



INVITATION

***To the President/General Secretary
of IWF Affiliated National Weightlifting Federation/Association***

Dear Sir/Madam,

On behalf of the Hellenic Weightlifting Federation and Local Organizing Committee, we have the great honor to invite you to the 2022 IWF Junior World Championships during the period from 02–10 May in Heraklion, Crete Island.

Heraklion, is the most popular region of the Island and is located on the eastern side of Crete, between Rethymno and Lassithi. The beautiful capital of Heraklion region, Heraklion Town, is one of the busiest city centers in Crete.

We look forward to welcoming you soon in the beautiful island of Crete with the famous historical places, monuments and beaches!

With best sport regards,

***Anastasios Lagkas
H W F PRESIDENT***

***Pyrros Dimas
H W F SECRETARY GENERAL***



REGULATIONS





1. Dates

02-10 May 2022, Heraklion, Crete

2. Competition and Training Venue

The Indoors Stadium of Heraklion, "Dio Aorakia", is located in the area of Nea Alikarnassos, Heraklion Municipality, very near to both airport and port of Heraklion.

Address: Dio Aorakia, Nea Alikarnassos Heraklion 71408

3. Accommodation

Lyttos Beach Hotel, Hersonissos

A minimum stay of 4 (four) nights is required for all participants.

*** NOTE: Check-in: 14.00**

Check-out: 12.00

4. Financial Conditions

Accommodation Fee (with full board)

Single room:	150 Euros (€) / per person / per night
Double room:	120 Euros (€) / per person / per night
Triple room:	100 Euros (€) / per person / per night
4 bed room:	70 Euros (€) / per person / per night
5 bed room:	60 Euros (€) / per person / per night

Entry fee

Athletes:	205 Euro (€) per person (incl. 50 USD (\$) IWF Special AD Fee)
Delegates & Team Officials:	150 Euro (€) per person

Transportation fee

Transportation between "Nikos Kazantzakis" International Airport and Hotel will be provided by LOC, at a rate of 20 Euro (€) / per person.

Payment

Check-in: All participants (who did not make payment by bank transfer) must make full payment upon arrival in cash (Euro (€)) to the Local Organizing Committee.
BANK TRANSFER PRIOR TO ARRIVAL IS STRONGLY RECOMMENDED.

All payments must be made in Euro (€) 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 Local Organizing Committee bank account or paid in cash. No accommodation is guaranteed until full payment is received.

Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Local Organizing Committee 10 days before the arrival, the delegation must pay to the Local Organizing Committee, previously to the accreditation, the charge of "No-Show" per person. The charge is equal to the Accommodation Fee per person / per day.

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

After the submission of the Accommodation & Transportation Form on **02/04/2022** should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel, however, this cannot be guaranteed. Cancellations will not be accepted after **05/04/2022** and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

A minimum of 50% of the total payment must be transferred by **05/04/2022** to the Bank Account of Local Organizing Committee. Please ask your bank and consider the time it takes to process the transfer for the payment to arrive by the deadline date and time.

We kindly ask that you send, 15 (fifteen) days before your arrival, the bank document that accredits the funds transfer to 2022JWC@weightlifting.gr to validate your payment with our bank.

NATIONAL BANK OF GREECE

ACCOUNT NUMBER : 35900947900

IBAN : GR0401103590000035900947900

SWIFT CODE (BIC) : ETHNGRAA

BENEFICIARY : HELLENIC WEIGHTLIFTING FEDERATION



5. Entry deadlines and pre-competition procedures

Entries should be registered through the IWF Online Entry System:

https://www.iwf.net/e-entry_2022gre/

If you have any questions, please contact IWF at competition@iwfnet.net

PRELIMINARY ENTRIES – OBLIGATORY!

The Preliminaries Entries must be uploaded into the IWF Online Entry System by no later than **02 February 2022**

- 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**

At the same time for administrative purposes the Member Federation must declare the estimated number of athletes and Team officials who will participate in the 2022 IWF JWC.

FINAL ENTRIES – OBLIGATORY!

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than **02 April 2022**.

Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by **02 February 2022**).

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 be returned by **02 April 2022** (by email):

- Accommodation & Transportation Form
- A complete list of names with passport data, itinerary schedule (flight booking) and mailing address for obtaining Visas not later than **02 April 2022**
- Copies of all Passports (picture page)
- Electronic Passport Photos (3cm x 4cm, with white background)

All forms must be sent to the following address: 2022JWC@weightlifting.gr



For media:

All media participants must be approved in advance.

Media Accreditations shall be submitted via online platform which will be available soon.

Please note that all Media Accredited personal shall stay in the official hotel of the event, due to the Covid-19, moreover, they shall comply of the Covid-19 related regulations specified for the 2022 IWF Junior World Championships.

In case of any question, please contact IWF at press@iwfnet.net

6. Visas

Participants who require a visa to enter Greece must complete the Visa Application Form and return it together with passport copies before **02 April 2022** to E-mail: 2022JWC@weightlifting.gr

Local Organizing Committee will supply visa invitation letters to all Federations / Associations free of charge if they provide all the required documents in time.

LOC CANNOT GUARANTEE THE VISA INVITATION LETTER IF PARTICIPANTS SEND THEIR DOCUMENTS LATER THAN THE DEADLINE

PLEASE, NOTE: According to the Covid-19 pandemic procedures and requirements, each person who is arriving to Greece must have PCR negative test result that not exceeds 72 hours from the time the sample was taken.

Please note that vaccination is strongly recommended, in order to travel to Greece.

Upon arrival at the hotel each participant must pass a **RAPID ANTIGEN** test that costs 60 Euro (€) per person.

In addition, a RAPID ANTIGEN test will be carried out on all participants every 5th day of their stay. The cost of these tests will be covered by the Local Organizing Committee.

In case there will be additional requirements, Local Organizing Committee / IWF will inform you accordingly.

7. Accreditation

The Accreditation will take place at the **Hotel**.

8. Flag & Anthem

Each Member Federation is responsible for bringing its own national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation. The LOC / IWF cannot be held responsible for errors relating to the flag and anthem.



9. Transportation

The LOC will provide shuttle bus from the “Nikos Kazantzakis” International Airport to the hotel and vice versa, at a cost of 20 Euro (€) / per person.

Participants must provide their full and accurate flight schedule by **02 April 2022**.

- Transportation form shall state which airline, flight number and exact time each delegate will be arriving and departing on. Any change in travel schedule must be communicated in time.
- Local shuttle bus will be provided for all participants to get to the venues (accommodation, competition/training venue and any other official program).

10. Competition Regulation

The 2022 IWF Junior World Championships will follow the IWF Technical and Competition Rules & Regulations (TCRR).

11. Terms and Conditions of Participation

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

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR)
- Abide by all reasonable directions given by the IWF, the Local Organizing Committee (LOC), TOs
- Should accept any prize or award given by IWF and/or LOC/sponsors, and will attend all special award ceremonies where prizes or awards are presented
- Should attend Press Conference upon request of IWF / LOC
- Should not participate in, support, or promote illegal betting
- Should be responsible for all property they bring into the Event – the IWF and/or LOC shall have no responsibility in any loss or damage of this property
- Should irrevocable release IWF & LOC 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 LOC 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 LOC.



12. Eligibility

Participating athletes must be between 15 to 20 years of age (born between 2002 and 2007).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2021 whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (**by 02 February 2022**).

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

13. WADA ADeL online course

All Athletes participating shall successfully complete the WADA ADeL online course for Athletes before competing.

The course can be found at the following link: <https://adel.wada-ama.org/>

Just as in the case of the IWF ILiftClean platform, Athletes and supported personnel (coaches, team doctors) shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

In case Athletes and athlete support personnel (coaches, team doctors, etc.) have any problem with the registration process, please contact WADA at adel@wada-ama.org.

14. Event Categories

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

15. Awards

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

Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF team classification.

16. 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.

17. Barbell

IWF approved barbells will be used during the competition and training.



18. Insurance

According to IWF Regulations, all participants must be under coverage for travel and accident/injury/illness (Covid-19) by their respective Federations before their departure from their hometown.

19. Temperature

The average Heraklion/Hersonissos, Crete temperature during the Championships will be approximately between 15-25 degrees on Celsius. Electricity is 220 Volt.

Contact details:

International Weightlifting Federation

Lausanne Office
Maison du Sport International
Av. de Rhodanie 54
Switzerland -1007, Lausanne
Phone: +41 21 601 3227
E-Mail: competition@iwfnet.net

Hellenic Weightlifting Federation Local Organizing Committee

Tel: +00302109231683
+00302109231780
Fax: +00302109243875
Address: O.A.K.A. Olympic Center of Athens
D Build, 37 Kifissias Av. 15123 Marousi
E-Mail: 2022JWC@weightlifting.gr



PRELIMINARY TIMETABLE

30 April / Saturday	10:00	IWF Committee Meetings		
	12:00	Verification of Final Entries ONLINE		
01 May / Sunday	10:00	IWF Executive Board Meeting		
	17:00	Technical Officials' Meeting		
02 May / Monday	9:00	Women	45-49	B
	11:00	Men	55	B
	13:00	Women	45	A
	16:00	Men	55	A
	18:00	Opening Ceremony		
	19:00	Women	49	A
03 May / Tuesday	10:30	Women	55	B
	13:00	Men	61	B
	16:00	Women	55	A
	19:00	Men	61	A
04 May / Wednesday	10:30	Men	67	B
	13:00	Women	59	B
	16:00	Men	67	A
	19:00	Women	59	A
05 May / Thursday	10:30	Women	64	B
	13:00	Men	73	B
	16:00	Women	64	A
	19:00	Men	73	A
06 May / Friday	10:30	Men	81	B
	13:00	Women	71	B
	16:00	Men	81	A
	19:00	Women	71	A



07 May / Saturday	10:30	Women	76	B
	13:00	Men	89	B
	16:00	Women	76	A
	19:00	Men	89	A
08 May / Sunday	10:30	Men	96	B
	13:00	Women	81	B
	16:00	Men	96	A
	19:00	Women	81	A
09 May / Monday	8:30	Women	87	B
	10:30	Men	102-109	B
	13:00	Men	102	A
	16:00	Women	87	A
	19:00	Men	109	A
10 May / Tuesday	8:30	Women	+87	B
	10:30	Men	+109	B
	13:00	Women	+87	A
	16:00	Men	+109	A
	19:00	Closing Ceremony		

*****Please note:***

The competition schedule is subject to change after the verification of final entries**