



2016 COMMONWEALTH SENIOR, JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS

Penang-Malaysia, October 25-29, 2016

REGULATIONS

The 2016 Commonwealth Senior, Junior and Youth Weightlifting Championships this year will be held in the city of Penang, Malaysia. Below you will find relevant information regarding the Championships.

PLEASE NOTE: With regards, to the Commonwealth Youth Championships – this event will run in conjunction with the YOUTH WORLD CHAMPIONSHIPS. At the conclusion of the Youth World Championships and at its closing function, medals will be awarded for the Commonwealth Youth winners – for the total only.

Also please take note that you must use the entry forms for the IWF Youth World Championships to register your youth lifters. These will automatically register your youth lifters for the Commonwealth Youth Championships as well.

The CWF will not be sending Commonwealth Youth entry forms.

If any Youth lifters are entered in the Commonwealth Junior and Senior divisions - then the results from the Youth World Championships will be registered also in the Commonwealth Junior and Senior divisions. In other words youth lifters will not be lifting twice.

Competition Rules and Regulations

The 2016 Commonwealth Senior, Junior and Youth Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

Terms and Condition of Participation

Accredited participants (athletes, Team Officials, Technical Officials (TOs) media, guests, etc.): Should acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP)

- Should abide by all reasonable directions given by the CWF, the Organizing Committee (OC), TOs
- Should participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk
- Should undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages
- Are responsible for all property they bring into the Event and that the CWF and/or OC shall have no responsibility in any loss or damage of this property
- Acknowledge and agree that neither the CWF nor the OC shall arrange any insurance connected with the participation in the Event
- Should irrevocably release CWF and OC (and their respective members, officers, employees, etc.) 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) if they are minors

Eligibility

- Participating youth athletes must have been born between 1999 and 2003.
- Junior and Senior athletes must be 15 years of age and over.
- With reference to Article 5.6.4 of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered testing pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least 2 months before the event in question. The Athletes who do not comply with this provision are not eligible to compete.
- Only competitors of member federations that has no arrears towards the IWF are eligible to participate.

Competition Categories Senior & Juniors:

IWF Categories for Men and Women.

Men: 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105Kg +105kg **Women:** 48kg, 53kg, 58kg, 63kg, 69kg, 75Kg, +75kg

IWF Categories for Youth Men and Women

Men: 50Kg ,56 Kg,62 Kg ,69Kg ,77 Kg ,85 Kg ,94 Kg ,+94Kg. **Women** 44Kg ,48Kg ,53Kg ,58Kg ,63Kg,69Kg , +69Kg

Deadlines

The final entry forms for Senior and Junior must be returned to the Organizing Committee and the CWF **no later than September 25, 2016** With this final entry you must include the accommodation form and transport form.

Awards

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in the **total only**. Trophies will be awarded to the top three teams for men and women. Best overall lifter trophies will be awarded, for men and women.

Transport

Local transport will be provided by the Organising Committee from Penang International airport to hotel upon the arrival of delegations. Plus transport will be made available from hotel to competition and training venue. **PLEASE NOTE:** If you arrive in Kuala Lumpur International airport, it will be your responsibility to make your own way to Penang.

Competition Venue

The competition venue will be "SPICE" (formerly known as PISA) an indoor stadium in Penang.

Training Venue

Training will also be at 'SPICE' and will be available for training from October 16th, 2016

Barbells/Weights Equipment

ZKC equipment will be used at these Championships.

Doping Control

Doping Control will be conducted in accordance with the IWF Anti-Doping Policy.

Accreditation

The accreditation process will take place in the Accreditation Office, located at the Equatorial Hotel.

Please note that accommodation shall be paid in full upon arrival at the Organising Committee accreditation desk.

We cannot provide Accreditation or Accommodation or credentials to any member of your delegation until you have paid all Entry Fees and Accommodation Fees for the entire stay. The hotel will not give any room (check-in) until the payment at the Organizing Committee Office has been confirmed and done.

For a quick Accreditation process, we kindly ask you to send via e-mail, along with the Final Entry Form, a colour digitalized photo, passport size,

Cash Payment

Payments must be paid in cash in USD dollars upon your arrival. No direct payments to the hotels are accepted. Payments may also be made by electronic transfer. This must be done 15 days prior to your arrival. The bank details for this transaction are as follows:

Bank details

Beneficiary : Penang Amateur Weightlifting Association

Add : Ground Floor Dewan Badminton PBA, Bukit Dumbar, Jelutong, 11600 Georgetown, Pulau Pinang, Malaysia.

Tel : +6 04 6599 080 Fax : +6 04 6599 082

Bank : CIMB Bank Berhad

Add : 1 Jalan Dr Lim Chwee Leong, 10100 Georgetown, Pulau Pinang, Malaysia. Tel : +6 04 2620 021

Account No. : 800 384 8558 Swift Code : CIBBMYKL

Insurances

Member Federations must undertake full moral and financial responsibilities for their delegates regarding their health and in case of accidents or damages.

Financial Condition

An Entry Fee of **USD\$50** per person - must be paid by each delegation for all of their athletes and officials. **(please note that all lifters competing in the YOUTH WORLD CHAMPIONSHIPS and pay USD\$200 as per IWF rules – will be exempt from the USD\$50 entry fee for the Commonwealth Championships.)**

Accommodation

Accommodation will be at the **Hotel Equatorial (5*)**.

The cost per **triple room (per person per night)** is **US\$105 .00** this includes full- board (Breakfast, lunch and dinner)

The cost per **twin room (per person per night)** is **US\$120 .00** this includes full- board (Breakfast, lunch and dinner)

The cost per **single room (per person per night)** is **US\$140 .00** this includes full- board (Breakfast, lunch and dinner)

A minimum stay of 3 (three) nights is required for all participants.

Legal Points of Entry to Penang

The main gateway to Penang is Penang International airport. At a distance of 400KM from Kuala Lumpur. Approx. 1 hour by plane from Kuala Lumpur. The direct flight to Penang can come from Kuala Lumpur , Singapore , Bangkok, Hong Kong and southern airline from China.

Travelling Documents

Travelling to Malaysia is very easy. The documentation required is a valid passport.

Visas

Most Commonwealth countries do not require visa for the short period of stay. However other countries will require visas and therefore we ask each delegation to check if visas are required for their country. (Please note that no visas will be issued at airport)

Departure Tax

There is no departure tax in Malaysia .

Health Insurance

As per IWF Technical and Competition Rules, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, but it is not possible for delegations to purchase health insurance in Penang. Proof of insurance should be presented at accreditation checkpoints.



Hotel Equatorial - 5 star hotel in Penang



The grand ballroom the venue for the IWF Congress



The competition venue SPICE indoor stadium in Penang



The dining hall – The Penang Golf Club adjoined next to the Equatorial hotel.

General Information

Malaysia is situated latitude 1°38'-7°...& Longitude 100°22'-103°75' Total land area is 329750 sq.km. The country is dominated by rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands.

Population

The population of Malaysia is approximately 25.6 million people. Malaysia is a multicultural society with Indian, Europeans, Asian, and other communities. **Kuala Lumpur** is the capital of Malaysia

Penang is the host city.

Situated...Latitude 5°8'-5°35'...& Longitude 100°8'-100°32', Population of Penang is 1.5 million. Land Area 1046km²

Currency and Banking Facilities

Malaysia has its own currency – **RM**. One (1) RM is at present approximately USD 30cents. All credit cards are welcomed by all hotels, restaurants, shops, rental cars, etc.

Time

Malaysia time is 8 hours ahead of Greenwich Mean Time.

Official Languages

Malay is the official language in Malaysia. Other spoken languages are English, Mandarin, Tamil.

Religion

The main religious denominations in Malaysia is Islam. Others are Christianity, Buddhism, Hinduism & Sikh.

Electricity

Electricity supply in Malaysia runs on 220V.

Climate and Seasons

Malaysia is a tropical region. There is humidity 70%-80% and the temperature averages during the day 28 to 30 degrees Celsius and at night 22 to 24 degrees Celsius. Visitors to Malaysia should bring light weight summer clothing.

Health

Malaysia is free from malaria and major tropical disease that are endemic in some tropical countries.

Emergency Medical and Dental Care

General Hospital is available as well as a private hospital.

Telephones

Direct dial phone service is available between Malaysia and all countries of the world. International calls may be placed from any private or public phone.

WELCOME TO PENANG



On the 7th July, 2007, George Town's – Penang rich living heritage, culture and history was officially recognised when the World Heritage Committee in Quebec City, Canada, officially inscribed the city as a UNESCO World Heritage Site.

Jointly listed with Melaka, George Town was acknowledged as having developed over 500 years of trading and cultural exchanges between East and West in the Straits of Malacca.

The influences of Asia and Europe have endowed the town with a specific multicultural heritage that is both tangible and intangible. Featuring residential and commercial buildings, George Town represents the British era from the end of the 18th century

The Organising Committee will run daily sightseeing tours during the Championships for all delegations at no charge.

Paul Coffa MBE

Tournament Director

General Secretary

Commonwealth Weightlifting Federation

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