

THAILAND

2025

WEIGHTLIFTING

2025 SEA GAMES

Thailand

Technical Information

I. Sports Federations

A. International Weightlifting Federation (IWF)

President	Mr.Mohammed Jalood
Secretary General	Mr.Antonio Urso
Address	Maison Du Sport International - Avenue de Rhodanie 54 CH-1007 Lausanne - Switzerland
Phone	+41 21 601 3227
Email	iwf@iwf.sport
Web	www.iwf.sport

B. Asian Weightlifting Federation (AWF)

President	Mr.Mohamed Yousef Al Mana
Secretary General	Mr.Mohammed Ahmed Alharbi
Address	P.O.Box 2473, Doha, Qatar
Phone	+974 44943274, +974 44943076
Email	secretariat@awf.sport
Web	https://awf.sport/

C. South East Asian Weightlifting Federation (SEAWF)

President	Dr.Niwat Limsuknirun
Secretary General	Dr.Sirilak Thatman
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand
Phone	+66 2170 9461
Email	seawfederation@gmail.com
Web	https://seawf.org/

D. Thai Amateur Weightlifting Association (TAWA)

President	Mr.Prachaya Keeratinant
Secretary General	Gen. Wisut Dechsakul
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand
Phone	+66 2170 9461
Email	tawa@tawa.or.th
Web	www.tawa.or.th

II. Technical Delegate

Name	Dr. Niwat Limsuknirun
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand
Phone	+66 8 1840 8787
Email	Niwat_112@hotmail.com

III. Operation Manager

Name	Dr. Sirilak Thatman
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand
Phone	+66 8 6338 6859
Email	sisp1975@hotmail.com

IV. Competition Manager

Name	Mr. Sompote Yimploy
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand
Phone	+66 8 1634 0567
Email	tawa@tawa.or.th

V. Venue Manager

Name	Lt.Col. Dr. Aphinya Dattuyawat
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkapi, Bangkok 10220, Thailand
Phone	+66 8 9700 4394
Email	tawa@tawa.or.th



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1. Dates

Weightlifting (WLF) competition for the 33rd SEA Games will be held in from 13 to 17 December 2025.

2. Venues

Weightlifting Stadium, Chonburi Sports School, Chonburi, Thailand

Distance from the Suvarnabhumi International Airport: 56 kilometres / 45 Minutes.

- Training Venue:

Weightlifting Stadium, Chonburi Sports School, Chonburi, Thailand

- Training Schedule: TBA

3. Events

The Weightlifting competition will consist of 14 events which include Seven (7) men, and Seven (7) women.

No.	Events	Women	Men
1	48 kg	✓	
2	53 kg	✓	
3	58 kg	✓	
4	63 kg	✓	
5	69 kg	✓	
6	77 kg	✓	
7	+77 kg	✓	
8	60 kg		✓
9	65 kg		✓
10	71 kg		✓
11	79 kg		✓
12	88 kg		✓
13	94 kg		✓
14	+94 kg		✓
Total by gender		7	7
Total by events		14	

Quotas

- Each NOC may enter a maximum of Seven (7) male and Seven (7) Female athletes for the Weightlifting competition
- Each NOC may enter a maximum of one (1) athlete per event.

4. Competition Schedules

Date	Time		Events			
11 Dec 2025	10.00		Technical Official's Meeting			
11 Dec 2025	16.00		Team Manager's Meeting and Final Verification			
13 Dec 2025	Weigh - in	Competition	Gender	Event	Group	Remark
	08.00 – 09.00	10.00 – 12.00	Women	48 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Men	60 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Women	53 kg	A	Medal Ceremony
14 Dec 2025	08.00 – 09.00	10.00 – 12.00	Men	65 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Women	58 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Men	71 kg	A	Medal Ceremony
15 Dec 2025	08.00 – 09.00	10.00 – 12.00	Women	63 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Men	79 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Women	69 kg	A	Medal Ceremony
16 Dec 2025	08.00 – 09.00	10.00 – 12.00	Men	88 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Women	77 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Men	94 kg	A	Medal Ceremony
17 Dec 2025	08.00 – 09.00	10.00 – 12.00	Women	+77 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Men	+94 kg	A	Medal Ceremony
18 Dec 2025	Departure					

5. Entries

5.1 Eligibility

- 5.1.1 To be eligible for participation in the 33rd SEA Games, a competitor must comply with the latest Technical and Competition Rules of & Regulations (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).

<https://stillmed.olympics.com/media/Documents/International-Olympic-Committee/IOC-Publications/EN-Olympic-Charter.pdf>

- 5.1.2 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 33rd 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).

- 5.1.3 Participating Athletes must be 15 years of age and over (year of birth 2010 or earlier).

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

- 5.1.5 In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2024, whereabouts information of the athletes shall be submitted at a minimum of three (03) months prior to the Games. Any athlete who does not comply with this provision is not eligible to participate. Athletes who wish to compete at the 33rd SEA Games shall submit their whereabouts information for the period outlined above at the latest on the **13th September 2025**

5.2 Submission of Entries

Registration of each National Olympic Committee (NOC) must comply with the regulations of National Olympic Committees of Thailand Organizing Committee (NOCTOC).

5.2.1 Entry by Number

- Deadline for submission of Entry by Number Forms is on **12th June 2025** at 24.00 hours. Thailand time (GMT+7).

5.2.2 Entry by Name

- Deadline for submission of Entry by Name Forms (online) is on **1st September 2025** at 24.00 hours. Thailand Time (GMT+7).

The completed Entry by Name must be submitted for each athlete and include all necessary information. Original form must be presented during the Delegation Registration Meeting (DRM).

Sports Technical Committee

the 33rd SEA Games, Bangkok-Chonburi

SEA Games Coordination Center, 4th Floor, Sports Authority of Thailand

286 Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240 THAILAND

Email: a.sportsdirector@gmail.com

Technical Officials

The appointments of Technical Officials will be in accordance with IWF TCRR and the SEAGF Charter and Rules.

- **International Technical Officials (ITOs)**

SEAWF as duly authorized by IWF, shall appoint Technical Delegate and the International Technical Officials (ITOs). The names shall be listed by SEAWF approved by NOCTOC. NOCTOC will cover domestic and international transportations, accommodations and Per diem for the Technical Delegate (TD) and ITOs.

- **National Technical Official (NTOs)**

Thai Amateur Weightlifting Association (TAWA) will appoint such number of National Technical Officials (NTOs) as may be approved by NOCTOC.

6. Technical Meeting

Technical Official's Meeting

Date: 11th December 2025

Time: 10:00 hours.

Venue: Rattanachol Hotel, Chonburi, Thailand

Team Managers' Meeting

Date: 11th December 2025

Time: 16:00 hours.

Venue: Rattanachol Hotel, Chonburi, Thailand

7. Competition Procedures, Rules and Regulations

The Weightlifting competition will be conducted in accordance to the IWF TCRR in force. In case of translation related disagreement over the interpretation of the rules and regulations the English version 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 IWF TCRR and/or IWF Constitution.

7.1 Competitional Format

- Each NOC may enter a maximum of one (1) athlete per event.
- One medal is to be given for the Total result only. (No medal for the Snatch and the Clean and Jerk). If an athlete does not achieve a valid lift in the Snatch, they will be eliminated from the competition and cannot participate in the Clean & 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 aggregated Total weight achieved if the two types of lifts (the Snatch and the Clean and Jerk) are valid. Gold, silver and bronze medals are awarded respectively to the first three (3) places for the Total in each of events.

Delays, postponement or cancellations

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

7.2 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).

7.3 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 determination of the country. Which a competitor may represent in accordance with the By-law to Rule 41 of the Olympic Charter (Nationality of Competitors).

7.4 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 Charter and IWF TCRR in force.

IWF approved Sport Equipment will be used in the Competition, Training and Warm -Up.

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

7.5 Doping Control

7.5.1 NOCTOC under the guidance of the SEAGF Charter, will be responsible for the Anti-Doping Programme during the 33rd SEA Games. The Anti-Doping Programme will be implemented in accordance with SEAGF Charter Anti-Doping Rules and the World Anti-Doping Code and its relevant International Standards.

7.5.2 NOCTOC are responsible for providing necessary conditions for Doping Control activities at the 33rd 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.

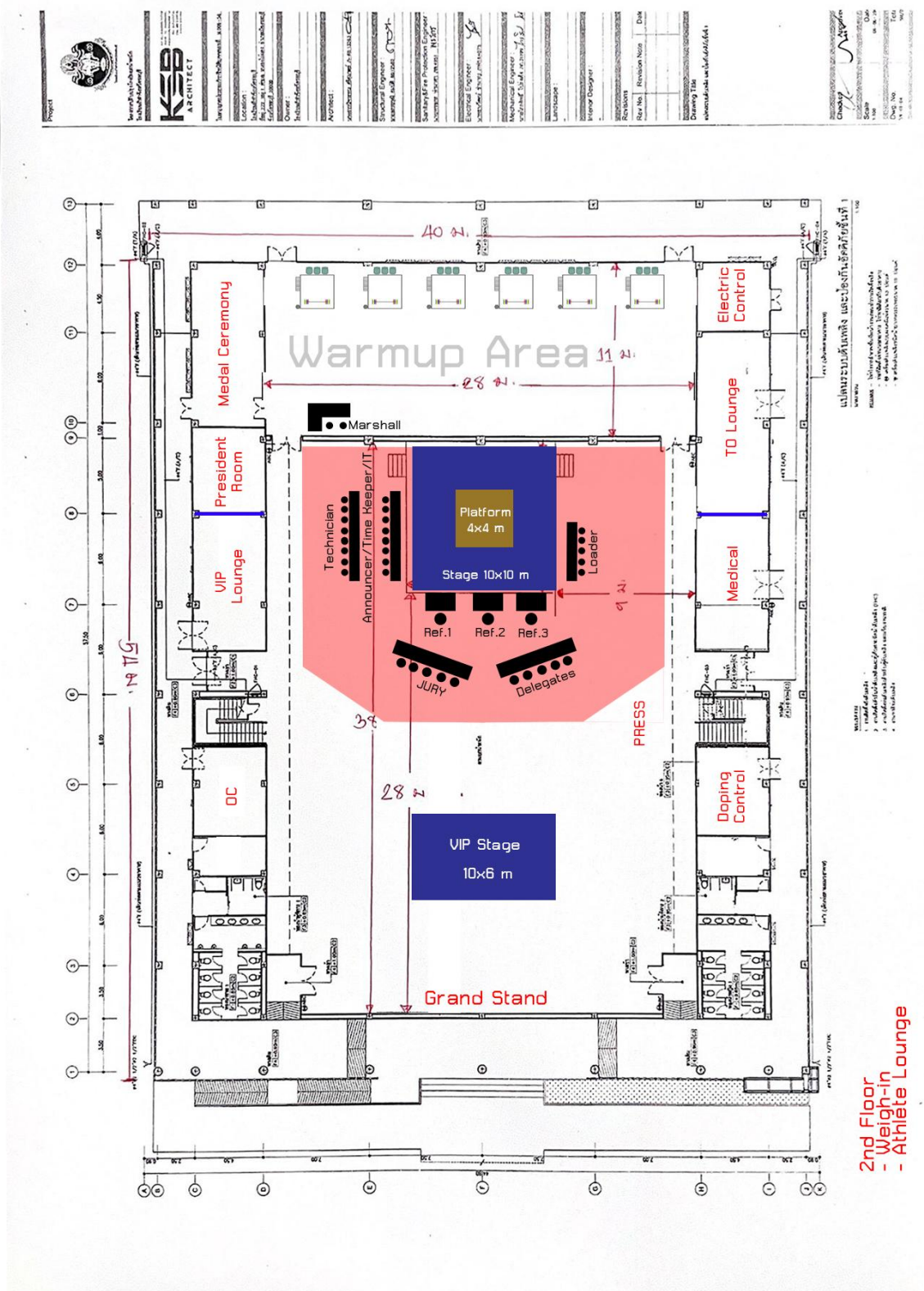
7.5.3 Doping Control Stations will be set up at the competition venue by NOCTOC, where in-competition testing will be conducted. The Test Distribution Plan and criteria for athlete selection for each sport will comply with the Doping Control protocol established by the NOCTOC and WADA

7.5.4 During the Games, all athletes are subject to doping control organized by NOCTOC. Testing or sampling can be done at any time and place without any notice.

7.5.5 WADA 2024 List of Prohibited Substances and Methods is applied in accordance with the WADA Code.

8. Competition Information

8.1 FOP LAYOUT



8.2 Records

In case a record/records is/are established in Men +94kg or Women +77kg categories which is/are equivalent to new record(s) in Men 110/+110 or Women 86/+86 categories, the IWF and Asian Weightlifting Federation (AWF) will not consider it/them as an official record(s), unless otherwise established by Youth athletes (born either on 2008 - 2010) as these bodyweight categories are not existing in Senior or Junior bodyweight categories under the IWF TCRR. Furthermore, the results established in these bodyweight categories by Senior or Junior athletes cannot be applied to the results for heavier bodyweight categories (i.e., Men 110/+110, Women 86/+86) according to IWF TCRR 8.9.

9. Approval of the Technical Handbook

This Technical Handbook was approved by the South East Asian Weightlifting Federation (SEAWF) as duly authorized by the International Weightlifting Federation (IWF), on 10th March 2025.

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



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