



REGULATION



2013 IWF WORLD WEIGHTLIFTING CHAMPIONSHIPS
Wroclaw (POLAND), 16-27 October 2013

1. Date and Venue

Date and place: **16-27 October 2013, Wroclaw, Poland**

Competition and training venue:

Hala Stulecia (Centennial Hall), Wroclaw, Wystawowa Street, 1

<http://www.halastulecia.pl/en/>

<https://pl-pl.facebook.com/Halastulecia>

http://en.wikipedia.org/wiki/Centennial_Hall

Accommodation

Hotel Orbis Wroclaw, Powstancow Slaskich Street 7, distant ca. 5 km from Centennial Hall, 18 km from Copernicus Airport Wroclaw.

<http://www.accorhotels.com/pl/hotel-3397-hotel-orbis-wroclaw/index.shtml>

Participants must accept accommodation in the hotel offered by the Organizing Committee for 3 days at least.

2. Competition Rules and Regulations

Competitions will be held in accordance with the 2013 – 2016 IWF Constitution and By-Laws, 2013 – 2016 IWF Technical and Competition Rules & Regulations.

3. Eligibility to Entries

Only competitors of Member Federations that has no arrears towards the IWF are eligible to participate.

4. Event

- Men's: 56kg / 62kg / 69kg / 77kg / 85kg / 94kg / 105kg / + 105kg
- Women's: 48kg / 53kg / 58kg / 63kg / 69kg / 75kg / + 75kg

5. Entries

- Preliminary Entry Forms must be returned to the Polish Weightlifting Federation/Organizing Committee (either by fax or e-mail) and the International Weightlifting Federation (IWF) respectively no later than **20th August, 2013**.
- Final Entry Forms, Accommodation Forms, and Media Accreditation Forms must be returned to the Organizing Committee and the International Weightlifting Federation(IWF) respectively no later than **4th October, 2013**

6. Awards

Gold, silver and bronze medals will be awarded to the first three athletes in the Snatch, the Clean & Jerk and the Total in each bodyweight category.

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

Best Lifter trophies will be awarded in both women's and men's events.

7. Doping Control

Doping Control will be conducted in accordance with the IWF Anti-Doping Policy.

8. Barbell

IWF approved WERK-SAN barbells will be used in competitions and training.

9. Financial Conditions:

Participation fee (including food and accommodation):

- Single room: 120 Euro per person / per night / full board
- Double room: 110 Euro per person / per night / full board
- or
- Single room: 160 USD per person / per night / full board
- Double room: 145 USD per person / per night / full board

Payments can be made:

- upon arrival in cash to the Organizing Committee at the accreditation center or
- by bank transfer - payment shall reach the Organizing Committee by **4th October 2013** and the copy of transaction shall be presented.

Bank account details as follows:

Account Name: Polski Związek Podnoszenia Ciężarów, 01-813 Warszawa,
ul. Marymoncka 34

USD dollars account: 41 1090 1014 0000 0001 2149 3635

IBAN: PL41109010140000000121493635

Euro € account: 41 1090 1014 0000 0001 2149 3602

IBAN: PL59109010140000000121493602

SWIFT: WBKPPLPP

Bank Name: Bank Zachodni WBK, I Oddział w Warszawie

Bank Address: 01-949 Warszawa, ul. Kasprówicza 119 A

Entry fee: **200** USD / person.

10. Insurance

National Federations must undertake full moral and financial responsibility for their delegates regarding their health and in case of accidents or damages.

11. Accreditation

The accreditation will take place at the **Hotel Orbis Wrocław**, Powstanców Śląskich Street 7 upon arrival. Organizing Committee will make ready ID cards before arrival of each team, in order to avoid undesired queues at the hotel: it is required from each

delegation to send the name list and **e-photos** (passport sized) of your team members to the organizing Committee by **e-mail before 4th October 2013**.

12. Flag and National Anthem

Each delegation participating in the competition should bring a national flag sized 100x150cm, and the national anthem on CD. This must be submitted upon arrival/accreditation.

13. Transportation

The Organizing Committee will provide transportation between Copernicus Airport Wroclaw/Railway Station and hotel and return.

The Organizing Committee will provide shuttle bus service between hotels and venues of competitions, training and meetings.

Accommodation and Transportation Form shall be returned to the OC together with Preliminary/Final Entry Forms.

14. Visas

All the participants shall apply for visas (if a visa is required) in the Polish Embassy in their own countries.

A list of names with passport data and fax number or e-mail address should be sent to the Organizing Committee for the issuance of invitation.

If there is any difficulty, please contact the Organizing Committee.

15. Notes

Information about Wroclaw:

<http://www.wroclaw.pl/>

<http://en.wikipedia.org/wiki/Wroc%C5%82aw>

Average temperature in Wroclaw during Championships is 12 C.

Electricity: 220V

16. Organizing Committee

Address:

Polish Weightlifting Federation, ul. Marymoncka 34, 01-813 Warsaw, Poland

Tel./Fax: +48 22 834 11 42, +48 22 834 11 42

- E-mail : wroclaw2013@pzpc.pl
- Website : www.pzpc.pl

PROVISIONAL TIMETABLE

Wednesday, 16th October

Technical Committee Meeting

Medical Committee Meeting

Coaching and Research Committee Meeting

Thursday, 17th October

Executive Board Meeting

Friday, 18th October

Executive Board Meeting

Verification Final Entries Meeting

Saturday, 19th October

IWF Congress

IWF Technical Officials meeting

Opening Ceremony at 19.30 h.

Competition program

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

20. Sunday	11:00	Women	48	B
	13.30	Women	48	A
	16:00	Men	56	C
	18:00	Men	56	B
21. Monday	10:00	Women	53/58	C
	12:00	Women	53	B
	14:00	Men	62	C
	17:00	Women	53	A
	20:00	Men	56	A
22. Tuesday	10:00	Men	69	C
	12:00	Women	58	B
	14:00	Men	62	B
	17:00	Women	58	A
	20:00	Men	62	A
23. Wednesday	10:00	Men	69	B
	12:00	Women	63/69	C
	14:00	Women	63	B
	17:00	Women	63	A
	20:00	Men	69	A

	22:00	Men	77	C
24. Thursday	10:00	Women	69	B
	12:00	Men	77	B
	14:00	Men	85	C
	17:00	Women	69	A
	20:00	Men	77	A
	22:00	Men	85	B
25. Friday	10:00	Men	94	C
	12:00	Women	75/+75	C
	14:00	Women	75	B
	17:00	Men	85	A
	20:00	Women	75	A
	22:00	Women	+75	B
26. Saturday	10:00	Men	105/+105	C
	12:00	Men	94	B
	14:00	Men	105	B
	17:00	Men	94	A
	20:00	Women	+75	A
27. Sunday	10:00	Men	+105	B
	13:00	Men	105	A
	16:00	Men	+105	A