



The 19th Asian Games Hangzhou 2022 Sport Technical Handbook

WEIGHTLIFTING



The background features a vibrant yellow-to-orange gradient. On the left, a large, light-colored number '2' is partially visible. The lower half of the image is dominated by several overlapping, wavy shapes in various shades of yellow and orange. Some of these shapes contain a halftone dot pattern. The overall aesthetic is modern and technical.

Technical Information

II. Technical Information

1. Competition Date

The Weightlifting competition of the 19th Asian Games Hangzhou 2022 will be held from **30 September to 7 October 2023** at Xiaoshan Sports Centre Gymnasium.

2. Competition Venue

The Weightlifting competition of Hangzhou 2022 will be held at Xiaoshan Sports Centre Gymnasium. The FOP is 39.9 metres long, 21.6 metres wide and 15.2 metres high, on which there will be one (1) weightlifting platform. The seating capacity reaches 1,901. There will be 14 platforms within the warm-up **area**. The competition venue is 11.7 kilometres away from the Athletes Village.

The training will be held at Zhejiang College of Sports Training Hall. The field is 39.9 metres long, 21.6 metres wide and 15.2 metres high, on which there will be 28 **training** platforms. The training venue is 7.1 kilometres away from the Athletes Village.

3. Competition Management

3.1 Technical Delegate: Shakhriillo Makhmudov (UZB)

3.2 Competition Manager: He Yiqun

4. Competition Events

The Weightlifting competition of Hangzhou 2022 consists of 14 events, including seven (7) men's and seven (7) women's events as follows:

Men's (7): 61kg, 67kg, 73kg, 81kg, 96kg, 109kg, +109kg;

Women's (7): 49kg, 55kg, 59kg, 64kg, 76kg, 87kg, +87kg.

5. Competition Schedule

Date	Session	Time	Gender	Event	Phase
30 September 2023 (Saturday)	WLF01	09:00-11:30	W	49kg Group B	
		11:30-14:00	M	61kg Group B	
		15:00-17:30	W	49kg Group A	Victory Ceremony
		19:00-21:30	M	61kg Group A	Victory Ceremony
1 October 2023 (Sunday)	WLF02	09:00-11:30	M	67kg Group B	
		11:30-14:00	W	55kg Group B	
		15:00-17:30	M	67kg Group A	Victory Ceremony
		19:00-21:30	W	55kg Group A	Victory Ceremony
2 October 2023 (Monday)	WLF03	09:00-11:30	W	59kg Group B	
		11:30-14:00	M	73kg Group B	
		15:00-17:30	W	59kg Group A	Victory Ceremony
		19:00-21:30	M	73kg Group A	Victory Ceremony

Date	Session	Time	Gender	Event	Phase
3 October 2023 (Tuesday)	WLF04	15:00-17:30	W	64kg Group B	
		19:00-21:30	W	64kg Group A	Victory Ceremony
4 October 2023 (Wednesday)	WLF05	15:00-17:30	M	81kg Group B	
		19:00-21:30	M	81kg Group A	Victory Ceremony
5 October 2023 (Thursday)	WLF06	09:00-11:30	M	96kg Group B	
		11:30-14:00	W	76kg Group B	
		15:00 – 17:30	M	96kg Group A	Victory Ceremony
		19:00-21:30	W	76kg Group A	Victory Ceremony
6 October 2023 (Friday)	WLF07	09:00-11:30	W	87kg Group B	
		11:30-14:00	M	109kg Group B	
		15:00-17:30	W	87kg Group A	Victory Ceremony
		19:00-21:30	M	109kg Group A	Victory Ceremony
7 October 2023 (Saturday)	WLF08	09:00-11:30	M	+109kg Group B	
		11:30-14:00	W	+87kg Group B	
		15:00-17:30	M	+109kg Group A	Victory Ceremony
		19:00-21:30	W	+87kg Group A	Victory Ceremony

Note: The competition schedule may be subject to change after the verification of the final entries.

In accordance with the International Weightlifting Federation (IWF) Technical and Competition Rules & Regulations (IWF TCRR), the weigh-in will be held two (2) hours before the competition, and it will last one (1) hour.

6. Competition Rules

The Weightlifting competition of Hangzhou 2022 will be held as per **the latest IWF TCRR**.

Detailed information is available on the website of the IWF: www.iwf.sport/

In case of any disagreement in the interpretation of the IWF rules and regulations, the English version shall prevail. Any unforeseen circumstances not covered by the regulations and rules shall be resolved as follows:

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

7. Competition Format

The Weightlifting competition of Hangzhou 2022 will be held as per the **latest IWF TCRR**. It includes snatch and clean & jerk. The ranking shall be determined by the total weight of the two (2) lifts (i.e. snatch and clean & jerk). Gold, silver and bronze medals will be awarded to top three weightlifters in Total in each weight class.

8. Sport Entries

8.1 Eligibility

Only NOCs that are members of the OCA are entitled to enter athletes to compete in the Weightlifting competition of the 19th Asian Games Hangzhou 2022.

Only athletes who comply with the OCA Constitution and Rules and its By-law are entitled to compete in the Weightlifting competition.

8.2 Entry Timeline

Entry by Sport - Deadline: 24:00 20 February 2021 (Beijing Time, GMT +8)

Entry by Number - Deadline: 24:00 15 March 2023 (Beijing Time, GMT +8)

Entry by Name - Deadline: 24:00 15 July 2023 (Beijing Time, GMT +8)

8.3 Entry Policies

Individual events: Each NOC may enter a maximum of two (2) athletes per **bodyweight category**.

Total: Each NOC may enter one (1) team with a maximum of seven (7) male athletes and seven (7) female athletes.

Age Limitation: All the athletes shall be 15 years old and above. The age is calculated in the athlete's year of birth - all athletes participating in the Hangzhou 2022 must be born on/or before 31 December 2008.

- Any NOC that withdraws its athletes or teams after the submission of the final entries by name or the Team Draw phase will be faced with disciplinary action by the OCA Executive Board.

9. Technical Officials

International Technical Officials (ITOs) shall be accredited by the IWF, and appointed or recommended by the Asian Weightlifting Federation (AWF).

National Technical Officials shall be appointed by the Weightlifting, Wrestling and Judo Administrative Centre under the General Administration of Sport of China.

- **AF or IF** has the right to appoint the Technical Delegate and ITOs in coordination and approval of the OCA. In the event of any violation of the AF or IF Rules or Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned to the relevant party.

10. Technical Meeting

The technical meeting will be held on 29 September 2023 (location to be defined).

11. Protests and Appeals

The Jury is not a Jury of appeal; there is no appeal against the Jury's decision except for the Challenge procedure. Challenge procedure shall be handled by the Jury (a part of International Technical Officials) as per the latest **IWF TCRR**. All challenge procedures of a technical nature will be the responsibilities of IWF or AWF.

- Any athlete or NOC may appeal to the Court of Arbitration for Sport (CAS), in the event that the athlete or NOC believes that there has been a violation of the IWF or AWF technical rules or the OCA Constitution, as long as the appeal is not related to reversing the decision of the **referees** or the result.

12. 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 OCA and IWF. Neither athletes nor technical officials will be permitted to attach any form of commercial advertising to his or her competition uniform without prior approval from the OCA and the HAGOC.

13. Doping Control

In order to ensure healthy and fair competitions and protect the interests of the athletes, the Anti-doping programme of Hangzhou 2022 will be conducted in strict accordance with the *World Anti-doping Code* and the *OCA Anti-doping Rules*.

14. Victory Ceremony

Gold, silver and bronze medals will be awarded to the athletes ranked the top three in Total of each individual event respectively.

Before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

15. Sport Information Centre (SIC)

All sport-specific information for Weightlifting will be available at the sport information desks. They will be located at the competition venue and at the Sport Information Centre (SIC) in the Athletes Village.

1. Venue Masterplan for Hangzhou 2022



2. Competition Venue



Xiaoshan Sports Centre Gymnasium



19th Asian Games
Hangzhou 2022

心心相融, @未来
Heart to Heart, @Future