



# Powerlifting Sports Technical Manual Version 2.0





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**1.**

**WELCOME AND  
INTRODUCTION**

Talofa lava and welcome to Beautiful Samoa – home of the Samoa 2019 XVI Pacific Games.

We are excited to host the Pacific Region's largest quadrennial games here in our country, with more than 4000 Athletes and Team Officials from 24 countries competing in 27 sports.

Samoa is honoured to host you for the Games. We are proud of the work that has been accomplished to produce a world-class event for everyone in such a short period of time. Our motto from the beginning has been to "put our best foot forward" and we hope you will agree that we have done just that.

We put athletes and sport at the heart of our work and want to create a stage where you can excel. We are excited to provide an opportunity and platform for athletes to show their potential and create sporting memories at the Games here in Samoa. We admire your dedication to your sport and acknowledge and appreciate all your efforts in preparing your team to compete at the XVI Pacific Games from 7–20 July 2019. We are also eager to give you the best facilities, organisation and support that the people of Samoa can provide so your athletes can compete at their best.

As a nation, we know that to deliver a successful Games for our Pacific athletes, we will all need to be One in Spirit. Faafetai tele lava to each of the teams for the invaluable assistance provided to the Games Organising Committee. We could not have done this without your support.

We are delighted to present the Sport Technical Handbook for the Samoa 2019 XVI Pacific Games.

This publication contains details of the technical arrangements for your Sports and the various aspects of the Games that affect you. Please treat this as your source of reference during the Games.

Our dedicated Games staff and volunteers are here to assist you if you have any questions or issues. You can also seek further guidance from our Sport Information Centre located at the Games Village and Sport Information Desks at every venue.

We believe that the Pacific Games is not only about sports but also about building bonds between our Pacific nations. Therefore, we wish you a fantastic time at the Games. We hope you enjoy our warm Samoan hospitality as well as the camaraderie of the 24 nations from the Pacific that are participating in this year's Games.

One in Spirit!

**Hon. Loau Solamalemalo Keneti Sio**  
**Chairperson**  
**Samoa 2019 Pacific Games**

**Falefata Hele-Ei Matatia**  
**Chief Executive Officer**  
**Samoa 2019 Pacific Games**

**2.**

**ORGANISATION**



## **2.1 International Federation (IF) – International Powerlifting Federation (IPF)**

**President:** Gaston Parage (Luxembourg)  
(Email: Gaston.Parage@powerlifting.sport)

**Chief Executive Officer:** Emanuel Scheiber (Austria)  
(Email: Emanuel.Scheiber@powerlifting.sport)

## **2.2 Regional Powerlifting Association – Oceania Regional Powerlifting Federation (ORPF)**

**Interim-President:** Domi Vaotoa  
(Email: vaotoa.domi@hotmail.fr)

**Interim Secretary General:** Eric Jioje  
(Email: fijipowerliftingfederation@gmail.com)

## **2.3 National Powerlifting Association – Samoa Powerlifting Federation**

**President:** Pepe Christian Fruean  
(Email: christian@fruean.com. Mobile: +685 777 8888)

**Vice President:** Sailo Tulifau  
(Email: sailotulifau@gmail.com Mobile: +685 773 3554)

**Secretary:** Ropati Mualia  
(Email: pati.mualia@gmail.com. Mobile: +685 724 9575)

**Powerlifting Administration:** Vaasa Tuatagaloa  
(Email: vaasa.tuatagaloa@digicelgroup.com. Mobile: +685 776 6944)

## **2.4 Powerlifting Technical Committee – Pre-Games**

**Sports Competition Manager:** Pepe Christian Fruean

**IF Technical Delegate:** Pepe Christian Fruean

## **2.5 Powerlifting Technical Committee – Games Time**

### **International Federation (IF)**

International Powerlifting Federation and Pacific Games Council (PGC)

**Technical Delegate (TD):** Pepe Fia'ailetoa Christian Fruean

## Organising Committee (OC)

Sports Competition Manager (SCM): Pepe Fia'ailetoa Christian Fruean

Training Coordinator: Vaasa Tuatagaloa

## 2.6 Key Competition Management

Sports Competition Manager: Pepe Fia'ailetoa Christian Fruean

Assistant Competition Manager: Robert Keller

Assistant Competition Manager: Pam Cutler

## 2.7 International Technical Officials (ITOs)

Name	Country
David Vaughan	Australia
Joel Ridings	Australia
Patrick Whymark	Australia
Sean Muir	Australia
Robert Keller	USA
Pam Cutjar	Australia
Gordon Thorogood	Australia
Jim Stokes	New Zealand
Grahame Boston Fong	New Zealand
Anthony Wendt	New Caledonia
Jack Marcus	USA
Heinrich Reader	South Africa
Claudia Nagata	USA
Hiroyuki Isagawa	Japan
Ana de Joux	New Zealand

## 2.8 Technical Meeting Date

The Technical Committee meeting will be held no more than 48 hours prior to the commencement of the competition. This meeting will provide the most current sport specific information.

The Technical Committee shall ensure that the Pacific Games Powerlifting competition is conducted in accordance with the technical rules and regulations of the International Powerlifting Federation Updated information will be distributed at this time.

The Powerlifting Technical Committee meeting has been scheduled as follows:

**Date:** 17 July, 2019

**Time:** 1000hrs

**Venue:** Gym 1, Faleata



**3.**

**COMPETITION  
MANAGEMENT**

### 3.1 List of Events

The Samoa 2019 XVI Pacific Games Powerlifting Competition shall consist of the following events.

#### Powerlifting Women

Weight categories: -47kg; -52kg; -57kg; -63kg; -72kg; -84kg; +84kg

#### Powerlifting Men

Weight categories: -59kg; -66kg; -74kg; -83kg; -93kg; -105kg; -120kg; +120kg

### 3.2 Competition Schedule

#### 18/07/2019 Day 1

Session	Time	Class	Lifters
	0700hrs	Weigh In	20
	0900hrs	Women 47kg	3
1		Women 52kg	3
		Women 57kg	3
		Men 59kg	5
		Men 63kg	6
		Total	20
	1100hrs	Weigh In	24
2	1300hrs	Women 63kg	7
		Women 72kg	7
		Men 74kg	10
		Total	24
	1630hrs	Session 1 Medal Ceremony	
	1500hrs	Weigh In	22
	1700hrs	Women 84kg	8
3		Men 83kg	14
		Total	22
	2030hrs	Session 2 Medal Ceremony	

## 19/07/2019 Day 2

Session	Time	Class	Lifters
	0700hrs	Weigh In	24
4	0900hrs	Women +84kg	8
		Men 93kg	14
		Total	22
	1100hrs	Weigh In	30
	1200hrs	Medal Ceremony Session 3	
	1300hrs	Men 105kg	12
		Men 120kg	10
5		Men +120kg	8
		Total	30
	1730hrs	Session 4 Medal Ceremony	
	1800hrs	Session 5 Medal Ceremony	

### 3.3 Entries, Seeds and Draws

All athletes must comply with entry requirements as specified in the Pacific Games Council Charter: Protocol 7.

### 3.4 Entry by Name (Protocol 7.10 – 7.15)

Entries by name containing the names of competitors and the events in which they wish to compete shall be forwarded electronically, to reach the Organising Committee at least forty-five (45) days before the date of the opening of the Games. Thirty percent of the Pacific Games Authority's estimated per diem obligation shall be payable at this time. A further confirmation of entries by name shall be required from PGAs no later than 30 days before the opening of the Games, from which the official and final per diem obligation will be calculated. A further 30% of this official per diem obligation shall be payable at this time. PGAs shall pay the remaining per diem obligation no later than the Delegation Registration Meeting (DRM) upon arrival and no Games Accreditations shall be issued to PGAs until the full per diem obligation is discharged. (Protocol 7.10)

A pre-DRM in person, or through the use of technology, shall occur within five days after the further confirmation of entries 30 days before the Games. (Protocol 7.11)

Each PGA shall pay at the DRM such sum as the Executive Board may prescribe for each competitor and official entered, which shall be paid into a separate account in the name of the Council. (Protocol 7.12)

Entries shall be completed electronically, and shall be forwarded to the OC via the Sporting Pulse provided Games Management System website. A PGA may also, simultaneously, submit a signed spreadsheet of athlete entries as an additional step to confirm its entries. The OC shall forward the entries to the Council and the relevant International Federations. (Protocol 7.13)

The OC shall send to PGAs copies of "Entry and Eligibility Conditions form" in English and French to be signed by each competitor and to be countersigned by the appropriate PGA and duly affiliated National Federation (NF). Completed forms for each athlete must be returned to the OC no later than the DRM. The Council shall approve the text to this form based upon the guidelines contained in Regulation 20. (Protocol 7.14)

As per Article 26 (5), late entries by name will not be accepted. (Protocol 7.15)

### **3.5 Final Entries (Protocol 7.16 – 7.21)**

The names of those competitors finally entered for each event shall be confirmed to the OC at the Delegation Registration Meeting at least 48 hours prior to the official opening of the Games. With the exception of the provisions of Protocol 7.18, no amendments to a PGA's delegation of athletes may be made after the DRM. (Protocol 7.16)

Only those competitors whose names appear on the individual entry Forms shall be eligible for final confirmation for participation. (Protocol 7.17)

When a competitor is injured after being included in the final entries forms, a substitute may be nominated on production of a medical certificate from the doctor designated by the OC provided this nomination is made before midnight preceding the opening event of the tournament in which the injured competitor would have taken part. The substitute's name must have been entered in the Individual Entries forms of that sport. (Protocol 7.18)

Each PGA shall be required to ensure that Article 8 is observed with regard to the selection and management of its team. (Protocol 7.19)

The Executive Board may require the OC to reject an entry, which does not comply with the requirements of the Charter, or for any other good or sufficient reason. (Protocol 7.20)

Penalties shall be imposed on the PGA for entries submitted that do not comply with the Council Charter. These penalties shall be payable to the PGC and shall include a minimum monetary fine of US\$1,000 or removal of the PGA's voting rights at the next Council annual meeting, or both. (Protocol 7.21)

### **3.6 Conditions of Entry**

For the Pacific Games, Pacific Mini Games and in respect of all activities of the Council and events under its control, there shall be no discrimination against any member country or person on any grounds whatsoever, including race, gender, religion or politics. (Article 8)

The Executive Board may require the OC to reject an entry, which does not comply with the requirements of the Charter, or for any other good sufficient reason. (Protocol 7.20)

### **3.7 Maximum Entries**

The maximum number of players per Country who may compete in the Samoa 2019 Pacific Games Powerlifting competition is as follows:

**Female:** 7 lifters per country in total; maximum 2 lifters per weight category

**Male:** 8 lifters per country in total; maximum 2 lifters per weight category

### **3.8 Draws**

The draw will be conducted in accordance with IF Rules. Further details will be provided at the Technical Committee meeting.

### **3.9 Competition Rules and Regulations**

The Samoa 2019 XVI Pacific Games Powerlifting competition will be conducted in accordance with the Pacific Games Charter and the International Powerlifting Federation Charter respectively

The competition will be held on Thursday 18 and Friday 19 July, 2019.

The Technical Delegate (TD) Pepe Christian Fruean of the Samoa Powerlifting Federation will be responsible for all technical aspects of the competition. He will also serve as the Sports Competition Manager (SCM) and will ensure the smooth running of the Powerlifting Competition.

The SCM will also work in conjunction with the Venue Manager to ensure the Venue is set up as per the requirements of the International Powerlifting Federation (IPF) and that those requirements are met with the approval of the Technical Delegate.

#### **Technical Officials**

The powerlifting competition will be managed and officiated in accordance with the rules and regulations as set out by the International Powerlifting Federation (IPF). See also IPF Technical Rules book: [https://www.powerlifting.sport/fileadmin/ipf/data/rules/technical-rules/english/IPF\\_Technical\\_Rules\\_Book\\_2019.pdf](https://www.powerlifting.sport/fileadmin/ipf/data/rules/technical-rules/english/IPF_Technical_Rules_Book_2019.pdf)

There will be a total of 18 Technical Officials who will be sourced from overseas and screened by the Technical Delegate. All TOs will be deemed to be appropriately accredited.

Spotters and Loaders will be provided by Samoa Powerlifting Federation through the Sports Specific Volunteers programme, they must have prior knowledge and will be trained accordingly.

#### **Weigh-in Scales**

There will a main scale adjacent to the warm up area which will be under lock and security. There will be a weigh in scale at the Games Village. All Scales will be calibrated and needs

to register to the second place of decimals. The scale must have the capacity to weigh up to 180kg. Each scale is to be accompanied by a Scale Certificate and must be current to within one year of the date of the competition.

## **Weigh-in**

Weigh-in will be held at the Competition Venue two (2) hours prior to session times and digital scales will be used. Any competitor who fails to attend the weight in/registration at the designated time will be eliminated from the competition.

## **Competition Clothing**

Clothing or equipment used officially at the Pacific Games and Pacific Mini Games shall not be marked conspicuously for advertising purposes unless otherwise approved by the Executive Board. Clothing regulations should follow the IF regulations. (Regulation 17)

The Technical Delegate shall provide guidance to participating countries as to acceptable items of apparel.

## **Dress Code for Referees & Jury Members**

**Men:** Grey trousers with a white shirt and appropriate IPF tie

**Women:** Grey skirt or trousers and a white blouse or shirt

IPF badges and scarf / ties are red for category 1 referees, and blue for category 2 referees. Black shoes and black socks must be worn.

## **Dress Code for Coaches**

Dress code for Coaches shall be the National Team tracksuit plus team approved t-shirt, or sport shorts plus team t-shirt. If coaches fail to adhere to this dress code, the Technical Delegate or Jury may rule to exclude the coach from the event warm-up room and competition surrounds.

## **Dress Code for Medal Ceremonies**

All Medal recipients shall be in National Team tracksuits. No exceptions will be entertained.

## **Divisions**

In accordance with the Pacific Games Charter, there will be 8 Men's and 7 Women's divisions contested.

They are:

**Men:** 59Kg, 66Kg, 74Kg, 83Kg, 93Kg, 105Kg, 120Kg & 120+Kg

**Women:** 47Kg, 52Kg, 57Kg, 63Kg, 72Kg, 84Kg & 84+Kg

## Minimum Entries

In accordance with the Pacific Games Charter, each country will field one athlete per division however in the event no athlete is entered in any particular division, a second entry can be made in another division so long as the required 8 entries is met.

## Athlete Entry

A final fully completed entry form for each athlete participating at the Samoa 2019 XVI Pacific Games must be received by 23 May, 2019.

## 3.10 Protests, Appeals and Arbitration Procedures

Protests and appeals can be made under the conditions and rules of the International Powerlifting Federation (IPF). IPF Rule Book, Page 27 Section 10-13

Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury, or Referees in the absence of the Jury, may disqualify the lifter or coach and order the lifter or coach to leave the venue. The team manager must be officially informed of both warning and disqualification.

The Jury and Referees may by a majority decision immediately disqualify a lifter or official if they are of the opinion that any misconduct is serious enough to warrant immediate disqualification rather than an official warning. The team manager must be informed of the disqualification.

In international competition, all appeals against referee's decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the Jury. The Jury may require the appeal to be made in writing. The appeal or complaint must be lodged with the Chairman of the Jury by the team manager, coach or in his absence, by the lifter. This must be done immediately following the action upon which the appeal or complaint is based. It will not be considered unless these terms are met.

If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a unanimous verdict, the Jury will return and the Chairman will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lift. In the event of a complaint being made against a lifting member or official of an opposing team, the written complaint shall be accompanied by the cash sum of Euro 75 or its equivalent in any currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the sum may be retained and donated to the IPF at the discretion of the Jury.



**4.**

**COMPETITION  
VENUE**

## 4.1 Gym 1 Faleata

The Powerlifting competition of the Samoa 2019 XVI Pacific Games will be held at the Gym 1, Faleata.

## 4.2 Travel Time

The Gym 1 is approximately 15 minutes journey time from the Games Village.

## 4.3 Facilities

The venue will provide the following facilities:

Purpose built in-door venue

- Weigh-in room
- Athlete's area
- Competition Management Area
- Seating capacity of 1200
- Men and women's changing rooms complete with toilets and showers

## 4.4 Technical details

All competition and practice matches will be played on one Powerlifting Stage/Platform.

Stage

The stage will be set at a meter high off the floor and will contain an Eleiko Competition Platform. Referees and Jury will be on stage and afforded a clear and unobstructed view of the Lifters.

### Warm-up area

The warm-up area will have five (5) warm-up platforms, a test rack and a weigh-in scale near the test rack. Entry into this area will be strictly monitored. All equipment must also require the IPF standards (IPF approved).

### Technical details of Field Of Play equipment

The field of play will contain:

- Eleiko Powerlifting Competition Bar 20kg
- Eleiko Powerlifting Competition Disks 25kg

- Eleiko Powerlifting Competition Disks 20kg
- Eleiko Powerlifting Competition Disks 15kg
- Eleiko Powerlifting Competition Disks 10kg
- Eleiko Powerlifting Competition Disks 5kg
- Eleiko Powerlifting Competition Disks 2.5kg
- Eleiko Powerlifting Competition Disks 1.5kg
- Eleiko Powerlifting Competition Disks 250gm
- Eleiko Powerlifting Competition Disks 500gm
- Eleiko Powerlifting Plate Storage
- Eleiko Mag Container
- Eleiko Squat Bench
- Eleiko Lifting Chalk
- PL Competition Platform
- Foot Blocks Set – 1 x 10cm, 1x 20cm, 1x 30cm

#### **4.5 Sport Information Desk**

Each Competition Venue will have a Sport Information Desk (SID). This will be your main point of contact during your stay to provide you with additional information you may require, as well as being the main collection point of relevant competition information.

The main Sport Information Centre (SIC) will be located in the international zone at the Games Village, Faleula, Apia.

**5.**

**TRAINING VENUE**

Training for Powerlifting will take place at Saints Josephs College Hall, Alafua

## 5.1 Travel time

This venue is located approximately 20 minutes journey time from the Games Village.

## 5.2 Facilities

The venue will provide the following facilities:

- Purpose built in-door venue
- Weigh-in room

## 5.3 Availability

The training venue will be available from 15 – 20 July, 2019. A detailed training schedule will be drawn up for all teams.

### Equipment

A minimum of 2 full sets of equipment are required for the training venue.

Equipment used in the training venue includes:

- Eleiko Powerlifting Competition Bar 20kg
- Eleiko Powerlifting Competition Disks 25kg
- Eleiko Powerlifting Competition Disks 20kg
- Eleiko Powerlifting Competition Disks 15kg
- Eleiko Powerlifting Competition Disks 10kg
- Eleiko Powerlifting Competition Disks 5kg
- Eleiko Powerlifting Competition Disks 2.5kg
- Eleiko Powerlifting Competition Disks 1.5kg
- Eleiko Powerlifting Competition Disks 250gm
- Eleiko Powerlifting Competition Disks 500gm
- Eleiko Powerlifting Plate Storage
- Eleiko Mag Container

- Eleiko Squat Bench
- Eleiko Lifting Chalk
- Eleiko Training Platforms

## **5.4 Amendment and Booking of Training Venues**

Upon arrival in Apia, each team will receive a detailed schedule of the slots they have been allocated before and during the event.

Amendments to the bookings for additional training times should be done at the Sport Information Centre in the Games Village.

## **5.5 Media Access to Training Venues**

Media will not be permitted at any Samoa 2019 XVI Pacific Games Non-Competition Training Venues.

However, nominated PGA team photographers will be permitted.

Media access at all Samoa 2019 XVI Pacific Games Competition Training Venues will be at the discretion of the Sports Competition Manager.



**INFORMATION**



## 6.1 Information before 4 July, 2019

PGAs requiring any information or clarification should contact the relevant Sports Competition Manager.

## 6.2 Information from 4 July, 2019

The main Sport Information Centre (SIC) is located in the Games Village at the Faleula Methodist Compound. There will also be a Sport Information Desk (SID) at each of the Competition Venues.

## 6.3 Sport Information Centre at the Games Village

The SIC at the Games Village will be open from 4 July, 2019. It will open from 0700hrs until 2200hrs and will provide Chef de Missions, Team Managers and Team Officials with critical information relating to specifically to training and competition for each of the 27 Sports.

Athletes will not have access to the Sport Information Centre.

The SIC will be staffed by personnel who can liaise directly with relevant Sports Competition Managers, to provide a one-stop sport, transport information and troubleshooting service to Team Officials and their technical staff.

The SIC will provide all sports information and results. Other general services offered by the information centre are:

- Distribution of technical information, such as results, start lists, competition schedules, etc.
- Distribution of information regarding Technical meetings, seedings and draws, Technical Officials appointments, training sessions, transport arrangements, etc.
- Procedures for PGAs to book/amend training sessions.
- Procedures for PGAs to declare training sessions open to the media and for advising media on a daily basis of any "open" training sessions.
- Providing communication links between Competition Venue, Competition Management and Teams.
- Receipt and authorisation of requests for Athlete Venue Meals.
- Co-ordination of sports and other information for PGAs.

## 6.4 Results

Results will be available for publication and online between 30 and 60 minutes after the conclusion of competition.

**7.**

**MEDICAL**

## **7.1 Games Polyclinic**

The Village Medical Centre at the Games Village will provide primary medical care services from 4–22 July, 2019 to all Athletes, Team Members and Officials.

The clinic will operate 24 hours a day and be staffed mainly by a qualified doctor and registered nurses on 8-hour shifts.

Dental officer, physiotherapy and pharmaceutical services are available onsite daily from 0700hrs to 2200hrs.

Services provided: General medical and emergency services with pharmacy and dental mobile facility. The Ambulance service will also be onsite.

## **7.2 Technical Officials**

Technical Officials will be able to use the facilities at the Games Polyclinic, during the stated times of operation. Technical officials can access all of the services provided, including the stated 24-hour emergency services.

## **7.3 Competition Venues**

Medical services will be provided for athletes at each of the Competition Venues. The service will be available from one (1) hour prior to start of competition until all athletes have been treated. Where required by the sport, paramedic ambulances will also be on standby at the venue.

## **7.4 Training Venues**

Medical services provided to the Training Venues shall be on an on-call basis. Referrals from team doctors requiring further attention can be attended to at the Polyclinic.

Where required by the sport, paramedic ambulances will also be on standby on an on-call basis.

## **7.5 Prosthesis Repair**

Prosthesis repairs will be provided at the TTM General Hospital Medical Device Services. All requests for repairs should be through the Polyclinic.

## **7.6 Doping Control**

The Athletes are informed that drug testing will be organised for the duration of the Pacific Games, in close collaboration with the World Anti-Doping Agency, WADA.

It is the responsibility of supervisors and Athletes to refer to the list of prohibited substances and to abstain from consuming them.

The list can be downloaded from the World Anti-Doping Agency website  
<https://www.wada-ama.org>.

Any Athlete who tests positive to a prohibited substance will be disqualified from the Pacific Games.

8.

**TRANSPORT**

## **8.1 Athletes and Team Officials**

Athletes and Team Officials from each country will use dedicated private vehicles for their movement through Games locations, including the Games Village, the competition venue, the training venue and the dining halls. These vehicles will come with a dedicated driver. Each team is responsible for the driver. The vehicles will be available from the date of arrival of the team to the end of competition.

## **8.2 Technical Officials**

Technical Officials will use a Technical Official Shuttle Service for their movement to and from their accommodation to the Competition Venues. This service will run from date of arrival through the day after competition. As different sports are accommodated at different hotels, the service will be dedicated to each group of Technical Officials. Technical Officials will use a pool vehicle service to access the dining halls on an individual technical official basis.

## **8.3 Competition Venues**

Shuttle Bus Services to Competition Venues will cease upon completion of that venue's competition. Note the shuttle bus service does not stop at every competition venue.

Bus services to all Sporting Venues cease by 1900hrs, on 20 July, 2019.

# 9.

## **GENERAL REFERENCE INFORMATION**



## 9.1 Technical Committee

The Powerlifting Technical Committee will meet on 17 July, 2019 at the Competition Venue.

Please note that the date, time and place of the meeting will be confirmed on 25 June, 2019 at the latest.

### Role of the Technical Committee

The Technical Committee will abide by the following rules enacted by the Pacific Games Council Charter amended on 17 June, 2018.

#### Protocol 15 of the Pacific Games Charter:

Organisation of the Different Sports Competition Committees.

**15.1** The Council has complete control of the policy of the Games.

**15.2** The OC shall set up its own sports division and also one such sports competition committee for each sport. Each National Federation of the Host PGA affiliated to the relevant International Federation whose sport is included in the programme of the Games shall appoint one of its representatives to serve on the sports competition committee. Each representative shall keep his /her governing body informed on progress made. The governing body shall maintain close liaison with the sports competition committee of its sport and be initially responsible, within the overall policy of the OC, for the arrangements of its sport.

**15.3** Under the direction of the Council, the Organising Committee shall convene meetings of a PGC Technical Committee for each sport. The PGC Technical Committee will supervise and assume complete control of the technical arrangements for the sport, and ensure that the sport is conducted in accordance with the relevant International Federation's regulations unless as varied by the PGC Executive Board.

**15.4** Membership of each PGC Technical Committee shall consist of two representatives from the Host country/territory, one representative from each of the other competing countries/territories and the International Federation representative (or their nominee), all with voting rights. Other members may be co-opted, but without voting rights.

**15.5** The date, time and place of the meeting of a PGC Technical Committee for each sport will be communicated to all PGAs at least one month prior to the opening of the Games. The meeting itself will be held not more than 48 hours prior to the commencement of the sport.

**15.6** Each PGC Technical Committee shall elect its own chairman and have an officer of the Council as an ex-officio member.

**15.7** No PGC Technical Committee can validly meet without at least 50% of participating PGAs (excluding the Host) in that sport being present.

**15.8** The PGC Technical Committee may alter the order and timing of events during and between each day of competition on the programme, but it may not alter the detailed programme and/or dates of sport competition without the approval of the PGC Executive Board.

## **9.2 International Rules**

The events will be organised in conformity with the regulations of the international rules of Powerlifting.

## **9.3 Medals**

Gold, Silver and Bronze medals will be awarded in the Samoa 2019 XVI Pacific Games Powerlifting in accordance with the PGC Charter: Protocol 26.

- Four (4) or more contestants: Gold, Silver and Bronze
- Three (3) contestants: Gold and Silver only
- Two (2) contestants: Gold only
- One (1) contestant: No Event, No Medal

## **9.4 Medal Ceremonies**

In conformity with Protocol 23 of the Charter, the Medal Ceremonies will be held after the finals.

Each Athlete is requested to wear the official sports uniform of her/his delegation to attend the Medal Ceremony.

Athletes should attend all Medal Ceremonies in their official PGA team tracksuit and appropriate footwear, even where the Medal Ceremony is scheduled for a different day to the day of competition.

## **9.5 Personal Clothing and Personal Equipment**

As per the Pacific Game Charter:

Regulation 17 Part II Rules Relating to Identification of Personal Clothing and Personal Equipment.

There shall be no advertising or publicity on personal equipment and competition clothing used or worn at the Games. Subject to the International Federations rules identification of the manufacturer (name and/or logo) of the equipment and or clothing may appear, if not marked conspicuously for advertising purposes as follows:

1. **Manufacturer's Identification:** The identification of the manufacturer shall not appear more than once per item of clothing and equipment.
2. **Equipment:** Manufacturers identification shall not exceed 10 per cent of the surface area of the equipment that is exposed during competition and shall not be more than 60 square centimetres.
3. **Headgear (hats, helmets, sunglasses, goggles etc.) and gloves:** Any identification of the manufacturer shall not exceed 6 square centimetres.
4. **Clothing:** One identification of the manufacturer (logo, name or combination) may appear on each article of clothing worn by athletes, officials or judges (vest, shorts, track-suits etc.), the maximum area of which shall be 15 square centimetres with a maximum height of 4 centimetres. No other form of advertising or sponsorship on clothing shall be permitted.
5. **Shoes:** The normal distinctive design pattern of the manufacturer is permitted. The manufacturer's name and/or logo may also appear, up to a maximum of 6 square centimetres, either as part of the normal distinctive design pattern or independent of the normal distinctive design pattern.
6. Variation of the above rules shall be subject to approval of the Executive Board.

## 9.6 Eligibility

All athletes wishing to compete in the Pacific Games must comply with current requirements for representing a Country and participating in the Games according to the PGC charter: Article 26.

In the event of a challenge to a competitor's eligibility, the Executive Board shall immediately refer the challenge to the Disputes Tribunal in accordance with PGC Charter: Article 26.8.

The Tribunal's decision shall be final. No further challenges shall be considered thereafter.

Pacific Games Association delegation entries are required to be finalised, confirmed and posted on the Pacific Games Council and Organising Committee websites 20 days prior to the commencement of the Games. PGC Charter: Article 26.10.

## 9.7 Mixed Zone

On each competition site a zone dedicated to exchanges between the Athletes and accredited journalists will be reserved near the exit from the competition area (mixed zone). It will be a brief exchange and athletes and team supervisors are requested to cooperate with the media.

## 9.8 Charter of the Games

The events will be organised in conformity with the Pacific Games Council Charter which should be referred to whenever technical information does not appear in the international regulations.

The Pacific Games Council Charter can be downloaded from the Samoa 2019 XVI Pacific Games' website ([www.samoa2019.ws](http://www.samoa2019.ws)) in the "About Us" section.

**10.**

**MAPS AND PLANS**

# FALEATA SPORTS COMPLEX

