



**The 18th Asian Youth and 23rd Asian Junior Women's,
30th Asian Junior Men's Weightlifting Championships
8-16 November 2016, Tokyo Japan**



Official Invitation

First and foremost I would like to express my sincere appreciation to everyone in the Asian Weightlifting Federation (AWF) and its member federations for all their efforts in helping to make the Rio 2016 Olympic Weightlifting Competitions so successful.

It is a great honour for the Japan Weightlifting Association (JWA) - authorized by the AWF - to organize and host the Asian Youth and Junior Weightlifting Championships in Tokyo from November 8 to November 16, 2016. I am very happy to be able to contribute to the development of weightlifting as a sport and to help build friendships in the weightlifting family of Asia.

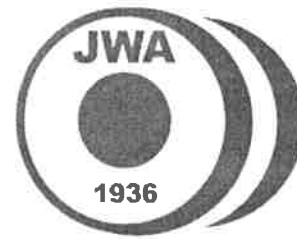
As the President of the JWA and newly elected Governor of Tokyo - the host city of the 2020 Tokyo Olympics and Paralympics - I am delighted to welcome lifters, coaches and officials from all member federations of the AWF to participate in this championships and I hope there are many good, record-breaking lifts and that everyone has a comfortable and enjoyable stay in Tokyo. I truly appreciate your participation in what I believe will be a very successful and enjoyable event.

As Governor of Tokyo, I have just received the Olympic Flag in Rio de Janeiro for the 2020 Games. The JWA is now preparing to stage what should be a wonderful weightlifting competition in four years' time. The upcoming Asian Youth and Junior Weightlifting Championships, which take place in November, along with the World Junior Championships next June, are two very important milestones on the way to 2020. We are determined to make the Championships the best event the JWA has ever organized in Japan. We sincerely hope you can be a part of it.

Looking forward to seeing you all in Tokyo,.

Yuriko Koike,
President, Japan Weightlifting Association
Governor of Tokyo





**The 18th Asian Youth
23rd Asian Junior Women's
30th Asian Junior Men's
Weightlifting Championships**

8-16 November 2016, Tokyo Japan

1. COMPETITION REGULATION

The 18th Asian Youth, 23rd Asian Junior Women's and 30th Asian Junior Men's Championships will follow Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

2. TERMS AND CONDITIONS OF PARTICIPATION

Accredited participants (athletes, Team Officials, Technical Officials (TOs) media, guests, etc.):

Should acknowledge and fully comply with IWF Constitution and By-Laws, AWF Constitution, IWF TCRR, and IWF Anti-Doping Policy (ADP).

Should abide by all reasonable directions given by the AWF, the Organizing Committee (OC), TOs.

Should agree to be filmed, televised, photographed, interviewed and otherwise recorded during the Event for the purpose of the media coverage and the promotion of the sport.

Should agree that any of the above mentioned images may be used by IWF/OC and/or OC.

Should assign with full title guarantee in perpetuity to the IWF all rights of any nature in any such recordings.

Should accept any prize or award given by AWF and/or OC/sponsors and will attend all special award ceremonies where prizes or awards are presented.

Should attend a Press Conference upon request of the AWF/OC.

Should not participate in, support or promote illegal betting.

Should participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk.

Are responsible for all property they bring into the Event and that the AWF and/or OC shall have no responsibility in any loss or damage of the property.

Should irrevocably release AWF from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event.

Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors.

Should acknowledge that by not following the above mentioned terms and conditions, sanctions may be imposed.

Member Federations participating in the Asian Youth and Junior Championships do so at their own risk. All participating Federations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness and in case of accidents or damages not attributable to the OC.

3. ELIGIBILITY

Participating athletes for Youth Championships: 13-17 years of age (born between 2003 and 1999)

Participating athletes for Junior Championships: 15-20 years of age (born between 2001 and 1996)

With reference to Article 5.6.4 of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered testing Pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least 2 months before the IWF Event in question. The Athletes who do not comply with this provision are not eligible to compete.

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

4. DATE AND VENUE

Date and place: 8-16 November 2016, Tokyo, Japan

Competition and training venue: _____

Ota City General Gymnasium, 1-11-1 Higashikamata, Ota-ku, Tokyo

Training venue will be available for athletes and coaches from 8th November 2016

Accommodation:

Hotel Sunroute Ariake, 3-6-6 Ariake, Koutou-ku, Tokyo, 135-0063, Japan

30 minutes from Tokyo Haneda Airport (HND) and 65 minutes from Tokyo-Narita Airport (NRT) by bus.

http://www.sunroute.jp/HotellInfo/tokyo_kanagawa/ariake/index.html

Participants must accept accommodation in the hotel offered by the Organizing Committee.

5. EVENTS

Women's Youth: 44kg / 48kg / 53kg / 58kg / 63kg / 69kg / + 69kg

Women's Junior: 48kg / 53kg / 58kg / 63kg / 69kg / 75kg / + 75kg

Men's Youth: 50kg / 56kg / 62kg / 69kg / 77kg / 85kg / 94kg / + 94kg

Men's Junior: 56kg / 62kg / 69kg / 77kg / 85kg / 94kg / 105kg / + 105kg

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 Youth and Junior competitions in accordance with the IWF Team Classification (IWF TCRR 6.8.3).

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

7. DOPING CONTROL

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

8. BARBELL

The IWF approved UESAKA barbells will be used in competitions and training.

9. DEADLINES

Forms must be sent together with the passport copies and passport photos before the following deadlines.

- **Preliminary Entry Forms and Preliminary Accommodation and Transportation Forms, Visa Application Forms: No later than 11th September 2016.**
- **Final Accommodation, Transportation Forms and Media Accreditation Forms: No later than 11th October 2016.**
- **Final Entry forms: No later than 20th October 2016.**

All forms must be sent to the following addresses:

Ms. Shiho Higuchi

JTB Sports Desk

Sports & Entertainment Division, JTB Corporate Sales Inc.

26F Shinjuku Mitsui Bldg., 2-1-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo,

164-0426 JAPAN

TEL:+81-3-5909-8090 FAX:+81-3-5909-8100

E-mail: ajjc2016@bwt.jtb.jp

and

Asian Weightlifting Federation (AWF)

Address: P.O. Box 2473, Doha, Qatar

Phone: (+974)44943274/3076

E-mail: info@awfederation.com

Web: WWW.awfederation.com

10. FINANCIAL CONDITIONS

Participation fee (including accommodation & meals):

Single room: 150 USD per person / per night / full board

Double room: 130 USD per person / per night / full board

Entry Fee: 120 USD / person.

All athletes must pay USD 50 for Anti-Doping Fund

Payments can be made:

By bank transfer – 50% or more of the total amount should be deposited in the **Organizing Committee account specified in “11. The method of Payment (Bank accounts details)”** below before 21st October 2016

The rest of total amount must be paid in USD cash to the Organizing Committee upon arrival at the accreditation center

Hotel „No-Show” and Cancellation charge:

If one or more delegation members do not arrive on the date specified on the Final Accommodation and Transportation Form and **have not informed** the Organizing Committee **10 days before arrival**, the delegation must pay to the Organizing Committee, previously to the accreditation, the charge of “No-Show” per person.

No-show or Cancellations charge rates are as follows:

Untill 21 days before: no charge

20 days – 7 days: 10%

6 days -4 days: 30%

3 days – 1 day: 80%

0 day (or No-show on the reservation day): 100%

ADDITIONAL BOOKINGS & CHANGES

After the 20th October 2016, should you require any additional hotel rooms the Organizers will use their 'best efforts' to accommodate your additional team members in the same hotel as the other members of your team. However this cannot be guaranteed.

Between **the 21st October – 1st November 2016**, all payments for additional accommodation and accreditation must be paid by your federation by bank transfer upon receipt of a supplementary Invoice from the Organizers.

For any additional requests made **after the 1st November 2016**, the accommodation and accreditation costs must be paid upon arrival in cash as detailed on the supplementary invoice from the Organizers. **Important Note:** No accommodation is guaranteed until the full payment is received.

11. METHOD OF PAYMENT

Wire Transfer (electronic transfer of money)

At least 50% of the total amount must be transferred to the bank account below by 21st October. The total bank charge must be covered by participating delegation. You should consider the time it takes to process bank transfer (ask your bank).

We can offer neither accommodation nor accreditation to any member of your delegation until we have received the payment in the bank account. Please take the necessary precautions and make payment by the wires transfer with anticipation.

Bank accounts details

Bank Name: The Bank of Tokyo-Mitsubishi UFJ, Ltd.

Branch Name: Shimbashi Branch

Account holder: JTB Corporate Sales Inc.

Account No.: 433-4945605

Telephone: 81-3-5909-8090

SWIFT CODE: BOTKJPJT

Cash

Difference between required amount and paid amount (including bank charge) must be paid upon arrival at the accreditation center.

12. INSURANCE

All participating Federations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness and in case of accidents or damages not attributable to the OC.

13. ACCREDITATION

The accreditation will take place at the **accreditation center at Hotel Sunroute Ariake**, upon arrival. Organizing Committee will make Accreditation cards ready before arrival of each team, in order to avoid undesired queues at the accreditation center: it is required from each delegation to send the name list and e-photos (passport sized) of your team members to Ms. Shiho Higuchi, JTB Sports Desk working on behalf of the Organizing Committee by e-mail before 20th October 2015.

14. FLAG AND NATIONAL ANTHEM

Each delegation participating in the competition should bring two (2) national flags sized 100x150cm, and the national anthem on CD. This must be submitted upon arrival/accreditation.

15. TRANSPORTATION

The Organizing Committee will provide bus service between Tokyo Haneda (HND) / Narita (NRT) Airport and hotel.

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

Accommodation and Transportation Forms must be submitted to Ms. Shiho Higuchi, JTB Sports Desk (Organizing Committee).

16. VISAS

All participants shall apply for visas (if a visa is required) in Japanese Embassies or Consulates in their own countries. **Visa Application Form**, a list of names (in WORD format) with passport data should be sent to the Ms. Shiho Higuchi, JTB Sports Desk (Organizing Committee) no later than **11th September** for the Organizing Committee to provide invitation letters. **Please note that the Japanese Embassies and Consulates require the original invitation letter(not sent by email), therefore, it will take time for you to obtain the formal invitation letter after you / your federation submit the Visa Application Form to Ms. Shiho Higuchi, JTB Sports Desk (the Organizing Committee).** The Organizing Committee recommends your earlier visa application.

If you have any difficulty, please contact the Organizing Committee.

17. NOTES

Information about Tokyo:

<http://www.gotokyo.org/en/index.html>

Average temperature foreseen in Tokyo during the Championships is 14.2° C.

Electricity: 100 V

ORGANIZING COMMITTEE

2016 Asia Youth & Junior Championships Organizing Committee

c/o Japan Weightlifting Association

Kishi Memorial Hall, 1-1-1 Jin-nan, Shibuya-ku, Tokyo, Japan

Tel: +81 3 3481 2359

Fax: +81 3 3481 2394

E-mail: ayjc2016@ny.airnet.ne.jp

2016 AWF Meetings, Congress, and Asian Youth and Junior Championships Timetable

8 November	Arrival of Participants
9 November	
9:30	AWF Technical Committee Meeting
9:30	AWF Medical Committee Meeting
9:30	AWF Coaching & Research Committee Meeting
13:00	AWF Commission Meetings
15:00	AWF EB Meeting
19:00	Verification of Final Entry
10 November	
9:00	Registration of Congress Delegate
10:00	AWF Congress
16:00	Technical Officials' Meeting
19:00	Welcome Reception
11 November	
9:00	M 62kg B
11:00	M 50kg, 56kg A
14:30	W 44kg, 48kg A
18:00	Opening Ceremony
19:30	M 62kg A
12 November	
9:00	W 53kg, 58kg B
11:00	M 69kg B
13:00	W 53kg A
15:30	W 58kg A
18:00	M 69kg A
13 November	
9:00	W 63kg, 69kg B
11:00	M 77kg B
13:00	W 63kg A
15:30	W 69kg A

18:00 M 77kg A

14 November

9:00 W +69kg, 75kg, +75kg B

11:30 M 85kg B

13:30 M 85kg A

16:00 W +69kg, 75kg, +75kg A

19:00 M 94kg B

15 November 9:00 M +94kg, 105kg, +105kg B

11:00 M +94kg, 94kg A

14:00 M 105kg A

16:30 M +105kg A

19:00 Closing Ceremony

16 November Departure of Participants

NOTE: Timetable is subject to change

2016 Asian Youth and Junior Championships

8-16 November 2016

Tokyo, Japan

PRELIMINARY ENTRY FORM

YOUTH WOMEN

Weightlifting Federation of: _____

No.	Athlete's name			Date of birth			Bodyweight category	Entry Total
	Family	Given	Middle	Day	Month	Year		
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No.	Official's name		Gender	Date of birth			Function
	Family	Given	F / M	Day	Month	Year	
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President or General Secretary

Name:

Signature _____

Date:

This Form must be returned by 11th September 2016 to:

Ms. Shiho Higuchi, JTB Sports Desk

Sports & Entertainment Division, JTB Corporate Sales Inc.

26F Shinjuku Mitsui Bldg., 2-1-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo, 164-0426 JAPAN

TEL:+81-3-5909-8090 FAX:+81-3-5909-8100

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PRELIMINARY ENTRY FORM

JUNIOR WOMEN

Weightlifting Federation of: _____

No.	Athlete's name			Date of birth			Bodyweight category	Entry Total
	Family	Given	Middle	Day	Month	Year		
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Tokyo, Japan

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2016 Asian Youth and Junior Weightlifting Championships
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MEDIA ACCREDITATION FORM

Family Name: _____
Given Name: _____
AIPS No: _____

M F

Date of Birth: _____
Nationality: _____
Email: _____

Name of the EDITORIAL OFFICE: _____
Complete address of the editorial office: _____

Phone: _____
Email: _____

FUNCTION

Agency	<input type="checkbox"/>	TV	<input type="checkbox"/>
Newspaper	<input type="checkbox"/>	Photographer	<input type="checkbox"/>
Radio	<input type="checkbox"/>	Online	<input type="checkbox"/>

Other _____

ARRIVAL

Date: _____ Time: _____ Place: _____

DEPARTURE

Date: _____ Time: _____ Place: _____

ACCOMODATION with full board

<input type="checkbox"/>	Single	150 \$ per day per person
<input type="checkbox"/>	Double	130\$ per day per person

The MEDIA ACCREDITATION FORM should be returned by 11th October 2016 to:

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Weightlifting Federation of: _____

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