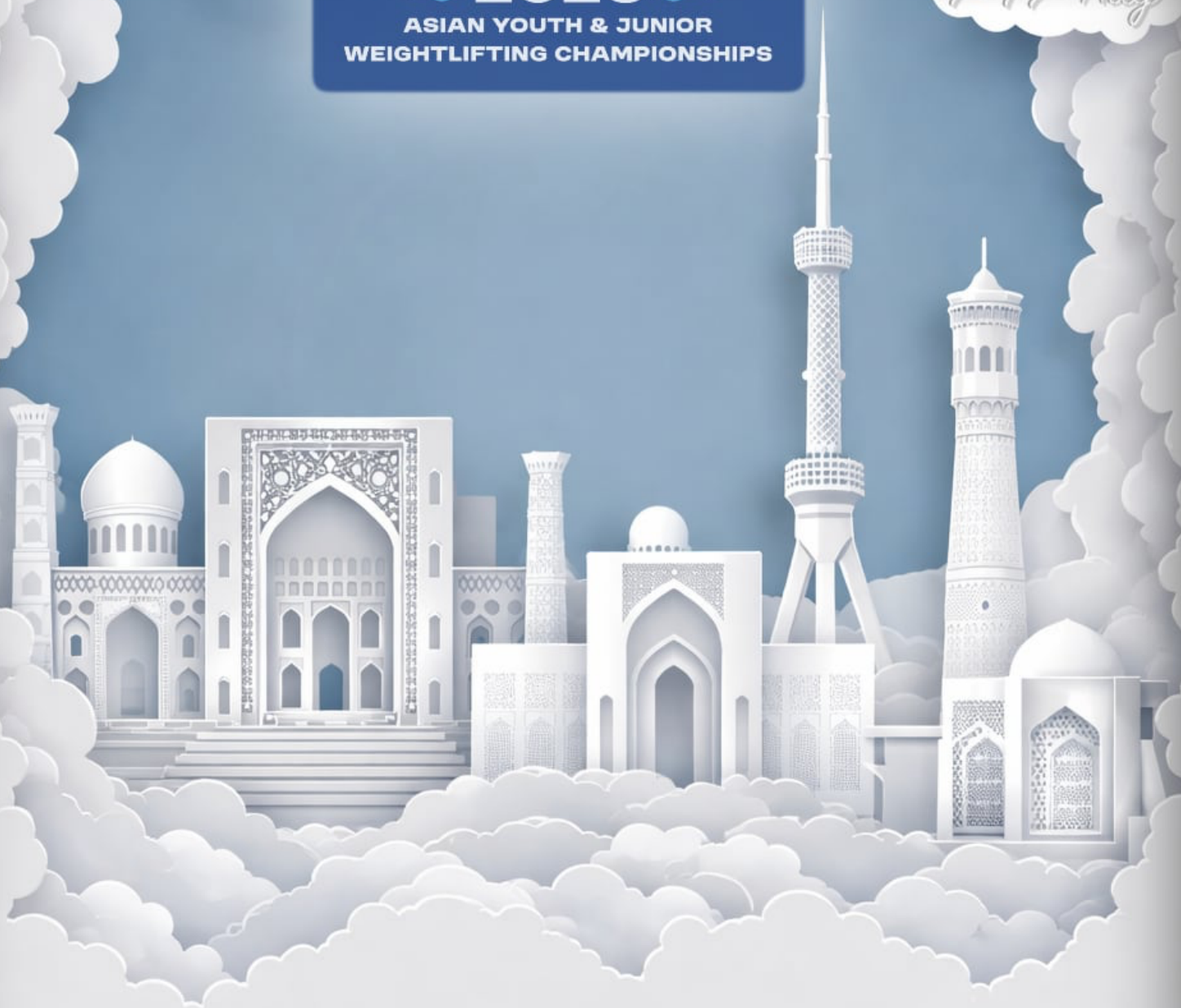




7-14 Avg



REGULATIONS



INVITATION

To the President/General Secretary of AWF Affiliated National Weightlifting Federation/Association

The Uzbekistan Weightlifting Federation has the honour to invite you to the 2026 Asian Youth & Junior Weightlifting Championships, which will take place in Tashkent, Uzbekistan, from 07–14 August 2026.

I am honoured that, under the leadership of AWF President Mohamed Yousef Al-Mana and IWF President Mohammed Jalood, the Asian Weightlifting Federation has entrusted us with the organisation of this prestigious continental event.

The Championships will be staged in Tashkent, a city that has become a true global hub for weightlifting, having successfully hosted the 2021 IWF World Junior Championships, 2021 IWF World Championships and numerous Asian Championships. Our ambition is that all participants enjoy a spectacular and memorable experience, supported by our world-class infrastructure and the warm hospitality of our people.

Uzbekistan is extremely proud of its weightlifting heritage, epitomized by our champions like Akbar Djuraev, the Olympic Champion at Tokyo 2020 and silver medallist at the Paris 2024 Olympic Games. His consistent world-record performances and the recent opening of the Akbar Djuraev Weightlifting School in Tashkent demonstrate our unwavering commitment to the future of our sport. We aim to use these Championships to showcase the rising talent of Asian youth and junior lifters and further strengthen the ties within our sporting family.

We assure you that we will do our very best to organise a superb event in excellent venues, delivering exciting performances based on fair play, and creating lasting memories and friendships.

We look forward to welcoming you to Tashkent.

Warm regards,

Makhmudov Shakhrillo

First Vice-President of the Uzbekistan Weightlifting Federation

Deputy Minister of Sports of Uzbekistan



SUMMARY OF DEADLINES

DEADLINES	ACTIONS TO BE UNDERTAKEN BY THE MEMBER FEDERATIONS
07 May 2026	• Preliminary entries of athletes to be uploaded into the AWF Online Entry System (a-entry.com)• Whereabouts information of the athletes to be submitted (Q2 2026)
30 June 2026	• Whereabouts information of the athletes to be submitted (Q3 2026)
07 July 2026	• Final entries of athletes and coaches to be confirmed in the Online Entry System (a-entry.com) • Submission of the Accommodation & Transportation Form into the online registration platform (sems.uz) • Submission of Passport Copies, Photos for Accreditation into the online registration platform (sems.uz) • Declaration of "No-Show" into the online registration platform (sems.uz) (otherwise they will be charged) • Accommodation, Entry & Transportation fees to be transferred to the Bank Account of the LOC • Media representatives Applications
24 July 2026 (during 24 hours)	• Verification of Final entries to be confirmed in the Online Entry System (a-entry.com)



TECHNICAL REGULATIONS

2026 ASIAN YOUTH & JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

Tashkent, Uzbekistan | 07 - 14 August 2026

1. COMPETITION DETAILS & ELIGIBILITY

The Championships will be conducted in accordance with the IWF Technical and Competition Rules & Regulations (TCRR).

1.1 Age Groups

- Youth: 13-17 years of age (Born 2009-2013).
- Junior: 15-20 years of age (Born 2006-2011).

1.2 Bodyweight Categories

Group	Male Categories (kg)	Female Categories (kg)
Youth	55, 60, 65, 70, 75, 85, 95, +95	45, 49, 53, 57, 61, 69, 77, +77
Junior	60, 65, 70, 75, 85, 95, 110, +110	49, 53, 57, 61, 69, 77, 86, +86

1.3 Awards & Equipment

- Awards: Gold, Silver, and Bronze medals for Snatch, Clean & Jerk, and Total in each category. Trophies for Best Lifters (M/F) and Top 6 Teams. Based on the AWF Team Classification.
- Equipment: IWF Official Barbell Supplier equipment will be used for both competition and training.

2. DATES & VENUES

- Competition Dates: 07 - 14 August 2026
- Location: Tashkent, Uzbekistan
- Venue & Training: The Complex of Martial Arts, New Uzbekistan Olympic Town.

3. REGISTRATION SYSTEMS & DEADLINES

All participants must use the official digital platforms. Paper-based entries and forms are not accepted. Member Federations can get access to both platforms from AWF.

3.1 Athlete Entries (via <https://a-entry.com>)

- Preliminary Entries (Long List): Must be submitted by 07 May 2026.
- Max: 16 Men & 16 Women per Federation.
- Strict Rule: No athletes can be added after 07 May 2026.
- Final Entries: Must be confirmed by 07 July 2026.
- Max: 10 Athletes (8 + 2 Reserves) per Gender.

3.2 Accommodation, Logistics, Visa & Accreditation (via <https://sems.uz>)

The following must be uploaded to the SEMS platform by 07 July 2026:

- Accreditation: Colour photos and Passport copies for all delegates.
- Transportation: Arrival/Departure flight details (Tashkent Airport - TAS).
- Accommodation: Final rooming lists.
- Visas: Completed Visa Application forms and supporting documents.

Accreditation: Photos and passport copies of all athletes who are registered in a-entry.com will be transferred to sems.uz for Accreditation.

Transportation: Free shuttle service between Tashkent Airport (TAS), official hotels, and the venue. Flight updates must be managed through the SEMS.uz platform for all participants (athletes, coaches,



delegates and ITOs). If flight details are not confirmed, you can write an approximate date and time, which can be modified any time. Without transportation/flight information you are not able to add any other information.

Accommodation: Rooming list must be uploaded in sems.uz for all participants (athletes, coaches and delegates). Early check-in and late check-out must be considered.

Visa Deadline: All documents must be on sems.uz by 07 July 2026. Passports must be valid until 15 Jan 2027. The visa regime of the Republic of Uzbekistan with other countries can be found at the following link:

http://evisa.mfa.uz/evisa_en/

Important note: Visa application will be processed in a minimum of two weeks, after which an invitation letter will be sent. Passport expiry date must be after 15 Jan 2027. Visa on arrival is available only for the countries which have not Uzbekistan embassy. They can get a visa ONLY at the airports of Tashkent.

For detailed guidelines visit the platforms:

a-entry.com

sems.uz

You can contact technical support by email: uzweightliftingf@gmail.com or
whats app: +998 94 313 50 35

4. FINANCIAL CONDITIONS

4.1 Accommodation Fees (Full Board)

Accommodation will be at the following hotels:

- **TRYP by Wyndham OLYMPIC CITY TASHKENT**
Mirzo-Ulug'bek district, Chingeldi MFY, Milliy Bog' street 80/2
- **OLYMPIC VILLAGE -SAMARKAND HOTEL**
Mirzo-Ulug'bek district, Chingeldi MFY, Milliy Bog' street 80/1
- **OLYMPIC VILLAGE - Academy HOTEL**
Yangi O'zbekiston Street, 100202, Olympic City, Yashnabad District
- **OLYMPIC VILLAGE - QORAQOLPOG'ISTON HOTEL**
Mirzo-Ulug'bek district, Chingeldi MFY, Milliy Bog' street 80/8

All official hotels are located in one complex, 1-2 km from the venue.

- Single Room: **USD 160** / person / night.
- Double Room: **USD 140** / person / night.
- Stay Policy: Minimum stay of 4 nights.
- Check-in: 14:00 (Early check-in before 14:00 is charged 50% of room cost).
- Check-out: 12:00 (Late check-out until 18:00 is charged 50% of room cost).

4.2 Entry Fees

- Athletes: **USD 220** (includes USD 100 AWF Special Anti-Doping Fee).
- Delegates/Officials: **USD 120** per person.

4.3 Payment & Cancellation

- Deadline: 100% of all fees must be paid via bank transfer by 07 July 2026.
- Cancellation and Refunds: Cancellations made at least 15 days before the scheduled arrival date will be free of charge. Cancellations made between 7 and 14 days before the scheduled arrival date will be subject to a charge of 30% of the total fees. Cancellations made less than 7 days before the scheduled arrival date will be subject to a charge of 50% of the total fees. No cancellations or refunds will be accepted after 30 July 2026.
- No-Show: Federations will be liable for all applicable charges if participants fail to arrive as scheduled without prior notice.



- Cash payments are not accepted. Countries that are unable to make bank wire transfers must submit a request to the AWF President and the AWF General Secretary to obtain approval for cash payment upon arrival.
- The bank account details will be provided after all required information has been completed in the registration platform, sems.uz

5. ANTI-DOPING

- Whereabouts must be submitted via ADAMS for all athletes by 07 May 2026 (3 months prior).
- Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.
- Coach Licensing: All Coaches must be registered in the IWF International Coach License (ICL) database and ICL must be uploaded in a-entry.com.

6. INSURANCE

Federations are responsible for travel, accident, and medical insurance for all delegates.

In accordance with AWF regulations, all participants must be insured by their respective Federations for travel, accidents, injuries, illnesses, and medical expenses prior to departing from their hometown.

7. TEMPERATURE & ELECTRICITY INFORMATION

The average Tashkent, Uzbekistan temperature during the Championships will be approximately:

- Daytime Highs: Approximately 95°F to 97°F (35°C to 36°C).
- Nighttime Lows: Approximately 65°F to 69°F (18°C to 21°C).

Electricity in Uzbekistan is 220 Volt.

8. TERMS AND CONDITIONS OF PARTICIPATION

Accredited Participants - athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with AWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), & IWF Policies;
- Abide by all reasonable directions given by the AWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by AWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of AWF / LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event - the AWF and/or LOC shall have no responsibility for any loss or damage of this property;
- Should irrevocably release AWF & LOC 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) in case they are minors;
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any LOC or AWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the LOC.



- The Participants may be filmed, photographed, identified and/or otherwise recorded during the Event. The resulting filmed, photographed or recorded image (together with the Participant's name, likeness, voice and performance) may be used and/or distributed in any format (including by reproducing, distributing, communicating to the public and making it available), in any content and through any media, format, without compensation (financial or otherwise).
- The Participants may take or record still and moving images and/or sounds within the perimeter of all the Venues for his/her personal, private, non-commercial and non-promotional use. The use of video footage (moving images) of the competition is subject to the acquisition of media rights. Therefore, the publication (live or delayed) of video footage of the event is strictly prohibited if those rights are not acquired before the competition.

9. CONTACT DETAILS (LOC)

- Uzbekistan Weightlifting Federation
- Local Organizing Committee
- Tel: +. Tel/fax: +998712455590/+998 94 313 50 35 / +998 99 893 28 28
- Address: Uzbekistan 100003, Olmazor district 15/1, Tashkent, Uzbekistan
- Email: uzweightlifting@gmail.com

10. CONTACT DETAILS (AWF)

- Asian Weightlifting Federation
- Address: Prince Faisal Bin Fahd Olympic Complex
- P.O. Box 42806 Riyadh 11551 Kingdom of Saudi Arabia,
- Tel: +966 50 800 8917
- Email: secretariat@awf.sport



PRELIMINARY TIMETABLE

ADMINISTRATIVE & OFFICIAL MEETINGS				
DATE / DAY	TIME	Event		
24 July / Friday	24 hours	Verification of Final Entries (ONLINE)		
04 Aug / Wednesday	-	Opening of Training Venue		
06 Aug Thursday	9:00	AWF EB meeting		
06 Aug Thursday	16:00	Coaching Seminar		
06 Aug Thursday	20:00	Technical Officials' Meeting		
07 Aug Friday	15:00	OPENING CEREMONY		
08 Aug Saturday	10:00	ITA Anti-Doping Seminar		
COMPETITION				
DATE / DAY	TIME	Gender	CATEGORY	GROUP
07 Aug Friday	10:00	M	60 , 65	C
	12:00	W	45	A
	16:00	M	55	A
08 Aug Saturday	10:00	W	49 , 53	B
	12:00	M	60	B
	14:00	M	60	A
	16:30	W	49	A
09 Aug Sunday	10:00	M	65	B
	12:00	M	70	B
	14:00	W	53	A
	16:30	M	65	A
10 Aug Monday	10:00	M	75	B
	12:00	W	61	B
	14:00	W	57	A
	16:30	W	61	A
11 Aug Tuesday	10:00	W	69	B
	12:00	M	85	B
	14:00	M	70	A
	16:30	M	75	A
12 Aug Wednesday	10:00	W	77	B
	12:00	M	95	B
	14:00	W	69	A
	16:30	M	85	A
13 Aug Thursday	10:00	W	77	A
	12:30	M	95	A
	15:00	W	+77	A
	17:30	M	+95	A
14 Aug Friday	10:00	W	86 , +86	A
	13:00	M	110 , +110	A
	TBC	CLOSING CEREMONY		