



IWF Grand Prix
1st International Fajr Cup



Qualification Event for the Games of the XXXI Olympiad
in Rio de Janeiro in 2016

30 May to 2 June 2016, Tehran, IRAN

1. Competition Regulations

Competitions will be held in accordance with IWF Constitution and By-Laws, and IWF Technical and Competition Rules & Regulations.

2. Accommodations

Will be covered by Iran Weightlifting Federation for participating athletes maximum 4 from each country. If the number of athletes exceeds from 4 persons, the extra athletes should pay the related expenses of their accommodation and full board during the competitions.

The official Accommodation: Olympic Hotel

Address: West Boulevard of Azadi Sport Complex, Karaj Highway, Tehran ,Iran.

3. Competition & Training Venue

“Weightlifting Hall of Azadi Sport Complex”, Tehran

4. Bodyweight categories **Men:** 85 kg, 94 kg, 105 kg, +105 kg

5. Number of invited athletes in each bodyweight category: 8-12

6. Number of invited ITOs: 15

7. Eligibility of invitation & participation

7.1 The tournament will be held in individual and team placing.

7.2 Only the Members of National Team are allowed to participate in the event.

7.3 In each bodyweight category maximum 12 athletes are allowed to compete:

- 2 athletes/bodyweight category (but maximum 8 athletes) representing Iran upon approval by the President of Iranian Weightlifting Federation

8. Quota of Team Officials

8.1- For each Federation:

3-4 athletes, 1 coach 1 official (TO)

1-2 athletes – 1 coach

8.2- For Iran Team: 8 athletes (Men) maximum, Head of the team, 1 coach, 4 doctors, 1 Masseur

9. Methodology and Training Science & Anti-Doping Course

Iran Weightlifting Federation will cover all internal expenses, including local transportation, accommodation (room and full board) for all participants. Certificate will be presented to participants at the end of classes.

The schedule of above-mentioned courses is available at the end of this document . The lecturers will be appointed by IWF and will provide the most up-to-date information and state-of-the-art methods on Methodology of Training Science and Anti-Doping matters to the participants to increase their level of knowledge and skills .

10. Accreditation

The accreditation of delegates will be performed in the hotel mentioned above upon arrival.

Remark: A copy of the passport and passport photos in color shall be submitted when you send your final entry forms (athletes and officials).

11. Entries

Preliminary Entry Forms must be sent back both to the Iran Weightlifting Federation (iriwf@iriwf.org) and the International Weightlifting Federation (matyas.lencser@iwfnet.net) before 1st of April 2016.

Final Entry Forms must be sent back both to the Iran Weightlifting Federation (iriwf@iriwf.org) and the International Weightlifting Federation (matyas.lencser@iwfnet.net) prior to 25th of April 2016.

Arrival/Departure Form must be sent back to the Iran Weightlifting Federation (iriwf@iriwf.org) before 25th of April 2016

Team Accommodation Form must be sent back to the Iran Weightlifting Federation (iriwf@iriwf.org) before 25th of April 2016

12. Sport Equipment

IWF approved sport equipment will be provided and used during the competitions.

13. Doping control

Doping control shall be carried out in accordance with the IWF Anti-Doping Policy.

14. Financial conditions

14.1 Iran Weightlifting Federation will cover the following costs for all invited athletes, two team officials maximum (according to the paragraph 8.1 of the present regulations),

- Return flight tickets (Economy Class);
- Accommodation in the **Olympic Hotel** from 29/30 May to 3 June 2016 ;
- Three meals per day
- Accreditation

14.2 The financial conditions for Federations that enter the athletes at their own expenses will be as follows:

Single room fee: \$ 140 / person / night

Double room fee: \$ 120 / person / night

Local Transfer: is free of charge and will be provided by the Organizing Committee

15. Transportation

The Iranian WF will provide airport transfer & transportation means for all participants upon their arrival from Imam Khomeini International Airport to Hotel and Venue of the competition and back.

16. Technical Officials

If the appointed Technical Officials (Juries, Referees, Technical Controllers, Chief Marshal, Doctor-on-Duty, The competition Secretary, Time Keepers, maximum 15 persons) are from your Federation and country, all expenses of these 15 TO's during the competition will be covered by Iran WF including the return flight ticket (from your country to Tehran and back).

17. Insurance

Member Federations participating in the Championships will undertake full financial responsibility of their athletes and officials and do so at their own risk. All participating Federations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness and in case of accidents or damages

18. Visa

Federations who require entry visa to the Islamic Republic of Iran must fill in the Visa Application Form per attached and send it back, together with the passport copy of each applicant, no later than 25th of April 2016 to the Iranian Weightlifting Federation, who will prepare the Visa Support Letter and send it back to the participating teams.

VISA APPLICATION FORM

1) Personal Information

(Names should be written the same as in passport)

Surname:

First Name:

Sex:

Date of Birth: Day: Month : Year :

Place of Birth (city or town):

Country of Birth:

Citizenship:

Passport Type:

Passport Number:

Issuance Date of the passport (Day/ Month /Year):

Place of issuance of the passport:

Expiration Date of the passport (Day/Month /Year):

1) **Marital status & related information:**

Single? Yes /No:

Married? Yes/No:

If married, Spouse's full name:

2) Travel Details:

Planned date of arrival in Iran :

Planned date of departure from Iran:

3) Additional Information:

Have you already visited Iran ? Yes _____ or No _____

If yes ,when ?

Accompanied Persons (persons travelling together and included in applicant's passport):

4) Work or Home address:

Your Occupation: _____ (Athlete , Coach , Official , Doctor or.....)

Your Place of work and its full address:

Tel: **Email:**

Your home Address and Phone Number:

19. Flag and Anthem

Each delegation participating in the competition should bring its national flag sized 100x150 cm, and national anthem on CD. This must be submitted upon arrival/accreditation.

20. Awards

- **Gold, Silver and Bronze medals** will be awarded to the first three winners in the Snatch, Clean & Jerk and Total in each bodyweight category. **Team Cup** and **Trophies** will be awarded to the first three winner teams.
- In accordance with Sinclair table, best 3 athletes will be awarded with Prize money as follows:

First place:	5000 USD
Second place:	3000 USD
Third Place:	2000 USD

Any athlete setting up a new Senior World Record will be awarded with Prize money as follows:

Snatch:	3000 USD
Clean & Jerk:	3000 USD
Total:	6000 USD

Participants are awarded with diploma at the end of the tournament.

21. General Information

Average Temperature in Tehran during Championships:

Electricity: 220V, 50Hz.

22. Contact

If you have any questions don't hesitate to contact us at

Tel: (+9821) 44701742, (+9821) 44701637, (+98) 912 4780513 & (+98) 935 2780513

E-mail: iriwf@iriwf.org

COMPETITION & COURSES SCHEDULE

Day	Date	Hour	Event
Monday	30 May 2016	-----	Arrival & accreditation of delegates
		16:00	Technical Meeting & Final Verification
Tuesday	31 May 2016	10:00-12:00	Methodology of Training Science course
		15:00-17:00	Men 85 kg
Wednesday	1 June 2016	10:00-12:00	Anti-Doping Course
		14:00-16:00	Men 94 kg
		16:30-18:30	Men 105 kg
Thursday	2 June 2016	10:00-12:00	Methodology of Training Science course
		15:00-17:00	Men +105 Kg
		19:00	Closing Ceremony/ Banquet
Friday	3 June 2016	-----	Departure of delegates

Note1: Each country can bring two participants to attend the Methodology of Training Science course whose accommodation, full board and local transportation will be provided by Iran WF except the extra persons whose accommodation, full board and local transportation expenses should be covered by their NF or country. The return ticket of all participants for training course should be covered by themselves or their NF. If anyone arrives earlier than 30th of May or departs later than the 3th of June mentioned in the schedule of Methodology of Training Science course, they should cover the related costs by themselves.

Note2: Certificate will be presented to those participants attending the educational workshops and training courses.

PRELIMINARY ENTRY FORM

National Weightlifting Federation of

No.	Category	Name of athletes		Date of Birth	Passport Number	Entry Total
1						
2						
3						
4						
5						
6						
7						
8						

No	Name of Officials	Function	Date of Birth	Passport Number	Entry Total
1					
2					
3					

President / General Secretary..... Signature:

Date:

This form must be returned by 1st of April 2016 to the I.R. of Iran Weightlifting Federation (IRIWF)

Weightlifting Hall, Azadi Sport Complex

Tel/Fax: (+9821) 44701742

Email: iriwf@iriwf.org

FINAL ENTRY FORM

National Weightlifting Federation of

No.	Category	Name of athletes		Date of Birth	Passport Number	Entry Total
1						
2						
3						
4						
5						
6						
7						
8						

No.	Name of Officials	Function	Date of Birth	Passport Number	Entry Total
1					
2					
3					

President / General Secretary..... Signature:

Date: -----

This form must be returned by 25th of April 2016 to the I.R. of Iran Weightlifting Federation (IRIWF)

Weightlifting Hall, Azadi Sport Complex

Tel/Fax: (+9821) 44701742

Email: iriwf@iriwf.org

ARRIVAL/DEPARTURE FORM

National Weightlifting Federation of

No.	Full name of delegates	Arrival Date and time	Arrival Flight Number	Departure Date and time	Departure Flight Number
1					
2					
3					
4					
5					
6					
7					
8					

TEAM ACCOMMODATION FORM

National Weightlifting Federation of

Date	Single room	Double room
29 May 2016		
30 May 2016		
31 May 2016		
1 June 2016		
2 June 2016		

President / General Secretary..... Signature:

Date:

This form must be returned by 25th of April 2016 to the I.R. of Iran Weightlifting Federation (IRIWF)

Weightlifting Hall, Azadi Sport Complex

Tel/Fax: (+9821) 44701742

Email: iriwf@iriwf.org

MEDIA & PHOTOGRAPHER FORM

National Weightlifting Federation of

Name of the participant's country

No.	Full name	Arrival Date and time	Arrival Flight Number	Departure Date and time	Departure Flight Number
1					
2					
3					
4					

President / General Secretary..... Signature:

Date:

This form must be returned by 25th April 2016 to the I.R. of Iran Weightlifting Federation (IRIWF)

Weightlifting Hall, Azadi Sport Complex

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