



African Weightlifting Championships
Senior(21st MEN , 10th WOMEN)
Yaoundé city, Republic of Cameroon
20th -27th July 2010

COMPETITION RULES AND REGULATIONS

Competitions will be held in accordance with Handbook 2009 – 2012 and the IWF Manual for the Organizers of World Championships.

As per IWF-WFA Regulations, each participating Federation/Association is entitled to send a full team consisting of 8 Men and 7 women plus coaches and team officials.

ELIGIBILITY

According to IWF hand Book (2009-2012) Rules “PARTICIPANTS” (1.2.2) not 2: the minimum age For participation in the senior international events for men and women is fifteen (15).

ACCOMMODATIONS:

All delegation members participating in the Event will be accommodated in two major hotels:

Hilton Hotel : (WFA and executive board members).

SOFITEL (Mont Febe):- All delegations.

VENUES

Competition Site:

Training Site:

EVENTS

MEN:

56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, 105kg, +105kg.

Women:

48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 75 kg ,+75kg

ENTRIES

Preliminary Entry Forms must be submitted to the Organizing Committee and the WFA before
20th June 2010.

Final Entry Forms must be submitted to the Organizing Committee and the WFA before
5th July 2010

The Media Accreditation Forms to be submitted to the Organizing Committee and the WFA before
20th June 2010

EQUIPMENTS:-

BARBELL: “With IWF License” and to be announced later.

RESULTS SYSTEM: Approved by IWF (WFA TIS staff).

DOPING CONTROL

Anti-doping controls will be carried out by the IWF in accordance with the IWF Anti-Doping policy.

GENDER VERIFICATION

In case of doubt, Female Lifters may be requested to present a valid Official Gender Certificate at the Registration and in the Weigh-in Room.

FINANCIAL CONDITIONS

1. Participation fee including accommodation and meals are as follows:
 - Double room: U.S. \$70 per person per day.
 - Single room: U.S. \$90 per person per day.
2. According to Article 23.2 of WFA Constitution Entry Fee of US \$100 us dollars per person (including officials) except for the “Technical Official” who are selected to officiate at the competitions and 50\$ us dollars for the (doping control) to be paid at once for each person.
3. All payment must be settled to the Organizing Committee upon arrival at the Accreditation Center in USD in cash.
4. The WFA is responsible for the Doping & Trophies, Medals, and Awards.
NOTE: All rates include; Accommodation and Meals. All Fees for the team is required on arrival at the Accreditation Centre. To enable us make proper booking for your accommodation, all National Federations/ Associations must submit their Registration Forms for accommodation by 20TH June 2010.

TRANSPORTATION

- All teams will be received at :-

Yaoundé Nsimalen International air-port

or

Douala International air-port (upon arrival they will be carried by the bus to the hotels in Yaoundé).

- The participating teams are required to make reservations for their own flights (to and from) for the championships (only reservations confirmation will be with assistance of the organizing committee).

INSURANCE

According to IWF By-Laws 4.2.4. National Federations /Associations, all participants would have to be under insurance coverage for travel and accident by their respective Federations before their arrival to Cameroon.

AWARDS

Gold, Silver and Bronze Medals will be awarded for the 1st, 2nd, and 3rd places respectively in the Snatch, Clean & Jerk and total. Trophies will be awarded to the best 3 teams.

VISA

Visa entry of Cameroon could be obtain from the Cameroon Embassy in the respective countries by presenting the Official Invitation for the said Championships. If these are any help needed, please contact the Organizing Committee. A complete list of names with passport data and fax number/ mailing address should be sent in time to the Organization committee for the issuance of invitation letters or upon arrival at the airport.

FLAG AND ANTHEM

Each participating team is kindly requested to bring along a CD of their National Anthem and 2 National Flags 1.2 x 1.8 m. These items must be submitted upon arrival/ accreditation.

ACCREDITATION

The accreditation of the delegations will take place in the SOFITEL (Mont Febe) upon arrivals
Please note that 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.

SCHEDULE

- Y Tuesday 20th July 2010: Team Arrival.
- Y Wednesday 21st July: verification of final entries\ wfa committees meeting/ wfa board meeting\
Media Conference \Seminar/ Opening Ceremony.
- Y Thursday 22nd July 2010: Competition start.
- Y Friday 23rd July 2010: Competitions.
- Y Saturday 24th July 2010: Competitions.
- Y Sunday 25th July 2010: Competitions end.
- Y Monday 26th July 2010: Tour/Closing Ceremony.
- Y Tuesday 27th July 2010: Departure.

AVERAGE TEMPERATURE IN Egypt : 18-23°C


CURRENCY RATE: 1 US Dollar = 500 CFA

ELECTRICITY: 220 Volt .

FURTHER INFORMATION: Please contact:

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African Weightlifting Championships
Senior(21st MEN , 10th WOMEN)
Yaoundé city, Sate of Cameroon
20-27/07/2010

Tuesday 20th July 2010

Team's arrival

Wednesday 21st July 2010

- ⌚ 10:00 Verification of final entries.
- ⌚ 11:00 Technical official meeting.
- ⌚ 12:00 WFA board meeting.
- ⌚ 14:00 WFA committees meeting (technical, medical, coaching & research and media).
- ⌚ 16:00 Seminars you will be informed later
- ⌚ 19:00 Opening Ceremony

Thursday 22nd July 2010

- ⌚ 10:00 Men 56 kg.
- ⌚ 12:00 Women 48 kg.
- ⌚ 16:00 Men 62 kg.
- ⌚ 18:00 Men 53 kg.

Friday 23rd July 2010

- ⌚ 10:00 Women 58 kg.
- ⌚ 12:00 Men 69 kg.
- ⌚ 16:00 Women 63 kg.
- ⌚ 18:00 Men 77 kg.

Saturday 24th July 2010

- ⌚ 10:00 Men 85 kg
- ⌚ 12:00 Women 69 kg
- ⌚ 16:00 Men 94 kg
- ⌚ 18:00 Women 75 kg.

Sunday 25th July 2010

- ⌚ 10:00 Women +75 kg
- ⌚ 12:00 Men 105 kg,+105kg men
- ⌚ 19:00 closing ceremony (Banquet).

Monday 26th July 2010

- ⌚ 10:00 Tour.

Tuesday 27th July 2010

Departure.

Note: Time schedule may subject to be changed after the verification of final entries.

Note: weigh in will be two hours before competitions.