



**2023 Asian Youth & Junior  
Weightlifting Championships  
28 July - 5 August 2023 DELHI-NCR,  
INDIA**



**INVITATION**

**To,**

***The President/General Secretary  
of AWF Affiliated National Weightlifting Federation/Association***

***Dear Sir/Madam,***

***On behalf of the Indian Weightlifting Federation and Organizing Committee, we have the great honor to invite you to the 2023 Asian Youth & Junior Weightlifting Championships during the period from 28 July – 5 August, 2023 at DELHI-NCR, India. Delhi-NCR is a city of magnificent beauty, sunny and welcoming, a city of harmony of Indian architecture and modern urban planning. Well balanced combination of modern metropolis and the unique flavor of the eastern city await you in Delhi-NCR. Here you can meet the astonishing skyscrapers built by new technologies.***

***Delhi-NCR hosted many sporting Championships and we are very happy to organize such a prestigious event again in our city. 2023 Asian Youth & Junior Weightlifting Championships will gather Asian weightlifting families and we believe the success of this event will contribute to the upgrading of its sporting level and to the strengthening of unity and friendship among all.***

***We are looking forward to welcoming you soon!***

***With best regards,  
Sahdev Yadav  
President  
Indian Weightlifting Federation***

***Assistant to President, Asian Weightlifting Federation  
Treasurer – NOC (India)  
Vice President – Commonwealth Weightlifting Federation***



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**2023 Asian Youth &  
Junior Weightlifting  
Championships**  
**28 July–5 August**  
**2023**  
**DELHI-NCR (INDIA)**





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## **REGULATIONS**

**Date: 28 July – 5 August 2023, Delhi-NCR, India**

**1. Competition and Training Venue**

Gautam Buddha University, Greater Noida, Opp, Yamuna Expy, Greater Noida, DELHI-NCR 201312

**2. Accommodation**

Accommodation will be at the following hotels:

**CROWNE PLAZA GREATER NOIDA, AN IHG HOTEL, CHOWK INSTITUTIONAL GREEN, SURAJPUR, GREATER NOIDA, DELHI-NCR 201306**

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

**\* NOTE: Check-in Time: 14.00 Check-out Time: 12.00 AM \***

**3. Financial Conditions**

**3.1 Accommodation Fee**

**Accommodation Fee (with full board)**

Single room: 140 USD / per person / per night  
Double room: 120 USD / per person / per night

**3.2 Entry fee**

All Entry fees are paid to AWF

Athletes 120 USD per person  
+ 100 USD IWF Special Anti-Doping Fee

Team Officials 120 USD per person  
Medias 120 USD per person

**3.3 Payment**

- Bank transfers: A minimum of 50% of the total payment must be transferred by 28/06/2023 to the Bank Account of Indian Weightlifting Federation. 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 arrive by the deadline date and time.
- Check-in: All participants must make total payment of participation (entry) fees (in case if they did not pay by bank transfer) upon arrival in US cash dollars to the Asian Weightlifting Federation's Cashier.



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- 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 OC 21 days before the arrival, the delegation must pay Hotel charges for the Hotels mentioned above, the charge of "No-Show" 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 for all the days specified in the Accommodation & Transportation Form sent.
- We kindly ask that you send, 15 (fifteen) days before your arrival, the bank document that accredits the funds transfer to [awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com) to validate your payment with our bank. Please contact the Organizing committee so that we can compose the agreement (Calculation) before the transfer.

BENEFICIARY NAME	–	INDIAN WEIGHTLIFTING FEDERATION
BANK NAME	–	HDFC BANK
BRANCH ADDRESS	–	B 222-223, SECTOR 16 NOIDA UTTAR PRADESH 201301 (INDIA)
ACCOUNT NO	–	50100477267200
IFSC CODE	–	HDFC0001351
SWIFT CODE	–	HDFCINBB

- All payments must be made in US dollars' 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 Indian Weightlifting Federation bank account or paid in cash. No accommodation is guaranteed until full payment is received.
- After the submission of the Accommodation & Transportation Form on 28/06/2023 should you require any additional hotel rooms, the OC will use their best efforts to accommodate your additional team members in the same hotel, however, this cannot be guaranteed. Cancellations will not be accepted after 28/06/2023 and no refunds will be given.

**3.4 COVID-19 guidelines for travelling to India**

- i. All travellers should preferably be fully vaccinated as per the approved primary schedule of vaccination against COVID-19 in their Country.
- ii. In-flight announcement about the ongoing COVID-19 pandemic including precautionary measures to be followed (preferable use of masks and following physical distancing) shall be made in flights/travel and at all points of entry.



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- iii. Any passenger having symptoms of COVID-19 during travel shall be isolated as per standard protocol i.e. the said passenger should be wearing mask, isolated and segregated from other passengers in flight/travel and shifted to an isolation facility subsequently for follow up treatment.

**On arrival**

- iv. De-boarding should be done ensuring physical distancing.
- v. Thermal screening should be done in respect of all the passengers by the health officials present at the point of entry.
- vi. The passengers found to be symptomatic during screening shall be immediately isolated, taken to a designated medical facility as per health protocol (as above).
- vii. The following protocol post arrival shall also be followed:
- a) A sub-section (2% of the total passengers\* in the flight) shall undergo random post arrival testing at the airport on arrival.
  - b) Such travellers in each flight shall be identified by the concerned airlines (preferably from different countries). They will submit the samples and shall be allowed to leave the airport thereafter.
  - c) If such travellers' samples are tested positive, their samples should be further sent for genomic testing at INSACOG laboratory network.
  - d) They shall be treated/isolated as per laid down standard protocol.
- viii. All travellers should self-monitor their health post arrival also shall report to their nearest health facility or call National helpline number (1075) / State Helpline Number in case they have any symptoms suggestive.

\* Children under 12 years of age are exempted from post-arrival random testing. However, if found symptomatic for COVID-19 on arrival or during the period of self-monitoring period, they shall undergo testing and treated as per laid down protocol.

**4. Entry deadlines and pre-competition procedures**

Entries should be sent to the following address:

[awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com)

If you have any questions, please contact: AWF Secretariat: [awfederation@yahoo.com](mailto:awfederation@yahoo.com)



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**PRELIMINARY ENTRIES – OBLIGATORY!**

The Preliminary Entries must be sent to the following address -  
[awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com) by no later than 28 May 2023.

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

**TWENTY (20) MEN and TWENTY (20) WOMEN / Youth  
&  
TWENTY (20) MEN and TWENTY (20) WOMEN / Junior**

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT ADD / CHANGE  
ATHLETES AFTER 28 MAY 2023**

- 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 2023 Asian Youth & Junior Championships.

**FINAL ENTRIES – OBLIGATORY!**

The Final List of Athletes must be sent to the following address [awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com) by no later than **28 June 2023**.

- Member Federation must select the final list of Athletes from the Preliminary Entry (previously submitted by 28 May 2023).

**Max. TWELVE (10+2 RESERVE) MEN and TWELVE (10+2 RESERVE) WOMEN IN  
YOUTH AND JUNIOR SECTION**

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

The following documents must be returned by 28 June 2023 (by email):

- Accommodation & Transportation Form
- A complete list of names with passport data, itinerary schedule (flight booking) and fax number/ mailing address for obtaining Visas not later than 28/06/2023
- Media Accreditation Form
- Copies of all Passports (picture page)
- Electronic Passport Photos (3.5 cm x 4.5 cm, with white background) All forms must be sent to the following address: [awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com).

For media:

- All media participants must be approved in advance.
- Please submit the Media Accreditation Form to: [awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com) and [awfederation@yahoo.com](mailto:awfederation@yahoo.com).



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**ALL MEDIA REQUESTS ARE DUE BY 28 JUNE 2023**

**5. Visas**

All participants must apply for Indian visas before entering INDIA. Please fill in the Visa Application Form and return it together with passport copies before 28 June 2023 to E-mail: [awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com). OC will supply visa invitation letters to all federations/associations free of charge, if they provide all the required documents in time. The Visa fee will be paid as per norms of Indian Embassy in respective countries.

**Procedure for applying for e-Visa**

The foreign national may fill in the application online on the website <https://indianvisaonline.gov.in/visa/tvoa.html>. The applicant can apply 120 days in advance prior to expected date of arrival in India.

Persons holding e-Visa are allowed to enter into India only through the designated international airports namely, (1) Delhi (2) Mumbai (3) Chennai (4) Kolkata (5) Trivandrum (6) Bangalore (7) Hyderabad (8) Cochin (9) Goa (10) Ahmedabad (11) Amritsar (12) Gaya (13) Jaipur (14) Lucknow (15) Trichy (16) Varanasi (17) Calicut (18) Mangalore (19) Pune (20) Nagpur (21) Coimbatore (22) Bagdogra (23) Guwahati , (24) Chandigarh and (25) Visakhapatnam.

Sports teams and sports persons shall be granted “**X-SP**” Visa for appropriate duration.

**OC 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 three weeks, after which an invitation letter will be sent. Passport expiry date must be after 31<sup>st</sup> March 2024.**

**6. Accreditation**

The Accreditation will take place at the Hotel CROWNE PLAZA.

**7. Anthem**

Each Member Federation should bring two (2) national flags sized 120x180cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to OC.

**8. Transportation**



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- The OC will provide shuttle bus / transport from the Indira Gandhi International Airport. Participants must provide their full and accurate flight schedule by 28 June 2023.
- Transportation form 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).

## **8. Competition Regulation**

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

## **9. Terms and Conditions of Participation**

**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 AWF, the OC, TOs.
- Should accept any prize or award given by AWF and /or OC/sponsors, and will attend all special award ceremonies where prizes or awards are presented.
- Should attend Press Conference upon request of AWF/OC.
- Should not participate in, support, or promote illegal betting.
- Should be responsible for all property they bring into the Event – the AWF and/or OC shall have no responsibility in any loss or damage of this property.
- Should irrevocable release AWF & OC 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 OC or AWF facility, or for airport transfers.
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance.





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- 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 OC.



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**10. Eligibility**

**Asian Youth Weightlifting Championships**

Athletes born between 1<sup>st</sup> January 2006 and 31<sup>st</sup> December 2010 (aged 13 – 17 years)

**Asian Junior Weightlifting Championships**

Athletes born between 1<sup>st</sup> January 2003 and 31<sup>st</sup> December 2008 (aged 15 – 20 years)

In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2023 whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (by 28 April 2023).

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

**11. WADA ADeL online course**

It is recommended that athletes participating should 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/>.

**In case Athletes and supported personnel (coaches, team doctors) have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net).**

**12. Event Categories**

**For Asian Youth Weightlifting Championships**

**MEN:** 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg **WOMEN:** 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

**For Asian Junior Weightlifting Championships**

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

**13. Awards**

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

Team trophies will be awarded to the best male and female athletes, as well as to the best six teams respectively for both Men's and Women's competitions (for both Youth & Junior) in accordance with IWF Team Classification.



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**14. Doping Control**

Doping Control will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with the IWF Anti-Doping Rules.

**15. Equipment**

All the IWF approved equipment will be used for the competition, warm-up and training.

**16. 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.

**17. Temperature**

Delhi is a tropical region. There is humidity 70%-80% and the temperature averages during the day 28 to 30 degrees Celsius and at night 22 to 24 degrees Celsius. Visitors to Delhi should bring light weight summer clothing. Electricity in India operates on a 230V supply voltage and 50Hz.

**Contact details:**

**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

**Indian Weightlifting  
Federation**

**Organizing Committee**

Tel: +. Tel/fax: +91-120-4541605  
Address: C-2/18, Sector-31, Noida  
DELHI-NCR PIN - 201301  
E-Mail: [awfyjwc2023@gmail.com](mailto:awfyjwc2023@gmail.com)



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<b>TIME TABLE (PROVISIONAL)</b>				
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Group</b>
1	25-07-2023		Arrival of Delegations	
2	26-07-2023	10:00	AWF Committee Meetings	
		15:00	AWF EB Meeting	
		18:00	Final Verification	
3	27-07-2023	10:00	AWF Congress	
		16:00	Anti-Doping Seminar	
		18:00	Technical Officials' Meeting	
4	28-07-2023	10:00	45 kg Women	B
		13:00	40 kg Women	A
		16:00	Opening Ceremony	
		18:00	49 kg Men	A
5	29-07-2023	10:00	49 kg Women	B
		12:00	61 kg Men	B
		14:00	45 kg Women	A
		17:00	55 kg Men	A
6	30-07-2023	10:00	55 kg Women	B
		12:00	67 kg Men	B
		14:00	49 kg Women	A
		16:00	55 kg Women	A
		18:00	61 kg Men	A
7	31-07-2023	10:00	59 kg Women	B
		12:00	67 kg Men	A
		14:00	64 kg Women	B
		16:00	81 kg Men	B
8	01-08-2023	10:00	59 kg Women	A
		12:00	73 kg Men	A
		14:00	64 kg Women	A
		16:00	81 kg Men	A
9	02-08-2023	10:00	71 kg Women	A
		12:00	89 kg Men	A
		14:00	76 kg Women	A
		16:00	96 kg Men	A
10	03-08-2023	10:00	81 kg Women	A
		12:00	102 kg Men	A
		14:00	81+ kg Women	A
		16:00	102+ kg Men	A
11	04-08-2023	11:00	87 kg Women	A
		14:00	109 kg Men	A
12	05-08-2023	10:00	87+ kg Women	A
		12:00	109+ kg Men	A



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		18:00	Closing Ceremony	
13	06-08-2023		Departure of Delegations	

**\*\* NOTE: Schedule is subject to change after the Final Entry Deadline /  
Verification of Final Entries \*\***



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**VENUE OF THE COMPETITION AND TRAINING AREA**





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**HOTEL ACCOMMODATION**

