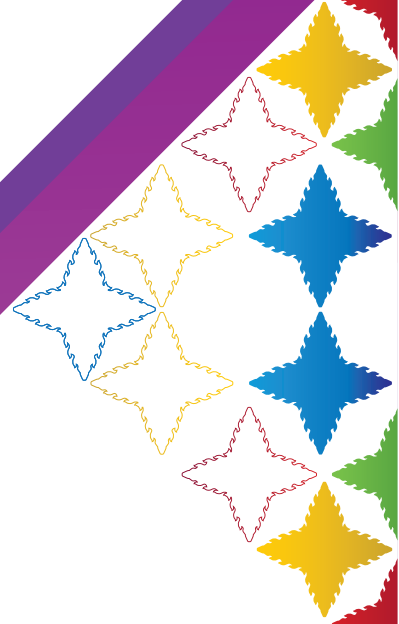




CAMBODIA 2023  
32nd SEA GAMES

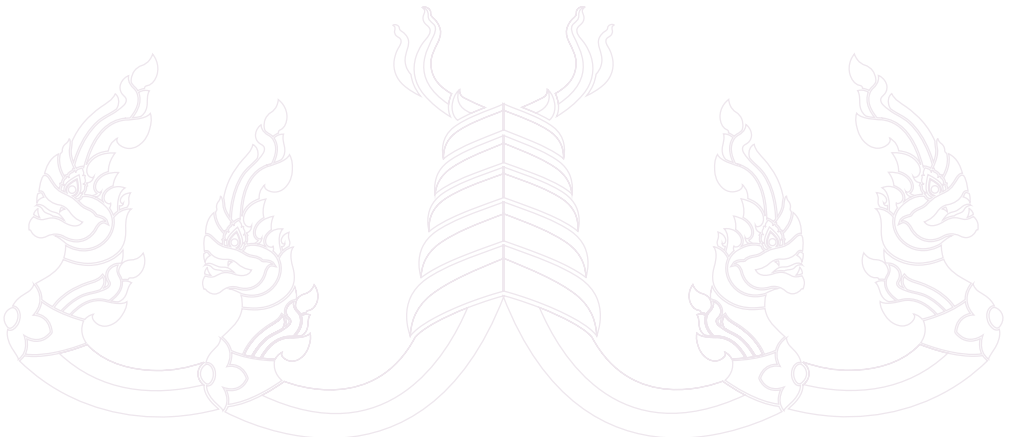


# WEIGHTLIFTING TECHNICAL HANDBOOK



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# 1. GENERAL COMPETITION SCHEDULE

No	Sport	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
	OPENING CEREMONY																			
	CLOSING CEREMONY																			
1	ATHLETICS (TRACK & FIELD)																			
	ATHLETICS (20KM WALK)																			
	ATHLETICS (MARATHON)																			
2	AQUATICS (SWIMMING)																			
	AQUATICS (DIVING)																			
	AQUATICS (WATER POLO)																			
	AQUATICS (FIN SWIMMING)																			
3	BADMINTON																			
4	BASKETBALL 5 X 5																			
	BASKETBALL 3 X 3																			
5	BILLIARDS																			
6	BOXING																			
7	CHESS (XIANGQI)																			
	CHESS (OK CHAKTRONG)																			
8	CYCLING (ROAD RACE)																			
	CYCLING (MTB)																			
9	CRICKET (T20/Sixes)																			
	CRICKET (T50/T10)																			
10	DANCE SPORTS																			
11	E-SPORTS																			
12	FENCING																			
13	FLOORBALL																			
14	FOOTBALL																			
15	GOLF																			
16	GYMNASTICS (ARTISTIC)																			
	GYMNASTICS (AEROBIC)																			
17	HOCKEY (FIELD)																			
	HOCKEY (INDOOR)																			
18	JET SKI																			
19	JUDO																			
20	KARATE																			
21	ARNIS																			
	JIUJITSU																			
	KICK BOXING																			
	KUN-BOKATOR																			
	KUN-KHMER																			
	VOVINAM																			



(TCRR) of the International Weightlifting Federation (IWF) and the SEA Games Federation (SEAGF). Charter and Rules as well as Rule 40 and the By-law to Rule 40 of the Olympic Charter (Participation in the Games).

3.2 Only nationals of the country of the NOC shall be qualified to represent the NOC in the Games. All disputes relating to the determination of the country, which an athlete may represent in the SEA Games shall be resolved in accordance with SEAGF Charter and Rules as well as Rule 41 and By-law to Rule 41 of the Olympic Charter (Nationality of competitors).

3.3 Participating Athletes must be 15 years of age and over (year of birth 2008 or earlier).

3.4 Not currently under disqualification or suspension by their NOC, IWF or under the World Anti-Doping Code.

3.5 In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2023, whereabouts information of the athletes shall be submitted at a minimum three (03) months prior to the Games.

Any athlete who does not comply with this provision is not eligible to participate.

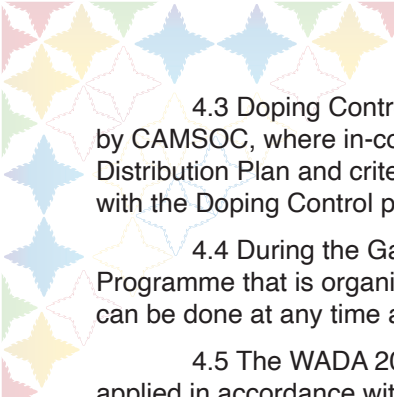
Athletes shall submit their whereabouts information for the period outlined above at the latest 13 February 2023.

3.6 All NOC must send the athlete's test result seven (07) days prior before the competition start.

#### **4. DOPING CONTROL**

4.1 CAMSOC under the guidance of the SEAGF, will be responsible for the Anti-Doping Programme during the 32<sup>nd</sup> SEA Games. The Anti-Doping Programme will be implemented in accordance with SEAGF Anti-Doping Rules and the World Anti-Doping Code and its relevant International Standards.

4.2 CAMSOC and SEAGF are responsible for providing necessary conditions for Doping testing activities at the 32<sup>nd</sup> SEA Games. Doping Control procedures will be implemented according to WADA's International Standards for Testing and Investigations. Sample analysis will be performed at a WADA-accredited laboratory.



4.3 Doping Control stations will be set up at the competition venue by CAMSOC, where in-competition testing will be conducted. The Test Distribution Plan and criteria for athlete selection for each sport will comply with the Doping Control protocol established by the SEAGF and WADA.

4.4 During the Games, all athletes are subjected to the Anti-Doping Programme that is organised by CAMSOC and SEAGF. Testing or sampling can be done at any time and place without any notice.

4.5 The WADA 2023 List of Prohibited Substances and Methods is applied in accordance with the WADA Code.

## **5. APPROVAL OF THE TECHNICAL HANDBOOK**

This Technical Handbook was approved by the Asian Weightlifting Federation (AWF) as duly authorised by the International Weightlifting Federation (IWF).

Any further amendments to the Technical Handbook shall be circulated via e-mail to the NOCs.

## **6. COVID-19 HEALTH PROTOCOL**

During the pre-competition, duration and post-competition period of the entire 32nd SEA Games Cambodia 2023, all participants, including all athletes, officials, guests and attendees, shall comply with all health, safety and other requirements, protocols and directives as set by CAMSOC and the Cambodia health authorities.

## **7. COMPETITON INFORMATION**

7.1 - Competition Dates:

13 - 16 May 2023

7.2 - Competition Venue:

Olympic National Stadium

Address: Charles de Gaulle Blvd (217)

Phnom Penh, Cambodia 12253

7.3 - Competition Training:

Morodok Techo Sport Complex

Address: Win Win Blvd, Phnom Penh, Cambodia 121003

7.4 - Training Schedule

Each country will be allocated a maximum of two (02) hours training per day. The final schedule will be issued later.

## 8. EVENTS

The Weightlifting competition will consist of 14 events which include Seven (07) Men, and Seven (07) Women.

No	Events	Women	Men
1	45kg	√	
2	49kg	√	
3	55kg	√	
4	59kg	√	
5	64kg	√	
6	71kg	√	
7	+71kg	√	
8	55kg		√
9	61kg		√
10	67kg		√
11	73kg		√
12	81kg		√
13	89kg		√
14	+89kg		√
<b>Total by gender</b>		<b>7</b>	<b>7</b>
<b>Total by events</b>		<b>14</b>	

## 9. QUOTAS

9.1 Each NOC may enter a maximum of six (06) Male and six (06) Female athletes for the Weightlifting competition.

9.2 Each NOC may enter or maximum of one (01) athlete per category.

## 10. MEETING AND KEY ACTIVITIES

### 10.1 Team Managers' Meeting

Date : 12 May 2023

Time : 09:00

Venue : National Olympic Stadium

## 10.2 Technical Officials' Meeting

Date : 12 May 2023

Time : 10:30

Venue : National Olympic Stadium

## 11. COMPETITION SCHEDULE

Date	Time	Gender	Events
12 May	09:00		Team Managers' Meeting and Final Verification of Entries
	10:30		Technical Officials' Meeting
13 May	10:00 - 12:00	Women	45kg
	Victory Ceremony		
	12:00 - 14:00	Men	55kg
	Victory Ceremony		
	14:00 - 16:00	Women	49kg
	Victory Ceremony		
14 May	16:00 - 18:00	Men	61kg
	Victory Ceremony		
	10:00 - 12:00	Women	55kg
	Victory Ceremony		
	12:00 - 14:00	Men	67kg
	Victory Ceremony		
15 May	14:00 - 16:00	Women	59kg
	Victory Ceremony		
	16:00 - 18:00	Men	73kg
	Victory Ceremony		
	10:00 - 12:00	Women	64kg
	Victory Ceremony		
15 May	12:00 - 14:00	Men	81kg
	Victory Ceremony		
	14:00 - 16:00	Women	71kg
	Victory Ceremony		



16 May	10:00 - 12:00	Men	89kg
	Victory Ceremony		
	12:00 - 14:00	Women	+71kg
	Victory Ceremony		
	14:00 - 16:00	Men	+89kg
Victory Ceremony			
17 May	Departure		

## 12. COMPETITION RULES AND REGULATIONS

### 12.1 Competition procedure and format

The Weightlifting Competition will be conducted in accordance to the IWF rules and regulations in force. In case of translation related disagreement over the interpretation of the rules and regulations the English text shall prevail. Any unforeseen case not addressed by the rules and regulations shall be dealt with as follows:

- General issues: To be resolved in accordance with the SEAGF Charter and Rules.
- Technical issues: to be resolved in accordance with international regulations of the IWF.

### 12.2 Competition format

Each NOC may enter a maximum of one (01) athlete per category. Each Weightlifting weight category event consists of two (02) parts:

- a. The Snatch
- b. he Clean and Jerk

With a ten (10) minutes break between them

One medal is to be awarded for the total result only. No medal for the snatch and the clean and jerk.

Competition will be held in accordance with the latest IWF TCRR, of which the snatch and the clean and jerk are included. The results will be ranked according to the total weight achieved of the two types of lifts (the snatch and the clean and jerk). Gold, silver and bronze medals are awarded respectively to the first three (03) places for the total in each of the bodyweight categories.

### 12.3 Delay, postponement or cancellations

The Technical Delegate must consult with CAMSOC Secretariat if there is any delay, postponement or cancellation of any competition that affects the scheduled times for “live broadcast” or victory ceremonies.

## 12.4 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 SEAGF and IWF in force.

IWF-approved Sport Training and Warm Up equipment.

Neither athletes nor technical officials can attach any form of commercial advertising on his or her competition uniform without prior agreement with SEAGF and CAMSOC.

## 12.5 IWF Records

In case a record is established in Men +89kg and Women +71kg bodyweight categories, the IWF cannot consider it as an official record as they are not existing bodyweight categories of the IWF.

## 13. TECHNICAL OFFICIALS, ADJUDICATORS AND JURY OF APPEAL

The appointment of Technical Officials, Board of Referees and Jury of Appeal will be in accordance with IWF Competition Rules and the SEAGF Charter and Rules.

### 13.1 International Technical Officials (ITOs)

13.1.1 CAMSOC in consultation with AWF as duly authorized by IWF, shall appoint the Technical Delegate. CAMSOC will cover domestic and international transportations and accommodations, per diem for the Technical Delegate.

13.1.2 Each NOC is allowed to nominate a maximum of three (03) International Technical Officials, who are licensed and qualified by IWF. CAMSOC will cover domestic transportations, accommodations and per diem for the ITOs.

### 13.2 National Technical Officials (NTOs)

Cambodia Weightlifting Federation (CWF) will appoint such number of National Technical Officials (NTOs) as may be approved by CAMSOC to assist the International Technical Officials.

## 14. PROTESTS AND APPEALS

14.1 The procedure to challenge the Referees' / Jurys' decision may be initiated under the IWF TCRR Video Playback Technology (VPT).

## 15. VICTORY CEREMONY

15.1 Victory Ceremonies will be held in accordance with the SEAGF Charter and Rules to honour the individual and team achievements of the

winning athletes.

15.2 The competitors who have been judged first, second and third shall take their places, in their sport attire or NOC designated attire, on a stand facing the Tribune of Honour, with the winner slightly above the second who is on his/her right, and the third who is on his/her left.

15.3 The flag of the country of the winner shall be hoisted on the central flagpole and those of the second and third on adjoining flagpoles on the right and left as they face the arena. Meanwhile, the National Anthem of the country of the winner is played and the competitors and the spectators shall face the flags.

## **16. MEDIA INTERVIEW**

16.1 All athletes should pass through the Mixed Zone.

16.2 Athletes and/or coaches should attend press conference and interview requests for them.

## **17. GENERAL RULES AND REGULATIONS (SEAGF CHARTER AND RULES)**

The 32<sup>nd</sup> SEA Games Weightlifting Competition will also be conducted in accordance with the SEAGF Charter and Rules which shall have precedence, including the following provisions:

17.1 SEAGF Article 30 - General Rules of the SEA Games

To be eligible for participation in the SEA Games, a competitor must comply with the SEA Games Federation Charter and Rules as well as Rule 40 and the By-law to Rule 40 of the Olympic Charter (Participation in the Games).

17.2 SEAGF Article 31 – Nationality of Competitor

Only nationals of the country of the NOC shall be qualified to represent the NOC in the Games. All disputes relating to the determination of the country, which a competitor may represent in the Sea Games, shall be resolved by the Executive Committee in accordance with the By-law to Rule 41 of the Olympic Charter (Nationality of Competitors).

17.3 SEAGF Article 42 – Arbitration Panel

The Council shall appoint an Arbitration Panel comprising such number as the Council may decide, of independent persons of good standing from amongst the South East Asian countries to deliberate and decide finally on all questions concerning the Games or any claims, protests or appeals (including on any violation of anti-doping code, rules or regulations) from any sport under Sections 41 and 43 or any disputes arising from or related to the Games. NOCs or the Organising Committee may submit questions to the Arbitration Panel. In addition, the Arbitration Panel may intervene in all questions of non-technical nature outside the Jurisdiction of the Jury of Appeal set up for each sport in the programme of the Games.

## 17.4 SEAGF Rule 43 – Claims, Protests and Appeals

(a) Decisions made by the judges, referees and umpires on the competition field of play concerning matters of fact or judgement calls are final and no appeals are allowed. Appeals against other decisions of the judges, referees or umpires or regarding any other matter must be addressed to the Chairman of the Jury of Appeal for the sport concerned by a representative of the NOC of the country making the claim, protest or appeal.

(b) Except in exceptional circumstances, any claim, protest or appeal must be made in writing within sixty (60) minutes of the decision giving rise to the claim, protest or appeal. The Jury of Appeal, after an investigation, shall then give a decision within two (2) hours of such claim, protest or appeal.

(c) Any NOC dissatisfied with the decision of any Jury of Appeal may, within twenty-four (24) hours of the notice of the decision of the Jury of Appeal, appeal in writing to the Arbitration Panel under Clause 42 which shall decide on the matter. All decisions of the Arbitration Panel shall be final.

## 17.5 SEAGF Rule 44 – Penalties in Case of Fraud

A competitor proved to have fraudulently transgressed or breached any provisions of the Charter, Rules, Regulations or By-laws of the Federation shall be disqualified and lose any position or medal he/she may have gained. If this competitor's NOC is proved to have been a party to the fraud, his/her country shall be disqualified in the sport concerned.

## 18. DIRECTORY

### 18.1 International Weightlifting Federation (IWF)

President	: Mr. Mohammed Jaloud
Secretary General	: Mr. Antonio Urso
Address	: Maison Du Sport International - Avenue de Rhodanie 54 CH-1007 Lausanne-Switzerland
Telephone	: +41 21 601 3227
Email	: <a href="mailto:iwf@iwfnet.net">iwf@iwfnet.net</a>
Website	: <a href="https://iwf.sport/">https://iwf.sport/</a>

### 18.2 Asian Weightlifting Federation (AWF)

President	: Mr. Mohamed Yousef Al Mana
Secretary General	: Mr. Mohammed Ahmed Al Harbi
Address	: P.O Box 2473 Doha, Qatar
Telephone	: +974 44943274 / +974 44943076
Email	: <a href="mailto:info@awfederation.com">info@awfederation.com</a>

Website : [www.awfederation.com](http://www.awfederation.com)

18.3 Cambodia Weightlifting Federation (CWF)

President : H.E. Mr. Vath Chamroeun

Secretary General : Mr. Sam Soky

Address : No1, St. Poland Republic Blvd, Sk.  
Veal Vong, Khan 7Makara,  
Phnom Penh, Cambodia

Tel : (+855) 12 974 258 / 15 779 333

Email : [cwfederation2018@gmail.com](mailto:cwfederation2018@gmail.com)

18.4 Technical Delegate

Name : Mr. Tom Liaw

Address : P.O Box 2473 Doha, Qatar

Telephone : +65 9109 1711

Email : [tomliaw@swf.org.sg](mailto:tomliaw@swf.org.sg)

