

Competition Rules & Regulations

1. Dates of Competition

7th & 8th September 2019

2. Competition Rules & Regulations

- The 2019 Singapore National Age Group Weightlifting Challenge (SG Challenge) will follow the 2019 (effective 1 January 2019) Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).
- The minimum weight that can be lifted in the competition for men is 26.0 kg, i.e. the bar (20 kg) and collars loaded with two 0.5 kg discs. The minimum weight that can be lifted in the competition for women is 21.0 kg, i.e. the bar (15 kg) and collars loaded with two 0.5 kg discs.

3. Eligibility

The SG Challenge is open to all Singapore citizens and residents of Singapore (who are in good standing with their national federations) and are above 13 years old.

4. Terms & Conditions of Participation

- Athletes must compete in the age group category in which they have entered. No change in category is allowed once registration has closed.
- Athletes must produce a photo ID at the weigh-in. Failure to produce a photo ID will result in the athlete not being able to participate in the competition. Athletes who are not Singapore citizens must produce proof of residence in Singapore (e.g. employment pass, student pass, dependent pass etc).
- Athletes' dress standard must conform to the TCRR with the exception that a weightlifting costume is recommended, but not mandatory.
- Athletes agree that they may be filmed or photographed at the SG Challenge and SWF retains all rights to utilise such recordings and any data submitted by the athlete in connection with the competition for purposes as it deems fit.

5. Anti-Doping Rules

Athletes must comply with the anti-doping rules (pursuant to the World Anti-Doping Code) set by Anti-Doping Singapore (ADS) and may be subject to doping control tests conducted by ADS. Refusal to submit to doping control tests may constitute anti-doping rule violation and may invalidate any placing the athlete has achieved in the competition.

6. Events

The SG Challenge will be conducted in the following age groups separately for men and women lifters:

Youth: 13 to 17 years of age

Junior: 15 to 20 years of age

Senior: 15+ years of age

Masters: 35+ years of age

All age groups are calculated in the athlete's year of birth.

All athletes will compete against each other in their selected age group of their respective gender regardless of bodyweight.

7. Awards

- Gold, Silver & Bronze medals will be awarded in each age group category for both men and women lifters based on the Sinclair score (or the Sinclair-Meltzer-Faber "SMF" score in respect of a Masters athlete) achieved at the competition.
- A Champion trophy will be awarded to the athlete who achieved the highest Sinclair score (or the SMF score in respect of a Masters athlete) at the competition.
- Any athlete who does not register a successful Snatch will not be allowed to continue in the Clean & Jerk.

8. Best Team Award

- Athletes may form a team to compete for the Best Team Award. Each team comprises a maximum of three (3) athletes which may be of any gender, nationality, age and bodyweight category. An athlete can be a member of one team only, and all teams (with their respective team members) must submit their registration no later than **Thursday 15 August 2019**. NO LATE ENTRIES WILL BE ACCEPTED.
- The Best Team Award will be given to the team with the highest cumulative total of the Sinclair scores (or SMF scores in the case of Masters athletes) of its team members.

9. Competition Venue

Bedok Sports Hall
3 Bedok North Street 2
Singapore 469643

10. Entry Fee

Each athlete has to pay an entry fee of S\$30.00.
Each team has to pay an entry fee of S\$10.00.

All entries and payments **MUST** be submitted no later than **Thursday 15 August 2019**. NO LATE ENTRIES WILL BE ACCEPTED. No refunds will be made once the preliminary start list is published.

11. Contact Details

The Secretariat
Singapore Weightlifting Federation
Email: swf@swf.org.sg
Tel: 67479330
HP: 92311498