

Weightlifting Federation of Africa



13th African Games Ghana 2023

Technical Rules and Regulations of Weightlifting Sport



1- Date of Competition:

The Competition will be held from **09 through 15 March 2024**.

2- Events Bodyweight Categories:

The weightlifting competitions will comprise **(10) bodyweight categories for Men and (10) bodyweight categories for Women**.

2.1 Men's categories: 55, 61, 67, 73, 81, 89, 96, 102, 109 and +109 Kg

2.2 Woman's categories: 45, 49, 55, 59, 64, 71, 76, 81, 87 and +87 Kg

3- Competition and Training Venues:

The competition and training venues will be at **GCB Hall in Legon campus, Accra city**.

4- General Rules and Regulations:

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

4.2 In case of disagreement in the interpretation of the rules, the English text will prevail unforeseen cases will be dealt with as follows:

4.2.1 Cases of general nature will be resolved according to the rules of the Association of African Sport Confederations (AASC).

4.2.2 Technical questions will be decided according to the IWF Technical and Competition Rules & Regulations.

5- Eligibility:

5.1 According to the IWF Technical and Competition Rules & Regulations, **the athletes born in 2009 or earlier** have the eligibility to participate.

5.2 All athletes must hold the citizenship of the country they represent. In case of objections, the National Olympic Committee concerned must provide proof of citizenship.

5.3 The passport is considered as the sole official document to prove the age and the eligibility of the athlete.

5.4 In accordance with **Article 5.5.16 of the IWF Anti-Doping Rules, the athletes' whereabouts must be submitted at least three months prior to the event (before 10th December, 2023).**

5.5 An athlete who does not comply with this provision is not eligible to compete at the WFA event.

5.6 If you have any problems submitting your whereabouts, please contact immediately the ITA on their following email address iwf@ita.sport

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

5.8 A maximum of ten (10) men and ten (10) women senior competitors could be registered in the Long List, but in the Short List a maximum of six (6) men and six (6) women senior competitors could be registered plus two (2) reserves for each gender from the Long List, but during the verification of final entries each country can only register (6) men and (6) women senior competitors as a final entry without any reserves.

5.9 The participating athletes from each team must be spread amongst the bodyweight categories with **a maximum of one (1) athlete per category**.

5.10 It is possible to change the bodyweight categories and the entry total latest on the verification of final entries.

5.11 According to the number of entries of each men and women bodyweight category, **the WFA along with the COJA will cancel any bodyweight category in case of the number of participant athletes is less than 3 athletes.**

5.12 The WFA and the COJA will publish the list of cancelled events 3 weeks' prior of the start of weightlifting competition.

6- Entries:

6.1 For entry participation, the NOCs will use entry forms provided by ANOCA.

6.2 Preliminary Entries:

Preliminary Entry Forms should be submitted through the respective National Olympic Committees to both the Organizing Committee of the African Games (COJA) and WFA respectively no later than sixty days before the start of the Games (**10th January, 2024**).

6.3 Final Entries:

Final Entry Forms should be submitted through the respective National Olympic Committees to both the Organizing Committee of the African Games (COJA) and WFA respectively no later than thirty days before the start of the Games (**10th February, 2024**).

7- Equipment:

Sport Equipment: IWF approved sport equipment will be provided.

TIS Result System: Approved by IWF.

8- Technical Organization:

The Weightlifting Federation of Ghana, under the supervision of International Weightlifting Federation (IWF) and Weightlifting Federation of Africa (WFA) will be responsible for the technical organization of the event.

9- Competition Program and Results:

9.1 The weightlifting **competitions program will be held in seven days** including the day of verification of final entries and technical officials' meetings.

9.2 The verification of final entries and technical officials' meetings will be held on **09/03/2024 at (10:00 AM)** at the **games village**.

9.3 The **weigh-in of each bodyweight category will take place every day at the competition venue, begins two (2) hours before the competition start of the category concerned.**

9.4 Competitions of (3) bodyweight categories of both men and women will be held in each day according to the competition schedule to be drawn up.

9.5 Each competition results of each men or women bodyweight category will be final.

10- Technical Officials:

10.1 **Three (3) months prior of the Games, the WFA will select the Technical Officials (ITOs)** whom will be nominated by their National Federations/Associations to officiate for the competition and will be sent their details to the (COJA). **The final list is to be approved by the IWF.**

10.2 The competitions will be officiated with the minimum number of category one and category two ITOs according to the IWF Technical and Competition Rules & Regulations.

11- Athletes' Outfit:

Athletes must wear the weightlifting outfit according to the IWF Technical and Competition Rules & Regulations.

12- Medical Control:

Medical assistance will be provided as arranged by COJA at each competition site.

13- Doping Control:

Doping Control will be conducted during the competition in accordance with the World Anti-Doping Code and will be carried out by selected DCOs.

14- Medals Ceremonies:

14.1 The medals ceremonies will take place immediately after the competition of group A in each category.

14.2 Gold, Silver and Bronze medals will be awarded in each men and women bodyweight category as following:

14.2.1 Gold medals: for the first place winners in snatch, clean & jerk and Total.

14.2.2 Silver medals: for the second place winners in snatch, clean & jerk and Total.

14.2.3 Bronze medals: for the third place winners in snatch, clean & jerk and Total.

15- Competition Program:

The weightlifting competitions will be held in seven days as following:

Day	Time	Events	Gender
1st day 09/03/2024	10:00	Meeting of Verification of Final Entries and Technical Officials' meeting	Men & Women
2nd day 10/03/2024	11:00	Competition Cat. 45 Kg	Women
	14:00	Competition Cat. 49 Kg	Women
	17:00	Competition Cat. 55 Kg	Men
3rd day 11/03/2024	11:00	Competition Cat. 55 Kg	Women
	14:00	Competition Cat. 61 Kg	Men
	17:00	Competition Cat. 67 Kg	Men
4th day 12/03/2024	11:00	Competition Cat. 59 Kg	Women
	14:00	Competition Cat. 64 Kg	Women
	17:00	Competition Cat. 73 Kg	Men
5th day 13/03/2024	11:00	Competition Cat. 71 Kg	Women
	14:00	Competition Cat. 81 Kg	Men
	17:00	Competition Cat. 89 Kg	Men
6th day 14/03/2024	11:00	Competition Cat. 76 Kg	Women
	14:00	Competition Cat. 81 Kg	Women
	17:00	Competition Cat. 96 Kg	Men
7th day 15/03/2024	11:00	Competition Cat. 102 Kg	Men
	14:00	Competition Cat. 87 & +87 Kg	Women
	17:00	Competition Cat. 109 & +109 Kg	Men



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WFA President

