



**2024 ASIAN YOUTH & JUNIOR  
WEIGHTLIFTING CHAMPIONSHIP  
19-25 DECEMBER - DOHA, QATAR**



**President / General Secretary**

AWF Affiliated National Weightlifting Federation / Association

Dear President / General Secretary

We are pleased to invite you to the **2024 Asian Youth & Junior Weightlifting Championships**, which will be held from **19th till 25th December 2024**, in **Doha, Qatar**.

Qatar, your second home, is ready to welcome you with open arms. As a proud member of the Asian Weightlifting Federation (AWF) and the International Weightlifting Federation (IWF), we are dedicated to fostering the growth and success of weightlifting across the region. This championship will not only showcase the remarkable talents of our athletes but also strengthen the bonds of friendship, Harmony & unity among our nations.

We invite you to experience Qatar's unique blend of hospitality and culture while enjoying an exceptional level of competition. Our country eagerly anticipates hosting you for what promises to be a memorable and impactful event.

Thank you for your continued support, and we look forward to welcoming you to Qatar.

Warm regards,

**Mohamed Yousef Almaná**

AWF - President

QWF - President



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### Competition Rules and Regulation

#### 1. Date & Place

19 - 25 December 2024 Doha, Qatar

#### 2. Competition and Training Venue

Radisson Blu Hotel Doha

#### 3. Accommodation

Radisson Blu Hotel / Holiday Villa

#### 4. Financial Conditions

##### 4.1 Accommodation Fee (with full board)

Single room: 160 USD / per person / per night

Double room: 140 USD / per person / per night

Triple Room: 120 USD / per Person / per night

##### 4.2 Entry fee

Athletes: 220 USD per athlete (Including 100 USD IWF Special Anti-Doping Fee)

Delegates and Team Officials: 120 USD per person

##### 4.3 Payment

All payments must be made in cash for the accommodation and entry fees upon your arrival at the hotel lobby.

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.

Cancellations will not be accepted after **1/Dec /2024** and no refunds will be given.

#### 5. Entry deadlines and pre-competition procedures

Athletes' Preliminary & Final Entry Forms (**in MS Word format and in PDF format**)

should be sent to the following address:

[secretariat@awf.sport](mailto:secretariat@awf.sport)

[qwlbb@olympic.qa](mailto:qwlbb@olympic.qa)



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### 5.1 PRELIMINARY ENTRIES

**The Preliminary Entries must be sent and submitted by no later than 19 Sep 2024.**

**Three months before the event.**

- Member Federations must submit the Preliminary Entry (Long List) of a **maximum** number of athletes:

**TWENTY (20) MEN and TWENTY (20) WOMEN / Youth  
&  
TWENTY (20) MEN and TWENTY (20) WOMEN / Junior**

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT MODIFY LIST AFTER**

**19 Sep 2024**

- 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 2024 Asian Youth & Junior Championships.

### 5.2 FINAL ENTRIES

**The Final Entries must be sent and submitted by no later than 19 November 2024,  
one month before the event.**

The Member Federation must select the Final List of Athletes from the Preliminary Entry (previously submitted by 19 September 2024)

**Max. TWELVE (10+2 RESERVE) MEN and TWELVE (10+2 RESERVE) WOMEN IN  
YOUTH AND JUNIOR SECTION**

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

The following documents must be sent via email to Organizing Committee by (not later than)  
15 October 2024:

- Accommodation & Transportation Form
- Media Accreditation Form
- Copies of all Passports (picture page)
- Photos (3.5 cm x 4.5 cm, with white background) All forms must be sent to the email address of AWF and Organizing Committee

For media:

- All media participants must be approved in advance.
- Please submit the Media Accreditation Form to: [secretariat@awf.sport](mailto:secretariat@awf.sport) , [qwlbb@olympic.qa](mailto:qwlbb@olympic.qa)

### 6. Visas

All participant Federations and guest who require entry visa to Qatar must send their Passport copies & Photo to Qatar Weightlifting Federation E-mail [qwlbb@olympic.qa](mailto:qwlbb@olympic.qa) before 15 October 2024 Please send clear passport photo with white background , Size 4x6



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### 7. Accreditation

The accreditation will take a place at Radisson Blu Hotel / Holiday Villa

### 8. Anthem

Each Member Federation should bring two (2) national flags sized 120x180cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to OC.

### 9. Transportation

The OC will provide a shuttle bus from HIA - Hamad international airport for all participants. According to this, accommodation and transportation must be provided latest by 19 November 2024.

### 10. Competition Regulation

The 2024 Asian Youth & Junior Championships will follow the IWF Technical and Competition Rules & Regulations (TCRR).

### 11. Terms and Conditions of Participation

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

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



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### 12. Eligibility

#### Asian Youth Weightlifting Championships

Athletes born between 1<sup>st</sup> January 2007 and 31<sup>st</sup> December 2011 (aged 13 – 17 years)

#### Asian Junior Weightlifting Championships

Athletes born between 1<sup>st</sup> January 2004 and 31<sup>st</sup> December 2009 (aged 15 – 20 years)

In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2024 whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (by 19 SEP 2024).

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

### 13. WADA ADeL online course

It is recommended that athletes participating should 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/>.

**In case Athletes and supported personnel (coaches, team doctors) have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net).**

### 14. Event Categories

	<b>For Asian Youth Weightlifting Championships</b>
<b>MEN:</b>	49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg
<b>WOMEN:</b>	40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

	<b>For Asian Junior Weightlifting Championships</b>
<b>MEN:</b>	55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
<b>WOMEN:</b>	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.

Team trophies will be awarded to the best male and female athletes, as well as to the best six teams respectively for both Men's and Women's competitions (for both Youth & Junior) in accordance with 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.



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### 17. Equipment

IWF approved ZKC 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 by their respective Federations before their departure from their hometown.

### 19. Temperature

Daytime temperatures in Qatar typically range between in December 30°C to 25°C during the early part of the month. As December progresses, temperatures may decrease slightly, with highs ranging from 25°C to 20°C towards the end of the month.

Contact details:

#### Asian Weightlifting Federation

Tel: +966 50 800 8917

Prince Faisal Bin Fahd Olympic Complex

P.O.Box 42806 Riyadh 11551

Kingdom of Saudi Arabia

Email: [secretariat@awf.sport](mailto:secretariat@awf.sport)

#### Qatar Weightlifting Federation

Tel: +974444943135

Albidda Tower 4th Floor, Cornish

P.O.Box 2473

Doha, Qatar

Email: [qwlb@olympic.qa](mailto:qwlb@olympic.qa)





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## COMPETITION TIME TABLE

DATE	TIME	EVENTS	GROUP
17 Dec		Arrival of delegation	
18 Dec	10:00	AWF Committee meetings	
	15:00	AWF EB meeting	
	18:00	Final Verification meeting	
	19:00	Technical Official Meeting	
19 Dec	10.00	45Kg Women	B
	12.00	40Kg Women	A
	14:00	45Kg Women	A
	16.00	Opening ceremony	
	16:30	49Kg Women	B
	18:30	49Kg Men	A
20 Dec	10:00	55Kg Men	B
	12:30	49Kg Women	A
	15:30	55Kg, 59Kg Women	B
	17:30	55Kg Men	A
21 Dec	10:00	55Kg Women	A
	12:30	59Kg Women	A
	15:30	61Kg Men	B
	17:30	61Kg Men	A
22 Dec	10:00	64Kg Women	B
	12:30	64Kg Women	A
	15:30	67Kg Men	B
	17:30	67Kg Men	A
	19:30	71Kg Women	A
23 Dec	08:00	73Kg Men	B
	10:00	73Kg Men	A
	12:30	81Kg Men	A
	15:30	76Kg Women	A
	17:30	81Kg Women	A
	19:30	89Kg Men	A
24 Dec	10:00	+81Kg Women	A
	12:30	96Kg Men	A
	15:30	87Kg Women	A
	17:30	102Kg Men	A
	19:30	109Kg Men	A
25 Dec	10:00	+102Kg Men	A
	12:30	+87Kg Women	A
	15:30	+109Kg Men	A