



# **WEIGHTLIFTING**

## **COMPETITION MANUAL**

**8<sup>TH</sup> MICRONESIAN GAMES**

July 20-29, 2014

POHNPEI MICRONESIAN GAMES ORGANIZING COMMITTEE

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# WEIGHTLIFTING

Dates: Thursday and Friday, July 24 - 25, 2014  
Venue: 2nd Gym, COM-FSM National Campus Gymnasium Complex  
Paliker, Pohnpei  
Technical Meeting: 9:00am, Wednesday, July 23, 2014  
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## COMPETITION DETAILS

### 1. Competition Rules and Regulations

- 1.1 The FSM Weightlifting Association is responsible for organizing and holding the Weightlifting competition in the 2014 Micronesian Games. The Weightlifting competition will take place at the 2nd Gym, COM-FSM National Campus Gymnasium complex in Paliker, Pohnpei. The competition will be governed in accordance with the regulations of the International Weightlifting Federation (IWF).
- 1.2 Weightlifting competition will be conducted in both men and women divisions. Each island may enter a maximum of eight (8) lifters in the men's division and seven (7) lifters in the women's division. In accordance with IWF ruling there may only be a maximum of two (2) lifters per category. Only those athletes who meet the Micronesian Games Council Eligibility requirements will be allowed to compete.
- 1.3 The competition will be held in the following weight categories:

| <u>Men's Division</u> | <u>Women's Division</u> |
|-----------------------|-------------------------|
| 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                | 75 + kg                 |
| 105 + kg              |                         |

1.4 Each member island, is to submit their final entries 30 days prior to the beginning of the Games.

## **2. Technical Meeting**

2.1 The Technical Meeting will be held on 9:00am, Wednesday, July 23, 2014 at the 2nd Gym, COM-FSM National Campus Gymnasium complex in Paliker, Pohnpei. All coaches are required to attend this meeting. Competition timetable will be finalized after this meeting. Referees for the sessions will be determined straight after the technical meeting.

## **3. Competition Format**

3.1 Competition will consist of the Snatch and the Clean & Jerk.

## **4. Medals**

4.1 Gold, Silver and Bronze medals will be awarded in the snatch, clean & jerk and the total in each bodyweight class.

## **5. Competition Uniforms**

5.1 Weightlifting uniforms for both men and women must consist of a one-piece close-fitting outfit. Tight fitting shirts may be worn underneath, as long as they are collarless and the sleeves go no further than the elbows.

5.2 Weightlifting shoes or running shoes are required to be worn during lifting for safety reasons. Slippers and bare feet are not allowed.

5.3 Belts may not be more than 12cm in width. No belt may be worn underneath the outfit. Bandages may be worn on the wrist (one piece and max. 10cm wide), the knees (one piece and max. 30cm wide). No finger less gloves allowed. No plaster may cover the tips of the fingers. Bandages are not allowed on the elbows, torso, thighs, or shins.

## **6. Eligibility**

In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

(1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, the CNMI, Yap, Chuuk, Pohnpei, Kosrae, Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states,

countries, or territories for a period of three years up to and including the start of the Games;  
OR

(2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR

(3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously-established residency.

In addition, athletes must:

(a) Complete all necessary entry and participation forms;

(b) Not be currently under disqualification or suspension by the IWF.

(c) Comply with all relevant rules and regulations of the International Weightlifting Federation, Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the Pohnpei Organizing Committee will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have ten days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful, but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the Pohnpei Organizing Committee, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of \$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

## **7. Doping Control**

Athletes are advised that random drug testing will be conducted for the duration of the 2014 Micronesian Games.

It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Any athlete that tests positive for a prohibited substance will be disqualified from the 2014 Micronesian Games.

\* Competition and Training Schedules will be set up at a later date after all the preliminary registration is received by the Competition Manager