



# Weightlifting Competition Manual

**10<sup>th</sup> Micronesian Games**  
**15-24 June 2024**

Marshall Islands Micronesian Games Organizing Committee  
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## 1 WEIGHTLIFTING

Dates	16-17 June 2024 (Pending submission of numerical entry forms)
Venue	International Convention Center (ICC)
Technical Meeting	TBD
Competition Manager	Mack Capelle +692 455-9558 kcamca43@gmail.com
OWF Technical Delegate	Della Shaw della_elder@yahoo.com

## 2 COMPETITION DETAILS

### 2.1 Technical Committee

Technical Delegate	Della Shaw
Competition Manager	Mack Capelle

One representative from each participating member association.

### 2.1 Officials

- 2.1.1 Officials for the tournaments will be drawn from accredited referees nominated by the participating MGAs. All MGAs entering teams are expected to send one suitable referee per team. Referees will be assigned to games and evaluated under the supervision of Oceania Weightlifting Federation (OWF). Table officials will be supplied and assigned by the host country, in consultation with OWF. All officials must attend the official clinics to be presented by the Representative of OWF.

## 3 CONDUCT OF THE TOURNAMENTS

### 3.1 Dates & Venues

- 3.1.1 The MAJOL2024 Weightlifting competition for men and women will be held at the International Convention Center, Majuro RMI from 16-17 June 2024 (Pending submission of numerical entry forms).

### **3.2 Practice Schedule**

3.2.1 This will be determined at a later date and distributed to all teams when they arrive.

### **3.3 Technical Committee**

3.3.1 Two (2) Representatives from each Team may attend the Technical Meeting. The Technical Delegate will welcome and preside over the meeting. All matters pertaining to the competition will be covered at this Meeting.

3.3.2 Key Competition Officials including Sport Information Center (SIC) Manager, Competition Manager and Weightlifting Referees will be present to answer any questions.

3.3.3 The MAJOL2024 Weightlifting Technical Committee shall consist of two representatives from the host country and one representative from each of the competing islands all with voting rights..

3.3.4 The Technical committee is responsible to ensure that the MAJOL2024 Weightlifting competition is conducted in accordance with the technical rules and regulations of the IWF as established by the MAJOL2024 OC in conjunction with the Technical Committee, as well as to oversee the competition schedule and rule on any and all protests brought to its attention.

### **3.4 Technical Committee Meeting**

3.4.1 The Technical Meeting will be held no more than 48 hours prior to the commencement of the competition. Schedule will be communicated prior to your arrival. Visit Sport Information Center (SIC), located in the Athletes' Village, for technical meeting schedules.

#### **Agenda**

<b>1</b>	Welcome remarks by the Competition Manager
<b>2</b>	Introduction of Relevant Key Competition Technical Officials
<b>3</b>	Final Timetable
<b>4</b>	Confirmation of the Jury of Appeal
<b>5</b>	Protests and Appeals to the Jury
<b>6</b>	Verification of final entries
<b>7</b>	Failure to Participate

<b>8</b>	Medal Ceremonies and Procedures
<b>9</b>	Venue visit
<b>10</b>	Other Concerns

## 4 RULES & REGULATIONS

### 4.1 Categories

MEN	WOMEN
55 kg	45 kg
61 kg	49 kg
67 kg	55 kg
73 kg	59 kg
81 kg	64 kg
89 kg	71 kg
96 kg	76 kg
102 kg	81 kg
109 kg	87 kg
+109 kg	+87 kg

### 4.2 Competition Facilities

4.2.1 Warm-up Facilities: Warm up should be done in a facility adjacent to the competition site. In case there is no facility adjacent to the competition site, athletes should be given time to warm-up at the competition venue prior to their events.

### 4.3 Practice Schedule

4.3.1 The Practice Schedule will be available at the Technical Meeting. The schedule will be set upon availability of the facilities.

### 4.4 Entries

4.4.1 Weightlifting competition will be conducted in both men and women divisions. Each Member Federation may enter a maximum of eight (8) lifters in the men's division and eight (8) lifters in the women's division. In accordance with IWF ruling there may only be a maximum of two (2) lifters per category. Only those athletes who meet the Micronesian Games Council Eligibility requirements will be allowed to compete.

4.4.2 Confirmation of entries is the responsibility of Team Managers.

4.4.3 Any subsequent changes to entries must be done at the SIC no later than one hour prior to the scheduled time of competition.

#### **4.5 Competition Uniforms**

4.5.1 Weightlifting uniforms for both men and women must consist of a one-piece close-fitting outfit. Tight fitting shirts may be worn underneath, as long as they are collarless and the sleeves go no further than the elbows.

4.5.2 Weightlifting shoes or sports footwear are required to be worn during lifting for safety reasons. Slippers and bare feet are not allowed.

4.5.3 Belts may not be more than 12cm in width. No belt may be worn underneath the outfit.

4.5.4 Bandages may be worn in compliance with the IWF competition rules.

4.5.5 No fingerless gloves allowed.

4.5.6 No plaster may cover the tips of the fingers.

#### **4.6 Medal Ceremonies**

4.6.1 Gold, Silver and Bronze medals will be awarded in the snatch, clean & jerk and the total in each bodyweight class.

4.6.2 Medal Ceremonies will take place after the Final of each event as scheduled.

4.6.3 Athletes involved in a Medal Ceremony will be gathered together by an official and taken to the Ceremony Area where they will be briefed and wait for the Ceremony to be announced.

## **5 ELIGIBILITY**

### **5.1 Athlete Eligibility**

In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:



- (1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, CNMI, Yap, Chuuk, Pohnpei, Kosrae, Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of (5) five years up to and including the start of the Games; OR
- (2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR
- (3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of (5) five years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously-established residency.

In addition, athletes must:

- (a) Complete all necessary entry and participation forms;
- (b) Not be currently under disqualification or suspension by any relevant authority;
- (c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the MAJOL2024 OC will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory

will have 10 days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful, but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the MAJOL2024 OC, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of \$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

## **6 PROTESTS TO THE JURY OF APPEAL**

### **6.1 PROTESTS**

6.1.1 Any protest must be lodged with the Competition Manager in writing in English and signed by the leader of the delegation. A check or cash in the amount of \$100.00 must be included with each protest.

### **6.2 JURY OF APPEAL**

6.2.1 The Jury of Appeal shall consult, all relevant person, including the Referee and Judges. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including video evidence, is not conclusive,

the decision of the Referee shall be upheld. The Jury Chairman gives the jury's decision to the Competition Manager, who institutes preparation of an Amended Result, if required.

## **7 ATHLETES' VILLAGE**

### **7.1 Accommodations**

7.1.1 Athletes and coaches will be housed at the Marshall Islands High School campus.

### **7.2 Meals**

7.2.1 Meals will be provided at each Athlete's Village cafeteria upon presentation of an accreditation card and meal voucher. Only accredited persons will be provided meals.

7.2.2 If the sports competition schedule conflicts with the dining hall hours, teams may request takeout meals. It's the responsibility of the Chef de Mission to request takeout meals during the CdM meeting at least 24 hours in advance and to pick up the takeout meals in the dining hall; takeout meals will not be delivered.

### **7.3 Medical**

7.3.1 Primary care medical facilities (first aid) will be available, without charge, at the sports venue. More advanced care will be on call. Care other than primary care is the sole responsibility of the individual, and will be made available on the same basis (including cost) as it is to the general public.

### **7.4 Sport Information Center (SIC)**

7.4.1 The SIC located at the Athletes' Village, will be open and manned during regular business hours by a full staff.

7.4.2 The SIC is the formal communication center for the receipt and distribution of all sports information and results.

7.4.3 A set of daily results will be prepared, and will be distributed to each Chef de Mission at a daily morning meeting.

## **8 DOPING CONTROL**

### **8.1 Random Testing**

8.1.1 Athletes are advised that random drug testing will be conducted for the duration of the 2024 Micronesian Games.

### **8.2 Prohibited Substances**

8.2.1 It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Athletes who test positive for a prohibited substance will be disqualified from, including but not limited to, the 2024 Micronesian Games.

8.2.2 Complete listing of prohibited substances can be found on WADA website.

## **9 CODE OF CONDUCT**

### **9.1 Conduct**

9.1.1 The conduct of athletes, coaches, managers, and team officials are expected to adhere to the highest standards reflective of national pride and the spirit of the 2024 Micronesian Games. All participants shall appreciate the goodwill and regional unity that are the objectives of these Games.

### **9.2 Tobacco, Betel-nut, Vape, Alcohol and Drugs**

9.2.1 The use and consumption of Tobacco, Betel-nut, Vape, Alcohol and Drugs in or around any Games facility is prohibited.

Good Luck to all the Teams!!!!