



WEIGHTLIFTING

Technical handbook





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1. General Competition Schedule

No	Sports		May																				
			05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
	Opening ceremony																						
	Closing ceremony																						
1	Athletics																						
2	Aquatics	Swimming																					
		Diving																					
3	Archery																						
4	Badminton																						
5	Basketball	5x5																					
		3x3																					
6	Billiard Sports																						
7	Boxing																						
8	Canoeing/Kayak																						
9	Chess	Chess																					
		Xiangqi																					
10	Cycling	Mountain																					
		Road																					
11	Dancesport																						
12	Fencing																						
13	Football	Men																					
		Women																					
		Men's Futsal																					
		Women's Futsal																					
14	Golf																						
15	Gymnastics	Artistic																					
		Rhythmic																					
		Aerobic																					
16	Handball	Indoor																					
		Beach																					
17	Judo																						
18	Karate																						
19	Muay																						
20	Pencak Silat																						
21	Petanque																						
22	Rowing																						
23	Sepaktakraw																						
24	Shooting																						
25	Table Tennis																						
26	Taekwondo																						

comply with the latest Technical and Competition Rules of the International Weightlifting Federation (IWF), the SEA Games Federation (SEAGF) Charter and Rules as well as Rule 40 and the By-law to Rule 40 of the Olympic Charter (Participation in the Games).

3.2 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 SEA Games shall be resolved in accordance with SEAGF Charter and Rules as well as Rule 41 and By-law to Rule 41 of the Olympic Charter (Nationality of competitors).

3.3 Participating Athletes must be 15 years of age and over (year of birth 2007 or earlier).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2021 whereabouts information of the athletes shall be submitted at minimum two (2) months prior to the event.

An Athlete that does not comply with this provision is not eligible to compete at the IWF Event.

Athletes who wish to compete at the 31st SEA Games shall submit their Whereabouts information for the period outlined above at the latest on the March 19, 2022.

4. Doping Control

4.1 VIESGOC under the guidance of the SEAGF, will be responsible for the Anti-Doping Programme during the 31st SEA Games. The Anti-Doping Programme will be implemented in accordance with SEAGF Anti-Doping Rules and the World Anti-Doping Code and its relevant International Standards.

4.2 VIESGOC and SEAGF are responsible for providing necessary conditions for Doping testing activities at the 31st SEA 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.

4.3 Doping Control stations will be set up at the competition venue by VIESGOC, 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 SEAGF and WADA.

4.4 During the Games, all athletes are subjected to for the Anti-Doping Programme that is organized by VIESGOC and SEAGF. Testing or sampling can be done at any time and place without any notice.

4.5 The WADA 2022 List of Prohibited Substances and Methods is applied in accordance with the WADA Code.

5. 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).

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

6. Covid-19 Health Protocol

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

7. Competition Information

7.1 Competition Dates

May 19 - 22, 2022

7.2 Competition Venue

Hanoi Sports Training and Competition Center. Do Xuan Hop str. Nam Tu Liem Dist., Hanoi, Vietnam.

7.3 Competition training

Hanoi Sports Training and Competition Center. Do Xuan Hop str. Nam Tu Liem Dist., Hanoi, Vietnam.

7.4 Training schedule

TBC

8. Events

The Weightlifting competition will consist of 14 events which include Seven (7) men, and Seven (7) women.

No	Events	Women	Men
1	45kg	✓	
2	49kg	✓	
3	55kg	✓	
4	59kg	✓	
5	64kg	✓	
6	71kg	✓	

No	Events	Women	Men
7	+71kg	✓	
8	55kg		✓
9	61kg		✓
10	67kg		✓
11	73kg		✓
12	81kg		✓
13	89kg		✓
14	+89kg		✓
Total by gender		7	7
Total by events		14	

9. 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.

10. Meetings and Key Activities

10.1 Team Managers' Meeting

- Date : May 18, 2022

- Time : 09:00 AM

- Venue : Hanoi Sports Training and Competition Center. Do Xuan Hop str. Nam Tu Liem Dist., Hanoi, Vietnam.

10.2 Technical Official's Meeting

- Date : May 18, 2022

- Time : 10:30 AM

- Venue : Hanoi Sports Training and Competition Center. Do Xuan Hop str.
Nam Tu Liem Dist., Hanoi, Vietnam

11. Competition Schedule

Date	Time	Gender	Events
May 18	09h00		Team manager's meeting and Final verification
	10h00		Technical official's meeting
May 19	10:00 - 12:00	Women	45kg
	Victory Ceremony		
	12:00 - 14:00	Men	55kg
	Victory Ceremony		
	14:00 - 16:00	Women	49kg
	Victory Ceremony		
May 20	10:00 - 12:00	Men	61kg
	Victory Ceremony		
	12:00 - 14:00	Women	55kg
	Victory Ceremony		
	14:00 - 16:00	Men	67kg
	Victory Ceremony		
	16:00 - 18:00	Women	59kg
Victory Ceremony			

Date	Time	Gender	Events
May 21	10:00 - 12:00	Men	73kg
	Victory Ceremony		
	12:00 - 14:00	Women	64kg
	Victory Ceremony		
	14:00 - 16:00	Men	81kg
	Victory Ceremony		
	16:00 - 18:00	Women	71kg
Victory Ceremony			
May 22	10:00 - 12:00	Men	89kg
	Victory Ceremony		
	12:00 - 14:00	Women	+71kg
	Victory Ceremony		
	14:00 - 16:00	Men	+89kg
Victory Ceremony			
May 23	Departure		

12. Competition Procedures, Rules and Regulations

12.1 Competition procedure and format

The Weightlifting Competition will be conducted in accordance to the IWF rules and regulation in force. In case of translation related disagreement over the interpretation of the rules and regulations the English text shall prevail. Any unforeseen case not addressed by the rules and regulations shall be dealt with as follows:

- General issues: To be resolved in accordance with the SEAGF Charter and Rules
- Technical issues: to be resolved in accordance with international regulation of

the IWF.

12.2 Competition format

- Each NOC may enter a maximum of one (1) athlete per category.

Each Weightlifting weight category event competition consists of Two (2) parts:

- The Snatch
- The Clean and Jerk

With a usually 10 minute break between them

- 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 according with the latest IWF TCRR, of which the snatch and the clean and jerk are included. The results will be ranked according to the 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.

12.3 Delays, postponements or cancellations

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

12.4 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 SEAGF and IWF in force.

XXXXX Barbell will be used in the Competition, Training and warm up (IWF-approved Sport Equipment).

Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with SEAGF and VIESGOC.

12.5 IWF Records

In case a record is established in MEN +89kg & WOMEN +71kg bodyweight categories the IWF cannot consider it as an official record as these bodyweight categories are not existing bodyweight categories of the IWF.

13. Technical Officials, Adjudicators and Jury of Appeal

The appointments of Technical Officials, Board of referees and Jury of Appeal will be in accordance with IWF Competition Rules and the SEAGF Charter and Rules.

13.1 International Technical Officials (ITOs)

AWF as duly authorized by IWF, shall appoint Technical Delegate and chief of the board of referees. Other judges shall be listed by AWF approved by VIESGOC. VIESGOC will cover domestic and international transportations, accommodations and duties for the ITOs.

13.2 National Technical Officials (NTOs)

Vietnam Bodybuilding & Weightlifting Federation (VBWF) will appoint such number of National Technical Officials (NTOs) as may be approved by VIESGOC to assist the International Technical Officials.

14. Protests and Appeals

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

15. Directory

15.1 International Weightlifting Federation (IWF)

President	: Dr. Michael Irani
Secretary General	: Mr. Mohammed Jaloud
Address	: Maison Du Sport International - Avenue de Rhodanue 54 CH-1007 Lausanne - Switzerland
Telephone	: +36 1 353 0530
Email	: +36 1 353 0199
Website	: www.iwf.net

15.2 Asian Weightlifting Federation (AWF)

President	: Mr. Mohammed Yousef Al Mama
Secretary General	: Ms. Boossaba Yodbangtoey
Address	: Qatar
Telephone	: +974 44943274 - +974 44943076
Email	: info@awfedration.com
Website	: www.awfedration.com

15.3 Technical Delegate

Name : Mr. Tom Liaw Yong Joo
Address : P.O Box 2473 Qatar, Doha
Telephone : +65 9109 1711
Email : tomliaw@swf.org.sg

15.4 Vietnam Bodybuilding and Weightlifting Federation (VBWF)

President : Mr. Hoang Xuan Luong
Secretary General : Mr. Do Dinh Khang
Address : 65 Doc Ngu, Ba Dinh, Hanoi, Vietnam
Tel : (+84) 24 32321811
Email : khangchienvn@gmail.com; hungvwf@gmail.com



**31st SEA GAMES
VIET NAM 2021**

