

THE 5TH ISLAMIC SOLIDARITY GAMES WOMEN & MEN



5th Islamic Solidarity Games
09-18 August 2022
Konya - TURKEY

HANDBOOK ***Weightlifting***

Introduction

Title	Sport Handbook - Weightlifting
Headnote	This document provides a summary of the competition requirements and technical guidelines for Weightlifting competitions
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Handbook Revision Review

Version	Date	Author	Summary Flow
1.0	08.10.2021	Turkish Weightlifting Federation	First Draft
1.1	12.11.2021	Sports Directorate	General Comments and revisions
1.2	17.12.2021	ISSF	General Comments and revisions
1.3	24.01.2022	International Weightlifting Federation	Final Version

Abbreviations and Terminology

Title	Abbreviation	Notes
Islamic Solidarity Sports Federation	ISSF	
Turkish Islamic Solidarity Games Organizing Committee	TISGOC	
5th Konya Islamic Solidarity Games	KONYA 2021	
National Olympic Committee	NOC	
International Weightlifting Federation	IWF	

TECHNICAL RULES

1. COMPETITION RULES AND REGULATIONS

1.1 Weightlifting competitions will be organized in accordance with the International Weightlifting Federation (IWF) Rules. In case of controversy about the interpretation of the IWF Rules, the English version will be considered binding. Issues that are not covered explicitly will be dealt with as follows.

1.2 Technical issues will be resolved according to the International Federation Rules.

1.3 General issues and the issues in this Technical Handbook will be resolved according to the ISG Basic Regulations and General Regulations.

2. COMPETITION MANAGEMENT

2.1 Competitions that are under the authority of the ISSF will be organized by TISGOC, in conformity with IWF Rules and under the supervision of the technical delegation.

2.2 Technical delegates will be appointed by the IWF.

2.3 Turkish Weightlifting Federation will support with appointment of the national technical officials who will be approved by the technical delegates.

3. LOCATION AND COMPETITION SCHEDULE

3.1 The 5th Islamic Solidarity Games Weightlifting competitions will be organized in Turkey during the period of 11-15 August 2022.

3.2 The Weightlifting competitions will be held at Selcuklu Congress Center Anatolian Auditorium Hall in Konya.

3.3 Suitable training facilities will be prepared for the participating teams according to a schedule made by the Organizing Committee and distributed to the teams participating in the Games.

4. TECHNICAL MEETING

4.1 The Final Verification Meeting will take place on 10 August 2022 and be followed by the Technical Officials meeting. The meeting will be attended by:

-Technical Delegate

-Representatives of the Referees and Judges' Committee.

-A maximum of two members from each team (official or coach).

4.2 The meeting aims at providing the necessary information on the progress of events as well as the explanations related to the implementation of the Rules of the International Federation and the provisions of the Sport Technical Regulations.

5. COMPETITION AND PARTICIPATION

5.1 Every National Olympic Committee (NOC), whose National Federation is affiliated to the International Weightlifting Federation (IWF), will participate in the competition with a team of maximum 20 competitors.

5.2 A competitor will compete in weight category only. Each country can participate with a maximum of two (2) athletes per weight category.

5.3 A maximum of ten (10) weightlifters can participate in the men's events.

5.4 A maximum of ten (10) weightlifters can participate in the women's events.

5.5 A list of all participants is detailed below.

Gender	Events		Maximum number of Weightlifters / Events	Maximum number of Weightlifters / NOC
Men	1.	Up to 55 kg.	2	10
	2.	Up to 61 kg.	2	
	3.	Up to 67 kg.	2	
	4.	Up to 73 kg.	2	
	5.	Up to 81 kg.	2	
	6.	Up to 89 kg.	2	
	7.	Up to 96 kg.	2	
	8.	Up to 102 kg.	2	
	9.	Up to 109 kg.	2	
	10.	Over 109 kg.	2	
Women	1.	Up to 45 kg.	2	10
	2.	Up to 49 kg.	2	
	3.	Up to 55 kg.	2	
	4.	Up to 59 kg.	2	
	5.	Up to 64 kg.	2	
	6.	Up to 71 kg.	2	
	7.	Up to 76 kg.	2	
	8.	Up to 81 kg.	2	
	9.	Up to 87 kg.	2	
	10.	Over 87 kg.	2	

6. COMPETITION FORMAT

6.1 The competition format may change depending on the final number of participating teams.

7. COMPETITION SCHEDULE

7.1 A provisional competition schedule is detailed below and is subject to change. A finalized competition schedule will be prepared prior to competition.

COMPETITION SCHEDULE

10 August 2022	Technical Meetings		
18.00-19.00	Technical Officials Meeting		
19.00-20.00	Verification Meeting (Team Representatives)		
11 August 2022			
1st Competition Day			
09.00 - 10.00	Women 45kg 'A' Group Weight-In		
10.30 - 11.30	Men 55kg 'A' Group Weight-In		
11.00 - 12.00	Women 45kg 'A' Group		
12.00 – 13.00	Women 49kg 'A' Group Weight-In		
12.30 - 13.30	Men 55kg 'A' Group		
13.30 – 14.30	Men 61kg & 67 kg 'B' Group Weight-In		
14.30 – 15.30	Women 49 kg 'A' Group		

15.30 – 16.30	Men 61 kg & 67 kg 'B' Group		
12 August 2022	2nd Competition Day		
09.00 - 10.00	Women 55kg 'A' Group Weight-In		
10.30 - 11.30	Men 61kg 'A' Group Weight-In		
11.00 - 12.00	Women 55kg 'A' Group		
12.00 – 13.00	Men 67kg 'A' Group Weight-In		
12.30 - 13.30	Men 61kg 'A' Group		
13.30 – 14.30	Men 73kg&81kg 'B' Group Weight-In		
14.00 – 15.00	Men 67kg 'A' Group		
15.30 – 16.30	Men 73kg & 81k g 'B' Group		
13 August 2022	3rd Competition Day		
09.00 - 10.00	Women 59kg 'A' Group Weight-In		
10.30 - 11.30	Men 73kg 'A' Group Weight-In		
11.00 - 12.00	Women 59kg 'A' Group		
12.00 – 13.00	Men 81kg 'A' Group Weight-In		
12.30 - 13.30	Men 73kg 'A' Group		
13.30 – 14.30	Men 89 kg & 96 kg 'B' Group Weight-In		
14.00 - 15.00	Men 81 kg 'A' Group		
15.30 – 16.30	Men 89 kg & 96 kg 'B' Group		
14 August 2022	4th Competition Day		
09.00 - 10.00	Women 64 kg 'A' Group Weight-In		
10.30 - 11.30	Women 71 kg 'A' Group Weight-In		
11.00 - 12.00	Women 64 kg 'A' Group		
12.00 – 13.00	Men 8 9kg 'A' Group Weight-In		
12.30 - 13.30	Women 71 kg 'A' Group		
13.30 – 14.30	Men 96kg 'A' Group Weight-In		
14.00 - 15.00	Men 89kg 'A' Group		
15.00 – 16.00	Women 76 kg 'A' Group Weight-In		
15.30 – 16.30	Men 96kg 'A' Group		
17.00 – 18.00	Women 76 kg 'A' Group		
15 August 2022	5th Competition Day		
09.00 - 10.00	Women 81 kg 'A' Group Weight-In		
10.30 - 11.30	Women 87 kg & +87 kg 'A' Group Weight-In		
11.00 - 12.00	Women 81 kg 'A' Group		
12.00 – 13.00	Men 102kg 'A' Group Weight-In		
12.30 - 13.30	Women 87 kg & +87 kg 'A' Group		
13.30 - 14.30	Men 109kg 'A' Group Weight-In		
14.00 – 15.00	Men 102kg 'A' Group		
15.00- 16.00	Men +109kg 'A' Group Weight-In		
15.30 - 16.30	Men 109kg 'A' Group		
17.00 – 18.00	Men +109kg 'A' Group		

8. EQUIPMENT

8.1 All competition equipment and accessories must comply with the IWF specifications.

9. CLOTHING

9.1 All teams will abide by the IWF rules regarding the competition uniform.

9.2 All weightlifters will wear weightlifting suit.

10. MEDALS, CERTIFICATES AND AWARD CEREMONY

10.1 Medal ceremonies will be held directly following the end of each competition. The winners will wear their sport apparel or the official uniform of their National Olympic Committees.

10.2 The winners of total competitions will be awarded medals and certificates in each weight category for the combined total (total degree):

-The first place: A gold medal and a certificate.

-The second place: A silver medal and a certificate.

-The third place: A bronze medal and a certificate.

- All weightlifters between the 4th and 8th places will be awarded certificates.