



**The Hon. Presidents /General Secretaries  
African National Weightlifting Federations/Associations**

**Re: African Junior (27<sup>th</sup> Men & 22<sup>nd</sup> Women) and Youth (13<sup>th</sup> Men & 12<sup>th</sup> Women) Weightlifting Championships scheduled to be held on 24/10-01/11/2023 in Cairo, Egypt.**

**Dear Sir/Madam,**

The Egyptian Weightlifting Federation is very much pleased to invite your national weightlifting teams to participate in **African Junior (27<sup>th</sup> Men & 22<sup>nd</sup> Women) and Youth (13<sup>th</sup> Men & 12<sup>th</sup> Women) Weightlifting Championships on 24/10-01/11/2023 in Cairo, Egypt.**

#### **COMPETITION DATE AND VENUE**

The African Junior (27<sup>th</sup> Men & 22<sup>nd</sup> Women) and Youth (13<sup>th</sup> Men & 12<sup>th</sup> Women) Weightlifting Championships will be held on **26-31/10/2023 in Cairo Stadium's Indoor Sports Hall.**

#### **COMPETITION RULES AND REGULATIONS**

The competition will be held and organized in accordance to the IWF Technical and Competition Rules & Regulations and IWF Anti-Doping Rules.

The WFA will appoint the Technical Officials (ITOs) whom will be nominated by their National Federations/Associations to officiate for the championships.

#### **ELIGIBILITY**

According to the IWF Technical and Competition Rules & Regulations, the athletes have the eligibility to participate as follows:

**Youth:** 13 – 17 years of age (from 2006 to 2010)

**Junior:** 15 – 20 years of age (from 2003 to 2008)

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules 2023, information on the whereabouts of Athletes must be provided at least three months before the event (**before 26 July, 2023**).

An Athlete who does not comply with this provision is not eligible to compete at the WFA Event.

If you have any problems submitting your whereabouts, please contact immediately the ITA on their following email address [iwf@ita.sport](mailto:iwf@ita.sport)

Only IWF Member Federations or their competitors that have no arrears towards the IWF & WFA are eligible to participate.

The passport is considered as the official document to prove the age and the eligibility of the Athlete.

It is possible to change the bodyweight categories and the entry total latest on the meeting of Verification of Final Entries.

The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The IWF and WFA will not accept any preliminary or final entries after the stated dates.

## COMPETITION EVENTS AND CATEGORIES

### Youth:

**Men:** 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

**Women:** 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

### Junior:

**Men:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

**Women:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

## ENTRY FORMS

### Preliminary Entries:

Member Federation must submit the Preliminary Long List of a maximum number of (Twenty (20) men & Twenty (20) women) athletes.

Preliminary entry forms should be signed and stamped from the national federations and submitted to both the Local Organizing Committee (EGY) and WFA respectively no later than **August 26<sup>th</sup>, 2023.**

The Member Federations can't add or change athletes after **August 26<sup>th</sup>, 2023.**

Member Federation must declare the estimate number of athletes and Team officials who will participate in the Championships.

### Final Entries:

Member Federation must select the Final list of athletes from the Preliminary Entries (Previously submitted by **August 26<sup>th</sup>, 2023.**

A maximum of ten (10) men and ten (10) women Youth and Junior competitors could be registered plus two (2) reserves for each age group and each gender may also be entered in the final entries, but during the verification of final entries each country can only register (10) men and (10) women Youth and Junior competitors as final entry without any reserves.

Final entry forms should be signed and stamped from the national federations and submitted to both the Local Organizing Committee (EGY) and WFA respectively no later than **September 26<sup>th</sup>, 2023.**

The following documents must be returned along with the final entry forms by **26 September 2023** (by mail) to the L.O.C:

- Passport Copies & Photos for Accreditation;
- Media Application Form.

## EQUIPMENT

**Sport Equipment:** IWF approved sport equipment will be provided.

**TIS Result System:** Approved by IWF.

## DOPING CONTROL

Doping Controls will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with the IWF Anti-Doping Rules.

## ACCREDITATION

The Federations/Associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the delegations will take place at the hotel upon arrival.

Please note that the accreditation will be valid only for the days registered on the accreditation card at the accreditation center and will be issued only after full payment of accommodation, entry and Anti-Doping Fees.

## ACCOMMODATION

The accommodation for all delegations will be at one of the following hotels:

- 1- Dar El Hayia El Handasia Hotel
- 2- Dar El Moshaa Hotel
- 3- Dar El Aselah w El Zakhera Hotel
- 4- Dar Al Modarat Hotel
- 5- Tolip El Galla Hotel
- 6- Tolip Gardens Hotel

**Address of all hotels:** Cairo, Egypt

**Level of all hotels:** 5 Stars

The hotels will be provided from **23 October 2023 to 02 November 2023 (one day prior and one day after the official competition days)** with the following normal rates:

- a) **USD \$140** full board per person per night for standard single rooms.
- b) **USD \$110** full board per person per night for standard twin rooms.

Any extra days will be charged at the normal rates of the day.

Accommodation forms shall state the dates and required rooms, also shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26<sup>th</sup>, 2023**.

## FINANCIAL CONDITIONS

Only affiliated National Federations/Associations that have paid their IWF and WFA subscription fees have the right to participate in this competition.

### Entry and Anti-Doping Fees:

The entry and anti-doping fees shall be paid to the WFA by each delegation.

**Athletes: USD 200** per person (including **US \$100 IWF Special Anti-Doping Fee**).

**Delegates & Team Officials: USD 100** per person (**Except the officials whom will be appointed to officiate during the competition**).

All payments must be made in cash to the Local Organizing Committee preferably in US Dollars upon Arrival at the accreditation center.

The WFA is responsible for providing the Trophies, Medals and Certificates.

Reference to the IWF Regulations, participation of Member Federations would be subject to the payment of the accommodation, entry and anti-doping fees by no later than 10 days after the submission of Final Entries **October 06<sup>th</sup>, 2023**.

According to the IWF TCRR, the WFA will appoint Cat. (1) & Cat. (2) ITOs from the nomination list of their National Federations/Associations to officiate in the championships and the Organizing Committee will cover their accommodation and board costs from **24 October 2023 to 01 November 2023 (one day prior and one day after the official competition days)**.

According to the WFA Constitution, the Organizing Committee will cover the flight tickets, accommodation and board costs for the WFA President and General Secretary.

The Organizing Committee will cover the accommodates and lodging, free of charge for the Competition days plus (2) two days' prior of the Championships and (1) one day after the Championships for the Chairpersons of the WFA Technical, Medical and Coaching and Research Committees (if they are not among the appointed Technical Officials).

The Organizing Committee will cover the accommodation and board costs for the IWF representatives, WFA Secretariat Members, IWF or WFA TIS member staff and selected Doping Control Officers (DCOs).

All teams will be received at Cairo International Airport upon their arrival and they will be transported by shuttle bus to the hotel, and return.

### **COMPETITION AND TRAINING VENUES**

Competition and training will be at **Cairo Stadium's Indoor Sports Hall**.

### **TRANSPORT**

Local transportation will be provided from/to Cairo International Airport for all delegations upon their arrival and departure.

Buses will be provided to/from training and competition venues.

Transportation forms shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26<sup>th</sup>, 2023**, and shall state arrival and departure date and time, which airline and flight number of each delegate will be arriving on, and will be returned.

### **VISA**

All participants should contact the respective Embassy in their own country for Entry Visas to Egypt.

An entry visa will be obtained on arrival at Cairo International Airport for those who do not have Egyptian embassies in their countries and it costs **25 USD** per person.

### **YELLOW FEVER CERTIFICATE**

Valid yellow fever is a requirement and must be produced at the Airport.

### **HEALTH INSURANCE**

According to IWF Rules, the participating Federations must undertake full moral and financial responsibility of their registered/ accredited delegates regarding their health and wellness and in case of accidents or damages not attributable to the OC.

### **FLAG AND ANTHEM**

All participating delegates of each country are kindly requested to bring with them an Audio Cassette or CD of their national anthem and two national flags with a size of 100 x 150cm. These Items will be submitted on arrival at the accreditation center. You can also send an attachment of the anthem's audio file by E-mail, CD or flash drive.

### **AWARDS**

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men's and women's age groups in the Snatch, the Clean and Jerk and the Total.

Certificates of participation will be presented to all participants.

Trophies will be awarded to the best three teams in total respectively for both men's and women's age groups in accordance with IWF Team Classification.

The WFA will provide the trophies for best men's and women's lifters for both age groups.

### **GENERAL INFORMATION**

All electrical alternate current (AC) power sources have 220/240 Volts and DC batteries range from 1.5 Volts onwards, types including (AA & AAA, etc). All plug types are readily available.

Average temperature in Cairo during the Championships is 32°C - 18°C.

Currency rate is US\$ **(1 US dollar = (30.95) Egyptian Pound)**.

### **BANK DETAILS**

**Beneficiary Name:** Egyptian Weightlifting Federation

**Beneficiary Address:** Cairo, Egypt

**Beneficiary Bank:** Arab African International Bank

**Bank Address:** Cairo, Egypt

**Account Number:** 6760

**Swift Code:** ARAIEG CXGRD

We are looking forward to receiving you in Cairo as our valuable guests.

Attached;

- Preliminary and Final Entry Forms;
- Accommodations Form;
- Flight Details Form;
- Media Form.

#### **CONTACT DETAILS**

**Egyptian Weightlifting Federation (EGY)**

**Mohamed Abdelmaksoud (President)** +201005156446

**Mohamed Attia (Sec. Gen.):** +201222805802

**Email:** [weightlifting\\_egy@yahoo.com](mailto:weightlifting_egy@yahoo.com)

**Weightlifting Federation of Africa (WFA)**

**Khaled Mehalhel (President):** +218 913530366

**Manareddin Eshelli (Sec. Gen.):** +218 913543635

**Email:** [manareddin.eshelli@wfa.com.ly](mailto:manareddin.eshelli@wfa.com.ly)

**MOHAMED ABDELMAKSOUD**

**Mohamed Abdelmaksoud**

**President of Egyptian Weightlifting Federation**



**TENTATIVE PROGRAM****Tuesday 24 October 2023**

Arrival and accreditation of delegations

**Wednesday 25 October 2023**

11:00	12:00	18:00
Verification of Final Entries	Technical Officials Seminar	WFA Committees' Meeting

**Thursday 26 October 2023**

17:00	18:00
Opening Ceremony	Competition Cat. 40 Kg & 45 Kg (Women)

**Friday 27 October 2023**

10:00	12:00	16:00	18:00
Competition Cat. 49 Kg & 55 Kg (Men)	Competition Cat. 49 Kg (Women)	Competition Cat. 61 Kg (Men)	Competition Cat. 55 Kg (Women)

**Saturday 28 October 2023**

10:00	12:00	16:00	18:00
Competition Cat. 67 Kg (Men)	Competition Cat. 59 (Women)	Competition Cat. 64 Kg (Women)	Competition Cat. 71 (Women)

**Sunday 29 October 2023**

10:00	12:00	16:00	18:00
Competition Cat. 73 Kg (Men)	Competition Cat. 81 Kg (Men)	Competition Cat. 76 Kg (Women)	Competition Cat. 89 Kg (Men)

**Monday 30 October 2023**

10:00	12:00	18:00
Competition Cat. 81 Kg (Women)	Competition Cat. 96 Kg (Men)	Competition Cat. 102 Kg (Men)

**Tuesday 31 October 2023**

10:00	13:00	20:00
Competition Cat. +81 Kg & 87 Kg & +87 Kg (Women)	Competition Cat. +102 Kg & 109 Kg & +109 Kg (Men)	Closing Ceremony

**Wednesday 01 November 2023**

Departure of Delegations

**Please note:** This tentative program may subject to be changed after the verification of final entries.