**2023 BATANG PINOY and PHILIPPINE NATIONAL GAMES**

**Weightlifting Competition**

1. **COMPETITION RULES AND REGULATIONS:**

The competitions will be held in accordance with the latest International Weightlifting Federation (IWF) Technical and Competition Rules & Regulation (TCRR). Body weight categories has been modified to suit the age group event.

1. **VENUE**

Accommodation : Manila

Competition site : TBDL

Training site : TBDL

1. **DATE**

Arrival of Participants : 15 December 2023

Opening Ceremony : 17 December 2023

Competition Proper : 18 December 2023

Departure of Delegates : 23 December 2023

1. **EVENTS**

12 years old and under (BP):

There are Four (4) categories in the Boy’s and Girl’s Division.

 **Girls** : **G30, G35, G40 and G40+**

 **Boys** : **B32, B37, B43 and B43+**

 Each team may enter a maximum of Four (4) athletes in the Boy’s (12 years old and under) and Four (4) athletes in the Girl’s (12 years old and under) Division, spread over the different categories with a maximum of Two (2) athlete per category **ONLY**.

13 years old to 15 years old (BP):

There are Six (6) categories in the Boy’s and Girl’s Division.

 **Girls** : **G35, G40, G45, G49, G55 and G55+**

 **Boys** : **B37, B43, B49, B55, B61 and B61+**

Each team may enter a maximum of Six (6) athletes in the Boy’s (13 years old to 15 years old) Division and Six (6) athletes in the Girl’s (13 years old to 15 years old) Division, spread over the different categories with a maximum of Two (2) athlete per category **ONLY**.

16 years old to 17 years old (BP):

There are Six (6) categories in the Boy’s and Girl’s Division.

 **Women**: **W40, W45, W49, W55, W59 and W59+**

 **Men** : **M43, M49, M55, M61, M67 and M67+**

Each team may enter a maximum of Six (6) athletes in the Men (16 years old to 17 years old) Division and Six (6) athletes in the Women (16 years old to 17 years old) Division, spread over the different categories with a maximum of Two (2) athlete per category **ONLY**.

18 years old and above (PNG):

There are Eight (8) categories in the Boy’s and Girl’s Division.

 **Women** : **45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg and 76+kg**

 **Men**  : **55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg and 96+kg**

Each team may enter a maximum of Eight (8) athletes in the Men’s (18 years old and above) Division and Eight (8) athletes in the Women’s (18 years old and above) Division, spread over the different categories with a maximum of Two (2) athlete per category **ONLY**.

*Note:*

 *The minimum lift in the attempt for Girls is 16kg and for Boys is 21kg.*

1. **ELIGIBILITY**
2. The 2023 Batang Pinoy and Philippine National Games is a competition for Filipino Youth ages 17 years old and below (BP) and 18 years Old and above (PNG).
3. The participants shall be classified under Four (4) Age group, 12 years old and under **(Borne 2011 and Up),** 13 – 15 years old **(Borne 2008 to 2010) and** 16 – 17 years old **((Borne 2006 to 2007)** for the Batang Pinoyand 18 years Old and above **(Borne 2005 and below)** for the PNG.
4. Representation is by LGU (City or Province)
5. Filipino citizen or a Philippine Passport holder is eligible to join.

Note:

Under the 1987 Philippine Constitution (Article IV, Section 1), the following are the citizen of the Philippines:

1. Those who are citizen of the Philippines at the time of the adoption of the Constitution;
2. Those whose fathers or mothers are citizen of the Philippines;
3. Those born before January 17, 1973 of Filipino mothers who elect Philippine citizenship upon reaching the age of majority; and
4. Those who are naturalize in accordance with the law.
5. An athlete may represent only ONE (1) LGU.
6. An athlete should have resided in his/her represented LGU for at least two (2) YEARS. Endorsed athletes shall be presumed to meet the residency requirements unless proven otherwise through a formal protest by any party.
7. Participation in the Batang Pinoy and Philippine National Games is for FREE (no entry/participation fee to be collected).
8. **AWARDS**

Gold, Silver and Bronze medals will be presented to the first three winner in each bodyweight category for both boy’s and girl’s events. Certificate of participation will be given to all the participants.

1. **ENTRIES**

On-line registration is open starting **August 25, 2023** and Ends on **October 15, 2023**. No entries will be accepted afterOctober 15, 2023.

1. **FORMS AND DOCUMENTS FOR SUBMISSION**
	1. LGU Entry Form A (Summary of Entry by Number) certified by the LGU Head or Administrator indicating the numbers of the following:
		* Participating athletes per sport
		* Coaches per sports
		* Delegation Officials (the Head of Delegation should be an LGU official)
	2. LGU Entry Form B (Entry by Name per Event) indicating the following:
		* Name of participating athletes per event (based on birth certificate)
		* Ages of participating athletes per event.
	3. Medical Clearance and Waiver of Liability Form to be signed by the athlete, parent/legal guardian and physician designated by the LGU or parents/legal guardian.
	4. Certified true copy of athletes birth certificate issued by the Philippine Statistics Authority.
2. **ACCOMMODATION, MEALS AND TRANSPORTATION**
3. All athletes and coaches shall ONLY be provided with accommodation in DepEd Schools for the duration of the competition.
4. Transportation and meals of athletes/coaches from point of origin to the host locality and back shall be on their own account.
5. **TECHNICAL OFFICIALS**

The Juries, Referees and other officiating officials must be appointed by the Competition Tournament Director.

1. **INSURANCE**

All the participants should have to be under insurance coverage for travel and accident by their respective LGU’s before their departure.

1. **COMPETITION UNIFORM**
	1. Each participants from its City/Province is required to wear the proper competition uniform during the competition.
	2. In the absence of weightlifting shoes, Sneakers can be a substitute but no sandals or slippers allowed for athlete’s safety.
	3. In the absence of weightlifting suit, cycling short can be use and team uniform shirt. No short/ boxer short is allowed during the competition.
2. **REGISTRATION**

Pre-registration of **ALL** participating athletes is through ON-LINE at the **Batang Pinoy/ PNG Website**.

**2023 BATANG PINOY**

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| **WEIGHTLIFTING COMPETITION** |
| LGU NAME: |
| 12 years old and Under (Borne 2011 and Up) |
| **BOYS** | **GIRLS** |
| **NO.** | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy |
| 1 | B32 |  |  | G30 |  |  |
|  |  |  |  |  |  |  |
| 2 | B37 |  |  | G35 |  |  |
|  |  |  |  |  |  |  |
| 3 | B43 |  |  | G40 |  |  |
|  |  |  |  |  |  |  |
| 4 | B43+ |  |  | G40+ |  |  |
|  |  |  |  |  |  |  |
|  | TOTAL |  |  |  |  |  |
| 13 TO 15 years old (Borne 2008 to 2010) |
| **BOYS** | **GIRLS** |
| **NO.** | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy |
| 1 | B37 |  |  | G35 |  |  |
|  |  |  |  |  |  |  |
| 2 | B43 |  |  | G40 |  |  |
|  |  |  |  |  |  |  |
| 3 | B49 |  |  | G45 |  |  |
|  |  |  |  |  |  |  |
| 4 | B55 |  |  | G49 |  |  |
|  |  |  |  |  |  |  |
| 5 | B61 |  |  | G55 |  |  |
|  |  |  |  |  |  |  |
| 6 | B61+ |  |  | G55+ |  |  |
|  |  |  |  |  |  |  |
|  | TOTAL |  |  |  |  |  |
| 16 TO 17 years old (Borne 2006 to 2007) |
| **BOYS** | **GIRLS** |
| **NO.** | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy |
| 1 | M43 |  |  | W40 |  |  |
|  |  |  |  |  |  |  |
| 2 | M49 |  |  | W45 |  |  |
|  |  |  |  |  |  |  |
| 3 | M55 |  |  | W49 |  |  |
|  |  |  |  |  |  |  |
| 4 | M61 |  |  | W55 |  |  |
|  |  |  |  |  |  |  |
| 5 | M67 |  |  | W59 |  |  |
|  |  |  |  |  |  |  |
| 6 | M67+ |  |  | W59+ |  |  |
|  |  |  |  |  |  |  |
|  | TOTAL |  |  |  |  |  |
|  |
| Submitted by: Duly noted by: |
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**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Head CoachLocal Chief Executive

(Signature over printed name) (Signature over printed name)

**2023 PHILIPPINE NATIONAL GAMES**

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| **WEIGHTLIFTNG COMPETITION** |
| LGU NAME: |
| 18 years old and Above (Borne 2005 and Below) |
| **MEN** | **WOMEN** |
| **NO.** | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy | **CATEGORY** | **NAME** | **DOB**dd/mm/yyyy |
| 1 | M55 |  |  | W45 |  |  |
|  |  |  |  |  |  |  |
| 2 | M61 |  |  | W49 |  |  |
|  |  |  |  |  |  |  |
| 3 | M67 |  |  | W55 |  |  |
|  |  |  |  |  |  |  |
| 4 | M73 |  |  | W59 |  |  |
|  |  |  |  |  |  |  |
| 5 | M81 |  |  | W64 |  |  |
|  |  |  |  |  |  |  |
| 6 | M89 |  |  | W71 |  |  |
|  |  |  |  |  |  |  |
| 7 | M96 |  |  | W76 |  |  |
|  |  |  |  |  |  |  |
| 8 | M96+ |  |  | W76+ |  |  |
|  |  |  |  |  |  |  |
|  | TOTAL |  |  |  |  |  |

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| --- |
| Submitted by: Duly noted by: |
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**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Head CoachLocal Chief Executive

(Signature over printed name) (Signature over printed name)

**PROGRAM OF COMPETITION**

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| --- | --- | --- |
| 16 December |  | Arrival of Delegations |
| 17 December | 08:00 | Solidarity |
| 09:00 | Verification of Entries |
| 10:00 | Technical Officials Meeting |
| 13:00 | Assembly of Delegates |
| 14:00 | Opening Ceremony |
| 18 December | 08:00 | Weigh-in (All Events/ Category for the Day) |
| 10:00 | Competition Proper - All Girls 12yrs & under |
|  | Awarding of Medals |
| 13:00 | Competition Proper – All Boys 12yrs & under |
|  | Awarding of Medals |
| 15:00 | Competition Proper – Girls (35kg and 40kg) |
|  | Awarding of Medals |
| 19 December | 07:00 | Weigh-in (All Events/ Category for the Day) |
| 09:00 | Competition Proper – Boys (37kg and 43kg) |
|  | Awarding of Medals |
| 12:00 | Competition Proper – Women’s (W45kg) |
|  | Awarding of Medals |
| 14:00 | Competition Proper – Boys (M49kg) |
|  | Awarding of Medals |
| 16:00 | Competition Proper – Women’s (W49kg) |
|  | Awarding of Medals |
| 20 December | 07:00 | Weigh-in (All Events/ Category for the Day) |
| 09:00 | Competition Proper – Men (M55kg) |
|  | Awarding of Medals |
| 12:00 | Competition Proper – Women ( W55kg) |
|  | Awarding of Medals |
| 14:00 | Competition Proper – Men (M61kg) |
|  | Awarding of Medals |
| 16:00 | Competition Proper – Women (W59kg) |
|  | Awarding of Medals |
| 21 December | 07:00 | Weigh-in (All Events/ Category for the Day) |
| 09:00 | Competition Proper – Men (M67kg) |
|  | Awarding of Medals |
| 12:00 | Competition Proper – Women ( W64kg) |
|  | Awarding of Medals |
| 14:00 | Competition Proper – Men (M73kg) |
|  | Awarding of Medals |
| 16:00 | Competition Proper – Women (W71kg) |
|  | Awarding of Medals |
| 22 December | 07:00 | Weigh-in (All Events/ Category for the Day) |
| 09:00 | Competition Proper – Men (M81 & 89kg) |
|  | Awarding of Medals |
| 12:00 | Competition Proper – Women (W76kg & 76+kg) |
|  | Awarding of Medals |
| 14:00 | Competition Proper – Boys (96kg & 96+kg) |
|  | Awarding of Medals |
|  | Closing |
| 23 December |  | Departure of Delegates |

*Note: Competition schedules is subject to change, defending on the number of entries per event.*



ANTONIO R. AGUSTIN JR.

Tournament Director