



OCMG  
Organizing Committee of  
the Mediterranean Games

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XIX Mediterranean Games  
ORAN 2022

# Sport Organization



## **WEIGHTLIFTING TECHNICAL MANUAL**

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# A. General Information



**1. Sports on the Program of the XIX Mediterranean Games Oran2022:**

1		ATHLETICS	13		KARATE
2		BADMINTON	14		WRESTLING
3		BASKETBALL 3X3	15		SWIMMING
4		BOWLS	16		EQUESTRIAN
5		BOXING	17		TAEKWONDO
6		CYCLING	18		TENNIS
7		FENCING	19		TABLE TENNIS
8		FOOTBALL	20		SHOOTING
9		GYMNASTICS	21		ARCHERY
10		WEIGHTLIFTING	22		SAILING
11		HANDBALL	23		VOLLEYBALL
12		JUDO	24		WATER POLO



**3. Abbreviation Table:**

Acronym	Definition
<b>ICMG</b>	International Committee of the Mediterranean Games
<b>IOC</b>	International Olympic Committee
<b>IF</b>	International Federation
<b>OCMG</b>	Organizing Committee of the Mediterranean Games
<b>NOC</b>	National Olympic Committee
<b>WADA</b>	World Anti-Doping Agency
<b>NF</b>	National Federation
<b>MG</b>	XIX Mediterranean Games Oran 2022
<b>DRM</b>	Delegation Registration Meeting
<b>MV</b>	Mediterranean Village
<b>TIC</b>	Technical Information Center
<b>SIC</b>	Sports Information Center
<b>M</b>	Men
<b>W</b>	Women
<b>M/W</b>	Men/Women
<b>QR</b>	Qualification Round
<b>F</b>	Final
<b>QR/F</b>	Qualification Round / Final
<b>IWF</b>	INTERNATIONAL WEIGHTLIFTING FEDERATION
<b>FAH</b>	ALGERIAN WEIGHTLIFTING FEDERATION

**B.**  
**Technical  
Information**



**1. International Federation:**

INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)

Maison du sport International-Avenue de Rhodanie 54 CH-1007 Lausanne –Switzerland

Téléphone: + 41 21 6013227

Web: [www.iwf.sport](http://www.iwf.sport)E-mail: [iwf@iwfnet.net](mailto:iwf@iwfnet.net)President: Dr. **MICHAEL IRANI**General secretary: Mr. **Mohammed JALOOD****2. National Federation:**

ALGERIAN WEIGHTLIFTING FEDERATION ( FAH)

BP88 el Biar Delly Ibrahim Algiers

Phone: + 21323258224

Website: [www.fah.dz](http://www.fah.dz)E-mail: [fhalter\\_o\\_algeria@yahoo.fr](mailto:fhalter_o_algeria@yahoo.fr)**President:** Mr. **Ismail BOULAHIA****General secretary:** Mr. **Khaled ZERROUK****3. Competition Management:**IFW Technical Delegate: Mr. **Milan MIHAJLOVIC (SRB)**Competition Director: Mr. **BOUKEMBOUCHE Houari****3.1 Venue Management:**Venue Director: Mr. **KEROUI Sid Ahmed.****4. Events and dates:****4.1 Sports program:**

The Weightlifting competition of the XIX Mediterranean Games Oran 2022 will include the following events:

WEIGHTLIFTING	
Men	Women
61 Kg	49 Kg
73 Kg	59 Kg
89 Kg	71 Kg
102 kg	81 kg
+102 Kg	+81 Kg

## **4.2 Dates and venue:**

The Weightlifting competition will take place at the **EMEC Hall** on **Friday 01 July to Monday 04 July 2022**.

## **5. Competition rules and code of conduct:**

The Weightlifting competition will take place if a minimum of eight (8) countries for the men's events and six (6) countries for the women's events have registered before **11:59 p.m. (Algerian time) on Friday March 25, 2022**.

Depending on the number of entries, the President of the Technical Commission of the ICMG, assisted by one (1) or two (2) members of this commission appointed by the President of the ICMG, and in the presence of the Sports Director of the OCMG ORAN 2022, will decide, on **Monday May 30, 2022**, the list of canceled events.

Once the progress of a competition has been confirmed, it will take place and the corresponding medals and diplomas will be distributed, regardless of the number of participants.

### **5.1 Cancellation of events:**

The OCMG Oran 2022 will immediately inform each National Olympic Committee of the list of events that have been canceled because they do not meet the required criterion of the number of participants.

## **6. Competition rules:**

The Weightlifting competition will take place in accordance with the IWF regulations in force on **January 1, 2022**, with special exceptions authorized by the ICMG.

Questions not addressed in this technical manual will be resolved as follows:

- For general questions, the ICMG rules will be applied.
- For technical questions, the IWF rules will be applied.

## **7. Technical organization:**

The AWF, under the supervision of the IWF Technical Delegate, is responsible for the technical organization and running of the Weightlifting competition during the XIX Mediterranean Games Oran 2022.

### **7.1 Special provisions regarding the conduct of the competition:**

Weightlifting events will be held each day in one or two weight categories, depending on the schedule.

Athletes will be required to perform two movements: Snatch and Clean and Jerk.

In each weight category, and if the number of entries is high, the participants can be divided into two (2) groups A and B, according to the results obtained during the official competitions of the previous year. This option is the responsibility of the IWF Technical Delegate who will decide on it during the technical meeting.

Any problems that may arise before or during the events will be resolved by the Competition Direction, in accordance with the regulations of the ICMG and the IWF in force on **January 1, 2022**, unless specific exceptions authorized by the ICMG.

### **7.2 Drawing of the lots:**

The draw to determine the running order of the athletes will take place immediately after the end of the official weigh-in for the different weight categories.

The drawing of lots will take place under the control of the IWF Technical Delegate, in the presence of the official representatives of the participating teams.

### **7.3 Weigh-in:**

In accordance with IWF regulations, weigh-ins will be carried out in the **EMEC Hall** two (2) hours before the start of the events, in the presence of the IWF Technical Delegate.

## **8. Competition venue:**

The Weightlifting competition of the XIX Mediterranean Games Oran 2022 will take place at the EMEC Hall, 14,1 kilometers from the Mediterranean Village. The hall has a capacity of 1000 spectators.

Venue of competition	Distance from the Village	Capacity	Municipality
EMEC HALL	14,1 Km	1000	Oran

### **8.1 Compétition area:**

The competition area will include a 4m x 4m platform.

The whole will be located on a 10m x 10m podium raised 1 meter from the ground.

For the competition, the sets of weights used will be 340 kg for the men's bar and 327.5 kg for the women's bar.

The entire competition area will be homologated by the IWF.

### **8.2 Warm-up area:**

Next to the competition area, the athletes will have a space for warm-ups, with Ten (10) trays of 3m x 2.5m and provided with a cart full of 20 Kg bars, 10 bars of 15 Kg, supports for squats, magnesite and support racks for discs.

**8.3 Changing rooms:**

The athletes will have at their disposal changing rooms for men and women equipped with showers and toilets.

**8.4 Rest room for athletes:**

The athletes will have a rest room equipped with water, energy drinks and fruits.

**8.5 Press Tribune:**

Accredited media will have a tribune and a working room at their disposal.

**8.6 Sports equipment:**

All sports equipment and technical equipment used during weightlifting competitions and training must comply with the standards established in the IWF regulations, in force on January 1, 2022, with exceptions authorized by the ICMG.

The equipment will be the same for women as for men except for the competition bar which will weigh 20 kg for men and 15 kg for women.

**9. Training:****9.1 Training venues:**

Weightlifting training for the XIX Mediterranean Games Oran 2022 will take place in the following venues:

Training venues	Distance from the Village	Municipalities	Observations
Casablanca MV room (Naples district)	////////	Bir El Djir	
EMEC Hall	14,1 km	Oran	Competition venue
LOFA Sports Hall (Es Senia)	17,6 Km	Es Senia	

**9.1.1 Training calendar and schedule:**

Athletes will have the following venues at their disposal, according to the times indicated below:

Dates	Venues	Hours
From 26 June to 03 July 2022	Casablanca MV Hall (Naples district)	From 8 a.m. to 9 p.m.
	EMEC Hall	From 8 a.m. to 9 p.m.
	LOFA Sports Hall (Es Senia)	

## **9.2 Services in training venues:**

### **9.2.1 Changing rooms:**

The participants will have at their disposal changing rooms for men and women equipped with showers, toilets and scales.

### **9.2.2 Rest room for athletes:**

In the training venues, athletes will have a rest room equipped with water, energy drinks and fruits.

## **9.3 Media during training:**

The training sessions will be open to the media but not to the public. The Competition Director will be the person empowered to modify this standard whenever necessary.

## **9.3 Procedure for assignments of training sessions:**

The NOCs will receive the program of the training sessions **at the latest Ten (10) Days** before the DRM.

They will need to confirm that they will use the sessions assigned to them during the DRM.

### **9.4.1 Pre-competition:**

In general, the competition management will make available to the athletes, for a daily training session, the venues designated for this purpose, **Three (3) days before** the start of the competition, that is to say, **June 28, 29 and 30, 2022**

If they have requested them during the DRM, following the established procedure, the delegations will be able to use the venues for training **five (5) days before the start of the competition, that is to say, from Sunday June 26, 2022. Depending on the availability of infrastructure and in accordance with the criteria mentioned in the Heads of Mission Manual.**

The training sessions will have a maximum duration of 1 hour thirty minutes (1h30).

### **9.4.2 During the competition:**

The Competition management will assign a daily training session of one hour and thirty minutes (1h30), in the venue designated for this purpose.

During the technical meeting on **Thursday July 30, 2022**, the Organizing Committee will present the training program for the competition phase. During the technical meeting, each NOC will then be able to present their specific training needs, which will be assessed for inclusion in the training program for the competition phase.

All NOCs will have to confirm that they will use their training session, before 5:00 pm the day before training; otherwise, said session will be made available to the other NOCs. They may also request, before 5:00 p.m., additional training which may be allocated to them, from 8:00 p.m. on the same day, depending on the availability of the venues.

The teams will receive information on the training sessions on their arrival, at the Sport Information Center SIC of the Mediterranean Village and at the Technical Information Center TIC of Weightlifting.

### **10. Participation:**

All the member NOCs of the ICMG, of which the National Weightlifting Federation is a member of the IWF, will be able to participate in the Weightlifting competition of the XIX Mediterranean Games Oran2022.

The athletes who will participate in the competitions must have the nationality of the country they represent and respect the conditions and regulations of the ICMG and the IWF.

Participating athletes must be 15 years of age and over (year of birth 2007 or earlier). In accordance with article 5.5.16 of the IWF Anti-Doping Policy 2021 whereabouts information of the athletes shall be submitted at a minimum of two (2) months prior to the event.

An Athlete that does not comply with this provision is not eligible to compete at the IWF Event.

Athletes who wish to compete at the XIX Mediterranean Games 2022 shall submit their Whereabouts information for the period outlined above at the latest on 01 May 2022.

Each NOC may participate in the Weightlifting competition with a maximum of five (5) men and five (5) women. These athletes can be entered in the following weight categories:

**Men: 61 Kg, 73 kg, 89 Kg, 102 Kg, +102 Kg**

**Women: 49 Kg, 59 kg, 71 Kg, 81 Kg, +81 Kg**

With a maximum of One (1) athlete per weight category and the possibility with only one double men and one double female in total maximum of ten (10) athlete per NOC.

## **11. Entries:**

### **11.1 General principles:**

The XIX Mediterranean Games Oran 2022 is open to all athletes from NOCs of Mediterranean member countries of the ICMG, according to the standards of the ICMG Charter and the IOC.

All athletes participating in the Games must be citizens of the country they represent, in accordance with the IOC rules.

Prior to the Games, all participating athletes must complete and sign the "consent form" as defined by the World Anti-Doping Agency.

### **11.2 Procedures:**

The delegation registration process is linked to the general accreditation system.

The registration system set up by the OCMG Oran 2022 consists of an online computer application, accessible through the official Games' website: <https://entriesoran2022.dz>

Each delegation will have a user name and a password of their own which will allow them to access the online application in Two Languages: English and French.

The online application will allow to print a list of sports entries which, once signed, must be sent, before the deadlines indicated hereafter, to the OCMG Oran 2022: [sportsinscription@oran2022.com](mailto:sportsinscription@oran2022.com)

#### **11.2.1 Entries by number:**

The list of entries with the number of participants per sport and per event must be submitted, through the online application, **before 23:59 (Algerian time), Friday March 25, 2022.**

#### **11.2.2 Preliminary entries by name (Long list):**

The list of preliminary entries of participants by name, by sport and by event must be submitted, through the online application, **before 23:59 (Algerian time) on Friday, April 15, 2022.**

#### **11.2.3 Final entries by name (Short list):**

The NOCs of all participating countries must send to the OCMG Oran 2022, **no later than Thursday May 26, 2022(23:59 Algerian time)**, the form of the nominative and final entries of their participants, through the online application.

### **11.3 Confirmation of entries:**

Confirmation of entries will take place during the DRM and any subsequent eligible changes will be presented to the SIC and confirmed, at the latest, during the technical meeting.

The specific forms for the confirmation of entries will be given in advance to the Chef de Mission of each NOC.

### **12. Technical meeting:**

**The technical meeting will take place on Thursday June 30, 2022, at 12:00 p.m., at the Mediterranean village meeting room.**

The meeting will be conducted in accordance with IWF rules, under the direction of the IWF Technical Delegate. The following people should be present at this meeting:

- The Technical Delegate of the IWF,
- A member of the ICMG Technical Commission,
- Team leaders (one per country),
- Judges and referees,
- Coaches (one per team)
- Team doctors (one per team),
- The Director of the Weightlifting competition of the OCMG Oran 2022.

### **13. Health services:**

#### **13.1 Medical services available in the Village and at the competition venues:**

During the XIX Mediterranean Games Oran 2022, medical assistance will be available for any athlete or accredited official who needs it, both in the Mediterranean Village and at all competition venues.

##### **13.1.1 In the Mediterranean Village:**

The Mediterranean Village polyclinic will provide residents with the following health services:

- Sports medicine,
- Physiotherapy,
- First aid,
- 24 hour emergency services.

Ambulance teams will serve as a link between the polyclinic and the main hospitals, in the event that additional care is required.



### **13.1.2 Competition venue:**

During the course of the events, all competition venues will have the following services available to athletes:

- Medical services
- Medical transport service

Coolers filled with ice cubes will be made available to delegations in all sports venues.

### **13.2 Doping control:**

Doping controls will be carried out during competition or out of competition, under the responsibility of the ICMG Medical and Anti-Doping Commission and with the collaboration of the anti-doping services of the OCMG Oran 2022, in accordance with the rules of the ICMG, the IWF and the World Anti-Doping Code.

Each participant subjected to a control will receive a written notification, at which point the procedure for collecting the control sample will begin, and this, in the times and in the manner established by law.

The athlete who refuses to submit to a doping control procedure, or who has a positive analysis of his sample, will be excluded from the competition and will be sanctioned, in accordance with the rules of the ICMG and the IWF.

### **14. Judges-Referees:**

The Weightlifting competition will be judged by the international judges entered by the participating NOCs, chosen by the IWF. Each NOC participating in Weightlifting competitions must register with its delegation one (1) international judge if participating with a maximum of three (03) athletes

The name of each judge must be entered in the entry form by number. The AWF may designate additional international judges who will officiate during the competition.

### **15. Sports clothing:**

#### **15.1 Athletes' clothing:**

Participants in the Weightlifting competition of the XIX Mediterranean Games Oran 2022 must wear sports clothing in accordance with the regulations of the IWF and the ICMG.

No advertising marks are permitted on sportswear, accessories or, as a general rule, on any part of the clothing or equipment worn or used by athletes. Only the name of the manufacturer of the corresponding garment or equipment will be allowed, provided that it does not appear exaggeratedly for advertising purposes, in accordance with the rules defined by the ICMG and the IWF.

The official medal ceremony will be subject to the same regulations as regards sports attire and advertising. Athletes will be required to step onto the podium wearing the official clothing of their NOC.

## **15.2 Clothing for judges and referees:**

International judges must wear Organizing Committee clothing and its use is compulsory during the competition.

## **16. Medal ceremonies:**

Medal ceremonies will take place at the end of each competition.

### **16.1 Medals and diplomas:**

The following prizes will be awarded in accordance with the ICMG regulations.

#### **16.1.1 First place:**

Gold medal and diploma to the participant ranked first in each movement (Snatch and Clean and Jerk) in each weight category

#### **16.1.2 Second place:**

Silver medal and diploma to the participant classified second in each movement (Snatch and Clean and Jerk) in each weight category.

#### **16.1.3 Third place:**

Bronze medal and diploma to the participant classified third in each movement (Snatch and Clean and jerk) in each weight category.

#### **16.1.4 Fourth to eighth place:**

Diploma to participants ranked fourth through eighth in each movement (Snatch and Clean and Jerk) in each weight category.

## **17. Calendar and schedule:**

The Weightlifting competition will take place on **Friday 01 July to Monday 04 July 2022**, according to the following schedules (schedules are provisional and may change depending on the final number of entries):

Days	Hours	Events	Gender
01/07/2022	09 :00 a.m. - 11 :00 p.m.	category 49kg competitions + Finals Medal ceremony	Women
	2:30 p.m. – 4:30 p.m.	Category 61kg competitions + Finals Medal ceremony	Men
	5 : 30 p.m. – 7 :30 p.m.	Category 59kg competitions + Finals Medal ceremony	Women
02/07/2022	09 :00 a.m. - 11 :00 p.m.	Category 73kg competitions + Finals Medal ceremony	Men
	2:30 p.m. – 4:30 p.m.	Category 71kg competitions + Finals Medal ceremony	Women
	5 : 30 p.m. – 7 :30 p.m.	Category 89kg competitions + Finals Medal ceremony	Men
03/07/2022	10 : 00 a.m. – 7 :30 p.m.	81kg category competitions + Finals Medal ceremony	Women
	4:00 p.m. - 6:00 p.m.	Category 102 kg competitions + Finals Medal ceremony	Men
04/07/2022	11 :00 a.m. - 13 :00 p.m.	Category + 81 kg competitions + Finals Medal ceremony	Women
	4:00 p.m. - 6:00 p.m.	Category + 102 kg competitions + Finals Medal ceremony	Men

The organizers, and for justified reasons, will also have the right to modify the competition schedules, with the agreement of the Technical Delegate. Each team or athlete concerned would then be informed at least twenty-four (24) hours in advance.

### **18. Technical offices:**

Two offices will provide information specific to the Weightlifting competition:

- TIC of Weightlifting, located at the competition site.
- SIC of the Mediterranean Village.

These offices will provide information on competition schedules, training sessions, transportation, lists of participants and results.

### **19. Approval of regulations:**

In the event of disagreement on the interpretation of the text of this manual with any other related version, the French text shall prevail.

This Technical Manual was approved by the ICMG on March 12, 2022.