



4th AFRICAN YOUTH GAMES – 2025

Weightlifting Technical Rules and Regulations



1. General Provisions

- 1.1** The Association of National Olympic Committees of Africa (ANOCA) has decided to organize the 4th African Youth Games in Luanda, Angola, from 10 - 20 December 2025, for which a specific Local Organizing Committee (LOC) has been established.
- 1.2** The Local Organising Committee (LOC), the Weightlifting Federation of Africa (WFA), and the Confederation of African Sports Olympics (CASOL) shall be responsible for organizing and conducting the Weightlifting competition during the 4th African Youth Games.
- 1.3** The competition shall be held and organized in accordance with the Technical and Competition Rules & Regulations (TCRR) and the Anti-Doping Rules of the International Weightlifting Federation (IWF).
- 1.4** The approved bodyweight categories for men and women in the competition are as follows:

Men	Women
56 kg	44 kg
60 kg	48 kg
65 kg	53 kg
71 kg	58 kg
79 kg	63 kg
88 kg	69 kg
94 kg	77 kg
+94 kg	+77 kg

1.5 The Weightlifting competition during the 4th African Youth Games shall take place over six consecutive days, from Thursday, 11th of December, to Tuesday, 16th of December 2025.

1.6 Verification of age:

1.6.1 To be eligible to participate in the 4th African Youth Games, athletes must be born between 21st of December 2008 and 31st of December 2011. Verification of participants' ages shall be the responsibility of the NOCs, which shall adopt the most appropriate methods in this respect.

1.6.2 The passport shall be considered the sole official document to prove the age and eligibility of the athlete.

2. Participation

2.1 Invitation:

All NOC's of ANOCA member countries whose National Weightlifting Federations are members of the IWF and WFA are authorized to take part in the Weightlifting competitions at the African Youth Games. Athletes participating in the competitions must hold the nationality of the country they represent and comply with the conditions and regulations established by ANOCA, CASOL, IWF, and WFA.

2.2 Total numbers of athletes:

The maximum number of athletes permitted to participate in the Weightlifting competitions, based on the quota for Weightlifting, is four athletes per country (two men and two women) affiliated with the IWF and WFA. However, countries that have not participated in women's competitions during the past four years shall have the right to participate with four men, and countries that have not participated in men's competitions during the past four years shall have the right to participate with four women.



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2.3 Entry:

For entry purpose, the NOCs shall use entry forms provided by ANOCA as following:

a. Preliminary entries:

Member Federations must submit a Preliminary (Long List) comprising a maximum of four (4) men and four (4) women athletes if participating in both genders, or a maximum of six (6) athletes of a single gender if participating in only one gender.

The preliminary entry forms should be sent by email to the Local Organizing Committee of the 4th African Youth Games and the Weightlifting Federation of Africa no later than **12th of October 2025**, which is sixty (60) days before the first day of competition, at the following email addresses:

Local Organizing Committee of the 4th African Youth Games

E-mail: info@jajangola2025.com & gustavo.conceicao@jajangola2025.com

Weightlifting Federation of Africa

E-mail: manareddin.eshelli@wfa.com.ly

b. Final entries:

Member Federations must select the final list of athletes from their Preliminary Entries (Long List).

Participation with both genders: A maximum of two (2) men and two (2) women Youth competitors may be registered, plus one (1) reserve for each gender may also be included in the final entries. However, during the verification of final entries, each country may register only two (2) men and two (2) women Youth competitors as the final entry, with no reserves.

Participation with only one gender: A maximum of four (4) Youth competitors of that gender (men or women) may be registered, plus two (2) reserves for the participating gender may also be included in the final entries. However, during the verification of final entries, each country may register only four (4) Youth competitors of that gender as the final entry, with no reserves.

The final entry forms must be sent by email to the Local Organizing Committee of the 4th African Youth Games and the Weightlifting Federation of Africa no later than **12th of November 2025**, which is thirty (30) days before the first day of competition, at the following email address:

Local Organizing Committee of the 4th African Youth Games

E-mail: info@jajangola2025.com & gustavo.conceicao@jajangola2025.com

Weightlifting Federation of Africa

E-mail: manareddin.eshelli@wfa.com.ly

3. Powers and responsibilities of ANOCA, CASOL and WFA

3.1. ANOCA and CASOL must:

- Decide the venue and date of the African Youth Games.
- Appoint and set up the local organizing committee (LOC).
- Decide on the financial aspects: including quotas, numbers of the NOC representatives, and the coverage of their costs.
- Approve the competition system in accordance with the proposal of the WFA.

3.2. WFA has to:

- Approve, jointly with ANOCA and CASOL, the Technical Rules and Regulations for the Weightlifting competitions of the 4th African Youth Games.
- Determine, jointly with ANOCA and CASOL, the technical aspects, including the competition program and the equipment to be used.
- Appoint the IWF and WFA representatives, as well as the International Technical Officials (ITOs) who will officiate at the competition.



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4. Organization

4.1 Technical meeting:

4.1.1 The Technical Meeting shall be held in a designated hall assigned for this purpose and located at the competition venue. The Technical Commission shall be responsible for convening the representatives of the participating countries to attend the meeting.

During this meeting, the bodyweight categories shall be determined, and the final confirmation of participants (Verification of Final Entries) shall take place at 10:00 a.m., twenty-four (24) hours before the start of the competitions.

Each participating country shall have the right to delegate two (2) persons to this meeting, provided that they present a mandate letter.

4.1.2 It shall be possible to change the bodyweight categories and the entry totals at latest during the Verification of Final Entries.

4.1.3 The weigh-in of each competition will take place daily and begins two (2) hours before the start of the respective group.

4.1.4 Depending on the number of participating athletes in each bodyweight category, the competition shall be organized daily for three (3) bodyweight categories for men and women, except on the final day of competition, which shall include two (2) bodyweight categories for men and two (2) bodyweight categories for women.

4.1.5 The Organizing Committee for the Weightlifting competitions during the 4th African Youth Games shall be responsible for the technical organization, in cooperation with the Technical Commission, which shall be composed as follows:

Representative of the Weightlifting Federation of Africa	Chairperson
Representative of the Local Organizing Committee	Member
Representative of the International Weightlifting Federation	Member

A country cannot have more than one representative in the Technical Commission.

4.1.6 Competencies of the Technical Commission:

- Supervise the competitions and submit periodic reports to the Control and Follow-up commission.
- Approve the final results.
- Take the necessary decisions regarding all matters submitted by the Control and Follow-up Commission or the Executive Committee of the Country.
- Coordinate with the Jury on all matters related to the success of the Weightlifting competitions.
- If the Technical Commission cannot reach a joint agreement, the Technical Commission will submit the matter to the Control and Follow-up Commission, whose decision shall be final and in force.
- Supervise the collection of samples from athletes for Anti-Doping purposes in accordance with international standards.

4.2 Technical Officials (ITOs):

4.2.1 A suitable number of International Technical Officials (ITOs) shall be appointed to officiate at the competition. Selected ITOs must not be involved in coaching or assisting any athletes during the event.



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4.2.2 The International Technical Officials (ITOs) responsible for administering the competition shall include: Jury (12 persons), competition director (1 person), referees (8 persons), technical controllers (4 persons), Chief Marshals (4 persons), speakers (2 persons), timekeepers (2 persons), IWF delegate (1 person), competition secretariat (4 persons) and competition doctors (4 persons).

4.2.3 Prior to the Technical Officials' meeting, the appointed ITOs shall be assigned to positions and groups by the Chairperson of the Technical Commission and / or the Competition Director.

4.3 Jury:

4.3.1 The Jury shall have the authority to reverse a decision when it is unanimously judged by the Jury that the Referees' decision was technically incorrect.

4.3.2 The Jury shall have the authority to reprimand and/or sanction an athlete or team official for misconduct within the Field of Play (FOP). In particular, if such misconduct, whether by actions or words, poses a threat to any Technical Official or to IWF or WFA personnel during the performance of their duties. The President of the Jury, in conjunction with the IWF or WFA President, the IWF or WFA General Secretary, or the WFA Competition Director, shall be responsible for executing the reprimand and/or sanction.

4.3.3 The Jury is not a jury of appeal, and no appeal may be lodged against its decisions.

4.4 Equipments:

4.4.1 Barbells: The IWF licensed barbells will be used in training and competition sites.

4.4.2 Results System: IWF Technology and Information System (TIS).

4.5 Sportswear and Competitions Equipment:

4.5.1 Athletes participating in the Weightlifting competitions of the 4th African Youth Games must be dressed in accordance with the IWF Technical and Competition Rules & Regulations (TCRR).

4.5.2 With regard to advertising on sports clothing, athletes, as well as the medical and technical staff of each country, must comply with the ANOCA Regulations in this respect.

4.6 Doping Controls:

4.6.1 In accordance with Article 5.5.16 of the IWF Anti-Doping Rules, the whereabouts information of the athletes shall be submitted **at a minimum of three (3) months** prior to the event. **All athletes shall submit their whereabouts information for Q3 2025 by 11th September and Q4 by 30th September 2025.**

4.6.2 Anti-Doping tests will be conducted throughout the duration of the competitions under the responsibility of ANOCA Medical Commission, in accordance with the WADA Anti-Doping Policy.

4.6.3 The appointed Doping Controller Officers (DCOs) will be responsible for selecting the athletes who will be subject to the Anti-Doping control.

4.6.4 Athletes selected for Anti-Doping control must proceed immediately to the designated testing area, unless delayed for approved reasons (e.g., victory ceremony), and must remain under continuous observation of the chaperone.

4.6.5 Any athlete who refuses to submit to an Anti-Doping control or tests positive shall be excluded and sanctioned in accordance with the IWF Anti-Doping Rules.

4.6.6 The doctors and medical staff of the Anti-Doping Commission shall collect the samples under the supervision of the Technical Commission.



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4.6.7 The Control and Follow-up Commission shall approve and publish the initial results provided by the Medical Commission.

4.7 Medal Ceremony:

The medal ceremonies shall take place immediately after the conclusion of each bodyweight categories. Medals shall be awarded respectively for the Snatch, Clean & Jerk, and Olympic Total, in accordance with the IWF Technical and Competition Rules & Regulations (TCRR).

5. Tentative Program

Thursday 11 December 2025	
12:00	13:00
Verification of Final Entries	Technical Officials Meeting

Friday 12 December 2025		
12:00	16:00	18:00
Competition Cat. 44 Kg (Women)	Competition Cat. 56 Kg (Men)	Competition Cat. 48 Kg (Women)

Saturday 13 December 2025		
12:00	16:00	18:00
Competition Cat. 60 Kg (Men)	Competition Cat. 53 Kg (Women)	Competition Cat. 65 Kg (Men)

Sunday 14 December 2025		
12:00	16:00	18:00
Competition Cat. 58 Kg (Women)	Competition Cat. 71 Kg (Men)	Competition Cat. 63 Kg (Women)

Monday 15 December 2025		
12:00	16:00	18:00
Competition Cat. 79 Kg (Men)	Competition Cat. 69 Kg (Women)	Competition Cat. 88 Kg (Men)

Tuesday 16 December 2025			
10:00	12:00	16:00	18:00
Competition Cat. 77 Kg (Women)	Competition Cat. 94 Kg (Men)	Competition Cat. +77 Kg (Women)	Competition Cat. +94 Kg (Men)

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