



INVITATION

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



Dear Sir/Madam,

Thai Amateur Weightlifting Association (TAWA) has been honored by international Weightlifting Federation (IWF) to host the 2024 IWF World Cup, Paris 2024 Qualification event, during 31 March - 11 April 2024, Phuket, Thailand.

Phuket Province, Thailand (Thailand's largest island known as pearl of the Andaman). Hoping you to be our guests to enjoy the attractive historical province of Phuket. The Surrounding waters contain much varies marine life and the island itself is blessed with lovely seashores and forested hillside. Phuket Town also has some wonderful examples of Sino-Portugese architecture, making visits memorable and meaningful.

On behalf of Organizing Committee. I wish to express my utmost sincere appreciation to all of you who participate and to those federations and associations that supported us. Thanks all the members of the organizing committees who have times making the Championships success. Also apologizes in advance any shortcomings that you may experience. I do believe that through the organization of Championships will not only gives us an opportunity to further contribution to the development of weightlifting sport, but also enable us to strengthen the friendship among the International Weightlifting families.

Wish you all happy stay and looking forward to welcoming you soon in Phuket, the most beautiful and amazing city in the Kingdom of Thailand.

Mr. Prachaya KEERATINANT
President of Thai Amateur Weightlifting Association



COMPETITION REGULATIONS





1. DATES & PLACE

31 March - 11 April 2024, Phuket, Thailand

2. COMPETITION AND TRAINING VENUE

Khunlertpokharak Conference Room & Phuket Rajabhat University Hall.

The training venue will be available between 29 March - 11 April 2024.

3. ACCOMMODATION

Accommodation will be in the following hotels (first come, first served):

- Courtyard by Marriot Phuket Town
- Novotel Phuket City Phokeethra
- Ramada Plaza by Wyndham Chao Fah
- Royal Phuket City Hotel
- Phuket Merlin Hotel
- Dara Hotel Phuket Town
- Pearl Hotel Phuket
- Ibis Styles Phuket City

Participants must accept accommodation to stay at the following hotels offered by the Local Organizing Committee (LOC). 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 / The total amount of the accommodation fee must be transferred by 29 February 2024.

	Hotel:	Fee (US Dollar)	Remark
Accommodation	Courtyard by Marriot Phuket Town		Full Board
	Novotel Phuket City Phokeethra	Single room \$180	
	Ramada Plaza by Wyndham Chao Fah	Double room \$160	
	Royal Phuket City Hotel		
	Phuket Merlin Hotel		
	Dara Hotel Phuket Town	Single room \$160	
	Pearl Hotel Phuket	Double room \$140	
Ibis Styles Phuket City			



ENTRY FEE / The total amount of the entry fee must be transferred by 31 January 2024 (for all participants including athletes, coaches, doctors, other team members).

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 are the responsibility of the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full to the Local Organizing Committee bank account.

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 to the Local Organizing Committee, previously to the accreditation, the charge of "No-Show" per person. 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 all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form until **29/02/2024** 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 and however, this cannot be guaranteed.

Cancellations will not be accepted after **29/02/2024** and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

100% of the total payment must be transferred by 31/01/2024 (Entry Fee) & 29/02/2024 (Accommodation Fee) to the Bank Account of Local Organizing Committee.

Please ask your bank and consider the transaction time for your payment to be duly received by the deadline to the bank account of the LOC.

We kindly ask that you send the bank statement confirming the bank transfer you made to the bank account of the LOC by sending to phuket2024@iwf.sport.



Account Name: Thai Amateur Weightlifting Association
Account No.: 662-7-64602-1
Bank Name: KRUNG THAI BANK PUBLIC COMPANY LIMITED
Branch: Sports Authority of Thailand
SWIFT Code: KRTHTHBK
Address: Thai Amateur Weightlifting Association (TAWA)
286, 20th Floor of Sports Authority Building. Ramkhamhaeng Rd.,
Huamark, Bangkok, Bangkok 10240 THAILAND

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 **31 December 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 ATHLETES TO THE LIST AFTER 31 DECEMBER 2023.

FINAL ENTRIES

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than **31 January 2024. TWO (2) MONTHS BEFORE THE EVENT.**

- Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 31 December 2023):

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

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

**ENTRY FEES MUST BE PAID NO LATER THAN 31 JANUARY 2024.
NO ENTRIES WILL BE ACCEPTED WITHOUT THE FULL PAYMENT OF ENTRY FEES.**



The following documents must be returned by **29 February 2024** (by email):

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

All forms must be sent to phuket2024@iwf.sport.

Media:

All media participants must be approved in advance.

Applications should be submitted by **31 January 2024** via the link below:

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

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

6. VISA

Visa entry to Thailand could be obtained from the Thai Embassy in the respective countries by presenting the Official Invitation for the said Championships. If there is any help needed, please contact the Organizing Committee. There are 18 countries can apply VISA on arrival to Thailand please check the following info; <https://image.mfa.go.th/mfa/0/zE6021nSnu/เอกสาร/VOA.pdf>. If you would like to request special Exemption VISA please send a complete list of names with passport data, photos, itinerary schedule (flight booking) and fax number/ mailing address should be sent in time to the Organization Committee for the issuance of invitation letters, for this process must be sent all documents before **31 January 2024**.

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 12 October 2024.

Note: In some countries are required International Health Certificate for **Yellow Fever Vaccination**, please check: <http://www.mfa.go.th/main/en/services/4908/15384-List-of-countries-which-require-International-Heal.html>

7. COVID-19 COUNTERMEASURES

No entry restrictions are imposed on participants in Thailand 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 **Royal Phuket City Hotel**.

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 Local Organizing Committee will provide a free shuttle bus service from / to Phuket International Airport (HKT) to all participants.

Accommodation & Transportation Form must be provided by **29 February 2024**.

- 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 2024 IWF World Cup 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 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:

- Q1 2024 / by 31 December 2023
- Q2 2024 / by 31 March 2024

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 in Phuket, Thailand, during the event will be approximately between 30-35 °C with high humidity. Electricity in Thailand is 220 V.



Contact details:

INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)

Maison de Sport International Av. de Rhodanie 54

Switzerland-1007, Lausanne

Phone: +41 21 601 3227

Email: iwf@iwf.sport, competition@iwf.sport

THAI AMATEUR WEIGHTLIFTING ASSOCIATION (TAWA)

286, 20th Floor of Sports Authority Building.

Ramkhamhaeng Rd., Hua Mark Bangkokpi

Bangkok 10240 THAILAND

Tel: (+66) 2170-9461 Fax: (+66) 2170-9462

Website: www.tawa.or.th

Email: phuket2024@iwf.sport



PRELIMINARY TIMETABLE

17 MARCH / Sunday	12:00 CET	<i>Verification of Final Entries / ONLINE</i>		
28 MARCH / Thursday	<i>TBC</i>	<i>IWF Committee Meetings</i>		
29 MARCH / Friday	<i>TBC</i>	<i>IWF Executive Board Meeting</i>		
30 MARCH / Saturday	<i>TBC</i>	<i>IWF Special Congress</i>		
	<i>TBC</i>	<i>Technical Officials' Meeting</i>		
31 MARCH / Sunday	11:30	Women	45	B
	14:00	Men	55	B
	<i>TBC</i>	<i>OPENING CEREMONY</i>		
	19:00	Women	45	A
	21:30	Women	49	C
1 APRIL / Monday	9:00	Women	55	C
	11:30	Men	61	C
	14:00	Women	49	B
	16:30	Women	49	A
	19:00	Men	55	A
2 APRIL / Tuesday	9:00	Women	59	D
	11:30	Men	61	B
	14:00	Women	55	B
	16:30	Men	61	A
	19:00	Women	55	A
	21:30	Women	59	C
3 APRIL / Wednesday	9:00	Men	73	D
	11:30	Men	67	C
	14:00	Men	67	B
	16:30	Women	59	B
	19:00	Women	59	A
4 APRIL / Thursday	9:00	Women	64	C
	11:30	Men	73	C
	14:00	Men	73	B
	16:30	Men	67	A
	19:00	Men	73	A



5 APRIL / Friday	9:00	Men	89	D
	11:30	Men	89	C
	14:00	Men	81	C
	16:30	Women	64	B
	19:00	Women	64	A
6 APRIL / Saturday	9:00	Women	71	D
	11:30	Men	81	B
	14:00	Men	89	B
	16:30	Men	81	A
	19:00	Men	89	A
	21:30	Women	71	C
7 APRIL / Sunday	9:00	Men	96	C
	11:30	Women	71	B
	14:00	Men	96	B
	16:30	Men	96	A
	19:00	Women	71	A
	21:30	Men	102	D
8 APRIL / Monday	9:00	Men	102	C
	11:30	Men	102	B
	14:00	Women	76	B
	16:30	Women	76	A
	19:00	Men	102	A
	21:30	Women	81	D
9 APRIL / Tuesday	9:00	Women	81	C
	11:30	Women	81	B
	14:00	Women	87	B
	16:30	Women	81	A
	19:00	Women	87	A
	21:30	Women	+87	C
10 APRIL / Wednesday	11:30	Women	+87	B
	14:00	Men	109	B
	16:30	Women	+87	A
	19:00	Men	109	A
11 APRIL / Thursday	11:30	Men	+109	C
	14:00	Men	+109	B
	16:30	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.