

# Technical Handbook



6<sup>th</sup> Asian Indoor and Martial Arts Games

*Bangkok - Chonburi*

**2021**

## **WEIGHTLIFTING**



weight-lifting



## 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	<a href="mailto:iwf@iwf.sport">iwf@iwf.sport</a>
Web	<a href="http://www.iwf.sport">www.iwf.sport</a>

#### B. Asian Weightlifting Federation (AWF)

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

#### C. Thai Amateur Weightlifting Association (TAWA)

President	Mr.Prachaya Keeratinant
Secretary General	Gen. Wisut Dechsakul
Address	20 <sup>th</sup> Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand
Phone	+66 2170 9461
Email	<a href="mailto:tawa@tawa.or.th">tawa@tawa.or.th</a>
Web	<a href="http://www.tawa.or.th">www.tawa.or.th</a>



## II. Technical Delegate

Name Dr. Niwat Limsuknirun  
Address 154 Rama I Rd., Phaya Thai, Bangkok 10400, Thailand  
Phone +66 8 1840 8787  
Email Niwat\_l12@hotmail.com

## III. Operation Manager

Name AM. Wattanachai Jaroenrattana  
Address 20<sup>th</sup> Fl., 286 Sports Authority of Thailand Building,  
Ramkhamhaeng Rd., Bangkok, Bangkok 10220, Thailand  
Phone +66 8 1905 5407  
Email tawa@tawa.or.th

## IV. Competition Manager

Name Mr. Sompote Yimploy  
Address 20<sup>th</sup> 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 Ms. Sirilak Thatman  
Address 4, Mitmitree Rd., Din Daeng Sub District, Din Daeng District,  
Bangkok 10400, Thailand  
Phone +66 8 6338 6859  
Email sisp1975@hotmail.com



### 1. Dates

Weightlifting (WLF) competition for the 6<sup>th</sup> Asian Indoor and Martial Arts Games 2021 will be held in from 22 to 26 November 2024.

### 2. Venues

Pacific Park Sriracha (Pacific Hall,4<sup>th</sup> Floor), Chonburi,Thailand

Distance from the Suvarnabhumi International Airport: 92 kilometres / 1:30 hours.

- Training Venue:

Pacific Park Sriracha Pacific Park Sriracha (Car Park / Ground Floor), 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	45 kg	✓	
2	49 kg	✓	
3	55 kg	✓	
4	59 kg	✓	
5	71 kg	✓	
6	81 kg	✓	
7	+81 kg	✓	
8	55 kg		✓
9	61 kg		✓
10	67 kg		✓
11	73 kg		✓
12	89 kg		✓
13	102 kg		✓
14	+102 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 category.

### 4. Competition Schedules

Date	Time		Events			
20 Nov 2024	10.00		Technical Official's Meeting			
21 Nov 2024	16.00		Team Manager's Meeting and Final Verification			
22 Nov 2024	Weigh - in	Competition	Gender	Category	Group	Remark
	07.00 – 08.00	09.00 – 11.00	Women	45,49 kg	B	
	09.00 – 10.00	11.00 – 13.00	Men	55 kg	B	
	11.30 – 12.30	13.30 – 16.00	Women	45 kg	A	Medal Ceremony
	14.00 – 15.00	16.00 – 18.30	Men	55 kg	A	Medal Ceremony
	16.30 – 17.30	18.30 – 21.00	Women	49 kg	A	Medal Ceremony
23 Nov 2024	07.00 – 08.00	09.00 – 11.00	Men	61,67 kg	B	
	09.00 – 10.00	11.00 – 13.00	Women	55,59 kg	B	
	11.30 – 12.30	13.30 – 16.00	Men	61 kg	A	Medal Ceremony
	14.00 – 15.00	16.00 – 18.30	Women	55 kg	A	Medal Ceremony
	16.30 – 17.30	18.30 – 21.00	Men	67 kg	A	Medal Ceremony
24 Nov 2024	07.00 – 08.00	09.00 – 11.00	Women	71 kg	B	
	09.00 – 10.00	11.00 – 13.00	Men	73 kg	B	
	11.30 – 12.30	13.30 – 16.00	Women	59 kg	A	Medal Ceremony
	14.00 – 15.00	16.00 – 18.30	Men	73 kg	A	Medal Ceremony
	16.30 – 17.30	18.30 – 21.00	Women	71 kg	A	Medal Ceremony
25 Nov 2024	07.00 – 08.00	09.00 – 11.00	Men	89 kg	B	
	09.00 – 10.00	11.00 – 13.00	Women	81, +81 kg	B	
	11.30 – 12.30	13.30 – 16.00	Men	102 kg	B	
	14.00 – 15.00	16.00 – 18.30	Men	89 kg	A	Medal Ceremony
	16.30 – 17.30	18.30 – 21.00	Women	81 kg	A	Medal Ceremony



Date	Time		Events			
	Weigh - in	Competition	Gender	Category	Group	Remark
26 Nov 2024	07.00 – 08.00	09.00 – 11.00	Men	+102 kg	B	
	09.00 – 10.00	11.00 – 13.00	Men	102 kg	A	Medal Ceremony
	11.30 – 12.30	13.30 – 16.00	Women	+81 kg	A	Medal Ceremony
	14.00 – 15.00	16.00 – 18.30	Men	+102 kg	A	Medal Ceremony
	28 Nov 2024	Departure				

## 5. Entries

### 5.1 Eligibility

5.1.1 To be eligible for participation in the 6th Asian Indoor and Martial Arts Games, a competitor must comply with the latest Technical and Competition Rules of & Regulations (TCRR) of the International Weightlifting Federation (IWF), the Olympic Council of Asia (OCA) 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.olympic.org/media/Document%20Library/OlympicOrg/General/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 6th Asian Indoor and Martial Arts Games shall be resolved in accordance with OCA 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 2009 or earlier).

5.1.4 In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2023, whereabouts information of the athletes shall be submitted at a minimum of three (03) months prior to the Games. Athletes who wish to compete at the 6th Asian Indoor and Martial Arts Games shall submit their whereabouts information for the period outlined above at the latest on the 22 August, 2024

### 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 **15 June 2024** 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 **15 August 2024** 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**

6<sup>th</sup> Asian Indoor and Martial Arts Games, Bangkok-Chonburi 2021

AIMAG Coordination Center, 6<sup>th</sup> Floor, Sports Authority of Thailand

286 Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240 THAILAND

Email: Sportstechnical.aimag2021@gmail.com

#### **Technical Officials**

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

- International Technical Officials (ITOs)  
AWF as duly authorized by IWF, shall appoint Technical Delegate and the International Technical Officials (ITOs). The names shall be listed by AWF approved by NOCTOC.  
NOCTOC will cover domestic and international transportations, accommodations and duties for the ITOs.
- National Technical Officials (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: 20 November 2024

Time: 14:00 hours.

Venue: Pacific Park Sriracha(Pacific Hall,4th Floor), Chonburi,Thailand

### Team Managers Meeting

Date: 21 November 2024

Time: 16:00 hours.

Venue: Pacific Park Sriracha(Pacific Hall,4th Floor), Chonburi,Thailand

## 7. Competition Procedures, Rules and Regulations

### 7.1 Competition procedure and format

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:

7.1.1 General issues: To be resolved in accordance with the OCA Charter and Rules

7.1.2 Technical issues: to be resolved in accordance with IWF TCRR and/or IWF Constitution.

### 7.2 Competitional Format

- Each NOC may enter a maximum of one (1) athlete per category.
- One medal is to be given for the Total result only. (No medal for the Snatch and the Clean and 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 the bodyweight categories.

### **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.



### 7.3 Protest and Appeals

The procedure to challenge the Referees' / Jury's decisions can be only under the IWF TCRR 3.3.7, Video Playback Technology (VPT).

### 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 OCA 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 OCA and NOCTOC.

### 7.5 Doping Control

7.5.1 NOCTOC under the guidance of the OCA, will be responsible for the Anti-Doping Programme during the 6th Asian Indoor and Martial Arts Games. The Anti-Doping Programme will be implemented in accordance with OCA 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 6th Asian Indoor and Martial Arts 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 subjected to for the Anti-Doping Programme that is organized by NOCTOC. Testing or sampling can be done at any time and place without any notice

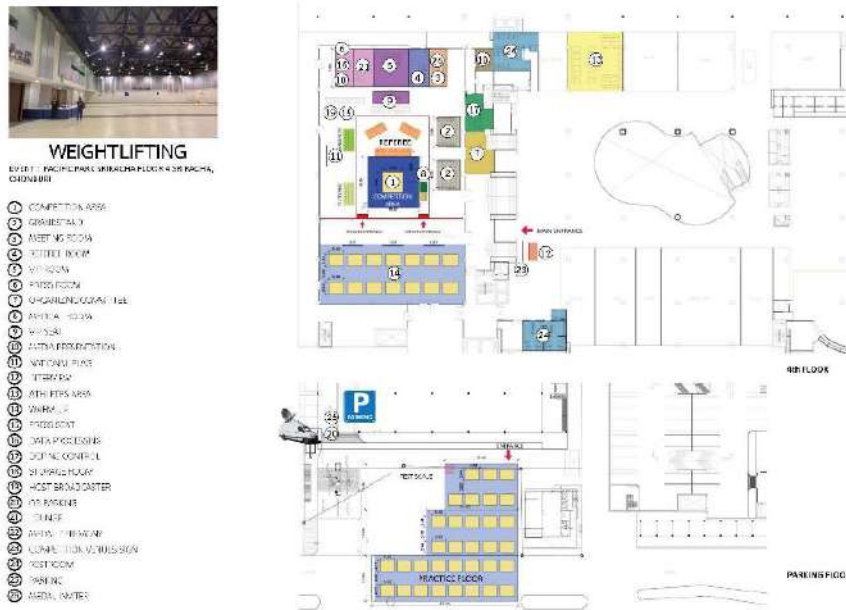
7.5.5 WADA 2023 List of Prohibited Substances and Methods is applied in accordance with the WADA Code.

#### 7.5.6 Covid-19 Health Protocol

During the Games, the Weightlifting Competitions shall adopt the COVID-19 Epidemic control protocols approved by NOCTOC.



## 8. Competition Information (\*To be modified layout later)



\*Warm-up platforms may be changed from 14 to 10 floors,

\*\*The training venue should be replaced from outside parking area.

### 8.2 Records

In case a record/records is/are established in Men +102kg or Women +81kg categories which is/are equivalent to new record(s) in Men 109/+109 or Women 87/+87 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 2007, 2008, 2009, 2010, 2011) 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 109/+109, Women 87/+87) according to IWF TCRR 8.9.

## 9. Approval of the Technical Handbook

This Technical Handbook was approved by the Asian Weightlifting Federation (AWF) as duly authorized by the International Weightlifting Federation (IWF), on 19 October 2023.

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