



**African Junior (25<sup>th</sup> Men & 20<sup>th</sup> Women) Weightlifting Championships  
Qualification for 2020 Tokyo Olympic Games  
African Youth (11<sup>th</sup> Men & 10<sup>th</sup> Women) Weightlifting Championships**

**Kampala, Uganda**

**05 - 13 September 2019**





**To: All National Weightlifting Federations/Associations**

**Dear President/ General Secretary,**

## **INVITATION**

Dear Sirs,

Uganda proudly welcomes you back to your home away from home.

On behalf of the Weightlifting Federation of Africa (WFA), Uganda Weightlifting Federation in conjunction with the Uganda Olympic Committee, invite your National Weightlifting Team to participate in the African Junior (25<sup>th</sup> Men & 20<sup>th</sup> Women) Weightlifting Qualification Championships for 2020 Tokyo Olympic Games and African Youth (11<sup>th</sup> Men & 10<sup>th</sup> Women) Weightlifting Championships during the period from 05<sup>th</sup> to 13<sup>th</sup> September 2019 in Kampala - Uganda.

Your presence will affirm our faithful contribution to the development and growth of the Olympic Sport of Weightlifting in Africa.

We are pleased to send you this invitation to participate in these events. As we anticipate receiving you as our **Valuable Guest**, we wish your National Federation the best at these championships and an enjoyable stay with the rest of the visiting teams.

Attached please find the General Regulations, Entry Forms and other useful information.

Yours Faithfully,



**Salim Ssenkungu-MUSOKE**

**Chairman – Organising Committee**





## REGULATIONS

### 1. Dates and Place

05<sup>th</sup> to 13<sup>th</sup> September 2019 Kampala, Uganda.

### 2. Competition Venue

Indoor hall in Imperial Royale Hotel.

### 3. Training Venue

Indoor hall in Imperial Royale Hotel.

The venue will be available for training from 05<sup>rd</sup> to 13<sup>th</sup> September 2019.

### 4. Competition Regulations

The competition will be held and organized in accordance to the IWF Technical and Competition Rules & Regulations, 2018 IWF Calendar Policy and IWF Anti-Doping Policy.

The WFA will appoint the technical officials (ITOs) whom will be nominated by their national Federations/Associations to officiate for the championships.

### 5. Eligibility

According to the IWF Technical and Competition Rules & Regulations, the athletes have the eligibility to participate as follows:

**Youth:** 13 – 17 years of age (from 2006 to 2002)

**Junior:** 15 – 20 years of age (from 2004 to 1999)

The passport is considered as the sole official document to prove the age and the eligibility of the Athlete.

In accordance with Article 5.6.5 of the IWF Anti- Doping Policy an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations **for a period of at least two months** prior to the IWF Event in question. An Athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Only IWF Member Federations or their competitors that has no arrears towards the IWF & WFA are eligible to participate.

A maximum of ten (10) men and ten (10) women of both Junior and Youth competitors could be registered plus two (2) reserves for each gender and age group may also be entered but during the verification of final entries each country can only register (10) men and (10) women Junior and Youth competitors as a final entry without any reserves.

It is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The IWF and WFA will not accept any preliminary or final entries after the stated dates.





## 6. Event Categories

### **Youth:**

**Men:** 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

**Women:** 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

### **Junior:**

**Men:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

**Women:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

## 7. Entries, Forms

Enclosed are both preliminary and final entry forms, and it should be filled and return to the following:

Organizing Committee [uganda.weightlifting@gmail.com](mailto:uganda.weightlifting@gmail.com)

Weightlifting Federation of Africa [newwfa@hotmail.com](mailto:newwfa@hotmail.com)

Maximum athletes allowed on preliminary and final entry forms for both Junior and Youth men and women are 12 competitors for each gender.

Forms must be sent together with the electronic photo (3x4, with white background), and passport copies before the deadline.

All forms must be sent to the following address: [uganda.weightlifting@gmail.com](mailto:uganda.weightlifting@gmail.com) & [newwfa@hotmail.com](mailto:newwfa@hotmail.com)

### a) Preliminary Entries

Preliminary entry forms should be submitted no later than **05 July 2019**.

### b) Final Entries

Final entry forms, Team Accommodation Form and Transportation Form should be submitted latest by **05 August 2019**.

## 8. Equipment

**Sport Equipment:** IWF approved sport equipment will be provided

**TIS Result System:** Approved by IWF

## 9. 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.

## 10. Accreditation

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

Accreditation of the delegations will take place at the Imperial Royale Hotel upon arrival.

### **Note:**

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 accommodation, entry and Anti-Doping fees.

Check-in is after 12:00, check-out is before 12:00.





## 11. Accommodation

Please note that All Guests will be accommodated in the [Imperial Royale Hotels](#) in the heart of KAMPALA for the specified duration above. Any extra days will be charged at the normal rates of the day.

The hotel will be provided from 05<sup>th</sup> -13<sup>th</sup> September 2019 with the following normal rates:

**100USD\$** full board per person per night for Double room (Including Officials).

**120USD\$** full board per person per night for Single room (Including Officials).

## 12. Financial Conditions

- a) Only affiliated national federations/associations that have paid their IWF and WFA subscription fees have the right to participate in this competition.
- b) All rates include; Accommodation and Meals.
- c) Entry Fee of **US \$150** per athlete (including US \$50 Anti-Doping Fee) shall be paid to the WFA by each delegation.
- d) Other participants - **US \$100** per person shall be paid to the WFA by each delegation (except the officials whom will be appointed to officiate during the competition).
- e) Cash payments in US Dollars will be settled on arrival by all participating teams at the Hotel Accreditation Center. No accommodation and meal vouchers or accreditations will be offered to any delegation's member until the Organizing Committee (OC) has received payments in full.
- f) According to the IWF TCRR, and as this championship is qualification event for the 2020 Tokyo Olympic Games, therefore the WFA will appoint Cat. (1) ITOs from the nomination list of their national federations to be officiated in the championship and the Organizing Committee will cover the accommodation and board costs for the technical officials who will be appointed to officiate for the competition.
- g) The Organizing Committee will cover the accommodation and board costs for the WFA President and General Secretary or one of WFA delegate, one of IWF delegate, the WFA TIS staff members, one of the WFA secretariat and appointed IWF DCOs.
- h) Accommodation and Transportation forms (in the Final Entries) shall state the date and time of arriving and departure, which airline and flight number of each delegate will be arriving on.
- i) Payment of all pertinent requirements by participating teams must be made on submission of Final Entry Forms.
- j) Reference to IWF Regulations, a minimum **30%** of all fees for the team is required with the Final Entries. Balance of total payment will be effected on arrival at the Accreditation Centre. To enable us make proper booking for your accommodation, **All Teams must** submit their Registration Forms for accommodation by **05<sup>th</sup> August 2019.**

### **Note:**

For any nation not providing entry forms before the deadline in a correct way, the Organizing Committee will not guarantee the price and type of the room written in the regulations.





### 13. Transport

- The Organizing Committee (OC) will provide shuttle bus or van transportation service from/to Entebbe International Airport for all delegations upon their arrival and departure.
- Participants must provide their full and accurate flight schedule by **05<sup>th</sup> August 2019**.
- Transportation forms shall be stated which airline, flight number and times each delegate will be arriving and departing and any change in travel schedule must be communicated on time.

### 14. Visas

All participants should contact the respective Embassy in their own country for Entry Visas to Uganda. If need be, your itinerary and Passport Copy should be forwarded in time for the Organising Committee to seek permission to enable you obtain Entry Visas at the entry point.

**Entry Visa on arrival may vary from country to country between US\$50 and US\$100, but we recommend getting visa from your country of origin to avoid delays at the airport.**

### 15. Visa Exemptions

African visitors that do not pay for Visa while entering Uganda include:

**COMESA** (Angola, Eritrea, Malawi, Madagascar, Seychelles, Swaziland, Zambia, Comoros, Kenya, Mauritius, Zimbabwe);

**EAC** (Tanzania, Rwanda, Kenya, Burundi);

**Others** (Lesotho, Sierra Leone and Gambia).

For further details, kindly visit the following link: <http://gov.ug/content/requirements-entry-uganda>

### 16. Yellow Fever Certificate

If your nation enforces requirement for having a **Valid Yellow Fever Certificate**, to avoid unnecessary delay at the port of entry into Uganda, please come with it as it may be asked.

The following countries may be asked to present one on arrival: Angola, Benin, Burundi, Cameroon, Central African Republic, Chad, Congo DR, Congo PR, Cote d'Ivoire, Equatorial Guinea, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Rwanda, Senegal, Sierra Leone, Somalia, South Sudan, Sudan, Tanzania, Togo, Zambia and Zanzibar. <https://www.cdc.gov/yellowfever/maps/africa.html>

### 17. Flags and National Anthems

Each Member Federation should bring two (2) national flags sized 100x150cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to Organizing Committee (OC). You can also send an attachment of the Anthem's Audio by E-mail if you have one, as we await the CD.

### 18. Awards

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

Gold, silver, and bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category of each men and women age group.

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

The WFA will provide the trophies for best men's and women's lifters for both age groups.





## 19. Health Insurance

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

## 20. General Information

The average temperature in Kampala, Uganda during the days of Championships will be approximately between 26 in the day and 16 degrees on Celsius in the night.

All Electrical Alternate Current (AC) power sources have 220/240 Volts and DC batteries range from 1.5 Volts onwards ,types including (AA& AAA, etc).All plug types are readily available.

## 21. Bank account details

Kindly send a Fax/E-mail copy of the Bank Transfer Sheet after transfer the 30% required money to the below bank account details:

**Beneficiary Name:** Salim Musoke Ssenkungu

**Beneficiary Bank:** Barclays Bank of Uganda Ltd.

**Branch:** Kampala road

**Address:** Plot 16, Kampala road

**P.O.BOX:** 2971 Kampala, Uganda

**Account number:** 6003860122

**SWIFT:** BARCUGKX

## 22. Tentative Program

### 05 September 2019

Arrival of the delegations

### 06 September 2019

10:00 Verification of final entries  
11:00 Technical Official's Meeting  
16:00 IWF Coaches Seminar  
18:00 Opening Ceremony

### 07 September 2019

11:00 40kg, 45 kg Women  
13:00 49kg, 55kg Men  
16:00 49kg, 55kg Women  
18:00 61 kg Men

### 08 September 2019

11:00 59 kg Women  
13:00 67 kg Men  
16:00 64 kg Women  
18:00 73 kg Men

### 09 September 2019

Free day





### 10 September 2019

11:00 71 kg Women  
13:00 81 kg Men  
16:00 76 kg Women  
18:00 89 kg Men

### 11 September 2019

11:00 81 kg Women  
13:00 96 kg Men  
16:00 +81 kg, 87 kg Women  
18:00 102 kg Men

### 12 September 2019

11:00 +87 kg Women  
13:00 +102kg, 109 kg Men  
16:00 +109kg Men  
18:00 Closing Ceremony

### 13 September 2019

Departure of the delegations

Please note that the competition program is subject to changes depending on the entries.

#### Contact Details

Uganda Weightlifting Federation  
Former Suzan House Muteesa 1 RD Nakulabye  
Tel: +256-702-722585/772-722585  
E-mail: [uganda.weightlifting@gmail.com](mailto:uganda.weightlifting@gmail.com)

We are looking forward to receiving you in Kampala as our valuable guests.

Attached;

- Entry Forms (Preliminary and final)
- Flight Details
- Accommodations

**Salim Ssenkungu MUSOKE**

**President of Uganda Weightlifting Federation**

