

INVITATION

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

Dear Sir/Madam,

I hope this letter finds you in good health and high spirits. On behalf of Qatar Weightlifting Federation , I am delighted to extend an invitation to all member federations of weightlifting to participate in the IWF Grand Prix II, Qualification Event for the Paris Olympic Games 2024. This prestigious competition will be held in Doha, Qatar, from 4th to 14th December 2023.

The IWF Grand Prix II, Qualification Event serves as a significant opportunity for weightlifters from around the world to showcase their skills and compete for a chance to qualify for the highly anticipated Paris Olympic Games in 2024. With the finest athletes and a magnificent setting, this event promises to be an exhilarating display of strength, technique, and determination.

The competition will be conducted in accordance with the rules and regulations set forth by the International Weightlifting Federation (IWF). It will feature multiple weight categories for both men and women, providing an inclusive platform for athletes of all backgrounds to compete at the highest level.

As a respected member federation of weightlifting, we believe your participation in this event will greatly contribute to its success and help foster camaraderie among weightlifting communities worldwide. Moreover, it will provide your athletes with an excellent opportunity to gain valuable international experience and enhance their chances of securing a spot in the Paris Olympic Games.

We eagerly anticipate your positive response and the presence of your esteemed weightlifting team at the IWF Grand Prix II in Doha, Qatar. Together, let us create an exceptional competition that will inspire athletes and weightlifting enthusiasts worldwide.

Thank you for your attention, and we look forward to welcoming you to Doha, Qatar, for an unforgettable event.

Yours sincerely,

**Zayed Mubarak
Executive Director
Qatar Weightlifting Federation**



الإتحاد القطري لرفع الأثقال
QATAR WEIGHTLIFTING FEDERATION



COMPETITION REGULATIONS



2023 IWF GRAND PRIX II
04-14 DECEMBER 2023
DOHA, QATAR



1. DATES & PLACE

04-14 December 2023, Doha, Qatar

2. COMPETITION AND TRAINING VENUE

Holiday Villa Hotel & Residence Doha

P O Box 47601, Doha, Qatar

3. ACCOMMODATION

Accommodation will be at the following hotel:

- **Holiday Villa Hotel & Residence Doha**

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

In case of exceeding the planned lodging capacities, two (2) more hotels will be available.

NOTE: Check-in: 14.00 / Check-out: 12.00

4. FINANCIAL CONDITIONS

Accommodation fee (with full board)

Single room	\$170 USD / person / night
Double room	\$140 USD / person / night
Triple room	\$120 USD / person / night

Entry fee

Athletes:	\$300 USD / athlete (incl. \$100 USD IWF Special AD Fee)
Delegates & Team Officials:	\$200 USD / person

Payment

Check-in: All participants should pay the relevant fees by bank transfer to the Local Organizing Committee.

All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full by the Local Organizing Committee (LOC). **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 30 days before the arrival, the delegation must pay the charge of "No-Show" per person to the Local Organizing Committee. 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 for all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form until **04 November 2023** at the latest, 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 **04 November 2023** and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

100% of the total payment (accommodation & entry fees) must be transferred by 14 November 2023 to the Bank Account of the Local Organizing Committee.

The countries unable to make wire transfer to submit a request to pay upon arrival based on the decision of the President and the General Secretary on a case by case basis.

Please contact your bank and consider the transaction time of your transfer to be duly received by the deadline to the bank account of the LOC.

We kindly ask you to send the bank statement confirming the bank transfer you made to the bank account of the LOC by sending to doha2023@iwf.sport.

- **NAME OF THE BANK / *Masraf Al Rayan***
- **ACCOUNT HOLDER / *Qatar Olympic Committee***
- **ACCOUNT NUMBER / *0012-101976-001***
- **IBAN / *QA19 MAFR 0000 0000 0012 1019 7600 1***
- **SWIFT / *MAFRQAQA***
- **CURRENCY / *USD***



5. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Athletes must be registered via the **IWF Online Entry System**:

<https://mf.iwf.sport>

If you have any questions or difficulties, please contact IWF at competition@iwf.sport

PRELIMINARY ENTRIES

The Preliminaries Entries must be uploaded into the IWF Online Entry System by no later than **04 September 2023**.

- 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 NEW ATHLETE(S) TO THE LIST AFTER 04 SEPTEMBER 2023.

FINAL ENTRIES

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than **04 November 2023**.

Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 04 September 2023):

Max. TWELVE ATHLETES (10+2 RESERVE) / GENDER

THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE INCLUDED IN THE PRELIMINARY ENTRY.

NO ENTRIES WILL BE ACCEPTED WITHOUT THE FULL PAYMENT OF FEES.

The following documents must be returned by **04 November 2023** (by email):

- **Accommodation & Transportation Form**
- **Passport Copy & Photos for Accreditation**

All forms must be sent to doha2023@iwf.sport.



Media:

All media participants must be approved in advance.
Applications should be submitted by **04 November 2023** via the link below:

<https://iwf.net/mediareg/>

In case of any question, please contact IWF at pedro.adrega@iwf.sport

6. VISA

Participants who required a visa to enter Qatar are requested to send their visa application letter before **04 November 2023** to doha2023@iwf.sport.

Local Organizing Committee will be responsible for ensuring the requested visas on time.

Passports must be valid for at least 180 days after the date of your return.

LOC CANNOT GUARANTEE ANY VISA FOR PARTICIPANTS SUBMITTING THEIR VISA APPLICATION LETTER AFTER THE ABOVE DEADLINE.

7. COVID-19 COUNTERMEASURES

No entry restrictions are imposed on participants in Qatar in relation to the Covid-19 vaccination. However, vaccination is recommended.

In case there will be additional requirements by Local Government Authorities, Local Organizing Committee, IWF Medical Committee, the IWF will inform you accordingly.

8. ACCREDITATION

Accreditation will take place at the Hotel where each delegation will be staying.

9. 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.



10. TRANSPORTATION

The LOC will provide a free shuttle bus service from / to Hamad International Airport (HIA) to all participants.

Accommodation & Transportation Form must be provided by **04 November 2023**.

- 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 service will be provided for all participants to get from / to the venues (accommodation, competition/training venue and any other official program).

11. COMPETITION REGULATION

The 2023 IWF Grand Prix II will follow the IWF Technical and Competition Rules & Regulations (TCRR).

12. 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), IWF Policies & IWF COVID-19 Protocols;
- 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.

13. ELIGIBILITY

Participating athletes must be at least 15 years old (year of birth 2008 or earlier).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (**Q3 / by 04 September 2023 & Q4 / by 30 September 2023**).

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

14. WADA ADEL ONLINE COURSE

All participating athletes shall successfully complete the WADA ADeL online course for athletes before competing and send the certificate to iwf@ita.sport.

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

Just as for the IWF ILiftClean platform, athletes and supported personnel (coaches, team doctors) shall register on the above website, watch the videos, and successfully complete the quiz 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.

15. EVENT CATEGORIES

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



16. AWARDS

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

Winners in total of each bodyweight category are awarded with prize money as follows:

- First place / \$1000 USD
- Second place / \$500 USD
- Third Place / \$250 USD

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.

17. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

18. SPORT EQUIPMENT

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

19. 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.

20. TEMPERATURE

The climate in is a moderate subtropical climate with two well differentiated seasons. The dry season is from November to April, which is less humid and somewhat cooler, with average high temperatures between 20 and 30 °C and average low temperatures between 20 and 28 °C; while in the summer months, the average temperature oscillates around 30 °C, with slightly higher humidity.



Contact details:

Qatar Weightlifting Federation / Local Organizing Committee

West Bay 4th Floor Al Bidda Tower

POX 2473

Phone: +974 4494 3135

E-Mail: doha2023@iwf.sport & qwlbb@olympic.qa

International Weightlifting Federation

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

Phone: +41 21 601 3227

E-Mail: iwf@iwf.sport & competition@iwf.sport

PRELIMINARY TIMETABLE

02 DECEMBER / Saturday	12:00 GMT+3	Verification of Final Entries ONLINE / Further details to follow		
03 DECEMBER / Sunday	<i>TBC</i>	<i>Technical Meeting</i>		
	<i>TBC</i>	<i>Technical Officials' Meeting</i>		
04 DECEMBER / Monday	09:00	Women	49	C
	11:30	Women	45	B
	14:00	Men	55	B
	<i>TBC</i>	<i>OPENING CEREMONY</i>		
	18:00	Men	55	A
	20:30	Women	49	B
05 DECEMBER / Tuesday	09:00	Women	55	D
	11:30	Men	61	C
	14:00	Men	61	B
	16:30	Women	45	A
	19:00	Women	49	A
	21:30	Women	55	C
06 DECEMBER / Wednesday	09:00	Men	73	D
	11:30	Men	67	C
	14:00	Women	55	B
	16:30	Women	55	A
	19:00	Men	61	A
	21:30	Men	73	C
07 DECEMBER / Thursday	09:00	Women	59	D
	11:30	Men	73	B
	14:00	Men	67	B
	16:30	Men	67	A
	19:00	Men	73	A
	21:30	Women	59	C
08 DECEMBER / Friday	09:00	Men	81	D
	11:30	Women	64	D
	14:00	Men	81	C
	16:30	Women	59	B
	19:00	Women	59	A
	21:30	Women	64	C

09 DECEMBER / Saturday	09:00	Men	89	C
	11:30	Women	64	B
	14:00	Men	81	B
	16:30	Women	64	A
	19:00	Men	81	A
	21:30	Women	71	C
10 DECEMBER / Sunday	09:00	Men	96	D
	11:30	Men	89	B
	14:00	Women	71	B
	16:30	Men	89	A
	19:00	Women	71	A
	21:30	Men	96	C
11 DECEMBER / Monday	09:00	Women	81	B
	11:30	Women	76	B
	14:00	Men	96	B
	16:30	Men	96	A
	19:00	Women	76	A
12 DECEMBER / Tuesday	09:00	Women	87	C
	11:30	Women	87	B
	14:00	Men	102	B
	16:30	Women	81	A
	19:00	Men	102	A
	21:30	Men	109	C
13 DECEMBER / Wednesday	09:00	Women	+87	C
	11:30	Women	+87	B
	14:00	Men	109	B
	16:30	Men	109	A
	19:00	Women	87	A
14 DECEMBER / Thursday	09:00	Men	+109	C
	11:30	Men	+109	B
	14:00	Women	+87	A
	16:30	Men	+109	A
	<i>TBC</i>	<i>CLOSING CEREMONY</i>		

The competition schedule is subject to change after the final entry deadline & after the verification of final entries.