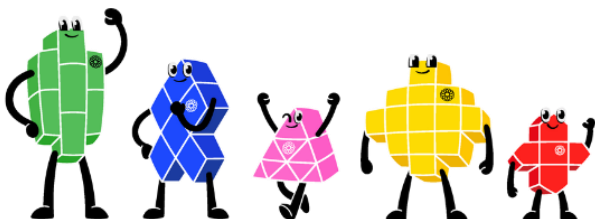


Technical Handbook

The 33rd SEA Games Thailand 2025

WEIGHTLIFTING



General Information



Technical Part



Sport Information

I. Sports Federation

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	iwf@iwf.sport
Website	www.iwf.sport

B. Asian Weightlifting Federation (AWF)

President	Mr. Mohamed Yousef Al Mana
Secretary General	Mr. Mohammed Ahmed Alharbi
Address	P.O. Box 2473, Doha, Qatar
Phone	+974 44943274, +974 44943076
Email	secretariat@awf.sport
Website	https://awf.sport/

C. South East Asian Weightlifting Federation (SEAWF)

President	Dr. Niwat Limsuknirun
Secretary General	Dr. Sirilak Thatman
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkapi, Bangkok 10240, Thailand
Phone	+66 2170 9461
Email	seawfederation@gmail.com
Website	https://seawf.org/



D. Thai Amateur Weightlifting Association (TAWA)

President	Mr. Prachaya Keeratinant
Secretary General	Gen. Wisut Dechsakul
Address	20 th Fl., 286 Sports Authority of Thailand Building, Ramkhamhaeng Rd., Bangkapi, Bangkok 10240, Thailand
Phone	+66 2170 9461
Email	tawa@tawa.or.th
Website	www.tawa.or.th

II. Technical Delegate (TD)

Name	Dr. Niwat Limsuknirun
Telephone	+66 8 1840 8787
Email	Niwat_112@hotmail.com

III. Operation Manager (OM)

Name	Dr. Sirilak Thatman
Telephone	+66 8 6338 6859
Email	sisp1975@hotmail.com

IV. Competition Manager (CM)

Name	Mr. Sompote Yimploy
Telephone	+66 8 1634 0567
Email	tawa@tawa.or.th

V. Venue Manager (VM)

Name	Lt.Col. Dr. Aphinya Dattuyawat
Telephone	+66 8 9700 4394
Email	pharksupho@gmail.com



1. Dates

The **Weightlifting (WLF)** competition for the 33rd SEA Games Thailand 2025 will be held from **13 to 17 December 2025**

Competition Dates: 13 to 17 December 2025

Training Date: TBC

2. Venues

The Weightlifting competition will be held at the Chonburi Sports School, Chonburi, Thailand which serves two (2) purposes:

- The competition field-of-play (FOP)
- The training – warm up field.

3. Events

The Weightlifting competition will consist of **fourteen (14) events** consist of

- **Seven (7) men's events**
- **Seven (7) women's events**

Fourteen (14) Events			
Events	MEN	WOMEN	MIXED
1. 48kg		✓	
2. 53kg		✓	
3. 58kg		✓	
4. 63kg		✓	
5. 69kg		✓	
6. 77kg		✓	
7. +77kg		✓	
8. 60kg	✓		
9. 65kg	✓		
10. 71kg	✓		
11. 79kg	✓		
12. 88kg	✓		
13. 94kg	✓		
14. +94kg	✓		
Total	7	7	

Note: 1. Each NOC may enter a maximum of fourteen (14) Athletes, including seven (7) male and seven (7) female athletes for the weightlifting Competition.

2. Each NOC may enter a maximum of one (1) athletes per event.
3. Athletes must be 15 years of age and over (year of birth 2010 or earlier).

4. Competition and Training Schedule

4.1 Competition Schedule

Date	Time		Events			
11 Dec 25	10.00		Technical Official's Meeting			
11 Dec 25	16.00		Team Manager's Meeting and Final Verification			
	Weigh - in	Competition	Gender	Event	Group	Remark
13 Dec 25	08.00 – 09.00	10.00 – 12.00	Women	48 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Men	60 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Women	53 kg	A	Medal Ceremony
14 Dec 25	08.00 – 09.00	10.00 – 12.00	Men	65 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Women	58 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Men	71 kg	A	Medal Ceremony
15 Dec 25	08.00 – 09.00	10.00 – 12.00	Women	63 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Men	79 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Women	69 kg	A	Medal Ceremony
16 Dec 25	08.00 – 09.00	10.00 – 12.00	Men	88 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Women	77 kg	A	Medal Ceremony
	13.00 – 14.00	15.00 – 17.00	Men	94 kg	A	Medal Ceremony
17 Dec 25	08.00 – 09.00	10.00 – 12.00	Women	+77 kg	A	Medal Ceremony
	11.00 – 12.00	13.00 – 15.00	Men	+94 kg	A	Medal Ceremony

Note: This competition schedule is subject to change.

4.2 Training Schedule

TBA

5. Entries

5.1 Eligibility

- 5.1.1 Only SEAGF member NOCs are entitled to send athletes to participate in the weightlifting competition of the 33rd SEA Games Thailand 2025
- 5.1.2 Only athletes who comply with the latest Technical and Competition Rules & Regulations (TCRR) of the International Weightlifting Federation (IWF), the SEAGF Charter and Rules as well as Rule 40 and the By-law to Rule 40 of the Olympic Charter (Participation in the Games).
- 5.1.3 Only nationals of the country of the National Olympic Committee (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 SEA Games shall be resolved in accordance with the SEAGF Charter and Rules as well as Rule 41 and By-law to Rule 41 of the Olympic Charter (Nationality of competitors).
- 5.1.4 For eligibility matters, in the event of any conflict or inconsistency between the South East Asian Games Federation (SEAGF) Charter, THASOC and IWF, the latter shall prevail.
- 5.1.5 Participating Athletes must be 15 years of age and over (year of birth 2010 or earlier).
- 5.1.6 Not currently under disqualification or suspension by their NOC, IWF or under the World Anti-Doping Code.
- 5.1.7 In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2024, whereabouts information of the athletes shall be submitted at a minimum of three (03) months prior to the Games. Any athlete who does not comply with this provision is not eligible to participate. Athletes who wish to compete at the 33rd SEA Games Thailand 2025 shall submit their whereabouts information for the period outlined above at the latest on the **13 September 2025**

5.2 Entry Policies

- 5.2.1 Each NOC may enter a maximum of fourteen (14) Athletes for the Weightlifting Competition, including:
 - Seven (7) male athletes.
 - Seven (7) female athletes.
- 5.2.2 Each NOC may enter a maximum of one (1) athletes per event.
- 5.2.3 Athletes must be 15 years of age and over (year of birth 2010 or earlier).

*** NOCs that withdraw their athletes after the submission of the final entries by name, will be faced with disciplinary action by the SEAGF Charter and Rules.

6. Submission of Entries

- Entry Form by Sport: Deadline 2 May 2025 at 24.00 (Bangkok time)
- Entry Form by Number: Deadline 12 June 2025 at 24.00 (Bangkok time)
- Entry Form by Name: Deadline 1 September 2025 at 24.00 (Bangkok time)

All Entry Form by Sport, Entry Form by Number and Entry by Name may be sent via Game Management System (GMS) and subsequently confirmed with stamped original, then upload to the system.

If you need any assistant, please contact us:

The 33rd SEA Games Thailand 2025 Organizing Committee

Address: THASOC OFFICE, Sports Authority of Thailand
286 Ramkhamhaeng Road, Huamark, Bangkok 10240
THAILAND

Email: sports.thasoc@gmail.com, a.sportsdirector@gmail.com,
thaisoc2025@gmail.com,

Tel: +66 92 509 5644

7. Pre-Competition: Team Managers and Officials Meetings

7.1 Technical Official's Meeting

Date: 11 December 2025
Time: 10:00
Venue: Rattanachol Hotel, Chonburi, Thailand

7.2 Team Manager's Meeting and Final Verification

Date: 11 December 2025
Time: 16:00
Venue: Rattanachol Hotel, Chonburi, Thailand

8. General Rules and Regulations

8.1 Rules

8.1.1 Eligibility Code (SEAGF 30)

To be eligible for participation in the SEA Games, a competitor must comply with the Federation's rules, regulations and by-laws, including this Charter and Rules, in particular in relation to eligibility and nationality, as well as the related provisions in the Olympic Charter, and the rules, regulations and by-laws for participation in the Olympic Games.

8.1.2 Nationality of Competitor (SEAGF 31)

Only nationals of the country of the NOC who are holding current valid national passports of the county of that Member-NOC shall be qualified and eligible to represent the Member-NOC in the SEA Games. All disputes relating to the determination of the country which a competitor may represent in the SEA

Games shall be decided by the Arbitration Panel established under this Charter and Rules, in accordance with the Federation's rules, regulations and by-laws, including this Charter and Rules, relating to eligibility and nationality."

8.1.3 Number of Entries (SEAGF 34.3, 37)

- a) A minimum of four (4) NOCs must register to participate by the respective closing date of both the Entry by Number and the Entry by Name registration in a sport or discipline or team event and in the case of an individual event, a minimum of three (3) NOCs must register to participate by the closing date of both the Entry by Number and Entry by Name registration, for it to be included in the SEA Games programme. For the avoidance of doubt:
 - A doubles event shall be considered an individual event.
 - There shall be no waiver of this Rule on minimum entry."
- b) The maximum number of entries from each nation in each event is fixed by the Federation in consultation with the Host NOC. However, the following numbers cannot be exceeded:
 - For individual events, including singles and doubles events, there shall only be two (2) entries from each NOC (without reserves) EXCEPT for the sports with weight category, such as all martial arts and combat sports, Body-building, Weightlifting, etc., where there shall only be one (1) entry per weight category or per event from each NOC; and for the sport of Sailing, where there shall only be one (1) entry per event from each NOC.
 - For team events, there shall be one (1) team per NOC, and the number of reserves shall not exceed the number of players allowed by the International Federation.
 - For all events where individual competitions are conducted, the competitors for any one (1) NOC cannot win more than two (2) medals in the respective individual events.
 - No Federation Member-NOC, including the Host NOC or the Organizing Committee of any SEA Games, is allowed to limit the participation of any other Federation Member-NOC or any athlete from participating in any sport, discipline or event solely on the ground or for any reason of limitation of participation."

8.1.4 International Sport Federation

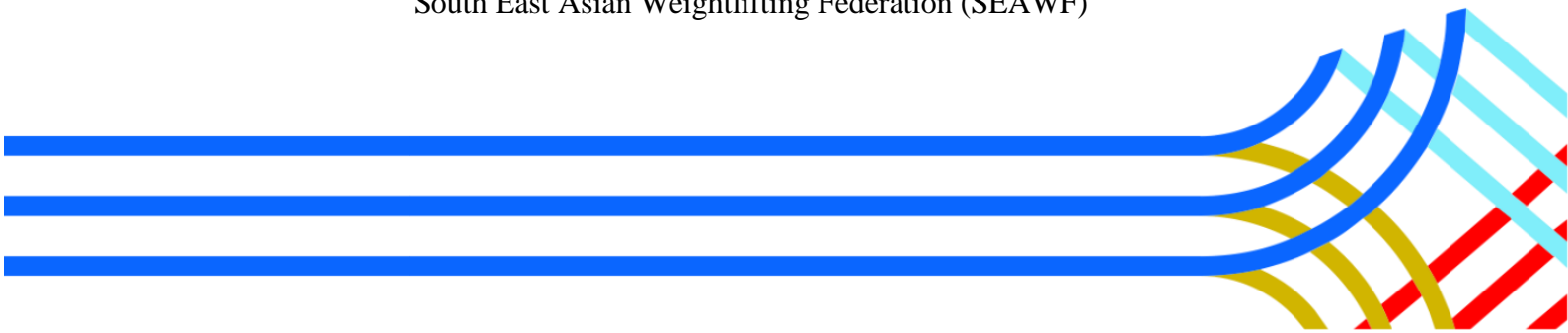
International Weightlifting Federation (IWF)

8.1.5 Asia Continental Sport Federation

Asian Weightlifting Federation (AWF)

8.1.6 South East Asian Continental Sport Federation

South East Asian Weightlifting Federation (SEAWF)



8.1.7 Technical Officials and Jury of Appeal (SEAGF 41)

- a) The necessary technical officials, referees, judges, umpires, timekeepers, inspectors and other technical officials (collectively “International Technical Officials” or ITOs”) and a Jury of Appeal for each sport in such number as shall be determined by the Host NOC or the Organizing Committee, shall be appointed by the Host NOC or Organizing Committee in consultation with the appropriate IF/AF and in cooperation with the respective National Federation of the Host NOC or local sport official/representative. All such ITOs and Jury of Appeal officials approved and appointed by the Host NOC or Organizing Committee shall be referred collectively as “IF/AF International Technical Officials” or IF/AF ITOs” and “Jury of Appeal” accordingly.
- b) The Organizing Committee shall pay for the air or international travel (based on best economy fare to the host city), accommodation (equivalent to a hotel of at least a 3-star internationally accepted rating, based on twin-share basis except for single rooms for Technical Delegates, Chief Umpires and Chief Scorer), meals, official local transport expenses and a per diem only of the IF/AF ITOs and Jury of Appeal officials at the established rates of the Organizing Committee starting from within than two (2) days before the start of the first event of the sport or discipline concerned until one (1) day after the end of the competition of the last event of that sport or discipline.
- c) In approving and appointments of ITOs and Jury of Appeal members, all IF and or AF concerned must give priority, first to the appointment of qualified ITOs and Jury of Appeal members who reside within the South East Asian (SEA) region, and second, to those who reside within the Asian continent, before appointing any ITOs or Jury of Appeal members from outside the SEA region or Asia continent.
- d) No official who has participated in a decision may serve in the Jury of Appeal that reviews it. The findings of the Jury of Appeal shall be communicated as soon as possible to the Federation Office, Host NOC, Organizing Committee and Executive Committee.
- e) Technical officials and members of the Jury of Appeal may not live in the Games Villages, but the Organizing Committee shall ensure and bear the cost of their accommodation, including board and local transport facilities at such established rates of the Organizing Committee.
- f) The Jury of Appeal’s decision(s) on all technical questions concerning its respective sport or of disciplinary nature is/are final. Such decision shall, however, be without prejudice to any further penalty and or sanction, which may be imposed by the Executive Committee.

- g) The Jury of Appeal shall be composed of a Chairperson (who shall be the Technical Delegate) and not more than two (2) other representatives as Jury of Appeal members, who shall be appointed by the IF/AF from amongst the IF/AF ITOS and or IF/AF representative(s) present at the Games.
- h) In the event of a dispute or protest relating to technical questions concerning its respective sport, discipline and or event, or competition or any matter that is disciplinary in nature, that is referred to a relevant Jury of Appeal, representatives of countries in the Jury of Appeal whose countries are involved in the dispute or protest must NOT participate in the deliberations and or decision making and cannot vote in the resolution of the dispute or protest.
- i) Any NOC dissatisfied with any decision of any Jury of Appeal (except decisions concerning matters of fact and judgment calls where no appeal is allowed) may refer his/her appeal to the Panel of Arbitrators

8.1.8 Arbitration Panel (SEAGF 42)

The Arbitration Panel shall deliberate and decide finally on all questions concerning the SEA Games or, protests or appeals (including on any violation of anti-doping code, rules or regulations) from any sport, discipline or event or any disputes arising from or related to the SEA Games. NOCs or the Organizing Committee may also submit question or any matter related to the SEA Games to the Arbitration Panel for determination. Further, the Arbitration Panel may intervene in and determine all questions of non-technical nature outside the jurisdiction of the Jury of Appeal set up for each sport, discipline or event in the Games programme.

8.1.9 Penalty in case of Fraud (SEAGF 44)

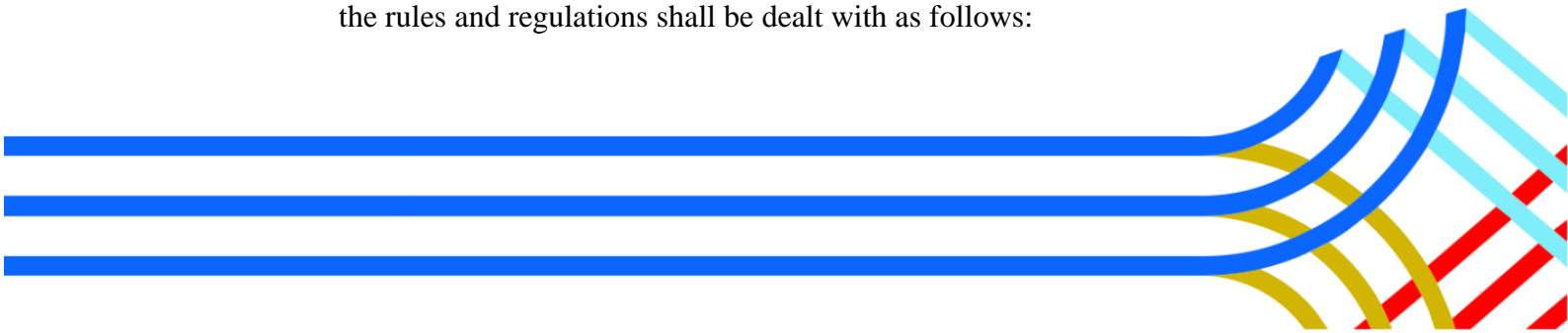
A competitor proved to have fraudulently transgressed or breached any provisions of the Charter, Rules, Regulations or By-laws of the Federation shall be disqualified and lose any position or medal he/she may have gained. If this competitor's NOC is proved to have been a party to the fraud, his/her country shall be disqualified in the sport concerned.

9. Competition Rules and Regulations

9.1 Competition Rules

The Weightlifting competition will be conducted in accordance to the latest Technical and Competition Rules of & Regulations (TCRR) of International Weightlifting Federation (IWF)

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:



9.1.1 General Issues: To be resolved in accordance with the SEAGF Charter and Rules.

9.1.2 Technical Issues: To be resolved in accordance with IWF TCRR and IWF Norms.

9.2 Competitional Format

- Each NOC may enter a maximum of one (1) athlete per event.
- One medal is to be given for the Total result only. (No medal for the Snatch and the Clean and Jerk). If an athlete does not achieve a valid lift in the Snatch, they will be eliminated from the competition and cannot participate in the Clean & 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 events.

9.3 Protests and Appeals

TBC

9.4 Delays, Postponement or Cancellations

The Technical Delegate must consult the THASOC Secretariate if there is any delay, postponement or cancellation of any competition that affects the scheduled times for “live broadcast” or victory ceremonies.

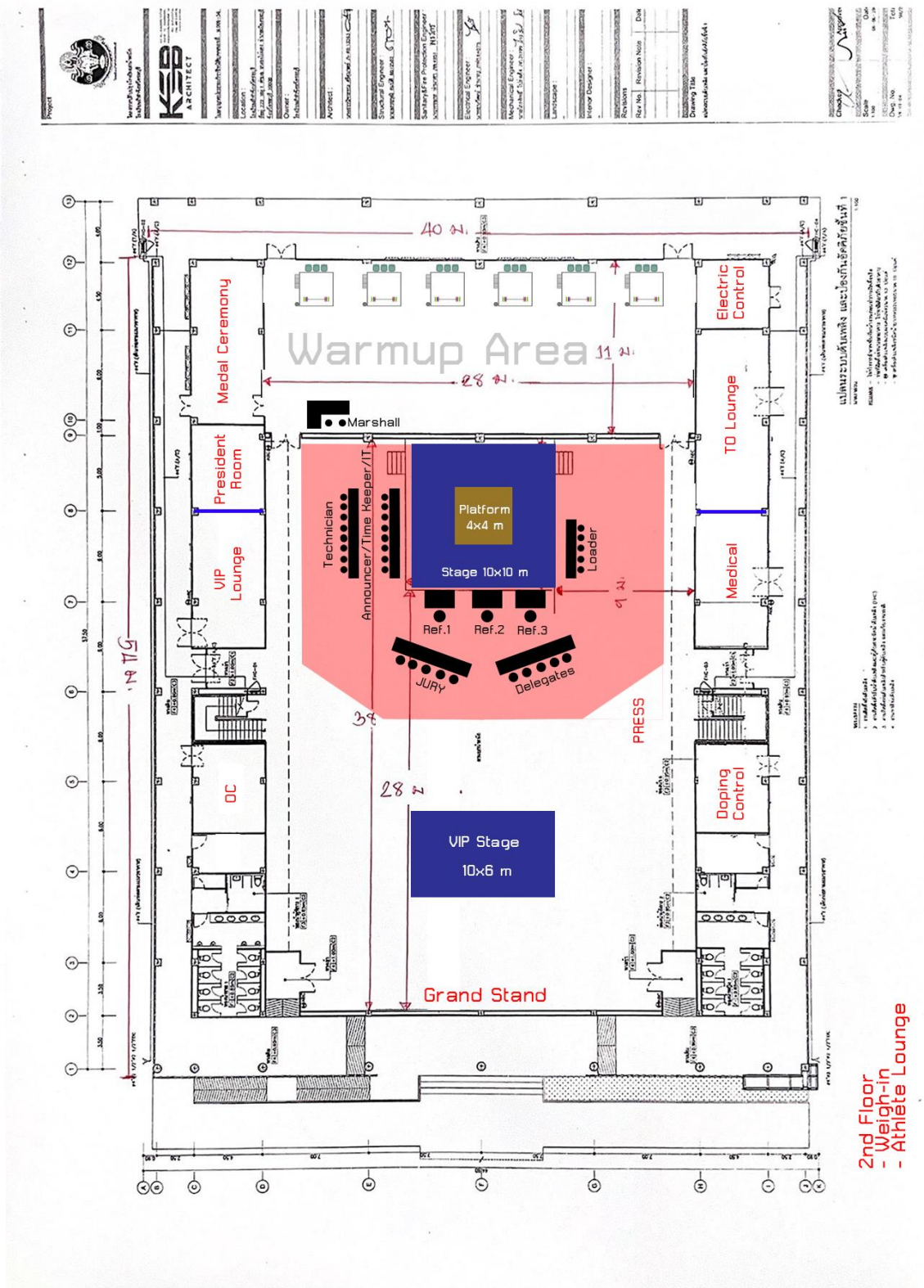
9.5 Competition Information

9.5.1 Record

In case a record/records is/are established in Men +94 kg or Women +77kg categories which is/are equivalent to new record(s) in Men 110/+110 or Women 86/+86 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 2008 - 2010) 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 110/+110, Women 86/+86) according to IWF TCRR 8.9.



9.5.2 Field of Play (FOP) Layout



10. Technical Officials and Jury of Appeal

The appointments of Technical Officials and Jury of Appeal members will be in accordance with Article 41 of the SEAGF Charter and Rules.

10.1 International Technical Officials (ITOs)

SEAWF as duly authorized by IWF, shall appoint Technical Delegate and the International Technical Officials (ITOs). The names shall be listed by SEAWF approved by THASOC.

THASOC will cover domestic and international transportations, accommodations and Per diem for the Technical Delegate (TD) and ITOs.

10.2 National Technical Officials (NTOs)

Thai Amateur Weightlifting Association (TAWA) will appoint such number of National Technical Officials (NTOs) as may be approved by THASOC.

11. Official Equipment and Competition Attire

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the SEAGF Charter 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 SEAGF Charter and THASOC.

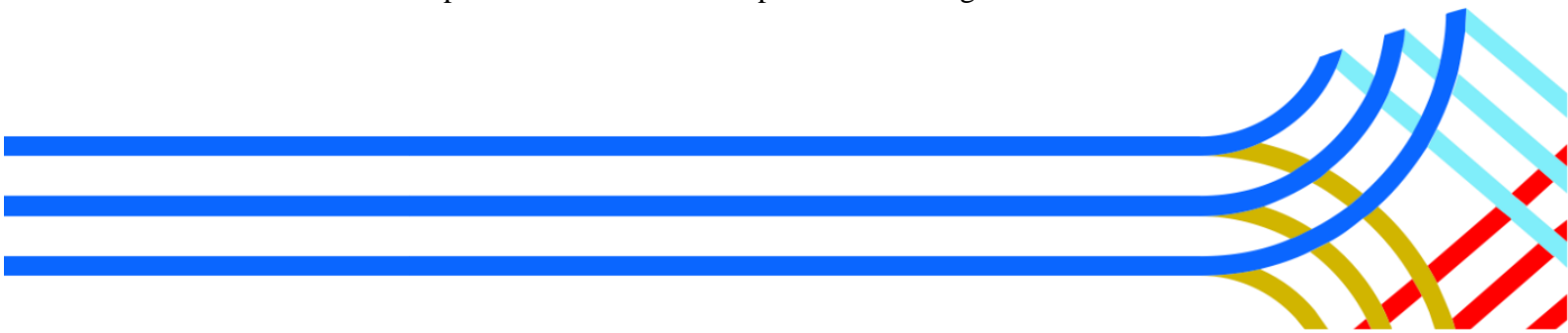
12. Media Interview

12.1 All athletes should pass through the Mixed Zone as directed by the Media Officer.

12.2 Athletes and/or coaches should attend press conference and interview requests for them.

13. Prizes and Commendations

- Medals to the winners of the SEAGF Games shall be presented by the SEAGF President. The President may delegate this privilege to other members of the SEAGF, accompanied by the President of the IF and/or AF concerned (or their deputy), if possible, immediately after the event and where the competition took place in the following manner.
- The competitors who have been judged first, second and third shall take their places, in their sports uniforms, on a stand on the field facing the Tribune of Honour, with the winner slightly above the second who is on their right and the third who is on their left. The flag of the delegates of the winner shall be hoisted on the central flag-pole and those of the second and third on adjoining flagpoles on the right and on the left, as they face the arena. Meanwhile, the abbreviated National Anthem of the winner is played. The three winners/winning teams shall turn towards the flags.
- The medal presentations shall be as per the following order:



- Gold Medal – to the first-place winner.
- Silver Medal – to the second-place winner.
- Bronze Medal – to the third place winner.
- All medalists must wear their respective NOC official uniform.
- No equipment or accessories may be taken by the athlete to the medal award ceremony or media interview areas, unless it is worn, e.g., shoes and clothing which must be in accordance with the SEAGF commercial guidelines.
- No kind of demonstration or commercial, political, religious or racial propaganda is permitted during the Victory Ceremony of the Games. Any action of such kind will be subject to penalization by the Executive Board EB including disqualification, withdrawal of medals, certificates, accreditation, rankings and the like.
- Any disrespect shown to the Games, Medals, Flags, Mascot or Certificates or any other material. by any athlete during the Victory Ceremony or during the Games will be subject to penalization by the EB, including but not limited to disqualification, withdrawal of medals, certificates, accreditation, rankings as decided by the EB.
- Victory, medals and diploma certificates, shall be in strict compliance with the SEAGF Protocol Guidelines. The design and format of the medals and diplomas shall be submitted to the SEAGF for its approval.

14. Victory Ceremonies

The medals may be presented by the board members of the Member-NOCs participating in the particular sport, discipline or event (with priority being given to those with medal winners) and or Guests of Honor of the Federation, and such victory ceremonies, if possible, shall take place immediately after the event at a place where the competition took place and in the following manner:

- The competitors who have been judged first, second and third shall take their places, in their sport attire or NOC designated attire, on a stand facing the Tribune of Honor, with the winner slightly above the second who is on his/her right, and the third who is on his/her left.
- The flag of the country of the winner shall be hoisted on the central flagpole or screen and those of the second and third on adjoining flagpoles or screen on the right and left as they face the arena. Meanwhile, the National Anthem of the country of the winner is played and the competitors and spectators shall face the flags.

15. Medical Code (SEAGF 33)

- The Host NOC and Organizing Committee of the SEA Games will ensure the health of all athletes and other participants during the SEA Games.
- Anti-Doping Rule Violations as defined by the World Anti-Doping Agency (WADA) Code is forbidden.



- All competitors shall be subject, during the Games, to doping control initiated by the Federation at any time or place, carried out in conformity with the WADA Code and its respective International Standards, as elaborated in the SEA Games Anti-Doping Rules.
- Competitors in sports restricted to women must comply with the prescribed tests for disorders of sexual determination when so needed.
- Any competitor refusing to submit to doping control or who is found guilty of any Anti-Doping Rule violation shall be excluded from the SEA Games.
- The principles of exclusion for teams and individuals shall be in accordance with the WADA Code.
- A medal may be withdrawn by order of the Executive Committee or the Council on the recommendation of the Chairperson of the Anti-Doping Committee when an athlete is found guilty of a violation under the SEA Games Anti-Doping Rules and or the WADA Code.
- The Anti-Doping Committee shall manage and implement the doping test programme for the SEA Games to which it was appointed for in accordance with WADA requirements, and implement the SEA Games Anti-Doping Rules and WADA Code.
- The SEA Games Anti-Doping Rules and Regulations shall in no way affect further and or other sanctions by the relevant International Federation, WADA and or any other relevant national, regional, continental, international or world organizations or bodies.
- All competitors and officials are also subject to, and shall comply with the respective anti-gaming and manipulation, and harassment and abuse, and safeguarding rules, regulations, codes and guidelines of the respective Federation Member-NOC, IOC, OCA, SEAGF, the respective IF and or AF of the sport concerned.
 - a) Any competitor or team official refusing to submit thereto or found guilty of any violation or offence thereunder shall be excluded from the SEA Games.
 - b) A medal may be withdrawn by order of the Executive Committee or the Council on the recommendation of the Arbitration Panel when an athlete is found guilty of any violation or offence thereunder.”

16. Doping Control

The 33rd SEA Games Thailand 2025 Organizing Committee, shall establish the SEAGF Anti-Doping Committee, which shall, under the guidance of the SEAGF and working with the SEAGF Office, be responsible for the Anti-Doping program for the 33rd SEA Games Thailand 2025. The Anti-Doping program will be run in accordance with the SEAGF Anti-Doping Rules and the WADA International Standard for Testing and Investigation. Sample analysis will be performed at a WADA-accredited laboratory or as otherwise approved by WADA. Both urine and blood tests will be conducted before and during the competition to ensure compliance.

Athletes requiring the use of a Prohibited Substance or Prohibited Method during the event must apply for a Therapeutic Use Exemption (TUE) through the SEAGF Anti-Doping Committee by the specified deadline (TBC). If an athlete has already been granted a TUE by their National Anti-Doping Organization or International Federation, the SEAGF Anti-Doping Committee will recognize it.

17. Approval of the Technical Handbook

This Technical Handbook was approved by the **International Weightlifting Federation (IWF) on 10 March 2025** Any further amendments to the Technical Handbook shall be circulated via e-mail to the NOCs.

