



U15 & U17 EUROPEAN WEIGHTLIFTING CHAMPIONSHIPS

Nowy Tomyśl 2016

REGULATION

1. DATE AND PLACE:

Technical Officials nomination deadline	09 June 2016
Entries	04-08 July 2016
Changing/updating Entries	08-09 August 2016
Team Receive Invoices	10-12 August 2016
Team Payment by bank transfer	15-17 August 2016
Final Verification and Team Managers' Meeting	09 September 2016
Competitions	10-17 September 2016

2. PARTICIPANTS

The participation in the European Under 15&17 Weightlifting Championships is limited to athletes (men and women) and team officials from National Federations which are members of the EWF.

3. COMPETITION AND TRAINING VENUE:

Competition Venue - Młodzieżowe Centrum Podnoszenia Ciężarów (Weightlifting Youth Center), 37 Polnoc Street, Nowy Tomyśl – Poland,

Training Venue – 1 Szczanieckiej Street, Nowy Tomyśl

Warming-up area - 11 platforms, Training area - 15 platforms.

Shuttle buses will provide transportation between hotels, training hall and competition hall at any time.

4. CATEGORIES and AGE LIMITATIONS

Under 15 European Weightlifting Championships

Age Category: Between thirteen (13) and fifteen (15) years of age (boys and girls).

Girls, 7 categories: - 44 kg, 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, +69 kg

Boys, 8 categories: - 50 kg, 56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, +94 kg,

Under 17 European Weightlifting Championships

Age Category: Between thirteen (13) and seventeen (17) years of age (boys and girls).

Girls, 7 categories: - 44 kg, 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, +69 kg

Boys, 8 categories: - 50 kg, 56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, +94 kg,

One federation competes with two different teams in U15 and U17 competitions. U15 and U17 need different weightlifters. The same lifter can't compete in two competitions and can't be classified in two competitions.





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5. EQUIPMENT

WERK-SAN (approved by IWF) equipment (men and women) will be used for the competitions.

6. DOPING CONTROL

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

7. COMPETITION RULES AND REGULATIONS

The Championships will be held according to IWF Technical Rules and EWF Constitution.

8. ACCOMMODATION

All athletes and team members will be fully accommodated in Hotels in Nowy Tomysl, Grodzisk and Wolsztyn – about 20 min. to competition hall.

EWF Technical Officials will be accommodated in the Atrium Hotel in Nowy Tomysl.

All payments must be transferred until August 17th to the account number of the bank as indicated below. The minimum stay in the hotel for the participants in the competition is three (3) nights.

9. ACCREDITATION

Accreditation will take place in the Accreditation Center in the Sports Hall - Młodzieżowe Centrum Podnoszenia Cieżarów (Weightlifting Youth Center), 37 Polnoc Street, Nowy Tomysl – Poland,

10. FLAGS AND ANTHEMS

Each national federation is kindly requested to bring 2 (two) National Flags (100 x 150 cm) and the national anthem in the mp3 format. The Organizing Committee will collect them upon arrival from each delegation.

11. TRANSPORTATION

Transportation between the Poznan-Lawica Airport– hotels in Nowy Tomysl – Airport Poznan-Lawica will cost 20 Euro/person. The Organizing Committee will provide shuttle bus service between the place of accommodation and competition, training and meetings venue.

12. FINANCIAL CONDITIONS

Participation fee (includes costs of accommodation and meals):

Single room: **115 Euro** per person / per night / full board

Double room: **95 Euro** per person / per night / full board

Triple room: **90 Euro** per person / per night / full board

Transportation between Airport – hotels – Airport will cost **20 Euro/person**.

Entry fee: **150 Euro** per person.





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13. BANK ACCOUNT

Account Name: Polski Związek Podnoszenia Ciężarów, 01-813 Warszawa,
ul. Marymoncka 34, Poland
Euro € account: 59 1090 1014 0000 0001 2149 3602
IBAN: PL 59 1090 1014 0000 0001 2149 3602
SWIFT: WBKPPLPP
Bank Name: Bank Zachodni WBK, I Oddział w Warszawie
Bank Address: 01-949 Warszawa, ul. Kasprowicza 119 A

14. AWARDS

The first, second and third lifters in Snatch, Clean & Jerk and Total in each weight category will be awarded gold, silver and bronze medals. The best individual athlete (boys and girls, U15 & U17) according to the Sinclair Formula will be awarded a trophy. The highest six (6) ranked federations (boys and girls, U15 & U17) will receive team awards. All participants will receive diplomas and a special gift.

15. VISAS

All participants must check if a visa is required for their entry to Poland. Should visa be required, participants will have to apply for the visa in the Polish Embassy/ Consulate in their home country. If assistance is needed, please contact the Organizers.

16. INSURANCE

All Member Federations have to provide travel and accident insurance of all their participants before leaving their country in accordance with EWF regulations.

17. CORRESPONDENCE ADDRESS

Organizing Committee contact:

Polish Weightlifting Federation

Marymoncka 34 street,
01-813 Warsaw, Poland
Tel./Fax. +48 22 834 11 42, +48 22 834 11 45
E-mail: ewc@pzpc.pl

EWF contact:

European Weightlifting Federation

Suleyman Sirri Sok. No:3
06140 Kizilay Ankara Turkey
Tel.: +90 312 433 01 84, Fax: +90 312 433 01 85
Mobile: +90 532 363 21 15
e-mail: secretariat@ewfed.com

