



2024
WEIGHTLIFTING
ASIAN CHAMPIONSHIPS
TASHKENT



Regulations



INVITATION

Dear President and Secretary-General of the Asian Weightlifting Federation member states,

Athletes and officials,

It is with great pleasure and excitement that we extend our warmest greetings and invite you to participate in the upcoming Asian Championship in Tashkent, Uzbekistan. As host of this prestigious event, we are honored to offer qualifying spots for the Paris-2024 Olympic Games and reunite members of our continent's weightlifting family once again.

We express our sincere gratitude to the members of the Executive Board of the Asian Weightlifting Federation for their support in making this event possible. Their high trust and respect for us is truly appreciated.

The continental championship will take place February 3-10, 2024, at the "Yunusabad" sports complex in Tashkent. We have made all the necessary preparations to ensure that the event runs smoothly, and we hope that all participants will enjoy their stay in our beautiful city.

As you may know, Tashkent is not only the capital of Uzbekistan but also a crossroads of the Great Silk Road and a melting pot of Eastern and Western cultures. It is a thriving metropolis at the forefront of world development, with a rich history and a vibrant present. We are proud to host this event in our city and showcase the unique charm and hospitality of our people.

We eagerly await the arrival of the participants of the continental championship and their esteemed guests to our country. We promise to provide a memorable experience and extend our warmest welcome to all.

Sincerely,

Shakhrillo Makhmudov

**Deputy-Minister of Youth policy and sport of the Republic of Uzbekistan
First Vice-President of Uzbekistan Weightlifting Federation
Vice-President of Asian Weightlifting Federation**



REGULATIONS

2024 ASIAN WEIGHTLIFTING CHAMPIONSHIPS

1. Dates and Place

3-10 February 2024, Tashkent, Uzbekistan

2. Competition Venue & Training Venue

Yunusabad Sport Complex, Tashkent city

Address: Tashkent city, Yunusabad town, Iftikhor street #1

3. Accommodation

- Regal Stay Hotel
Tashkent city, Yakkasaray District, Qushbegi Residential Area, 11A
- Mercure Hotel
Tashkent city, 6 Shota Rustaveli Street, Passage 1
- Wyndham Hotel
Tashkent city, Amir Temur Str., C-4, No. 7/8

Participants must accept accommodation to stay at the official hotel offered by the organizing committee. A minimum stay of 4 (four) nights is required for all participants.

Please noted: Check-in is after 14:00, check-out is before 12:00

4. Financial Conditions

Single room: 160 USD per person/ per day/ with three meals

Double room: 140 USD per person/ per day/ with three meals

Entry fee: 150 USD per person

Anti-doping Fee: 100 USD per athlete

- Hotel “No-Show” and Cancellation Charge:

If one or more delegation members do not arrive on the date specified on the Final Accommodation and Transportation Form and have not informed to Local Organizing Committee (LOC) by 15 days before the scheduled arrival date, the delegation must pay to LOC the charge of "No-Show" charges per person. This charge required by the hotel for keeping the room available for each night and meals ordered. The charge is equal to the Participation Fee per person/ per day.



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

Hotel No-Show or Cancellations charge rates are as follows:

15 days before: no charge

14 days - 2 days before: 70%

1 day before (or No-show on the reservation day): 100%

5. Methods of Payment

- In USD currency in cash.
- In USD currency by Bank transaction.

In order to make the payment by bank transaction, it is important to get from Organizing Committee the agreement and invoice to transfer the required amount.

The following is bank account to make necessary bank transactions:

“CHIRCHIQ AZAMATLARI” LLC

ADDRESS: Uzbekistan, Tashkent region, Chirchiq province

Sportchilar Street, Building no. – 44

TIN: 302 112 104

BANK: “Ipoteka Bank” Chirchiq city branch

SWIFT: UZHOUZ22

IBT 00478

Bank Account: 20208840304939247001

Head of the company: Azizov A.

PAYMENT Instructions

A minimum of 50% of the total payment must be transferred by **02/01/2024** to the Bank Account. If you are paying by wire transfer, please ask your bank and consider the time it takes to process the transfer for the payment to reach by the deadline date and time.

We kindly ask that you send, 15 (fifteen) days before your arrival, the bank document (transaction confirmation) that accredits the funds transfer to asianchamps24@gmail.com to validate your payment with our bank. **Please contact the Organizing committee so that we can compose the agreement (Calculation/Preliminary invoice) before the transfer.**



6. Entries & Forms

PRELIMINARY ENTRY

Member Federation must submit the Preliminary List of a maximum number of Twenty (20) men & Twenty (20) women athletes. The Member Federations can't add or change athletes after 03 December 2023.

The Preliminary Entries must be filled out and sent by not later than **03 December 2023.**

FINAL ENTRY

Member Federation must select the Final list of athletes from the Preliminary Entries (Previously submitted by 03 December 2023). Max. Twelve (12) athletes per gender.

The Final Entries must be filled out and sent by not later than **03 January 2024.**

The following documents must be returned to the following address:

asianchamps24@gmail.com

Visa Application Form	by 03 December 2023
Copies of all Passport and Photos	by 03 December 2023
Team Accommodation Form	by 03 January 2024
Transportation Form	by 03 January 2024
Team Calculation Form	by 03 January 2024

For media:

All media participants must be approved in advance.

Please submit the Media Accreditation Form to:

- asianchamps24@gmail.com
- awfederation@yahoo.com

Deadline is **03 January 2024.**

7. Visas

All participants must apply for Uzbekistan visas before entering Uzbekistan. Please fill in the Visa Application Form and return it together with passport copies before 03 December 2023 to E-mail: asianchamps24@gmail.com
Organizing Committee will supply visa invitation letters to all



federations/associations if they provide all the required documents on time.

LOC CANNOT GUARANTEE THE VISA INVITATION LETTER IF PARTICIPANTS SEND THEIR DOCUMENTS LATER THAN THE DEADLINE

Important note: Visa application will be processed in a minimum of two weeks, after which an invitation letter will be sent. Passport expiry date must be after 25 July 2024. Visa on arrival can be issued **ONLY** at the Tashkent International Airport.

8. Accreditation

The Accreditation will take place at Competition Hotels.

9. Anthem

Each Member Federation should bring two (2) national flags sized 100x150cm and the national anthems on USB drive. This must be submitted upon arrival/accreditation to LOC.

10. Transportation

The LOC will provide shuttle bus from the Tashkent International Airport. Participants must provide their full and accurate flight schedule by 03 January 2024.

- Transportation forms shall state which airline, flight number and times each delegate will be arriving and departing on. Any change in travel schedule must be communicated on time;
- Onsite transportation changes or new requests are not guaranteed to be accommodated;
- Local shuttle bus will be provided for all participants to get to the venues (accommodation, meetings, competition/training venue and any other official program).

11. Competition Regulation

The 2024 Asian Weightlifting Championships will follow the IWF Technical and Competition Rules and Regulations (TCRR)

12. Terms and Conditions of Participation



Only national federations/associations affiliated in the IWF/AWF are eligible to participate in the event.

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

- Acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti- Doping Rules (ADR);
- Abide by all reasonable directions given by the IWF/AWF, LOC, TOs;
- Should accept any prize or award given by IWF/AWF 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/AWF/LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the IWF/AWF and/ or LOC shall have no responsibility in any loss or damage of this property;
- Should irrevocable release IWF/AWF & 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/AWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations/Associations 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 15 years of age and over (year of birth 2009 or earlier).

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 (**by 03 November 2023**).

An athlete who does not comply with this provision is not eligible to compete at this event.



14. Bodyweight Categories

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

15. Awards

Gold, silver, and bronze medals will be awarded in Snatch, Clean & Jerk, and Total in each bodyweight category.

Team trophies will be awarded to the best six teams respectively for both Men's and Women's competitions in accordance with IWF Team Classification.

Trophies will be awarded to the Best Lifter in the Men's and Women's events.

16. 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

17. Barbell

ZKC barbells will be used during the competition and training.

18. Insurance

According to IWF Regulations, all participants must be under coverage for travel and accident/injury issuance by their respective Federations before their departure from their hometown.

19. Temperature

The average Tashkent, Uzbekistan temperature during the Championships will be approximately between 1 and 10 degrees on Celsius. Electricity in Uzbekistan is 220 Volt.

20. Contacts

Asian Weightlifting Federation

Tel: +966 50 800 8917

Prince Faisal Bin Fahd Olympic Complex
P.O. Box 42806 Riyadh 11551 Kingdom of
Saudi Arabia

Email: awfederation@yahoo.com

Uzbekistan Weightlifting Federation Local Organizing Committee

Tel: +. Tel/fax: +998712455590

Address: Uzbekistan 100003, Olmazor
district 15/1, Tashkent, Uzbekistan

Email: asianchamps24@gmail.com



Preliminary Time Table

Wednesday, 31 January		Delegation arrival	
Thursday, 01 February	10:00	Technical, Medical, Coaching, Research & Scientific Committee Meetings	TBD
	14:00	AWF Executive Board Meeting	TBD
	18:00	Final Entries Verification	TBD
Friday, 02 February	08:00	Congress Registration	TBD
	09:00	AWF Congress	TBD
	14:00	Technical Official's Meeting	TBD
	16:00	Coaching Seminar	TBD
	18:00	Anti-Doping Seminar	TBD
Saturday, 03 February	11:00	Women 49 kg	B
	13:00	Women 45 kg	A
	16:00	Opening Ceremony	TBD
	18:00	Men 55 kg	A
Sunday, 04 February	10:00	Women 59 kg	B
	12:00	Men 61 kg	B
	14:00	Women 49 kg	A
	17:00	Men 61 kg	A
Monday, 05 February	10:00	Men 73 kg	B
	12:00	Women 55 kg	A
	15:00	Women 59 kg	A
	18:00	Men 67 kg	A



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Tuesday, 06 February	10:00	Women 71 kg	B
	12:00	Men 73 kg	A
	15:00	Women 64 kg	A
	18:00	Women 71 kg	A
Wednesday, 07 February	10:00	Women 81 kg	B
	12:00	Women 76 kg	A
	15:00	Women 81 kg	A
	18:00	Men 81 kg	A
Thursday, 08 February	10:00	Men 89 kg	B
	12:00	Women 87 kg	A
	15:00	Men 89 kg	A
	18:00	Men 96 kg	A
Friday, 09 February	10:00	Men 102 kg	B
	12:00	Men 102 kg	A
	15:00	Men 109 kg	A
Saturday, 10 February	10:00	Women +87 kg	A
	12:00	Men +109 kg	A
Sunday, 11 February	Delegation departure		

*****Please note: Time schedule subject to be changed after the verification of final entries*****