



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

Re: African Junior (29th Men & 24th Women) and Youth (15th Men & 14th Women) Weightlifting Championships scheduled to be held on 15-22/08/2025 in Accra, Ghana.

Dear Sir/Madam,

The Ghanaian Weightlifting Federation is very much pleased to invite your national weightlifting teams to participate in **African Junior (29th Men & 24th Women) and Youth (15th Men & 14th Women) Weightlifting Championships** scheduled to be held on 15-22/08/2025 in Accra, Ghana.

A. COMPETITION DATE AND VENUE

Dates: August 15–22, 2025

Venue: Ga Mashie Hall, Trust Sports Emporium - Accra

B. 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 2008 to 2012)

Junior: 15 – 20 years of age (from 2005 to 2010)

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

ADAMS deadlines are the following:

Q2 2025: May 17th, 2025 and **Q3 2025: June 30th, 2025.**

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

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 below stated dates.

COMPETITION EVENTS AND NEW CATEGORIES

All participants must pay attention to the following new and approved Bodyweight Categories by the IWF.

Youth:

Men: 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, +94kg

Women: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

Junior:

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

ENTRY FORMS

Preliminary Entries:

Member Federation must submit the Preliminary Long List of a maximum number of (Sixteen (16) men & Sixteen (16) women) athletes for each age group.

Preliminary entry forms should be signed and stamped from the national federations and submitted to both the Local Organizing Committee (GHA) and WFA respectively no later than **June 17th, 2025.**

The Member Federations can't add or change athletes after June 17th, 2025.

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 **June 17th, 2025.**

A maximum of eight (8) men and eight (8) women Junior and Youth 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 (8) men and (8) women Junior and Youth 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 (GHA) and WFA respectively no later than **July 17th, 2025.**

The passport copies & photos for accreditation must be returned by email to the LOC along with the final entry forms by **July 17th, 2025:**

EQUIPMENT

Sport Equipment: ZKC barbells will be used in competition and training.

TIS Result System: Approved by the 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 and passport copies for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the delegations will take place at Accra City 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:-

1. Accra City Hotel

Address: Barnes Road, Accra opposite Accra Technical University

Tel: +233302633863/+233 54 600 5389

E-mail address: info@accracityhotel.com

Level of hotel: 4 Star

Distance to Competition venue: 15 minutes' drive

Distance to Training Venue: 5 minutes' drive

2. Central Hotel

Address: 5 Julius Nyerere Avenue, North Ridge

Tel: +233302766606/ +233547736516

E-mail address: book@centralhotels.com.gh

Level of hotel: 4 Star

Distance to Competition Venue: 15 minutes' drive

Distance to Training Venue: 7 minutes' drive

The hotels will be provided from **14 to 23 August 2025 (one day prior and one day after the official competition days)** with the following normal rates:

Rats (Full Board):

a) **US\$ 150** full board per person per night for standard single rooms.

b) **US\$ 120** full board per person per night for standard twin rooms.

Accommodation forms shall state the dates and required rooms, also shall be sent with the final entries to both the Organizing Committee (GHA) and WFA respectively no later than **July 17th, 2025**.

No accommodations or accreditations will be offered to any delegation member until funds will be received in full payment to the Local Organizing Committee in cash (**No accommodation is guaranteed until full payment is received**).

Hotel «NO SHOW» Charges: If one or more delegation participants not arrive on the date specified in the accommodation & transportation forms and have not informed the LOC **15 days'** prior of the arrival date, the delegation must pay to the LOC the charge of «NO SHOW» per person equal to the accommodation fee per person per day.

If one or more participants are delayed one or more days, the delegation must pay all the days specified in the Accommodation and Transportation Form sent.

Cancellations will not be accepted after **July 31st, 2025**.

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

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.

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 **14 to 23 August 2025 (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 (LOC) 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 (LOC) 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 **Terminal 3 of the Kotoka International Airport** upon their arrival and they will be transported by shuttle bus to the hotel, and return.

COMPETITION AND TRAINING VENUES

The **competition venue** will be at the **Ga Mashie Hall of the Trust Sports Emporium** which is 15 minutes' drive from the hotels.

The **training venue** will be at the **National Weightlifting Training Center** at the Accra Sports Stadium which is seven minutes' drive from the hotels.

TRANSPORT

Local transportation will be provided from/to Terminal 3 of the Kotoka International Airport for all delegations upon their arrival and departure.

The LOC will provide local transportation between competition/training venues and hotel.

Transportation forms shall be sent with the final entries to both the Organizing Committee (GHA) and WFA respectively no later than **July 17th, 2025**, 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 INFORMATION

Please note that the Ghana Weightlifting Federation through the Ghana Immigration has granted visa waiver to all participating countries. Therefore, all participating countries should send their delegates list together with passport copies to the Ghana Weightlifting by **July 17th, 2025**.

YELLOW FEVER CERTIFICATE

A valid yellow fever certificate 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 LOC.

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

The WFA will provide the following 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.

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.

Trophies will be awarded to the best men's and women's lifters for both age groups.

Certificates of participation will be presented to all participants.

HEALTH & SAFETY

Onsite medical staff;

Designated partner hospital;

Emergency protocol in place

GENERAL INFORMATION

Electricity:

All electrical alternate current (AC) power sources in Ghana on 220/240 Volts.

Common direct current (DC) batteries (e.g., AA, AAA) are widely available, as are standard plug types.

Weather:

Average temperature in Accra from 15–22 August 2025 range between 23°C and 27°C. Expect warm, humid conditions with a chance of rain (average humidity: 84%, wind speed: 16 km/h).

Clothing Recommendations:

Participants are advised to wear Lightweight, breathable clothing.

Smoking:

Smoking is prohibited in public areas but only on designated points.

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

Attached;

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

CONTACT DETAILS

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Hon, Jerry Ahmed Shaib Esq.
President, Ghana Weightlifting Federation



TENTATIVE PROGRAM**Friday 15 August 2025**

Arrival and accreditation of delegations

Saturday 16 August 2025

10:00	12:00	13:00	17:00
WFA Committees Meeting	Verification of Final Entries	Technical Officials Meeting	WFA EB Hybrid Meeting

Sunday 17 August 2025

10:00	12:00	17:00	18:00
Medical Seminar	WFA Congress Meeting	Opening Ceremony	Competition Cat. 44 Kg & 48 Kg (Women)

Monday 18 August 2025

10:00	13:00	16:00
Competition Cat. 56 Kg & 60 Kg (Men)	Competition Cat. 53 Kg (Women)	Competition Cat. 65 Kg (Men)

Tuesday 19 August 2025

10:00	13:00	16:00
Competition Cat. 58 Kg (Women)	Competition Cat. 71 Kg (Men)	Competition Cat. 63 Kg (Women)

Wednesday 20 August 2025

10:00	13:00	16:00
Competition Cat. 79 Kg (Men)	Competition Cat. 69 Kg & 77 Kg (Women)	Competition Cat. 88 Kg & 94 kg (Men)

Thursday 21 August 2025

10:00	13:00	18:00
Competition Cat. +77 Kg & 86 Kg & +86 Kg (Women)	Competition Cat. +94 Kg & 110 Kg & +110Kg (Men)	Closing Ceremony

Friday 22 August 2025

Departure of delegations

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