

ENG



XVIII MEDITERRANEAN GAMES

TARRAGONA

2018

OCMG

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Weightlifting



TECHNICAL MANUAL

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TECHNICAL INFORMATION

1. International Federation

INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)

Istvánmezei út 1-3 – H 1146 Budapest

Phone: + 36 1 353 0530

Website: www.iwf.net

Email: iwf@iwfnet.net

President: Mr. Tamás Aján

General Secretary: Mr. Mohammed Jalood

2. National Federation

FEDERACIÓN ESPAÑOLA DE HALTEROFILIA (FEH)

C/ Numancia, 2, local 1 – E 28039 Madrid

Phone: + 34 91 459 42 24

Website: www.fedehalter.org

E-mail: fehaterophilia@hotmail.com

President: Mr. Constantino Iglesias

General Secretary: Mr. Mariano Lucas Gaitán

3. Management of the competition

Technical delegate of IWF: Mr. Matyas Lencser

Competition manager: Mr. Constantino Iglesias

3.1 Management of the venue

Venue manager: Mrs. Anabel Gavaldà

4. Events and dates

4.1 Sport programme

The competition of Weightlifting at the XVIII Mediterranean Games Tarragona 2018 will include the following events:

WEIGHTLIFTING	
Bodyweight	
Categories	
Men	Women
56 Kg	48 Kg
62 Kg	53 Kg
69 Kg	58 Kg
77 Kg	63 Kg
85 Kg	69 Kg
94 Kg	75 kg
105 Kg	

4.2 Dates and venues

The competition of Weightlifting will be held at the Constantí Pavilion, **from Saturday 23 to Wednesday 27 of June 2018.**

5. Conditions for the development of the competition

The competition of Weightlifting will take place if a minimum of eight (8) countries for the Men's tournament and of six (6) countries for the Women's tournament are entered **by 23:59 (Spanish time) on 22 March 2018.**

According to the number of entries, the President of the ICMG Technical Commission, together with one (1) or two (2) members of said commission, appointed by the ICMG President, and in the presence of the OGMG Tarragona 2018 Sports Director, will decide, **on 9 May 2018**, on the list of cancelled events.

Once an event will have been confirmed, it will be held and the corresponding medals and diplomas distributed, regardless of the number of participants.

5.1 Cancellation of events

The OCMG Tarragona 2018 will inform immediately all the National Olympic Committees (NOCs) of the list of those cancelled events that have not reached the minimum quota of participants.

6. Rules of the competition

The Weightlifting competition will be held according to IWF Technical and Competition Rules & Regulations in effect at the time of the Event, unless the ICMG exceptionally authorises otherwise.

All other issues not covered in this Technical Manual will be solved as follows:

- For general issues, ICMG regulations will apply.
- For technical issues, IWF TCRR will apply

7. Technical organisation

FEH, under the supervision of IWF Technical Delegate, is responsible for the technical organisation and for the development of the Weightlifting competition during the XVIII Mediterranean Games Tarragona 2018.

7.1 Special procedures for the development of the competition

Competition will take place each day in two or three weight categories according to the established schedule.

The Weightlifting actions to be executed by the participants will be the "snatch" and the "clean and jerk".

Any problems arising before or during the competition will be resolved by the competition management in accordance with the ICMG and IWF TCRR in effect at the time of the Event, unless special dispensation is granted by the ICMG.

7.2 Technical Meeting. Verification of Final Entries Meeting (VFE)

At the Verification of Final Entries Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of competitors, including their bodyweight category and entry total. Once the Verification Form is verified, signed and returned the Entries are considered final.

After the VFE a randomly generated lot number is drawn for each verified athlete. The athletes retain the lot number throughout the Event. The lot number defines the order of the weigh-in and the order of lifting during the course of the competition in the athlete's relevant group. If the number of participants makes it necessary, competitors in each bodyweight category may be divided into two (2) or more groups in accordance with the Entry Totals.

7.3 Weigh-ins

The weigh-ins will be carried out at the competition venue, in accordance with the IWF TCRR, two (2) hours before the start of the group concerned. Weigh-in lasts for one (1) hour.

8. Competition venue

The Weightlifting competition at the XVIII Mediterranean Games Tarragona 2018 will be held at the Constantí Pavilion, 17,4 Km from the Mediterranean Village. The pavilion can host 800 spectators.

Competition venue	Distance to Village	Capacity	Municipality
Constantí Pavilion	17,4 Km	800	Constantí

8.1 Competition area

The competition area will comprise a wooden platform measuring 4m x 4m.

The competition area will be placed on a raised podium, at 1m from the floor level, measuring 10m x 10m.

8.2 Warm-up area

At the competition venue and close to the competition area, athletes will have an area for warm-ups with eight (8) platforms measuring 3m x 2.5m. Each will be fully equipped with barbells (20-Kg bars for Men and 15kg bars for Women), chalk holders and discs holders.

8.3 Changing rooms

Athletes will have separate changing rooms for men and women, equipped with showers, toilets and scales.

8.4 Athletes' lounge

Athletes will have at their disposal a lounge with water, energising drinks and fruits.

8.5 Tribune press

Accredited media will have a press tribune at their disposal.

8.6 Sport equipment

IWF approved ELEIKO barbells will be used in Competition and Training.

9. Training sessions

9.1 Training venue

Training sessions for Weightlifting at the XVIII Mediterranean Games Tarragona 2018 will be held at the Constantí Pavilion, competition venue, 17,4 Km away from the Mediterranean Village.

Training venue	Distance to Village	Municipality	Observations
Constantí Pavilion	17,4 Km	Constantí	Competition venue According to schedule

9.1.1 Calendar and schedules for training sessions

The following venue will be available for athletes, with the following schedules:

Date	Venue	Schedule
21/06/2018	Constantí Pavilion	09:00 – 13:30 / 16:00 – 20.30
22/06/2018	Constantí Pavilion	09:00 – 13:30
23/06/2018	Constantí Pavilion	TBC according to competition schedules
24/06/2018	Constantí Pavilion	TBC according to competition schedules
25/06/2018	Constantí Pavilion	TBC according to competition schedules
26/06/2018	Constantí Pavilion	TBC according to competition schedules
27/06/2018	Constantí Pavilion	TBC according to competition schedules

9.2 Services available at training venue

9.2.1 Changing rooms

Athletes will have separate changing rooms for men and women, equipped with showers, toilets and scales.

9.2.2 Athletes' lounge

At the training venue, athletes will have at their disposal a lounge with water, energising drinks and fruits.

9.3 Media during training sessions

Training sessions will be opened to the media but not to the public. The competition manager will be authorised to change this rule when and if he deems it necessary.

9.4 Procedure for the scheduling of training sessions

NOCs will receive the planning of training sessions during the first half of June. They will have to confirm that they will make use of their allocated sessions during the DRM.

9.4.1 Before the competition

As a general rule, the Competition Management will put the relevant venues at the athletes' disposal, for one daily session, two (2) days before the beginning of the competition, that is to say, **on 21 June 2018**.

If they have requested it during the DRM and following the procedure, delegations will be able to use these venues for training purposes, five (5) days before the beginning of the competition, that is to say, **from 18 June 2018**.

Training sessions will have a duration of one and a half hour (1'30).

9.4.2 During the competition

The Competition Management will assign a daily training session, of one and a half hour (1'30) at the competition venue.

During the Technical Meeting, **on 22 June 2018**, the Organising Committee will deliver the Training schedule during competition. Each NOC will then be able to inform of its specific training needs; these will be assessed to be included in the Training schedule during competition.

All NOCs will have to confirm they will use their allocated training session, **by 17:00** the day prior to the training is due; should they fail to do so, the relevant session will be made available for the other NOCs. They may also request, before **17:00**, an additional training session, which may be allocated to them, from **20:00** the same day, subject to availability at the venues.

Upon their arrival, teams will receive all relevant information on the training sessions, both at the Sport Information Centre (SIC) and at the Technical Information Centre (TIC¹) for Weightlifting.

10. Participation

All NOCs members of the ICMG, whose national federation is a member association of IWF, are entitled to participate in the Weightlifting competition of the XVIII Mediterranean Games Tarragona 2018.

¹ The acronym TIC (Technical information centre) that is used in several sports will adopt the technical name of each competition (Referee, Technical Directory, etc...)

Athletes taking part in the competition must have the nationality of the country they represent and abide by the conditions and rules of ICMG and IWF.

Each NOC may take part in the Weightlifting competition with a maximum number of seven (7) men and six (6) women. The participating team (NOC) must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category. An athlete may only compete in one (1) bodyweight category.

Each NOC may also enter two (2) reserve competitors for the men and for the women, until final confirmation at the DRM meeting.

11. Entries

11.1 General principles

The XVIII Mediterranean Games Tarragona 2018 are open to all the athletes of the NOCs of the Mediterranean countries members of the ICMG, as indicated in the rules of the ICMG Charter and of the IOC.

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

Prior to the Games, all participating athletes will have to fill in and sign the “Athlete Consent Form” as defined by the World Anti-doping Agency.

11.2 Procedures

The registration process is linked to the general system of accreditations.

The OCMG Tarragona 2018 entry system is an e-accreditation portal accessible through the official website of the Games: www.tarragona2018.cat.

Each delegation will have its own user name and password to have access to this e-accreditation portal available in both French and English.

The portal will allow users to print list of sport entries which, once signed, will have to be sent back, within the deadlines indicated below, to the OCMG Tarragona 2018: entries@tarragona2018.cat

11.2.1 Entries by number

The list of entries by number of participants for each NOC and event will have to be submitted, through the e-accreditation portal, **by 23:59 (Spanish time) on 22 March 2018.**

11.2.2 Preliminary entries by name (Long list)

The list of preliminary entries of participants by names, by NOC and event, will have to be submitted via the e-accreditation portal, **by 23:59 (Spanish time) on 6 April 2018.**

11.2.3 Final entries by name (Short list)

The NOC of each participating country will have to submit to the OCMG Tarragona 2018, through the e-accreditation portal, the form with the final entries of their participants by name, fifteen (15) days before the beginning of the Games, **that is to say on 7 June 2018 (before 23:59, Spanish time).**

11.3 Confirmation of entries

Confirmation of entries will take place during the DRM and any eventual modification that could be acceptable will be presented to the SIC and confirmed, at a later stage, during the Technical Meeting.

Specific forms for the confirmation of entries will be distributed in advance to the Head of Mission of each NOC.

12. Technical Meeting / Verification of Final Entries Meeting (VFE)

The technical Meeting / VFE will take place on **22 June 2018, at 12:00, at the competition venue.**

The meeting will be carried out according to IWF TCRR, and chaired by IWF Technical Delegate. The following persons must be in attendance:

- IWF Technical Delegate;
- One member of the ICMG Technical Commission;
- The team managers (one per country);
- Technical Officials;
- The coaches (one per team);
- The doctors (one per team);
- The OCMG Tarragona 2018 Competition Manager for Weightlifting.

13. Medical services

13.1 Medical services available at the Village and on the competition venues

During the XVIII Mediterranean Games Tarragona 2018, medical services will be available to any accredited athlete and official who might need them, both at the Mediterranean Village and on the competition venues.

13.1.1 Mediterranean Village

The polyclinic at the Village will provide the residents with the following services:

- Sport medicine
- Physiotherapy
- First aid
- Emergency services 24/24h

A fleet of ambulances will link the polyclinic and the main hospitals, should additional care be needed.

13.1.2 Competition venues

During the events, all competition venues will provide to the athletes the following services:

- Medical services
- Ambulance services

Coolers filled with ice will be available for the delegations at all sport venues.

13.2 Doping Control

Sample collections will be carried out during or out of the competition, under the authority of the ICMG Medical and Anti-doping Commission and with the collaboration of the OCMG

Tarragona 2018 anti-doping services, in accordance with the rules of ICMG, IWF Anti- Doping Policy and the World Anti-doping Code.

All competitors who undergo a control will receive written notification. The official procedure for the collection of sample will subsequently start, in accordance with the official deadlines and regulations.

Notified athletes shall submit to sample collection. Any Athletes failing to comply with such request risk committing an Anti-Doping Rule Violation.

Any potential Anti-Doping Rule Violations committed during or in connection with the Event shall be managed by ICMG and IWF.

14. Technical Officials

14.1 Technical Officials

Nomination

All ITOs are appointed by IWF.

The OC and the FEH, supervised by the IWF TD can appoint ITOs to complement the team of international technical officials, if required.

Number of Technical Officials

Each NOC who takes part in the Weightlifting competition with seven (7) athletes or less, will have to register with its delegation one (1) an international technical official, and two (2) technical officials from eight athletes. The name of said technical official will have to be included in the form of Entries by Name.

The number of NTOs shall be agreed between the OC, FEH and the IWF TD.

15. Sport clothing

15.1 Clothing of the athletes

Participants at the Weightlifting competition of the XVIII Mediterranean Games Tarragona 2018 will have to wear a sport equipment that complies with IWF and ICMG regulations.

Athletes' sport clothing and equipment will bear no commercial brand. As an exception, the brand name of the manufacturer of the clothing or the equipment will be tolerated if it is discreet and does not have any advertisement purpose, in accordance to the ICMG and IWF TCRR.

The same rule will apply for the **Medal Ceremonies** regarding sport clothing and advertisement. Athletes will step on the podium with the official clothing of their respective NOC.

15.2 Clothing of Technical Officials

International Technical Officials must wear the uniform of the COJM.

It will be provided by the organizing committee, and is mandatory to use during the competition.

16. Medal ceremonies

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

16.1 Medals and diplomas

The following medals and diplomas will be distributed, as per the ICMG rules:

16.1.1 First place

Gold medal and diploma for each competitor classified first in snatch, clean & jerk, bodyweight and gender category.

16.1.2 Second place

Silver medal and diploma for each competitor classified second in snatch, clean & jerk, bodyweight and gender category.

16.1.3 Third place

Bronze medal and diploma for each competitor classified third in each movement (snatch and clean and jerk), weight and gender category.

16.1.4 From the fourth to the eight place

Diploma for each competitor classified from the 4th to the 8th place in each movement (snatch and clean and jerk), weight and gender category.

17. Calendar and schedule

The Weightlifting competition will take place **from Saturday 23 to Wednesday 27 June 2018**, according to the following schedule (this Schedule is provisional and could vary depending on the final entries):

Saturday 23 June

Weightlifting

Constantí Pavilion

	Men	Women
11:00 - 13:00	GROUP A 56 Kg	
15:00 - 17:00	GROUP A 62 Kg	
18:00 - 20:00		GROUP A 48 Kg

Sunday 24 June

Weightlifting

Constantí Pavilion

	Men	Women
11:00 - 13:00	GROUP A 69 Kg	
15:00 - 17:00		GROUP A 53 Kg
18:00 - 20:00		GROUP A 58 Kg

Monday 25 June

Weightlifting

Constantí Pavilion

	Men	Women
11:00 - 13:00	GROUP A 77 Kg	

15:00 - 17:00	GROUP A 63 Kg	
Tuesday 26 June		
Weightlifting		
Constantí Pavilion		
	Men	Women
11:00 - 13:00	GROUP A 85 Kg	
15:00 - 17:00	GROUP A 69 Kg	
18 :00- 20:00	GROUP A 94 Kg	
Wednesday 27 June		
Weightlifting		
Constantí Pavilion		
	Men	Women
11:00- 13:00		GROUP A 75 Kg
15:00 -17:00	GROUP A 105 Kg	

The Organising Committee with the agreement of the IWF Technical Delegate may change the competition schedule.

Each team or athlete will then be informed after the Verification of Final Entries Meeting.

18. Technical offices

Two offices will provide specific information on the Weightlifting competition:

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

These offices will provide information on the schedule of competition, training sessions, transport, list of players and results.



19. Approval of the regulations

In case of disagreement on the interpretation of these regulations with any other related version, the French version will take precedence.

This Technical Manual was approved by the ICMG on 22 May 2016.



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