



2021 COMMONWEALTH SENIOR, JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS

Singapore, October 20-24, 2021

REGULATIONS

The 2021 Commonwealth Senior, Junior and Youth Weightlifting Championships this year will be held in Singapore. Below you will find relevant information regarding the Championships.

Competition Rules and Regulations

The 2021 Commonwealth Senior, Junior and Youth Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

Terms and Condition of Participation

Accredited participants (athletes, Team Officials, Technical Officials (TOs) media, guests, etc.): Should acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP)

- Should abide by all reasonable directions given by the CWF, the Organizing Committee (OC), TOs
- Should participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk
- Should undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages
- Are responsible for all property they bring into the Event and that the CWF and/or OC shall have no responsibility in any loss or damage of this property
- Acknowledge and agree that neither the CWF nor the OC shall arrange any insurance connected with the participation in the Event
- Should irrevocably release CWF and OC (and their respective members, officers, employees, etc.) 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) if they are minors

Eligibility

- **YOUTH: 13 – 17 years of age**
- **JUNIOR: 15 – 20 years of age**
- **SENIOR: 15+ years of age**
- All age groups are calculated in the athlete's year of birth.
- In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2021 whereabouts information of the athletes shall be submitted at minimum two months prior to the event by 21st August, 2021. The Athletes who do not comply with this provision are not eligible to compete.
- Only competitors of member federations that has no arrears towards the IWF are eligible to participate.

Competition Categories Senior & Juniors:

IWF Categories for Men and Women.

Men: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109Kg +109kg

Women: 45kg 49kg, 55kg, 59kg, 64kg, 71kg, 76Kg, 81kg, 87kg +87kg

IWF Categories for Youth Men and Women

Men: 49Kg, 55Kg, 61Kg, 67Kg, 73Kg, 81Kg, 89kg, 96Kg, 102kg +102Kg.

Women: 40Kg, 45Kg, 49kg, 55Kg, 59Kg, 64Kg, 71Kg, 76kg, 81kg, +81Kg

Deadlines

Preliminary entries to go out to all countries on May 1st. and must be returned to the Organizing Committee and the CWF **no later than June 30th 2021.**

The final entry forms will be send out on August 1st and must be returned to the Organizing Committee and the CWF **no later than September 15, 2021** With this final entry you must include the accommodation form and transport form.

Awards

Gold, Silver and Bronze medals will be awarded to seniors, juniors and youth lifters in each bodyweight category for both men and women in the **total only**. Trophies will be awarded to the team that places first for men and women in the senior, Junior and youth. Best overall lifter trophies will be awarded also for men and women in the seniors juniors and youth section..

Transport

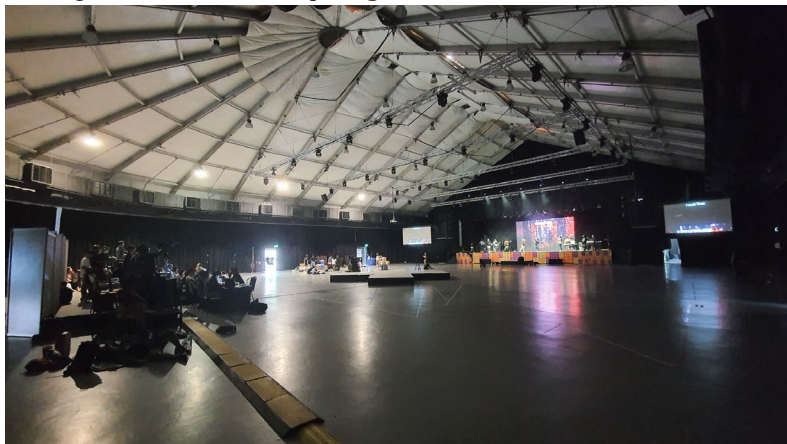
Local transport will be provided by the Organising Committee from Singapore International airport to hotel upon the arrival of delegations.

Competition Venue

The competition venue will be D' Marquee @Downtown East.

Training Venue

Training will also be D' Marquee @Downtown East.



The Competition venue and training venue will be held at the D'Marquee auditorium which is situated within the D'Resort Hotel

Accommodation Venue

The accommodation will be at the **D'Resort@ Downtown East.**

The cost per **twin room (per person per night)** is **US\$145 .00** this includes full- board (Breakfast, lunch and dinner)

The cost per **single room (per person per night)** is **US\$185 .00** this includes full- board (Breakfast, lunch and dinner)

A minimum stay of 3 (three) nights is required for all participants.



The D' Resort -Downtown East 5 star Hotel in Singapore

Barbells/Weights Equipment

Eleiko equipment will be used at these Championships.

Doping Control

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. **All athletes competing** must pay **USD\$50 each Special Anti-Doping. This will go toward the cost of Doping tests. This must be paid in cash upon receiving your team's accreditation.**

Accreditation

The accreditation process will take place in the Accreditation Office, located at the D'Resort@ Downtown East.
Equatorial Hotel.

Please note that accommodation shall be paid in full upon arrival at the Organising Committee accreditation desk.

We cannot provide Accreditation or Accommodation or credentials to any member of your delegation until you have paid all Doping fees and Accommodation cost for the entire stay. The hotel will not give any room (check-in) until the payment at the Organizing Committee Office has been confirmed and done.

For a quick Accreditation process, we kindly ask you to send via e-mail, along with the Final Entry Form, a colour digitalized photo, passport size,

Cash Payment

Payments must be paid in cash in USD dollars upon your arrival. No direct payments to the hotels are accepted. Payments may also be made by electronic transfer. This must be done 15 days prior to your arrival. The bank details for this transaction are as follows:

Bank Name: United Overseas Bank Ltd

Bank Branch: Serangoon Garden

Swift Code: UOVBSGSG

Beneficiary Name: Singapore Weightlifting Federation

Beneficiary Address: 8A Clifton Vale, Singapore 359678

Account Number: 124 304 764 7

Insurances

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

Legal Points of Entry to Singapore

The main gateway to Singapore is International airport.

Travelling Documents

Travelling to Singapore is very easy. The documentation required is a valid passport.

Visas

Most Commonwealth countries do not require visa for the short period of stay. However other countries will require visas and therefore we ask each delegation to check if visas are required for their country. (Please note that no visas will be issued at airport)

Departure Tax

There is no departure tax in Singapore .

Health Insurance

As per IWF Technical and Competition Rules, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, but it is not possible for delegations to purchase health insurance in Singapore. Proof of insurance should be presented at accreditation checkpoints.

General Information

Population

The population of Singapore is approximately 5.8 million people. Singapore is a multicultural society with Indian, Europeans Asian, and other communities.

Currency and Banking Facilities

Singapore has its own currency – **S\$ Dollar** One (1) is at present approximately USD 75cents. All credit cards are welcomed by all hotels, restaurants, shops, rental cars, etc.

Time

Singapore time is 8 hours ahead of Greenwich Mean Time.

Official Languages

English is the main language in Singapore.

Religion

A 2014 analysis by the Pew Research Center found Singapore to be the world's most religiously diverse nation. The most followed religion in Singapore is **Buddhism**,

Electricity

Electricity supply in Singapore runs on 220V.

Climate and Seasons

Singapore is a tropical region. There is humidity 70%-80% and the temperature averages during the day 28 to 30 degrees Celsius and at night 22 to 24 degrees Celsius. Visitors to Singapore should bring light weight summer clothing.

Health

Singapore is free from malaria and major tropical disease that are endemic in some tropical countries.

Emergency Medical and Dental Care

General Hospital is available as well as a private hospital.

Telephones

Direct dial phone service is available between Singapore and all countries of the world. International calls may be placed from any private or public phone.

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