deeper understanding on the grand stage that is the Asian Games, to celebrate unity, progress, harmony, and the shared prosperity of the OCA Family, and to motivate athletes to be confident, upbeat and undaunted by challenges. In keeping with the updated Olympic motto of “Faster, Higher, Stronger - Together”, the slogan also conveys our wish to help create a better future and forge a community bound by a common destiny for Asia and mankind.

The Technical Handbooks are available in both hardcopy and electronic versions, in both English and Chinese. This handbook contains the technical aspects of Weightlifting and information about the various services provided for the 19th Asian Games Hangzhou 2022. Each also gives brief overviews of

China, Zhejiang Province, the host city of Hangzhou as well as contact details for sports organisations.

With a year to go before the opening of the 19th Asian Games Hangzhou 2022, we are very honoured to present to you these Handbooks, and do hope that they will be of value to you, as you take part in the Games.

Organisational Structure

OCA Executive Board

President	Sheikh Ahmad Al-Fahad Al-Sabah
Honorary Life Vice President	Mr Raja Randhir Singh Mr Wei Jizhong Mrs Rita Subowo
Vice President	Maj Gen Charouck Arirachakaran Mr Timothy Tsun Ting FOK Mr Timur Kulibayev Mr Tsunekazu Takeda Prof Hoang Vinh Giang Lt Gen Syed Arif Hasan Mr Yu Zaiqing Dr Thani Abdulrahman Al Kuwari Mr Song Luzeng
Honorary Vice President	Mr Hemasiri Fernando

Chairman/Chairwoman of OCA Standing Committees

Entourage Committee	Mr Seung Min Ryu
Education Committee	HRH Prince Fahad bin Jalawi Bin Abdulaziz Al Saud
Ethics Committee	Mr Wei Jizhong
Advisory Committee	Mr. Ng Ser Miang
Athletes Committee	Mrs Mikako Kotani
Culture Committee	Mrs Khunying Patama Leeswadtrakul
Finance Committee	Dr Kevin Kuo-I Chen

Information & Statistics Committee	Dr Demchigjav Zagdsuren
Media Committee	Mr Lo Keng Chio, Charles
Medical Committee	Dr Sultan Ya'rub Qahtan Al Busaidi
Rules Committee	Sheikh Talal AL-Fahad Ahmad J Al-Sabah
Sports Environment Committee	Mr Kyung-Sun Yu
Peace Through Sport Committee	HRH Prince Faisal Bin Al-Hussein
Sports for All Committee	Brig Gen Mowaffak Joumaa
Sports Committee	Mr Song Luzeng
International Relations Committee	HRH Prince Jigyel Ugyen Wangchuck
Women and Sports Committee	Sheikha Hayat Abdulaziz Al-Khalifa

19th Asian Games Hangzhou 2022 Organising Committee

President	Mr Gou Zhongwen Mr Zheng Shanjie
Vice President	Mr Gao Zhidan Mr Li Yingchuan Mr Li Jianming Mr Yu Zaiqing Mr Cheng Yuechong
Vice President and Secretary-General	Mr Liu Xin
Executive Deputy Secretary-General	Mr Chen Weiqiang
Deputy Secretary-General	Mr Li Hui Mr Liu Guoyong Ms Li Lingwei Mr Song Luzeng

Mr ChenXin
Mr Cai Xiaochun
Mr Zheng Yao
Mr BaoXuejun
Mr Zhang Yadong
Mr Qi Xiaohu
Mr Dai Jianping
Mr MiaoChengchao
Mr Ding Digang
Mr MaoGenhong
Mr Jin Chenglong

OCA Members

No.	NOC	Code	No.	NOC	Code
1	Afghanistan	AFG	23	Malaysia	MAS
2	Bahrain	BRN	24	Maldives	MDV
3	Bangladesh	BAN	25	Mongolia	MGL
4	Bhutan	BHU	26	Myanmar	MYA
5	Brunei Darussalam	BRU	27	Nepal	NEP
6	Cambodia	CAM	28	Oman	OMA
7	China	CHN	29	Pakistan	PAK
8	Democratic People's Republic of Korea	PRK	30	Palestine	PLE
9	Hong Kong, China	HKG	31	Philippines	PHI
10	India	IND	32	Qatar	QAT
11	Indonesia	INA	33	Saudi Arabia	KSA
12	Islamic Republic of Iran	IRI	34	Singapore	SGP
13	Iraq	IRQ	35	Sri Lanka	SRI
14	Japan	JPN	36	Syrian Arab Republic	SYR
15	Jordan	JOR	37	Chinese Taipei	TPE
16	Kazakhstan	KAZ	38	Tajikistan	TJK
17	Republic of Korea	KOR	39	Thailand	THA
18	Kuwait	KUW	40	Timor-Leste	TLS
19	Kyrgyzstan	KGZ	41	Turkmenistan	TKM
20	Lao People's Democratic Republic	LAO	42	United Arab Emirates	UAE
21	Lebanon	LBN	43	Uzbekistan	UZB
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I. General Information

1. China Overview

China, one of world's most ancient civilizations, has a history dating back over 5,000 years. This has led to the country having an extraordinarily rich cultural heritage. As the world's largest developing country, China has seen remarkable progress in its economic and social development. Today's China is politically and socially stable, and economically prosperous, with its people's lives getting better each day.

1.1 Geography

China is located on the east side of Asia and on the west edge of the Pacific Ocean. Covering a land area of about 9.6 million square kilometres, it features over 18,000 kilometres of continental coastline along its eastern and southern edges, and approximately 4.7 million square kilometres of inland and border seas. There are more than 7,600 islands of varying size in the sea area, among which the island of Taiwan, with an area of 35,798 square kilometres, is the largest.

1.2 Climate

Given its sheer size, it is perhaps not surprising that China has a range of climates. Most of the country lies in northern temperate zone that features a mild, continental monsoon

climate and four distinct seasons.

1.3 Population, Ethnicity and Language

Population: 1,411.78 million.

Ethnicity: China is a multi-ethnic country with 56 ethnic groups in total.

Language: There are more than 80 local languages and about 30 Chinese writing systems. Mandarin (also known as putonghua) is the country's national language.

1.4 Religion

Religion: China is a multi-religious country. The main religions are Buddhism, Taoism, Islam, Catholicism and Christianity. Chinese citizens enjoy freedom of religious belief.

1.5 Other

China shares borders with 14 countries and is adjacent to eight countries by sea. The capital city is Beijing. China is comprised of provincial-level administrative divisions that can be further classified into: 4 municipalities directly under the central government, 23 provinces, 5 autonomous regions and 2 Special Administrative Regions.

Currency: The legal currency is renminbi (RMB), with yuan as the basic unit, and jiao and fen as fractions of this basic unit. One yuan is equal to 10 jiao and one jiao equal to 10 fen.

Foreign currency can be freely exchanged in most hotels and banks on the Chinese mainland.

2. Zhejiang Overview

2.1 Location

Zhejiang Province is located in the southern part of the Yangtze River Delta on the southeast coast of China, bordering the East China Sea to the east, Fujian province to the south, Jiangxi and Anhui provinces to the west, and Shanghai municipality and Jiangsu province to the north. The Qiantang River, the largest river in the province, is also called Zhijiang or Zhejiang because of its twists and turns, which is how the name of the province was derived. The capital of the province is Hangzhou.

Being one of the smallest provinces in China, Zhejiang has a land area of 105,500 square kilometres, accounting for 1.1% of the country's total land area. 74.63% of the province's land area is mountainous, 5.05% is covered by water, and 20.32% of its geography is flat. With an ocean area of 260,000 square kilometres, Zhejiang has 2,878 islands that are each greater than 500 square metres in size, and 26 islands that each have an area of more than 10 square kilometres, making it the province with the largest number of islands in the country. One of the

islands, Zhoushan, with an area of 502.65 square kilometres, is the fourth largest island in China.

2.2 Climate

Located on the east coast of China, Zhejiang lies in a transition zone between Eurasia and the Northwest Pacific and has a typical sub-tropical monsoon climate. Zhejiang's climate is characterised by monsoons, four distinct seasons, moderate annual temperatures, ample sunlight and rainfall, significant humidity and a synchronised shift between rainy and hot seasons which has resulted in the province having a diverse climate. At the same time this also gives rise to frequent significant weather events such as typhoons and heavy rains. The average annual temperature in Zhejiang is around 15 to 18°C, with maximum temperatures ranging from 33 to 43°C and minimum temperatures from -2.2 to -17.4°C. The province's average annual rainfall is around 980 to 2,000 mm and average annual sunshine varies from 1,710 to 2,100 hours.

2.3 Population and Language

Population: As of the end of 2020, the province's permanent population is approximately 64.56 million.

Language: In addition to Mandarin, there are also different Chinese dialects such as Wu dialect (including Huizhou dialect),

Min dialect, Hakka dialect, Mandarin dialect, Man dialect and Gan dialect.

3. Hangzhou Overview

The capital city of Zhejiang Province and its economic, cultural, science and educational centre, Hangzhou is one of the central cities in the Yangtze River Delta. A popular City of Scenic Tourism, it also ranks among the first batch of National Historical and Cultural Towns. With a unique charm of the intersection of history and reality, Hangzhou held the G20 Summit in 2016.

3.1 Administrative Divisions and Population

Under the jurisdiction of the City of Hangzhou are 10 urban districts, namely Shangcheng, Gongshu, Xihu, Binjiang, Xiaoshan, Yuhang, Linping, Fuyang, Qiantang and Lin' an, two counties of Tonglu and Chun' an, and one county-level city of Jiande.

The city covers a total area of 16,853.57 square kilometres, of which the urban area takes up 8,289 square kilometres.

By the end of 2020, Hangzhou boasts a permanent resident population of 11.936 million.

3.2 Climate

Located in the north of the southeast coast, Hangzhou

enjoys a subtropical monsoon climate, featuring distinct seasons, ample sunlight and rainfall. The year 2020 registers an average annual temperature of 18.3 °C , an average relative humidity of 76%, a total precipitation of 1,664mm, and an annual sunshine duration of 1619 hours. In Hangzhou, September is a month when summer turns to autumn, which is neither too cold nor too hot. The average temperature in September is 24.6°C, the average wind speed is 2.1m/s, and the monthly precipitation is 113.3mm.

**Overview of Hangzhou' s Weather in September
(1991-2020)**

Climate Characteristics	September
Prevailing Wind	North-northwest Wind
Average Wind Speed (m/s)	2.1
Maximum Wind Speed (m/s)	14.0
Extreme Wind Speed (m/s)	22.6
Average Temperature (°C)	24.6
Maximum Average Temperature (°C)	28.7
Minimum Average Temperature (°C)	21.4
Monthly Average Precipitation (mm)	113.3
Monthly Maximum Precipitation (mm)	247.5
Average Number of Rainfall Days per Month (day)	11.0

3.3 Tourism Resources

In Hangzhou, hilly or mountainous areas account for 65.6% and forest coverage ranks top among the nation's sub-provincial cities - up to 66.8%. Hangzhou boasts two major national scenic areas (the West Lake and the Qiandao Lake), two national nature reserves (Tianmu Mountain National Nature Reserve and Qingliang Peak National Nature Reserve) and nine national forest parks (including Banshan, Jingshan and other national forest parks). Notably, the West Lake enjoys tremendous popularity in the world for its beautiful scenery, the Xixi National Wetland Park is full of rustic charm, the Grand Canal runs through the city from north to south, the Qiantang River traverses the city, the Qiandao Lake features a wide expanse of mist-covered waters, and the Tianmu Mountain is blessed with verdant ancient trees, to name just a few. The unique landscape of mountains surrounded by water, the fusion of lakes and the city and close proximity to rivers makes Hangzhou the model of a “garden city with hills, lakes and rivers”. Hangzhou is also a National Eco City and a National Ecological Garden City.

3.4 History and Culture

Hangzhou ranks among the seven ancient capitals in China. Archaeological discoveries establish that around 100,000 years

ago, there were productive activities of “Jiande Man” in Lijia Town, Jiande under the jurisdiction of Hangzhou City, and the fossil was assigned to Homo sapiens. In 1936, the Archaeological Ruins of Liangzhu City was discovered in Yuhang District. The Liangzhu culture, emerged around 5,300-4,200 years ago, is hailed by historians as “the dawn of Chinese civilization” and is a sacred site, a formidable testament to the 5,000-year-long Chinese civilization. With the discovery of the Kuahuqiao Site in Xiaoshan District in 2001 and the official naming of the Kuahuqiao Culture in December 2004, the civilization of Hangzhou and even Zhejiang stretches back to the early Neolithic period, or 8,000 years ago. Since the Tang and Song dynasties, historical celebrities such as Bai Juyi and Su Dongpo have left a critical mass of precious cultural heritage in Hangzhou. Chosen by two dynasties - Wuyue Kingdom and Southern Song as capital city, Hangzhou was marvelled by the 13th century Italian traveler Marco Polo who wrote that “Hangzhou was beyond dispute the finest and the noblest in the world”. Hangzhou now boasts three World Cultural Heritage sites, including the West Lake, the Grand Canal (Hangzhou segment) and the Archaeological Ruins of Liangzhu City, as well as four masterpieces of the Intangible Cultural Heritage of

Humanity, namely, “Art of Chinese Seal Engraving”, “Hangluo Silk Weaving Technique and Yuhang Clearwater Traditional Chinese Silk Production Technique”, “Zhejiang Traditional of Guqin” and “The Beginning of Summer Festival in Banshan”. In addition, there are 48 National Key Cultural Relic Units under State Protection including Yue Fei’s Tomb, Liuhe Pagoda and Baochu Pagoda, and 78 museums and memorial halls such as the China National Silk Museum, the China National Tea Museum, and the Southern Song Imperial Kiln Museum. Hangzhou has also gathered a number of famous universities such as Zhejiang University and China Academy of Art.

3.5 General Information

1. Common Languages: Mandarin Chinese, Hangzhou dialect.

2. Time Zone: GMT+8 (Beijing time)

3. Voltage: 220V/50Hz.

4. Useful Phone Numbers: Directory Enquiry: 114

Emergency Medical Service: 120

Fire Emergency: 119

Police: 110

Traffic Accident: 122

5. Banking and currency information: The main foreign

credit cards currently available in Hangzhou include: Master Card, Visa Card, American Express Card, JCB card, etc.

4. Introduction to the 19th Asian Games Hangzhou 2022

Time: 10 to 25 September 2022

Location: Hangzhou, China

Sports: 40 sports

Venues: 55 competition venues, 31 training venues

Hangzhou 2022 Positioning: New Era, Great Asian Games

Hangzhou 2022 Concept: Green, Smart, Economical, Ethical

4.1 Emblem



The Emblem of Hangzhou 2022 is designed based on the “Tides Surging” , a symbol of Hangzhou. Its entirety consists of two parts, the main motif and the lettering. The main motif comprises six elements, namely the fan shape, the Qiantang River and its tidal bore, the track, the Internet icon and the sun as the Emblem of the OCA. The fan shape reflects the cultural

heritage unique to the southern regions of the Yangtze River; the track represents the competition in sports; the Internet icon embodies the strengths of Hangzhou in Internet business; the sun stands for the Emblem of the OCA. The Qiantang River and its tidal bore are the core elements of the Emblem design. They are the spectacle of nature that evokes the vibrancy of sports. They not only depict the picturesque nature of Hangzhou, but also induce the association with human courage in riding the tides. On the Asian level, the surging tides are seen as the unity of the OCA Family, marching forward hand in hand vibrantly.

4.2 Mascot

The mascots of the 19th Asian Games Hangzhou 2022 are a group of robots proclaiming the host city's profound heritage and contemporary vibrancy. The combination - Memories of Jiangnan - derives its name from a poem by Bai Juyi. This great poet of the Tang Dynasty wrote, "When I recall Jiangnan, Hangzhou brings back most of my memories." The name itself speaks volumes about Hangzhou's heritage, scenic splendor and drive for innovation.

The mascots of the 19th Asian Games Hangzhou 2022, transcending time and space, inspire everyone to reach for their dreams. They stand for not only the joy of sports but the

culmination of cultural and economic development, so much so that they agree with the character of Hangzhou and proudly join the ranks of the emblem and slogan of the 19th Asian Games Hangzhou 2022. The three mascots are named Chenchen, Congcong and Lianlian. This trio of robots will act as the envoys of the Olympic spirit, peace and friendship. Together, they are calling out to Asia and the world, inviting everyone to meet in Hangzhou for the Asian Games 2022.



杭州2022年第19届亚运会吉祥物
The Mascots of The 19th Asian Games Hangzhou 2022

4.3 Asian Games Village

The Asian Games Village is composed of the Athletes Village (AV), Technical Officials Village (TOV), Media Village (MEV), International Zone, and Public Zone. Covering a total land area of 113 hectares and a construction area of about 2.41 million square meters, it houses 108 buildings. During Hangzhou 2022, the Asian Games Village will offer accommodation, catering,

medical and other supporting services to more than 10,000 athletes and team officials, nearly 4,000 technical officials, and about 5,000 media professionals.

5. Accreditation and Validation

HAGOC will send the Accreditation Application Package to responsible organisations on 10 December, 2021. The Accreditation Application Package includes The 19th Asian Games Hangzhou 2022 NOC Accreditation Guide, Online Accreditation System User Manual, List of Responsible Organisations and Confirmation of Receipt Form. The online accreditation system will be open from 10 November 2021 through 10 May 2022.

HAGOC will issue PVCs to the responsible organisations of the accredited participants on 10 July 2022. Upon arrival in Hangzhou, China, participants should have their PVCs validated at any Games accreditation facilities by presenting their valid passports or other international travel documents for accreditation. Only the successfully validated PVCs will authorise the necessary access to venues, sites and zones required for each individual to perform their role. The holders can enjoy the access entitlements of corresponding venues and relevant zones indicated on the HAGIAC.

6. Immigration/Visa

Non-Chinese Asian Games Family members will be permitted multiple entries into and exits out of Chinese mainland between 11 August 2022 and 10 October 2022 upon presentation of their valid passports (or other international travel documents) and HAGIACs issued by HAGOC

For the Asian Games Family members who have no time to obtain a visa abroad but need to enter China before the valid period of their HAGIACs or fail to receive their HAGIACs before entry into China, the visa-issuing port authority will issue an F visa valid for one entry and a stay period of no more than 30 days depending on the relevant notification letter issued by HAGOC. Non-Chinese Asian Games Family members who need to stay in China beyond the valid period of their HAGIACs can apply for a corresponding visa, stay permit, or residence permit to the entry-exit administration of the public security authority under presentation of the relevant notification letter issued by HAGOC within the valid period of their HAGIACs. To enter the Chinese mainland, PVC/HAGIAC holders should make sure that the information contained in their valid passports or other international travel documents is consistent with that provided in their accreditation applications, and the expiry dates of such

passports or travel documents should be no earlier than 31 December 2022.

7. Transport

7.1 Transport Services for Arrivals

(1) Time

The services are available from 27 August to 25 September 2022.

(2) Description

HAGOC will provide athletes and team officials with the transport services from the designated transport hubs (Hangzhou International Airport and Hangzhoudong Railway Station, the same below) to the Athletes Village (Athletes Sub-villages)

- From 27 August to 2 September 2022, HAGOC will provide the early-arriving DRM participants with reservation-based car-pooling service from the designated transport hubs to the Athletes Village.

- From 2 to 25 September, HAGOC will provide athletes and team officials with shuttle-bus service from the designated transport hubs to the Athletes Village (Athletes Sub-villages). Athletes and team officials arriving in a group of 20 persons or more will be entitled to access the group bus service.

- In principle, athletes and team officials' luggage/equipment will be transported by the same vehicle that they take. In case that the vehicle is not spacious enough or there are other special circumstances, a luggage truck will be provided and follow the passenger vehicle to the destination.

If the place of arrival is an non-designated transportation hub, athletes and team officials need to make their own transport arrangement to the Athletes Village by themselves. HAGOC will provide necessary assistance.

7.2 Transport Services for Opening/Closing Ceremony

(1) Time

The services are available on 10 September 2022 (Opening Ceremony) and 25 September 2022 (Closing Ceremony).

(2) Description

HAGOC will provide transport services between the Athletes Village and the venue of Opening/Closing Ceremony for athletes and team officials.

- HAGOC will provide group transport services between the Athletes Village and the venue of Opening Ceremony for athletes and team officials who will participate in the Athletes Parade. Before the Opening/Closing Ceremony, NOC delegations need to confirm the number of passengers,

departure time and other information at the Transport Desk 24 hours in advance. After the Opening/Closing Ceremony, shuttle bus services will be available for the NOC delegations to the Athletes Village at designated boarding sites.

- For athletes and team officials residing in the Athletes Village who hold complimentary tickets to the Opening/Closing Ceremony, shuttle bus services between the Athletes Village and the venue of Opening/Closing Ceremony will be provided.

- Athletes and team officials residing in the athletes sub-villages need to arrive at the Athletes Village in advance before being transported to the venue of the Opening/Closing Ceremony.

Note: The policy for Opening/Closing Ceremony transport services will be subject to the final implementation plan for the Opening/Closing Ceremony transport services (the same below).

7.3 Transport Services for Competitions

(1) Time

In principle, the services will be available from three (3) hours before the competition starts to three (3) hours after it ends.

(2) Description

The round-trip services will transport athletes and team officials from the Athletes Village (athletes sub-villages) to the competition venues.

- Athletes and team officials participating in non-team events will be entitled to round-trip shuttle bus services between the Athletes Village (athletes sub-villages) and the competition venue.

- Athletes and team officials participating in team events will enjoy round-trip team bus services between Athletes Village (athletes sub-villages) and the competition venue. An authorised NOC delegation member must book such services 24 hours in advance. The services will no longer be available for a team after they have completed all their competitions for the day.

List of Hangzhou 2022 Team Events (TBD)

Baseball	Basketball	Hockey	Football	Handball
Dragon Boat	Kabaddi	Rugby	Softball	Volleyball
Water Polo	Cricket			

7.4 Transport Services for Training

(1) Time

In principle, the services will be available from one (1) hour before a training venue opens to one (1) hour after it closes every day according to the training schedule.

(2) Description

Athletes and team officials will be provided with round-trip transport services from the Athletes Village (athletes sub-villages) to the training venues.

- Athletes and team officials attending training sessions of non-team events will have access to shuttle bus services.

- Team bus services will be provided for athletes and team officials attending training sessions of team events. An authorised NOC delegation member must book such services in advance. After arriving at the training venue, the buses will wait there and transport athletes and team officials back to the Athletes Village at the end of the training sessions.

- On the Opening Ceremony day, the shuttle bus services will end at 13:00.

7.5 Transport Services for Spectating Athletes and Team Officials

The services will be available from two (2) hours before the competition starts to two (2) hours after it ends in principle.

7.6 Transport Services for Departures

(1) Time

The services will be available during the opening period of the Athletes Village.

(2) Description

HAGOC will provide athletes and team officials with the shuttle bus services from the Athletes Village to the designated transport hubs. Athletes and team officials departing in a group of 20 persons or more will be entitled to access the group bus service.

7.7 NOC Dedicated Vehicles

(1) Time

The services will be available between 07:00 and 24:00 every day from the end of the DRM to 28 September.

(2) Description

HAGOC will allocate a certain number of dedicated vehicles (with drivers) to each NOC delegation for its exclusive use.

- Delegations will obtain the right to use their dedicated vehicles after signing an agreement at the DRM. The vehicles will be allocated to an NOC delegation based on its size. In addition, they cannot be used to travel beyond the urban areas of Hangzhou City and designated venues in Shaoxing City and Deqing County.

- From 00:00 to 07:00, NOC dedicated vehicles can be used based on a reservation 30 minutes in advance. The number of such vehicles available to a delegation cannot exceed the total

number of vehicles allocated to it.

- HAGOC will provide a vehicle (with a driver) for the early-arriving DRM participants. This vehicle will be counted as an NOC dedicated vehicle. NOC dedicated vehicle quota is shown in the following table:

Delegation Size	Number of NOC Dedicated Vehicles
1-50	1
51-100	2
101-200	3
201-300	4
301-400	5
401-500	6
501 or more	7

7.8 Internal Village Transport Service

(1) Time

The services will be available during the opening period of the Athletes Village.

(2) Description

- Athletes and team officials will be provided with shuttle services that cover major facilities within the Athletes Village.

- Athletes and team officials will be provided with shuttle bus services from the Athletes Village to the nearby subways and bus hubs.

7.9 Transport Services for Athletes and Team Officials

Attending Official Events/Meetings/Banquets

(1) Time

The services will be available from 27 August to 28 September 2022.

(2) Description

Transport services will be provided for athletes and team officials attending official events/meetings/banquets.

- Athletes and team officials may use NOC dedicated vehicles or other available transport services to go to the event sites.

- HAGOC will provide a group of 20 or more athletes and team officials attending official events/meetings/banquets with team buses that travel from the Athletes Village to the event sites.

7.10 Transport Services between the Athletes Village and Athletes Sub-villages

(1) Time

The services will be available from 27 August to 28 September 2022.

(2) Description

- HAGOC will provide shuttle bus services for athletes and team officials who need to travel between the Athletes Village

and athletes sub-villages in Tonglu, Chun’an, Jinhua and Ningbo. High speed train, airport or shuttle bus services will be provided for athletes and team officials who need to travel between the Athletes Village and Wenzhou Athletes Sub-village. The specific service methods will be determined based on the competition schedule and China's transport development.

- Transport will not be available between the athletes sub-villages.

8. Accommodation

During Hangzhou 2022, NOC athletes and team officials will reside in the Athletes Village and athletes sub-villages. There are 37 apartment buildings and 2,600 apartments in the Athletes Village, which can accommodate more than 10,000 athletes and team officials. The Athletes Village will officially open on 3 September 2022 and close on 28 September. To ensure security, access to each zone requires corresponding accreditation card.

9. Media Services

9.1 Mixed Zone

Athletes must pass through the mixed zone after the competition, so that accredited media can interview the athletes at the earliest possible time after the competition.

According to the OCA's requirements, although athletes

must pass through the mixed zone after the competition, they are not obliged to accept interviews by accredited media. It is prohibited for anyone to take the athlete who has just finished the competition to any place other than the mixed zone for interview. Athletes cannot be just interviewed with media from their own country and ignore other international media. In principle, the interview time for each agency/accredited media is limited to one minute.

9.2 Press Conference Hall

In principle, after each final competition, a post-competition press conference will be organised. The top three athletes/teams will attend the press conference, while coaches or other athletes may participate as appropriate.

At the press conference hall, professional consecutive interpretation services will be provided in English, Japanese, Korean, Russian, Arabic and Thai. The actual release shall prevail. For delegations using languages other than the above-mentioned ones, their press attachés should be responsible for translating their native languages into English.

10. Medical Services

Medical rooms and medical points will be set up and ambulances will be available at the competition and training

venues. During the opening period of the venues, professional medical staff will provide Games participants with basic medical services, first aid, and patient referral services

The Polyclinic, which will be set up in the Athletes Village, consists of clinical departments including Internal Medicine, Surgery (Orthopaedics included), Gynaecology, Ophthalmology, Stomatology, ENT, Acupuncture and Massage, Pharmacy, Ultrasonography Lab, ECG Room, Radiology Department, and Clinic Lab. In other residential zones, medical rooms and ambulances will be provided, and professional medical staff will provide Games participants with 24-hour basic medical services, first aid, and patient referral services.

People suffering from chronic diseases should go to the designated hospitals of Hangzhou 2022 for medical treatment. Chronic disease diagnosis and treatment services will not be available in the medical rooms at the venues and residential zones.

Basic medical and on-site emergency services will be provided free of charge at the venues and residential zones. While the costs incurred by medical treatment in the hospital, emergency referral, follow-up treatment and other medical services shall be borne by the patients themselves.

II. Technical Information

1. Competition Date

The Weightlifting competition of the 19th Asian Games Hangzhou 2022 will be held from 14 to 21 September 2022 at Hangzhou Xiaoshan Sports Centre Gymnasium.

2. Competition Venue

The Weightlifting competition of Hangzhou 2022 will be held at Hangzhou Xiaoshan Sports Centre Gymnasium. The FOP is 39.9 metres long, 21.6 metres wide and 15.2 metres high, on which there will be one (1) weightlifting platform. The seating capacity reaches 1,901. There will be 16 platforms within the warm-up venue. The competition venue is 11.7 kilometres away from the Athletes' Village.

The training will be held at Zhejiang College of Sports Training Hall. The field is 39.9 metres long, 21.6 metres wide and 15.2 metres high, on which there will be 28 platforms. The training venue is 3.7 kilometres away from the Athletes' Village.

3. Competition Management

3.1 Technical Delegate: Shakhriillo Makhmudov (UZB)

3.2 Competition Manager: TBD

3.3 Venue Manager: TBD

4. Competition Events

The Weightlifting competition of Hangzhou 2022 consists of 14 events, including seven (7) men's and seven (7) women's events as follows:

Men's (7): 61kg, 67kg, 73kg, 81kg, 96kg, 109kg, +109kg;

Women's (7): 49kg, 55kg, 59kg, 64kg, 76kg, 87kg, +87kg.

5. Competition Schedule

Date	Session	Time	Gender	Event	Phase
14 September 2022 Wednesday	WLF01	10:00-12:00	W	49kg Group B	
		12:00-14:00	M	61kg Group B	
		15:00-17:30	W	49kg Group A	Victory Ceremony
		19:00-21:30	M	61kg Group A	Victory Ceremony
15 September 2022 Thursday	WLF02	10:00-12:00	M	67kg Group B	
		12:00-14:00	W	55kg Group B	
		15:00-17:30	M	67kg Group A	Victory Ceremony
		19:00-21:30	W	55kg Group A	Victory Ceremony
16 September 2022 Friday	WLF03	10:00-12:00	W	59kg Group B	
		12:00-14:00	M	73kg Group B	

		15:00-17:30	W	59kg Group A	Victory Ceremony
		19:00-21:30	M	73kg Group A	Victory Ceremony
17 September 2022 Saturday	WLF04	12:00-14:00	W	64kg Group B	
		15:00-17:30	W	64kg Group A	Victory Ceremony
18 September 2022 Sunday	WLF05	12:00-14:00	M	81kg Group B	
		15:00-17:30	M	81kg Group A	Victory Ceremony
19 September 2022 Monday	WLF06	10:00-12:00	M	96kg Group B	
		12:00-14:00	W	76kg Group B	
		15:00-17:30	M	96kg Group A	Victory Ceremony
		19:00-21:30	W	76kg Group A	Victory Ceremony
20 September 2022 Tuesday	WLF07	10:00-12:00	W	87kg Group B	
		12:00-14:00	M	109kg Group B	
		15:00-17:30	W	87kg Group A	Victory Ceremony
		19:00-21:30	M	109kg Group A	Victory Ceremony
21 September	WLF08	10:00-12:00	M	+109kg Group B	

2022 Wednesday	12:00-14:00	W	+87kg Group B	
	15:00-17:30	M	+109kg Group A	Victory Ceremony
	19:00-21:30	W	+87kg Group A	Victory Ceremony

Note: The competition schedule may be subject to change after the completion of the entries.

In accordance with the International Weightlifting Federation (IWF) technical and competition rules, the weigh-in will be held two (2) hours before the competition, and it will last one (1) hour.

6. Competition Rules

The Weightlifting competition of Hangzhou 2022 will be held as per the latest technical and competition rules of the IWF Technical and Competition Rules & Regulations (TCRR).

Detailed information is available on the website of the IWF: www.iwf.net.

In case of any disagreement in the interpretation of the IWF rules and regulations, the English version shall prevail. Any unforeseen circumstances not covered by the regulations and rules shall be resolved as follows:

- Technical issues: Resolved in accordance with the IWF rules and regulations;

- General issues: Resolved in accordance with the Olympic Council of Asia (OCA) Constitution and Rules.

7. Competition Format

The Weightlifting competition of Hangzhou 2022 will be held as per the latest technical and competition rules of the IWF TCRR. It includes snatch and clean & jerk. The ranking shall be determined by the total weight of the two (2) lifts (i.e. snatch and clean & jerk). Gold, silver and bronze medals will be awarded to top three weightlifters in each weight class.

8. Sport Entries

8.1 Eligibility

-Only NOCs that are members of the OCA are entitled to send athletes to compete in the Weightlifting competition of the 19th Asian Games Hangzhou 2022.

-Only athletes who comply with the OCA Constitution and Rules and its Bye-law are entitled to compete in the Weightlifting competition.

8.2 Entry Timeline

-Entry by Sport -Deadline: 24:00 February 20 2021 (Beijing Time, GMT+8)

-Entry by Number -Deadline: 24:00 December 31 2021 (Beijing Time, GMT+8)

- Entry by Name - Deadline: 24:00 May 31 2022 (Beijing Time, GMT +8)

8.3 Entry Policies

- Individual events: Each NOC may enter a maximum of two (2) athletes per weight class.

- Total: Each NOC may enter one (1) team with a maximum of seven (7) male athletes and seven (7) female athletes.

Any NOC that withdraws its athletes or teams after the submission of the final entries by name or the Team Draw phase will be faced with disciplinary action by the OCA Executive Board.

9. Technical Officials & Jury of Appeal

9.1 Technical Officials

International Technical Officials (ITOs) shall be accredited by the IWF, and appointed or recommended by the Asian Weightlifting Federation (AWF).

National Technical Officials shall be appointed by the Weightlifting, Wrestling and Judo Administrative Centre under the General Administration of Sport of China.

● **AF/IF has the right to appoint the Technical Delegate and International Technical Officials (ITOs) in coordination and approval of the OCA. In the event of any violation of the AF/IF**

Rules or Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned to the relevant party.

9.2 Jury of Appeal

The members of Jury of Appeal shall be appointed by the AWF with approval of the IWF. The Jury is made up of:

Director	1-2 (ITOs)
Members	8-10 (ITOs)

10. Technical Meeting

The technical meeting will be held on 13 September 2022 (location to be defined).

11. Protests and Appeals

Protests and appeals shall be handled as per the latest IWF competition rules. All appeals of a technical nature will be the responsibilities of IWF or AWF.

- **Any athlete/NOC may appeal to the Court of Arbitration for Sport (CAS), in the event that the athlete/NOC believes that there has been a violation of the IWF or AWF technical rules or the OCA Constitution, as long as the appeal is not related to reversing the decision of the referee or the result.**

12. Equipment and Clothing

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and IWF. Neither athletes nor technical officials will be permitted to attach any form of commercial advertising to his or her competition uniform without prior approval from the OCA and the 19th Asian Games Hangzhou 2022 Organising Committee (HAGOC).

13. Doping Control

Doping Control during the 19th Asian Games Hangzhou 2022 will be conducted as per OCA Anti-Doping Rules applicable to the Asian Games, and will strictly follow the standards and procedures set out in the World Anti-Doping programme.

The HAGOC, in collaboration with the OCA Medical Committee, will assist with the investigation of any case where sex determination is required, should the need arise. The need for such tests and processes will be followed as per the rules/procedures laid down by the OCA.

14. Victory Ceremony

Gold, silver and bronze medals will be awarded to the athletes ranked the top three of each individual event respectively.

Before the Victory Ceremony starts, the medalists shall be

escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

15. Sport Information Centre (SIC)

All sport-specific information for Weightlifting will be available at the sport information desks. They will be located at the competition venue and at the Sport Information Centre (SIC) in the Athletes' Village.

III. Approval of the Technical Handbook

The Technical Handbook for Weightlifting of the 19th Asian Games Hangzhou 2022 was approved by the Asian Weightlifting Federation (AWF) on 03/08/2021.

IV. Key Contact Information

1. International Weightlifting Federation (IWF)

Secretary General: Mohammed Hasan Jaloud (IRQ)

Address: Maison du Sport International Av. de Rhodanie
54, Switzerland- 1007, Lausanne

Tel: +4121 601 3227

E-mail: iwf@iwfnet.net

Website: www.iwf.net

2.Asian Weightlifting Federation (AWF)

President: Mohammed Yusuf Al Mana (QAT)

Secretary General: Boossaba Yodbangtoey (THA)

Address: 4th Floor, Al Bidda Tower P.O. Box 2473, Doha

Qatar

Tel: +974 44943274

Fax: +974 44943076

E-mail: awfederation@yahoo.com; info@awfederation.com

Website: www.awfederation.com

3.Technical Delegate

Name: Shakhrillo Makhmudov (UZB)

Tel: +998 99-892-99-90

E-mail: uzbek_weightlifting@yahoo.com

shakhrillo.makhmudov@iwfnet.net

4.Weightlifting, Wrestling and Judo Administrative Centre under the General Administration of Sport of China

Director: Zhou Jinqiang

Head of Weightlifting Department: He Yiqun

Address: Room 301, Building No.10, No.1 Complex,
Dongdadi Street, Dongcheng District, Beijing

Tel: +86 10 67021303 / +86 10 67020339

Fax: +86 10 67020339

E-mail: juzhongxh2018@163.com

5.The 19th Asian Games Organising Committee

Sports Department

Director: Zhu Qinan

Address: No. 150, Fuchun Road, Shangcheng District,
Hangzhou, China

Postal Code: 310000

Tel: +860571-85259508

E-mail: jsb@hangzhou2022.cn

Website: www.hangzhou2022.cn

Competition Manager

Name:

E-mail:

6.Chinese Olympic Committee (COC)

Address: No. 2, Tiyuguan Road, Dongcheng District, Beijing,
China

Postal Code: 100763

Phone: +8610 67116669

Fax: +861067115858

E-mail: coc@olympic.cn

Website: www.olympic.cn

Appendices

1. Distribution of venues and facilities for Hangzhou 2022

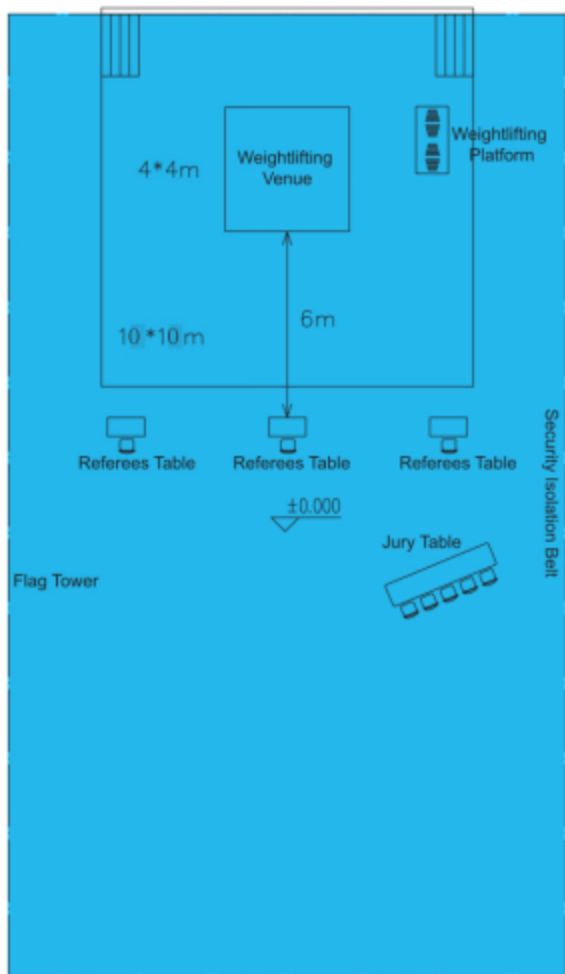


2.Competition Venue



Hangzhou Xiaoshan Sports Centre Gymnasium

3. Weightlifting Field of Play



2022 19th Asian Games General Competition Schedule

Version: 1.0

Sep. 2021

Sep. 2022	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	Medals	Days	
Competition Day	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
Opening/Closing Ceremony					OC																CC		
Aquatics-Artistic Swimming					OC																	2	4
Aquatics-Diving					OC																	10	5
Aquatics-Marathon Swimming					OC																	2	2
Aquatics-Swimming					OC																	41	6
Aquatics-Water Polo					OC																	2	15
Archery					OC																	10	7
Athletics					OC																	48	7
Badminton					OC																	7	10
Baseball/Softball-Baseball					OC																	1	11
Baseball/Softball-Softball					OC																	1	7
Basketball-Basketball 3X3					OC																	2	6
Basketball-Basketball 5X5					OC																	2	7
					OC																	2	6
Boxing					OC																	13	11
Canoe/Kayak-Slalom					OC																	4	3
Canoe/Kayak-Sprint					OC																	12	4
Cricket					OC																	2	14
Cycling-BMX					OC																	2	1
Cycling-MTB					OC																	2	1
Cycling-Road					OC																	4	3
Cycling-Track					OC																	12	4
DanceSport-Breaking					OC																	2	2
Dragon Boat					OC																	6	3
Equestrian					OC																	6	8
Fencing					OC																	12	6
Football					OC																	2	9
					OC																	2	6
Golf					OC																	4	4
Gymnastics-Artistic					OC																	14	6
Gymnastics-Rhythmic					OC																	2	2
Gymnastics-Trampoline					OC																	2	2
Handball					OC																	2	8
					OC																	2	9
Hockey					OC																	2	14
Judo					OC																	15	4
Kabaddi					OC																	2	6
Martial Arts-Jujitsu					OC																	8	3
Martial Arts-Karate					OC																	12	3
Martial Arts-Kurash					OC																	7	3
Mind Sports-Bridge					OC																	3	10
Mind Sports-Chess					OC																	4	13
Mind Sports-ESports					OC																	8	TBD
Mind Sports-Go					OC																	3	10
Mind Sports-Xiangqi					OC																	3	9
Morden Pentathlon					OC																	4	4
Roller Sports-Roller Skating					OC																	12	7
Roller Sports-Skateboarding					OC																	4	4
Rowing					OC																	14	5
Rugby-Rugby 7s					OC																	2	3
Sailing					OC																	14	8
Sepaktakraw					OC																	6	14
Shooting-Rifle & Pistol					OC																	7	7
Shooting-Shotgun					OC																	33	5
Sport Climbing					OC																	6	5
Squash					OC																	5	10
Table Tennis					OC																	7	8
Taekwondo					OC																	13	5
Tennis-Soft Tennis					OC																	5	5
Tennis-Tennis					OC																	5	7
Triathlon					OC																	3	3
Volleyball-Beach Volleyball					OC																	2	10
Volleyball-Volleyball					OC																	2	10
Weightlifting					OC																	14	8
Wrestling					OC																	18	4
Wushu					OC																	15	5

Legend: W Women's M Men's Day with medals OC Opening Ceremony Competition Day CC Closing Ceremony

