



African Senior (26th M & 15th W) Weightlifting Championships Qualification Event for the Games of the XXXI Olympiad in Rio de Janeiro in 2016

Regulations

1- Competition Date and Place:

The competition will be held in Yaoundé, Cameroon from 06th – 14th May, 2016.

2- Competition Rules and Regulations:

- A- The competition will be held and organised in accordance to the IWF technical and competition rules & regulations.
- B- The IWF with consulate of WFA will appoint the technical officials (ITOs) whom will be nominated by their national federations/associations to officiate for the championships.

3- Eligibility to Entries:

- A- According to article (1.1) of 2013 - 2016 IWF Technical and Competition rules & regulations, the athletes born in 2001 or earlier have the eligibility to participate.
- B- With reference to Article (5.6.4) of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered Testing Pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least two months before and during the IWF Event in question. The Athletes who do not comply with this provision are not eligible to compete. Only competitors of Member Federations that has no arrears towards the IWF and WFA are eligible to participate.
- C- Only National Federations/associations may enter participants that have no financial liabilities towards the IWF and WFA.
- D- The passport is considered as the sole official document to proof the age and the eligibility of the athlete.
- E- A maximum of eight (8) men and seven (7) women competitors could be registered plus two (2) reserves for each gender may also be entered but during the Verification of Final Entries each country can only register (8) men and (7) women as a final entry without any reserves. And it is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

4- Competition Events and Categories:

IWF Categories for Men and Women are follows:

Men: 56 kg /62 kg / 69 kg / 77 kg / 85 kg / 94 kg / 105 kg /+ 105 kg

Women: 48 kg /53 kg / 58 kg / 63 kg / 69 kg / 75 kg / + 75 kg

5- Entry Forms:

Enclosed herewith please find both Preliminary and Final Entry Forms.

A- Preliminary Entry Forms, Accommodation and Transportation Forms must be submitted to both the Organizing Committee (CMR WF) and the Weightlifting Federation of Africa (WFA) respectively no later than March 31st, 2016.

o Maximum athletes allowed on the Preliminary Entry Form are nine (9) women and ten (10) men.

B- Final Entry Forms, Accommodation and Transportation Forms must be submitted to both the Organizing Committee (CMR WF) and the Weightlifting Federation of Africa (WFA) respectively no later than April 15th, 2016.

o Maximum athletes allowed on the Final Entry Form are nine (9) women and ten (10) men; this consists of a full team (seven (7) women and eight (8) men) plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form.

6- Doping Control:

Doping Control will be conducted during the competition in accordance with the IWF Anti-Doping Policy and will be carried out by the IWF selected DCOs.

7- Accreditation:

A- The federations/associations must send the coloured photos for all the delegates (athletes and officials) with the final entry forms.

B- Accreditation of the Delegations will take place at des Deputes Hotel upon arrival.

C- Please note that the Accreditation will be valid only for the days registered on the Accreditation Card at the Accreditation Centre and will be issued only after Full Payment of participation and Entry Fees.

8- Financial Condition:

A- Only affiliated National Federations/Associations that have annually paid their IWF and WFA subscription fees have the right to participate in this competition.

B- An Entry Fee of US\$ 150 per person (including US\$ 50 Special Anti-Doping Fee) shall be paid to the WFA by each delegation for all their athletes and officials (Except the officials whom will be appointed to officiate during the competition).

C- All payments must be made in cash to the Organization Committee preferably in US Dollars Upon arrival at the accreditation center located in des Deputes Hotel.

D- The WFA is responsible for the Trophies, Medals and Certificates.

E- The Organizing Committee will cover the accommodation and board costs for the WFA Executive Board Members for a period of three days only (from 06 to 08 May 2016).

F- The Organizing Committee will cover the accommodation and board costs for the technical officials whom will be appointed to officiate for the competition.

G- The Organizing Committee will cover the accommodation and board costs for the Chairpersons of the WFA Technical, Medical and Coaching and Research Committees, when they are not among the appointed Technical Officials.

9- Accommodation:

A- The accommodation for all delegations will be at des Deputes (***) Hotel.

B- The hotel will be provided from May 04th, 2016 to the end date of the competition with the following normal rates:

- **US \$ 125** full board per person per night for standard double rooms including officials.
- **US \$ 135** full board per person per night for standard single rooms for the head of the delegation.

10- Equipments:

A- Barbells: Approved by IWF will be used in Competition & Training.

B- Results System: Approved by IWF.

11- Competition and Training Venues:

A- The competition and training venues will be in the Sports Palace Complex.

B- Bottled water will be available in the Training hall and Warm-Up area only. Tap water is not safe to drink in Cameroon.

12- Technical Conference:

Among other things to be discussed and the verification of finale entries will take place at the technical Conference.

13- Entry Visa and Airport Departure Costs:

A- All participants must check if a visa is required for their entry in Cameroon. Please consult the list of countries for which visa is necessary to enter Cameroon.

B- If an entry visa is required, you could be obtain the visa from the Cameroonian Embassy in your respective country.

C- If need be, the Passport Copy, photo and itinerary for each participant should be forwarded at least 45 days prior the competition to the Organizing Committee to seek permission to enable you obtain Entry Visas at the entry point.

D- The entry visa upon arrival costs **110 USD** for each person.

E- For any Consultation and assistance, Please contact +237 699 862 011 or +237 670 458 248.

14- Awards:

A- Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in Snatch, Clean & Jerk and Total.

B- Trophies will be awarded to the best three teams in total respectively for both men's and women's competitions in accordance with IWF Team Classification.

C- Best lifters trophies will be awarded in both men's and women's events.

D- Certificates of participation will be presented to all participants.

15- Tentative timetable:

06/05/2016	Friday	Arrival and accreditation of delegations
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07/05/2016		Saturday	
09:00	10:30	14:00	17:00
Verification of Final Entries and Technical Conference	WFA ITOs Education Seminar	All WFA Committees Meetings	WFA Executive Board Meeting

08/05/2016		Sunday	
10:00	16:00	17:00	
IWF Anti-Doping Education Seminar	Opening Ceremony	Competition Cat. 48 Kg & 53 Kg (Women)	

09/05/2016		Monday	
10:00	17:00		
WFA Annual Congress Meeting	Competition Cat. 56 Kg & 62 Kg (Men)		

10/05/2016		Tuesday	
10:00	17:00		
IWF Coaches Education Seminar	Competition Cat. 58 Kg & 63 Kg (Women)		

11/05/2016		Wednesday	
10:00	13:00	17:00	
Competition Cat. 69 Kg (Men)	Competition Cat. 69 Kg (Women)	Competition Cat. 77 Kg (Men)	

12/05/2016		Thursday	
10:00	13:00	17:00	
Competition Cat. 85 Kg (Men)	Competition Cat. 75 Kg & +75 Kg (Women)	Competition Cat. 94 Kg (Men)	

13/05/2016		Friday	
10:00	19:00		
Competition Cat. 105 Kg & +105 Kg (Men)	Closing Ceremony and Banquet		

14/05/2016	Saturday	Departure of delegations
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Note: This tentative timetable subject to change after the Verification of Final Entries.

16- Transport:

- A-** Local transport will be provided from/to Yaoundé Nsimalen International Airport for all delegations upon their arrival and departure.
- B-** Shuttle transfer will be provided only on request from/to Douala International Airport.
- C-** The Organizing Committee will provide shuttle services to/from the training and competition venues.

17- Health Insurance:

- A- As per IWF Regulation, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. All participants will have to be under insurance coverage for travel and accident by their respective Federation before their departure from their own country.
- B- The Organizing Committee and WFA are not responsible for any kind of accidents.

18- Flags and National Anthems:

Each delegation participating in the competition should bring a minimum of two national flags sized 100cm x 150cm, and a CD of their national anthem. These requirements must be submitted upon arrival at the accreditation center.

19- General Information:

- A- Average temperature in Yaoundé during the competition is 20° – 25° C – **Raining Season.**
- B- Electricity supply in Cameroon runs on 220 V.
Currency rate: The Currency used in Cameroon is CFA Franc (US \$ (1 US dollar = 550 CFA Franc)).
- o For any assistance please contact the organizing committee (CMR WF) or the WFA on the following contacts:

WFA address:

Ain Zarah area
Tripoli – Libya
Tel.Fax: +218 21 7255974
Mobile of WFA Sec. Gen. +218 91 3543635
P.O. Box: 3541 or 4168 – Tripoli
E-mail: newwfa@hotmail.com

Organizing Committee (CMR WF) address:

Federation Camerounaise D’Halterophilie
Yaoundé – Cameroon
Mobile: +237 699 862 011 or +237 699 207 501
or +237 670 458 248
P.O.Box : 15960 Yaoundé
E-mail: fedehac@yahoo.fr

Looking forward to receiving you as our Valuable Guest, I remain.

Yours Faithfully,



Eng. Khaled MHALHEL
WFA President




S. M. Boukar Tikire