



INVITATION

Dear President & General Secretary

I hope this letter finds you well. On behalf of the Qatar Weightlifting Federation, I am delighted to invite all member federations to the Qatar Weightlifting Cup 9th 2024. This prestigious event will be held in Doha, Qatar, from 26th to 31th December 2024.

The Qatar Weightlifting Cup 2024 offers a significant opportunity for weightlifters worldwide to showcase their skills in a competitive and inspiring environment. With top athletes and a magnificent setting.

Conducted under the rules and regulations of the International Weightlifting Federation (IWF), the competition will feature multiple weight categories for both men and women, providing an inclusive platform for athletes of all backgrounds.

We believe your participation will greatly contribute to the event's success and foster camaraderie among the global weightlifting community. We eagerly anticipate your positive response and the presence of your esteemed weightlifting team at the Qatar Weightlifting Cup 2024.

Together, let's create an exceptional competition that will inspire athletes and enthusiasts worldwide.

Thank you for your attention, and we look forward to welcoming you to Doha.

Yours sincerely,

Mohamed Yousef Almana
President
Qatar Weightlifting Federation



الإتحاد القطري لرفع الأثقال
QATAR WEIGHTLIFTING FEDERATION



9th QATAR WEIGHTLIFTING CUP 2024

DOHA – QATAR

26-31 DEC 2024





Rules & Regulation

1. Dates & Place

26 – 31 December 2024, Doha, Qatar

2. COMPETITION AND TRAINING VENUE

Radisson Blu Hotel

3. ACCOMMODATION

Radisson Blu Hotel / Holiday Villa

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

4. FINANCIAL CONDITIONS

Accommodation Fee (with full board)

Single room	150 USD / per person / per night
Double room	120 USD / per person / per night
Triple room	110 USD / per person / per night

5. Entry Fee

Athlete, Delegates & Team Officials Fee	120 USD per person
Doping Fee for Athlete	100 USD Per athlete

6. Financial Awards In Total Per Each Category

First place :	1000 USD
Second Place:	500 USD
Third Place:	250 USD

The financial wards will be given for the first 3 lifters by total result in each body weight category



7. Payment

All payments must be made in cash for the accommodation and entry fees upon your arrival at the hotel lobby.

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 10 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.

Cancellations will not be accepted after 1/Dec /2024 and no refunds will be given.

8. PRELIMINARY ENTRIES

The Preliminaries Entries must send to qwlbb@olympic.qa before **26 September 2024**.

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

**TWENTY (10) MEN and TWENTY (10) WOMEN
THIS MEANS THAT THE MEMBER FEDERATION CANNOT
ADD / CHANGE ATHLETES AFTER 20 Sep 2024**

- At the same time for administrative purposes the Member Federation must declare the estimated number of athletes and Team officials who will participate in the 2024 Qatar Cup

9. FINAL ENTRIES

The Final List of Athletes must be Entries must send to qwlbb@olympic.qa by no later than **26 October 2024**.

Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 20 September 2024):

Max. **FIVE MEN / FIVE WOMEN**

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

The following documents must be returned by **20 OCT 2024** (by email):

- Accommodation & Transportation Form
- Passport Copy “ Valid More than 6 months” \
- Photos for Accreditation “ Size 4x6” - ‘white background . JPEG format ‘



All forms
to the
address:

qwlbb@olympic.qa



must be sent
following



10. **Media:**

All media participants must be approved in advance.

Media applications should be submitted via an online platform, using the link below:

qwlbb@olympic.qa

11. **VISA**

The visitor must have a valid passport or a travel document issued in their name

for Visa Assistant & submission send your passport copy to : qwlbb@olympic.qa

passport must be valid more than 6 months and clear Passport copy and photo “ Size 4x6’ - ‘white background . JPEG format ‘

12 . **ACCREDITATION**

Accreditation will take place in the lobby of the hotel where each delegation will be staying.

please fill the accreditation form “Clear passport Photo & Digital or scanned personal photo”

13. **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 cannot be held responsible for errors relating to the flag and anthem.

14. **TRANSPORTATION**

The OC will provide a shuttle bus from HIA - HAMAD international airport International Airport for all participants.

Accommodation & Transportation Form must be provided by **26 Oct 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 on time.
- Local shuttle bus will be provided for all participants to get to the venues (accommodation, competition/training venue and any other official program).

15 .**COMPETITION REGULATION**

The 2024 Qatar Cup will follow the IWF Technical and Competition Rules & Regulations (TCRR) Qatar Cup 9th.



16. 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) and IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event LOC shall have no responsibility in any loss or damage of this property;
- Should irrevocable release 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 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.

18. 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 26 September 2024)**.

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at qwlbb@olympic.qa



18. WADA ADEL ONLINE COURSE

All Athletes participating shall successfully complete the WADA ADEL online course for Athletes before competing.

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

Just as in the case of the IWF ILiftClean platform, Athletes and supported personnel (coaches, team doctors) shall register at the site, watch the videos, and successfully complete the quiz at the end 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.

19. Event Categories

Men : 61Kg 73Kg 89Kg 102Kg +102Kg

Female: 49Kg 59Kg 71Kg 81Kg +81Kg

20. 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.

22. 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.

23. SPORT EQUIPMENT

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

24. INSURANCE

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

25. TEMPERATURE

The climate in is a moderate subtropical climate with two well differentiated seasons. The dry season is from November to April, which is less humid and somewhat cooler, with average high temperatures between 20 and 30 °C and average low temperatures between 20 and 28 °C; while in the summer months, the average temperature oscillates around 30 °C, with slightly higher humidity.

Contact details:

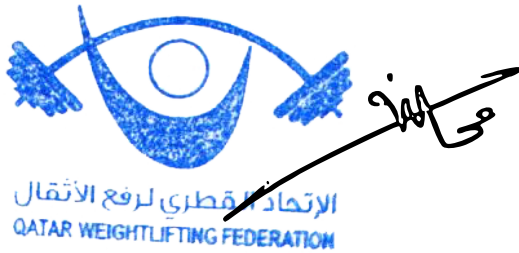
Local Organizing Committee

Qatar Weightlifting Federation

Address: West Bay 4th Floor Al Bidda tower .POX.2473

Phone: +974 44943135

[E-Mail: qwlb@olympic.qa](mailto:qwlb@olympic.qa)





PRELIMINARY TIMETABLE

26 December		Arrival	
	19:00	Final Verification	
	20:00	Technical Officials' Meeting	
27 December	15:00	Opening Ceremony	
	16:00	Men	61
	18:00	Women	49
28 December	13:00	Women	59
	16:00	Men	73
29 December	13:00	Women	71
	16:00	Men	89
30 December	13:00	Women	81 - 81+
	16:00	Men	102
	18:00	Closing Ceremony	102
		Closing Ceremony	

**This schedule is temporary
schedule will be finalized after the final verification**

