



The 3rd Asian
Youth Games
Bahrain 2025

Weightlifting

Technical Handbook

v1.0





Technical Information

1. Dates

The Weightlifting competition at the 3rd Asian Youth Games (AYG) is scheduled to be held from 25 October to 30 October 2025. The venue for the competition is the Sheraton Bahrain Hotel, located at 6 Palace Avenue, Manama, Kingdom of Bahrain.

2. Venues

2.1 **Competition Venue**

The official competition venue is the Al-Taj Grand Ballroom, located within the Sheraton Bahrain Hotel. The Field of Play (FOP) dimensions are 45 meters in length and 21 meters in width, comprising one (1) certified competition platform measuring 4 meters x 4 meters. The warm-up area includes twelve (12) platforms to facilitate athlete preparation. Spectator seating capacity is set at 500 individuals.

The venue is situated approximately 500 meters from the Athletes' Accommodation at the Golden Tulip Hotel.

2.2 **Training Venue**

The official training venue is the Golden Tulip Hotel Ballroom Gelgamish. Training facilities will be made available from 20 October to 30 October 2025, inclusive.

3. Events

The Weightlifting competition comprises sixteen (16) total events, divided equally between male and female athletes as follows:

- Men's Events (8): 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, +94kg
- Women's Events (8): 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

4. Competition Format

The Weightlifting events will consist of two lifts: the Snatch and the Clean & Jerk. The final ranking in each bodyweight category will be based on the best results of the snatch and clean & jerk separately.

Medal Allocation:

- Gold, silver, and bronze medals will be awarded to the top three lifters in Snatch and Clean & Jerk separately.
- No medals shall be awarded for the Total.





5. Competition Schedules

Date	Event		Time
24 Oct	Verification of Final Entries+Draw		TBD
25 Oct	Technical Meeting (informative meeting +venue tour)		TBD
	TO Meeting (meeting + venue tour)		TBD
26 Oct	W 44 KG 48 KG	B	9:00-11:00
	W 44 KG	A	11:00-13:30
	M 56 KG 60 KG	B	13:30-15:30
	M 56 KG	A	15:30-18:00
27 Oct	W 53 KG 58 KG	B	9:00-11:00
	W 48 KG	A	11:00-13:30
	M 60 KG	A	13:30-16:00
	W 53 KG	A	16:00-18:30
28 Oct	M 65 KG 71 KG	B	9:00-11:00
	M 65 KG	A	11:00-13:30
	W 58 KG	A	13:30-16:00
	M 71 KG	A	16:00-18:30
29 Oct	W 63 KG	A	9:00-11:30
	M 79 KG	A	11:30-14:00
	W 69 KG	A	14:00-16:30
	M 88 KG	A	16:30-19:30
30 Oct	W 77 KG	A	9:00-11:30
	M 98 KG	A	11:30-14:00
	W +77 KG	A	14:00-16:30
	M +98 KG	A	16:30-19:30

Note: The competition schedule is subject to change following the Verification of Final Entries.

Weigh-in Protocol: In accordance with the IWF Technical and Competition Rules and Regulations (TCRR), the weigh-in shall take place two (2) hours prior to the commencement of the competition for each group and will last for one (1) hour.

6. Sport Entries

6.1 Eligibility

- Participation is restricted to athletes whose respective NOCs are recognized members of the Olympic Council of Asia (OCA) and who:
- Meet eligibility requirements as outlined in the OCA Constitution and By-laws.
- Are compliant with IWF Anti-Doping regulations.
- Were born between 1 January 2008 and 31 December 2011, thus aged 14–17 years in 2025.





6.2 Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March 2025 (Manama Time, GMT +3)
- Entry by Number: TBC
- Entry by Name: TBC

6.3 Entry Policies

- A maximum of one (1) athlete per NOC may compete per bodyweight category.
- Each NOC may enter up to six (6) male and six (6) female athletes across the eight categories.
- Each National Olympic Committee (NOC), except for the host NOC (Bahrain), is permitted to enter a maximum of six (6) athletes per gender (totally 12 athletes from each NOC), with no more than one (1) athletes permitted per bodyweight category. Bahrain NOC can participate in all 16 categories with 1 athlete each category.

6.4 Age Limitation

- Athlete participating in the Weightlifting competition must be between 14 and 17 years
- Athletes must be born between 2008 and 2011 (inclusive).

6.5 Withdrawal Policy:

NOCs that withdraw athletes after the submission of Final Entries and completion of the Draw will be subject to disciplinary measures by the OCA Executive Board.

7. Technical Meeting

A formal Technical Meeting and Final Entry Verification session shall take place on 25 October 2025.

The time and venue will be announced in due course.

8. TECHNICAL OFFICIALS

- International Technical Officials (ITOs): Appointed by the Asian Weightlifting Federation (AWF).
- National Technical Officials: Appointed by the Weightlifting Federation of Bahrain and NOC of Bahrain.

The AWF, in coordination with the OCA, shall have the authority to appoint the Technical Delegate and ITOs.

In the event of any rule violation, the OCA retains the right to revoke accreditation and request a replacement from the concerned NOC.

9. TRAINING Schedule

Date	Time	Training	Location
23-30 Oct	09:00 - 10:30	Group 1	Golden Tulip hotel
	11:00 - 12:30	Group 2	
	13:00 - 14:30	Group 3	
	15:00 - 16:30	Group 4	
	17:00 - 18:30	Group 5	
	19:00 - 20:30	Group 6	

Countries will be assigned to groups following the submission of entries by number





10. Competition Rules:

All competition proceedings shall strictly adhere to the most recent edition of the IWF Technical and Competition Rules and Regulations (TCRR).

Where discrepancies arise in the interpretation of regulations, the English version of the IWF TCRR shall prevail.

In the event of any unanticipated or unregulated scenario, the resolution shall be guided by:

- Technical Issues: Resolved in accordance with the IWF TCRR.
- General Issues: Resolved in accordance with the Olympic Council of Asia (OCA) Charter and Rules.

11. General Rules and Regulations

11.1 Rules

11.1.1 Eligibility Code (OCA 52)

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organisations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

11.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and its Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;



- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games 80 SEP 2017 or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

11.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the IWF/AWF technical rules:
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member;
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the IWF/AWF concerned;
 - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

11.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

11.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOC's, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

11.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;





- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In these case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

11.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

12. **Protest and Appeals**

- The Jury maintains ultimate authority over the Field of Play and enforces IWF regulations.
- Teams may lodge challenges against decisions via Challenge Cards, in line with IWF TCRR 3.3.7 (Video Playback Technology).
- Appeals of Jury decisions are not permitted except through the Challenge procedure.
- Matters beyond the competition scope may be appealed to the Court of Arbitration for Sport (CAS), provided they do not pertain to refereeing decisions or competition results.

13. **Equipment and Clothing**

All equipment and clothing must comply with the standards of the OCA and AWF. Commercial branding on uniforms is strictly prohibited unless formally authorized by the OCA and Bahrain Asian Youth Games Organizing Committee (BAYGOC).

14. **Doping Control**

Doping control procedures shall be conducted under the World Anti-Doping Code and the relevant anti-doping regulations issued by the OCA.
All participating athletes are subject to testing

15. **Victory Ceremony**

Medals will be awarded as follows:

- Snatch and Clean & Jerk: Top 3 athletes in each discipline.
- Winners national anthems will be played separately after each (snatch and clean & jerk) medal ceremonies.

All medalists must:

- Report to the designated Waiting Area prior to the ceremony.
- Wear their official NOC uniform.
- Refrain from carrying flags, banners, or mobile devices.

16. **Approval of the Technical Handbook**

The Technical Handbook has been approved by the Asian Weightlifting Federation (AWF) TD On 3rd June 2025





17. Key Contact Information

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