



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																						

No	Sports	May																				
		05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
27	Tennis																					
28	Volleyball	Indoor																				
		Beach																				
29	Weightlifting																					
30	Wrestling																					
31	Wushu																					
32	Bodybuilding																					
33	Bowling																					
34	e-Sports																					
35	Fin swimming																					
36	Kickboxing																					
37	Kurash																					
38	Jujitsu																					
39	Triathlon and Duathlon																					
40	Vovinam																					

2. Submission of Entries

Registration of each National Olympic Committee (NOC) must comply with the regulations of Vietnam SEA Games Organizing Committee (VIESGOC).

2.1 Entry by Number: Deadline for submission of Entry by Number Forms is January 12, 2022 at 24:00 hours Vietnam time (GMT+7).

2.2 Entry by Name: Deadline for submission of Entry by Name Forms is March 12, 2022 at 24:00 hours Vietnam 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).

3. Eligibility

3.1 To be eligible for participation in the 31st SEA Games, a competitor must

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 5.6.5 of the IWF Anti-Doping Policy, an Athlete who is not listed in the IWF's Registered Testing Pool But wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex of the International Standard for Testing and Investigations for a period of at least two (02) months prior to the IWF Event in question.

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	9h00		Team manager's meeting and Final verification
	10h30		Technical official's meeting
May 19	08:00 - 10:00	Women	45kg
	Victory Ceremony		
	10:00 - 12:00	Men	55kg
	Victory Ceremony		
	12:00 - 14:00	Women	49kg
	Victory Ceremony		
May 20	08:00 - 10:00	Men	61kg
	Victory Ceremony		
	10:00 - 12:00	Women	55kg
	Victory Ceremony		
	12:00 - 14:00	Men	67kg
	Victory Ceremony		
	14:00 - 16:00	Women	59kg
Victory Ceremony			

Date	Time	Gender	Events
May 21	08:00 - 10:00	Men	73kg
	Victory Ceremony		
	10:00 - 12:00	Women	64kg
	Victory Ceremony		
	12:00 - 14:00	Men	81kg
	Victory Ceremony		
	14:00 - 16:00	Women	71kg
Victory Ceremony			
May 22	08:00 - 10:00	Men	89kg
	Victory Ceremony		
	10:00 - 12:00	Women	+71kg
	Victory Ceremony		
	12:00 - 14:00	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.

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)

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

13.1.2 Each participating NOC member should be accompanied by one international judge holding the Card and they shall be selected and nominated by ABBF to officiate in the Games. VIESGOC will cover accommodations and duties for the accompanied.

13.1.3 Neutral judges: Three neutral judges (out of the SEA Countries) shall be appointed by AWF/IWF Technical Committee for the competition. VIESGOC will cover domestic and international transportations, accommodations and duties for the Neutral judges.

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. Jury of Appeal

The Jury of Appeal will be established by the AWF including representatives of VIESGOC. The decision of the Jury of Appeal is final.

15. Protests and Appeals

15.1 Any written protest must be first be made and submitted by the Chef de Mission or Team Manager to the Technical Delegate before or after the competition with the payment of a Protest Fee of USD200.00 per protest payable to VIESGOC. If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.

15.2 All protests must be considered by the Technical Delegate concerned who must make a decision as soon as possible. He/she must state the reason(s) for his/her upholding/rejecting the protest.

15.3 Any Chef de Mission or Team Manager dissatisfied with the decision of the Technical Delegate, may appeal to the Jury of Appeal by submitting the written appeal to the TD within sixty (60) minutes of receipt of the TD's written decision. The appeal must be heard and decided by the Jury of Appeal for the sport within two (2) hours after receipt of the written protest.

15.4 Any NOC dissatisfied with any decision by the Jury of Appeal may make any appeal in accordance with the SEAGF Charter and Rules.

15.5 The protest fee shall be refunded if the protest is upheld; it will be forfeited if the protest is rejected.

16. Directory

16.1 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

16.2 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

16.3 Vietnam Bodybuilding and Weightlifting Federation (VBWF)

President	: Mr. Hoang Xuan Luong
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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**

