



INVITATION

***To the President/General Secretary
of IWF Affiliated National Weightlifting Federation/Association***

Dear Sir/Madam,

On behalf of the Mexican Weightlifting Federation and Local Organizing Committee, CODE Jalisco, we have the great honour to invite you to the 2023 IWF World Junior Championships during the period 15-23 November 2023, Guadalajara, Jalisco, Mexico.

Guadalajara is the capital and largest city of the Mexican state of Jalisco. It's located in the central region in the Western-Pacific area of Mexico. Guadalajara is the 10th largest city in Latin America and the second most populous metropolitan area in Mexico.

We look forward to welcoming you soon in Guadalajara with the famous Mariachi, Tequila culture and beaches!

With best sport regards,

***Dr. Rosalio Antonio Alvarado Del Angel
President of the Mexican Weightlifting Federation
EB Member of the Mexican Olympic Committee***



COMPETITION REGULATIONS



**IWF WORLD JUNIOR
CHAMPIONSHIPS
GUADALAJARA 2023**



1. DATES & PLACE

15-23 November 2023, Guadalajara, Mexico

2. COMPETITION AND TRAINING VENUE

Competition Venue

Weightlifting Forum (Foro de Halterofilia)
1820 Marcelino García Barragán, Tlaquepaque, Guadalajara
México, 44870, CODE Paradero

Training Venue

Panamerican Velodrome (Velodromo Panamericano)
1820 Marcelino García Barragán, Tlaquepaque Guadalajara
México, 44870, CODE Paradero

3. ACCOMMODATION

Accommodation will be at the following hotels:

- **Hotel Sleep In Guadalajara Galeria**
- **Hotel City Express Plus by Marriott Guadalajara Providencia**
- **Hotel Holiday Inn Guadalajara Select**

A minimum stay of 4 (four) nights is required for all participants.

NOTE: Check-in: 14.00 / Check-out: 12.00

4. FINANCIAL CONDITIONS

Accommodation fee (with full board)

Single room	\$175 USD / person / night
Double room	\$140 USD / person / night

Entry fee

Athletes:	\$300 USD / athlete (incl. \$100 USD IWF Special AD Fee)
Delegates & Team Officials:	\$200 USD / person

Payment

Check-in: All participants should pay the relevant fees by bank transfer to the Local Organizing Committee.



All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full by the Local Organizing Committee (LOC). **No accommodation is guaranteed until full payment is received.**

Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Local Organizing Committee 30 days before the arrival, the delegation must pay the charge of "No-Show" per person to the Local Organizing Committee. The charge is equal to the Accommodation Fee per person / per day.

If one or more participants are delayed one or more days, the delegation must pay for all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form until **15 October 2023** at the latest, should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel, however, this cannot be guaranteed.

Cancellations will not be accepted after **15 October 2023** and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

100% of the total payment (accommodation & entry fees) must be transferred by 25 October 2023 to the Bank Account of the Local Organizing Committee.

The countries unable to make wire transfer to submit a request to pay upon arrival based on the decision of the President and the General Secretary on a case by case basis.

Please contact your bank and consider the transaction time of your transfer to be duly received by the deadline to the bank account of the LOC.

We kindly ask you to send the bank statement confirming the bank transfer you made to the bank account of the LOC by sending to guadalajara2023@iwf.sport.

- **NAME OF THE BANK / *Scotiabank Inverlat SA***
- **ACCOUNT HOLDER / *Federacion Mexicana de Levantamiento de pesas A.C***
- **IBAN or ACCOUNT NUMBER / *00 103 125 718***
- **CLABE / *44 18000 103 125 7189***
- **SWIFT / *MBCOMXMM***
- **CURRENCY / *USD***



IWF WORLD JUNIOR
CHAMPIONSHIPS
GUADALAJARA 2023



5. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Athletes must be registered via the **IWF Online Entry System**:

<https://mf.iwf.sport>

If you have any questions or difficulties, please contact IWF at competition@iwf.sport

PRELIMINARY ENTRIES

The Preliminaries Entries must be uploaded into the IWF Online Entry System by no later than **15 August 2023**.

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

TWENTY (20) MEN and TWENTY (20) WOMEN

THIS MEANS THAT THE MEMBER FEDERATION CANNOT ADD NEW ATHLETE(S) TO THE LIST AFTER 15 AUGUST 2023.

FINAL ENTRIES

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than **15 October 2023**.

Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 15 August 2023):

Max. **TWELVE ATHLETES (10+2 RESERVE) / GENDER**

THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE INCLUDED IN THE PRELIMINARY ENTRY.

NO ENTRIES WILL BE ACCEPTED WITHOUT THE FULL PAYMENT OF FEES.

The following documents must be returned by **15 October 2023** (by email):

- Accommodation & Transportation Form
- Passport Copy & Photos for Accreditation

All forms must be sent to guadalajara2023@iwf.sport.



Media:

All media participants must be approved in advance.
Applications should be submitted by **15 October 2023** via the link below:

<https://iwf.net/mediareg/>

In case of any question, please contact IWF at pedro.adrega@iwf.sport

6. VISA

Like all countries, Mexico has specific immigration policies, so it is possible that many of you may have to go through procedures at the Mexican embassies or consulates prior to your visit, to apply for visas or permits to enter the country. For this reason, in this document we will attach links that may be useful for you to speed up the process, as well as offer help at abihail@moveo-lab.com from where we can send you an invitation letter from the LOC if you require it.

We ask all participants to thoroughly read the document and if required, visit the specific links to learn about the information for each country, as it is the responsibility of each athlete, team, delegation and/or federation to ensure that the procedures are carried out on time and in the correct manner.

Holders of any type of valid and multiple entry **USA, Canada, Japan, United Kingdom, SCHENGEN visas (any nationality) DO NOT** require a Mexican visa to travel on business, tourism, or transit purpose for or less than 180 days as long as they present any of the mentioned documents at the point of entry.

General considerations:

- Passports must be valid for at least 90 days after the date of your return.
- To apply for a Mexican visa, the passport must be valid for at least 6 months beyond the date of the visa application appointment.
- It is important to consider that in case you require a Mexican visa, you **must apply for it personally at the Mexican consulate of your country or the country where you reside. It is recommended to apply at least two months before travelling to Mexico to avoid any difficulties.**
- If you require a letter of invitation from the LOC, you must send you passport copy as well as the country where you will be applying for the visa.



Requirements for entering the country:

All foreign visitors must present the Multiple Migration Form (FMM) upon entering the country.

- To facilitate and expedite the immigration procedures of foreigners in the country, the National Immigration Institute offers the registration of the Multiple Migratory Form electronically (FMME) for those tourists who enter Mexico by air.
- This registration form certifies that the applicant's immigration status is regular, without permission to perform remunerated activities with a maximum validity of 180 calendar days, it can only be used once.

You can find the FMME in the following link:

<https://www.inm.gob.mx/fmme/publico/solicitud.html>

To consult the countries that DO require a VISA to enter Mexican territory, go to the following link: <https://www.gob.mx/gobierno/mexico-en-elmundo>

For visa processing, some countries may require specific processes or documentation, so it is important to check the particular details of each country in the following link: <https://www.gob.mx/inm/documentos/paises-y-regiones-querequieren-visa-para-viajar-a-mexico>

Directory of embassies and consulates: <https://www.gob.mx/gobierno/mexico-en-elmundo> If you require any other information, please visit the website of the National Institute of Migration: <https://www.gob.mx/inm>

Local Organizing Committee will supply visa invitation letters to all Federations / Associations free of charge if they provide all the required documents in time.

7. COVID-19 COUNTERMEASURES

No entry restrictions are imposed on participants in Mexico in relation to the Covid-19 vaccination. However, vaccination is recommended.

In case there will be additional requirements by Local Government Authorities, Local Organizing Committee, IWF Medical Committee, the IWF will inform you accordingly.

8. ACCREDITATION

Accreditation will take place at the **Hotel City Express Plus by Marriott Guadalajara Providencia**



9. FLAG & ANTHEM

Each Member Federation is responsible for bringing its own national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation. The LOC / IWF cannot be held responsible for errors relating to the flag and anthem.

10. TRANSPORTATION

The LOC will provide a free shuttle bus service from / to Miguel Hidalgo y Costilla Guadalajara International Airport (GDL) to all participants.

Accommodation & Transportation Form must be provided by **15 October 2023**.

- Transportation form shall state which airline, flight number and exact time each delegate will be arriving and departing on. Any change in travel schedule must be communicated in time.
- Local shuttle bus service will be provided for all participants to get from / to the venues (accommodation, competition/training venue and any other official program).

11. COMPETITION REGULATION

The 2023 IWF World Junior Championships will follow the IWF Technical and Competition Rules & Regulations (TCRR).

12. TERMS AND CONDITIONS OF PARTICIPATION

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), IWF Policies & IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the IWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by IWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of IWF / LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the IWF and/or LOC shall have no responsibility in any loss or damage of this property;
- Should irrevocable release IWF & LOC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event;



- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any LOC or IWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the LOC.

13. ELIGIBILITY

Participating athletes must be between 15 to 20 years of age (born between 2003 and 2008).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (**Q3 / by 15 August 2023 & Q4 / by 30 September 2023**).

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at iwf@ita.sport.

14. WADA ADEL ONLINE COURSE

All participating athletes shall successfully complete the WADA ADeL online course for athletes before competing and send the certificate to iwf@ita.sport.

The course can be found at the following link: <https://adel.wada-ama.org/>

Just as for the IWF iLiftClean platform, athletes and supported personnel (coaches, team doctors) shall register on the above website, watch the videos, and successfully complete the quiz to receive the certificate.

In case athletes and athlete support personnel (coaches, team doctors, etc.) have any problem with the registration process, please contact WADA at adel@wada-ama.org.



15. EVENT CATEGORIES

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

16. AWARDS

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.

Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF Team Classification.

17. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

18. SPORT EQUIPMENT

IWF approved Eleiko barbells will be used during the competition and training.

19. INSURANCE

According to IWF Regulations, all participants must be under coverage for travel and accident / injury / illness (COVID-19) by their respective Federations before their departure from their hometown.

20. TEMPERATURE

The average temperature during the Championships will be around 13-28 °C. The electricity is 110 V.



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Contact details:

Mexican Weightlifting Federation / Local Organizing Committee

FMLP Office Puerta 9 Av Rio Churubusco, Ex – Ejido de la Magdalena Mixhuca, 08010, Iztacalco, Mexico City

Phone: +52 983 185 3197

+52 33 1412 2839

E-Mail: guadalajara2023@iwf.sport

International Weightlifting Federation

Maison du Sport International, Av. de Rhodanie 54, Switzerland -1007, Lausanne

Phone: +41 21 601 3227

E-Mail: iwf@iwf.sport & competition@iwf.sport



IWF WORLD JUNIOR
CHAMPIONSHIPS
GUADALAJARA 2023



PRELIMINARY TIMETABLE

13 November / Monday	12:00 UTC -6 (CST)	Verification of Final Entries ONLINE		
14 November / Tuesday	<i>TBC</i>	<i>Technical Officials' Meeting</i>		
	<i>TBC</i>	<i>Opening Ceremony</i>		
15 November / Wednesday	9:00	Women	45-49	B
	11:00	Men	55	B
	13:00	Women	45	A
	16:00	Men	55	A
	19:00	Women	49	A
16 November / Thursday	10:30	Women	55	B
	13:00	Men	61	B
	16:00	Women	55	A
	19:00	Men	61	A
17 November / Friday	10:30	Men	67	B
	13:00	Women	59	B
	16:00	Men	67	A
	19:00	Women	59	A
18 November / Saturday	10:30	Women	64	B
	13:00	Men	73	B
	16:00	Women	64	A
	19:00	Men	73	A
19 November / Sunday	10:30	Men	81	B
	13:00	Women	71	B
	16:00	Men	81	A
	19:00	Women	71	A
20 November / Monday	10:30	Women	76	B
	13:00	Men	89	B
	16:00	Women	76	A
	19:00	Men	89	A



**IWF WORLD JUNIOR
CHAMPIONSHIPS
GUADALAJARA 2023**



21 November / Tuesday	10:30	Men	96	B
	13:00	Women	81	B
	16:00	Men	96	A
	19:00	Women	81	A
22 November / Wednesday	8:30	Women	87	B
	10:30	Men	102-109	B
	13:00	Men	102	A
	16:00	Women	87	A
	19:00	Men	109	A
23 November / Thursday	8:30	Women	+87	B
	10:30	Men	+109	B
	13:00	Women	+87	A
	16:00	Men	+109	A
	<i>TBC</i>	<i>Closing Ceremony</i>		

The competition schedule is subject to change after the final entry deadline & after the verification of final entries.