



Philippine Weightlifting Association, Inc.  
**POC-PSC PHILIPPINE NATIONAL GAMES 2015**  
2015 National 5-in-1 Men & Women Weightlifting Championships  
**Antique, Aklan**  
**November 8 – 14, 2015**



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## **COMPETITION INFORMATION & GUIDELINES:**

### **A. COMPETITION RULES & REGULATIONS:**

The 2015 POC-PSC Philippine National Games **Weightlifting Event** will be conducted in accordance with the latest International Weightlifting Federation (IWF) Technical Handbook; However Ground Rule will be adopted to suit the local situations that are not covered by the IWF Technical Rules and are not applicable in the site and venue. The competition will be held on **November 8 – 14, 2015, at Antique, Aklan.**

### **B. VENUE:**

#### **1. Competition Site**

The competition site will be at **Antique Aklan** and specific venue will be announced later. For more information visit the Official Website of the Philippine Sports Commission from time to time.

#### **2. Training Site or Venue**

The training site or venue for those who will come early to Antique, Aklan will be announced later.

### **C. DATE OF COMPETITION:**

- 1. Arrival of Participants** : Between November 6-7, 2015  
**2. Departure of Participants** : Between November 15-16, 2015

### **D. ELIGIBILITY OF ENTRIES:**

The competition is Open to all Filipino Citizen, Filipino-Foreigner and other invited Guest from members of the Southeast Asian Countries. Members of the National Team are not allowed to participate in this competition.

### **E. MEDALS, TROPHIES & OTHER AWARDS:**

#### **1. Medals**

Gold, Silver and Bronze Medals shall be awarded to the top three (3) lifters who lifted the heaviest total load for every category and every division.

#### **2. Trophies**

Trophies shall be awarded to the team who garners most number of points in every division. (Gold-7 pts., Silver-5 pts., Bronze-4 pts., 4<sup>th</sup> place-3 pts., 5<sup>th</sup> place-2 pts. & 6<sup>th</sup> place-1 pts. respectively)

#### **3. Other Awards**

Most Outstanding Lifter of the Year per divisions  
Best coach & Etc.  
Best in Snatch  
Best in Clean & Jerk

## **F. ENTRIES:**

Preliminary Team or Delegation Entries must be submitted to Philippine Weightlifting Association, Inc. (PWA) not later than **August 15, 2015** in the Official Form provided for you via E-mail and the Final Entry for the Team or Delegation shall be on **September 2, 2015**, respectively.

### ***Entries shall be sent to the Following:***

|                            |  |
|----------------------------|--|
| <b>Secretary General</b>   | <a href="mailto:dioscorohimotas@yahoo.com">dioscorohimotas@yahoo.com</a><br>CP Nos. 0922-206-3095/0905-117-6013                                  |
| <b>Tournament Director</b> | <a href="mailto:prisaabong@yahoo.com.ph">prisaabong@yahoo.com.ph</a><br>CP Nos. 0917-556-2191  |
| <b>PSC Secretariat</b>     | <a href="mailto:gamessecretariat@psc.gov.ph">gamessecretariat@psc.gov.ph</a><br>CP Nos. 0939-762-7553/0908-951-6632<br>Telefax No. (02) 400-1860 |

## **G. ACCOMMODATION, MEALS & TRANSPORTATION:**

### **1. Accommodations**

- a. Members of the National Team (athletes & coaches) and are included in the PSC payroll may be provided with free accommodation by the PSC.
- b. The Delegations and Technical Officials (athletes, coaches, officials and officiating officials) will be provided with free accommodation (DepEd School) throughout the duration of the competition.
- c. All other delegation officials and guest will have to take care of their own accommodations.

### **2. Meals**

- a. Only Members of the Technical Committee (Technical Officials) will be given meal allowance for a maximum of seven (7) days by PSC.
- b. The Delegations shall provide the meals of their respective team members.
- c. All other delegation officials and guest will have to take care of their own meals.

### **3. Transportation**

- a. Transportation from point of origin to competition site including local transportation shall be the responsibility of the delegation/team.
- b. Transportation of the three (3) NSA Technical Officials can be refunded to a maximum of P 5,000.00 pesos only and the affiliate Technical Officials can be refunded up to P 3,000.00 pesos maximum only by PSC.
- c. Local transportation for all the members of the technical committee may be provided by PSC.

## H. TECHNICAL OFFICIALS:

All members of the technical officials shall be appointed by the Chairman of the Technical Committee and approved by the board. Designation and assignment of the Technical Officials shall be the responsibility of the Tournament Director who shall take care of the operation and management of the tournament. ***Juries and chief referees should be an IWF License Card holder.***

## I. INSURANCE:

All participants shall be covered by insurance for their travel to and from their place of origin to be shouldered by their respective delegation/team.

## J. COMPETITION UNIFORM:

All participants must wear the required playing uniform during the competition. (Weightlifting shoes / Sneakers and Weightlifting suit / cycling short)

## K. REGISTRATION:

Pre-registration of all participating athletes through ON-LINE at PSC Website ([gamesecretariat@psc.gov.ph](mailto:gamesecretariat@psc.gov.ph))

## L. DIVISIONS/CLASSIFICATION & ELIGIBILITY:

- 1. YOUTH** -16 to 17 years of age (born 1999-1998) up to and including Seventeen Years (17). For 1<sup>st</sup> timer an athlete must submit original Birth Certificate authenticated by NSO.
- 2. JUNIOR** -18 to 20 years of age (born 1997-1995) up to and including Twenty Years (20). For 1<sup>st</sup> timer an athlete must submit original Birth Certificate authenticated by NSO
- 3. OPEN** -Minimum age for participation in the Open Division for men and women is fifteen years (15) of age.
- 4. SECONDARY** -Participants are currently enrolled in AY 2014-2015 in Affiliated School with PWA, Inc. and must submit DepEd Form 137 for High School Student or Certification from the registrar and carrying regular Academic Load (Not Less than 4 Subjects)
- 5. COLLEGIATE** -Participants are currently enrolled in AY 2014-2015, 1<sup>st</sup> & 2<sup>nd</sup> semester and carrying not less than 12 units unless graduating student. A certification from the registrar must be submitted stating the above requirements.

***All required documents must be Original and shall be submitted to the Tournament Director or to the Secretary General on or before the technical meeting for verification purposes.***

## M. EVENTS:

### 1. Men/Boys:

| <i>Open</i>       | <i>Junior/Collegiate</i> | <i>Youth/Secondary</i> |
|-------------------|--------------------------|------------------------|
| 1. Up to 56.0 kg  | Up to 56.0 kg            | Up to 50.00 kg         |
| 2. Up to 62.0 kg  | Up to 62.0 kg            | Up to 56.00 kg         |
| 3. Up to 69.0 kg  | Up to 69.0 kg            | Up to 62.00 kg         |
| 4. Up to 77.0 kg  | Up to 77.0 kg            | Up to 69.00 kg         |
| 5. Up to 85.0 kg  | Up to 85.0 kg            | Up to 77.00 kg         |
| 6. Up to 94.0 kg  | Up to 94.0 kg            | Up to 85.00 kg         |
| 7. Up to 105.0 kg | Up to 105.0 kg           | Up to 94.00 kg         |
| 8. Over 105.0 kg  | Over 105.0 kg            | Over 94.00 kg          |

### 2. Women/Girls

| <i>Open</i>      | <i>Junior/Collegiate</i> | <i>Youth/Secondary</i> |
|------------------|--------------------------|------------------------|
| 1. Up to 48.0 kg | Up to 48.0 kg            | Up to 44.00 kg         |
| 2. Up to 53.0 kg | Up to 53.0 kg            | Up to 48.00 kg         |
| 3. Up to 58.0 kg | Up to 58.0 kg            | Up to 53.00 kg         |
| 4. Up to 63.0 kg | Up to 63.0 kg            | Up to 58.00 kg         |
| 5. Up to 69.0 kg | Up to 69.0 kg            | Up to 63.00 kg         |
| 6. Up to 75.0 kg | Up to 75.0 kg            | Up to 69.00 kg         |
| 7. Over 75.0 kg  | Over 75.0 kg             | Over 69.00 kg          |

Each team may enter a maximum of eight (8) athletes plus two (2) reserves in the Men's and Boy's division (Open, Junior, Collegiate, Youth and Secondary) spread over the different categories with a maximum of two (2) athletes per category to win the team championships.

Each team may enter a maximum of seven (7) athletes plus two (2) reserves in the Women's and Girl's division (Open, Junior, Collegiate, Youth and Secondary) spread over the different categories with a maximum of two (2) athletes per category to win the team championships.

## N. GROUND RULES:

Any unforeseen incident or situation not covered by the IWF Hand Book shall be dealt with accordingly in the following manner.

- a. Technical question shall be resolved in accordance with the PWA Ground Rules for every sponsored competition.
- b. Cases of general in nature shall be resolve in accordance with the IWF rules.
- c. Club / Team Representation
  1. An athlete may represent the club/clubs where he/she is a bonafide member as Certified by the President or the Secretary General or any Authorized Official of the club where he/she is recognized by the Association.
  2. Athletes who wish to transfer from one club / team to another must established at least Six (6) months residency prior to the schedule date of the competition of which he plan to represent. The PWA, Inc. Technical and Management Committee shall be inform in writing before he/she will be allowed to play to another team / club he/she wishes to represent.

3. An athlete may become a member of two or more clubs / teams provided that the association will be notified for records purposes.
- d. There will be no drawing of lots. However, the weigh-in will be conducted in accordance the IWF rules.
- e. All athletes that will compete on the same day will be weigh-in at once due to limited Technical Officials. The sequence of the weigh-in will be from lowest to highest weight category for those who will play for the particular day.
- f. All those who will be playing in the youth division will be allowed to play in one higher weight category if they could not meet the weight requirement during the final weigh-in. This is not to disrupt the growth and development of the affected child.

#### **M. TECHNICAL MEETING:**

1. Technical Meeting of Managers, Coaches and Technical Officials will be held on November 8, 2015 at Antique, Aklan. The specific venue will be announced later.
2. Any discussion during the technical meeting regarding the conduct of the competition including the ground rules shall be final and executory.
3. Changes in schedule, the organizer shall immediately inform all concern.

#### **N. TECHNICAL OFFICIALS:**

The Tournament Director will be responsible in the assignment of necessary Technical Officials from the Juries down to the Table Officials and Loaders during the competition.

#### **O. TECHNICAL ORGANIZATION:**

The Philippine Weightlifting Association, Inc. is responsible for the full control of the technical and management operation of the event in collaboration with the Philippine Sports Commission and the Philippine Olympic Committee consultation with the PWA, Inc. Organizing and Technical Committee.

#### **P. ACTIVITIES / COMPETITION SCHEDULES:**

##### **November 8, 2015 (Sunday)**

- |                    |  |
|--------------------|--|
| 8:00 am – 12:00 nn | -Arrival and Registration of Guest, Officials & Participating Teams/Delegations  |
| 1:30 pm – 4:00 pm  | -Technical Meeting (Finalize entries, schedules of weight-in, completion proper) |
| 4:00 pm – 6:00 pm  | -Briefing and assignment of Technical Officials and Staff                        |

##### **November 9, 2015 (Monday)**

- |                     |  |
|---------------------|--|
| 08:00 am – 09:00 am | -Weigh-in for 44&48 Women/Girls& 50 & 56 Men/Boys Categories |
| 08:30 am – 09:00 am | -Assembly of Delegates (Competition Site)                    |
| 09:00 am – 10:00 am | -Opening Program (Competition Site)                          |
| 10:00 am – 11:30 am | -Competition proper for 44 & 48 Women & Girls Categories     |
| 02:00 pm – 04:00 pm | -Competition proper for 50 Boys Category                     |
| 04:00 pm – 06:00 pm | -Competition proper for 56 Men & Boys Category               |

**November 10, 2015 (Tuesday)**

08:00 am – 09:00 am -Weigh-in for 53 & 58 Women/Girls& 62, 69& + 69 Men/Boys Categories  
10:00 am – 12:00 nn -Competition proper for 53 & 58 Women & Girls Categories  
02:00 pm – 04:00 pm -Competition proper for 62 Men & Boys Categories  
04:00 pm – 06:00 pm -Competition proper for 69& +69 Men&Boys Categories

**November 11, 2015 (Wednesday)**

08:00 am – 09:00 am -Weigh-in for 63, 69, +69, 75 & +75 Women/Girls-77 & 85 Men/Boys Categories  
10:00 am – 12:00 nn -Competition proper for 63, 69, +69, 75 & +75 Women & Girls Categories  
02:00 pm – 04:00 pm -Competition proper for 77 Men & Boys Category  
04:00 pm – 06:00 pm - Competition proper for 85 kgs Men Category

**November 12, 2015 (Thursday)**

08:00 am – 09:00 am -Weigh-in for 94, 105 & +105 Men Category  
10:00 am – 12:00 nn -Competition Proper for 94, 105 & +105 Men Category  
12:00 nn -Awarding & Closing Program

**November 13, 2015 (Friday)**

-PSC Clearance for all Technical Officials Before payment of the honorarium & other PF  
-Departure of all Delegates and Officials


Note:

1. All participants must be at the weigh-in area at least 30 Minutes before Weigh-in Time
2. Schedules of the categories to be played may be change depending on the numbers of entries or participants per categories after the final confirmation.

**PWA, Inc. Organizing & Technical Committee**

POC-PSC Philippine National Games 2015

National 5-in-1 Men & Women Weightlifting Championships 2015



**PROF. ELBERT C. ATILANO, SR.**  
Tournament Director  
Chairman, PWA Technical Committee



