

# RULES AND REGULATIONS MANUAL WEIGHTLIFTING





MAYAGÜEZ 2010



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**CACSO Address**

Avenida de la Constitución, Edificio 3  
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**ADDRESS**

Calle Ramos Antonini Núm. 58 Este  
Mayagüez, Puerto Rico 00680



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MAYAGÜEZ 2010**

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## A Panoramic View of Mayagüez

|                                     |                       |
|-------------------------------------|-----------------------|
| Population                          | 100,000 inhabitants   |
| Country                             | Puerto Rico           |
| Area                                | 201.1 km <sup>2</sup> |
| Longitude                           | 18° N                 |
| Latitude                            | 67° O                 |
| Local Time                          | GMT -4 hours          |
| Average Temperature June- September | 82° F / 28° C         |
| Average Humidity June-September     | 80%                   |

The XXI Central American and Caribbean Sports Games will be held mainly in the city of Mayagüez and in other cities of the *Porta del Sol* region that includes 17 municipalities in the west. The city of Mayagüez is located in the center of the west coast of the island of Puerto Rico. It covers 201.1 km<sup>2</sup> of land. It is contiguous to the municipalities of Hormigueros, San Germán, and Cabo Rojo on the south, Añasco on the north, Las Marías, and Maricao on the east and the Mona Canal on the west. Mayagüez is divided in 25 wards with a population of approximately 100,000 inhabitants according to the 2000 census. Fortunately, it has a tropical climate and an average temperature of 82° F/28° C year round.



The town was founded by don Faustino Martínez de Matos y Vélez Borrero. The land was donated by don Juan de Aponte, don Juan de Silva, and don Esteban Irizarry, among others. The town was called Mayagüez in honor of the Yagüez River; body of water of great importance, since it crosses a considerable part of the city. This word

(Mayagüez) is of indigenous origin and means Great Water Site. By then, Mayagüez was synonym of the Yagüez River and Chief Urayoán.

*La Cuna de Hostos*, name by which it is also known, in honor of the national hero Eugenio María de Hostos, holds another center of great importance; the Mayagüez Campus of the University of Puerto Rico. "El Colegio", like it has been known for decades, has served as an encounter place between Puerto Ricans and foreigners worldwide. This prestigious institution at a national and international level has been a great legacy to this city and Puerto Rico; this, thanks to its valuable contributions.



Today, Mayagüez is one of the cities of *Porta del Sol, Puerto Rico*. This ambitious project intends that its inhabitants as well as their visitors and tourists appreciate the natural resources, gastronomy, art and all the culture of this region. Thus, Mayagüez offers their citizenship great possibilities, taking advantage of the great potential that its people can offer. This city is a unique destination in the area with its accommodations, businesses, artisans, and artists that with their performance help with the progress of the economy of the west region of Puerto Rico.

The city of Mayagüez is ready to continue with the entrusted work, facing with great optimism the arrival of the XXI Central American and the Caribbean Sports Games that will be held in 2010.



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## **PAN AMERICAN WEIGHTLIFTING FEDERATION**

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*Mr. Willian Ozuna*

## **SPORTS DIRECTOR**

Mr. John Javier



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## **WEIGHTLIFTING**

### **RULES AND REGULATIONS MANUAL**

#### **1. SITE AND DATE**

The Weightlifting competitions for the XXI Central American and Caribbean Sports Games will be held at the Juan Sánchez Acevedo Coliseum in Moca from July 18<sup>th</sup> to the 22<sup>nd</sup>, 2010 and the training venue will be the court next to the Coliseum in Moca for the convenience of the coaches and athletes.

#### **2. PARTICIPANTS**

**2.1.** Athletes from countries whose Olympic Committees are affiliated to CACSO and whose National Federations belong to the International Weightlifting Federation (IWF) will be eligible to participate.

Each country may enter a team of eight (8) athletes, plus two (2) reserves for men, seven (7) athletes, plus two (2) reserves for women and one (1) International Weightlifting Judge.

**2.2.** Athletes must be at least fifteen (15) years old by 2010.

**2.3.** All Athletes must meet all of the IOC, IWF, and CASCO regulations.

#### **3. ENTRIES**

The Organizing Committee will send the official registration forms six (6) months prior to the opening of the Games.

All qualified countries must submit their registrations in the official form that will be posted in the official website of the XXI Central American and Caribbean Sports Games: [www.mayaguez2010.com](http://www.mayaguez2010.com)

These forms must be printed, have all the respective signatures, and submitted to the Organizing Committee on or before the deadlines stipulated.

##### **3.1. Long list entry**

The long list entry must contain the names and functions of all potential participants in the Games. This list must be received at the Mayagüez 2010 Headquarters by midnight of February 17, 2010. The entries can be sent via fax or email to meet the deadline, in which case they must be confirmed in writing before February 24, 2010.

### **3.2. Numerical Entries**

The numerical entries must be submitted by the respective NOC and must be received at the Mayagüez 2010 Headquarters by midnight of April 17, 2010. It must indicate the number of athletes in each team. The entries can be sent via fax or email to meet the deadline, in which case they must be confirmed in writing before April 24, 2010.

#### **3.2.1. Insufficient Participants**

In the event that the sport and/or any of its disciplines cannot be executed due to a lack of entries, the Organizing Committee must communicate this immediately, via fax or email, to the National Olympic Committees that has made the corresponding numerical entries.

### **3.3. Nominal Entries**

All nominal entries must be at Mayagüez 2010 Headquarters by midnight on June 17, 2010. No changes or additions to entries will be accepted after this date. The nominal registrations can be sent via fax or email to meet the deadline, in which case they will have to be confirmed in writing, on the official forms, at the time of arrival of the delegation in Mayagüez.

Nominal entries should not contain more participants or officials than the numerical entries.

### **3.4. Address**

Any information regarding the entries or another nature, can be sent to the following address:

**XXI JUEGOS DEPORTIVOS CENTROAMERICANOS Y DEL CARIBE 2010**  
**P.O. Box 3248**  
**Mayagüez, Puerto Rico 00681-3248**  
**PHONE: (787) 832-2010 FAX: (787) 805-2011**  
**EMAIL: [divisiontecnica@mayaguez2010.com](mailto:divisiontecnica@mayaguez2010.com)**

## **4. REGULATIONS**

The Weightlifting competitions for the XXI Central American and Caribbean Sports Games will be carried out according to the IWF rules in force.

**4.1.** The Pan American Weightlifting Confederation will be in charge of the technical organization of the competitions, along with the Organizing Committee.



**4.2.** Issues not covered by these regulations will be solved by the Organizing Committee according to CACSO rules.

## 5. EVENTS AND COMPETITION SYSTEM

- Snatch
- Clean and Jerk
- Olympic Total

### 5.1. WOMEN

1. Up to 48 kg
2. Up to 53 kg
3. Up to 58 kg
4. Up to 63 kg
5. Up to 69 kg
6. Up to 75 kg
7. + 75 kg

### 5.2. MEN

1. Up to 56 kg
2. Up to 62 kg
3. Up to 69 kg
4. Up to 77 kg
5. Up to 85 kg
6. Up to 94 kg
7. Up to 105 kg
8. +105 kg

**5.3. COMPETITION SYSTEM.** The competition system will be set to the rules established by the International Weightlifting Federation (IWF).

For an event to be considered official, a minimum of five competitors from an equal number of NOCs must compete. If after the Technical Meeting one or more competitors withdraw due to reasons beyond their control (after CACSO's verification), the event could be celebrated with a minimum of four (4) sets of competitors from an equal number of NOCs.

**5.4. WEIGHING.** The weighing will be carried out at the competition venue two (2) hours before the beginning of the competition and will take place in one (1) hour.

## 6. COMPETITION CALENDAR

| JULY 18, 2010 |       |       |          |
|---------------|-------|-------|----------|
| TIME          | EVENT | PHASE | CATEGORY |
| 12:00         | 56 kg | Final | M        |
| 14:00         | 48 kg | Final | W        |
| 16:00         | 62 kg | Final | M        |

| <b>JULY 19, 2010</b> |         |       |   |
|----------------------|---------|-------|---|
| 12:00                | 53 kg   | Final | W |
| 14:00                | 69 kg   | Final | M |
| 16:00                | 58 kg   | Final | W |
| <b>JULY 20, 2010</b> |         |       |   |
| 12:00                | 77 kg   | Final | M |
| 14:00                | 63 kg   | Final | W |
| 16:00                | 85 kg   | Final | M |
| <b>JULY 21, 2010</b> |         |       |   |
| 12:00                | 69 kg   | Final | W |
| 14:00                | 94 kg   | Final | M |
| 16:00                | 75 kg   | Final | W |
| <b>JULY 22, 2010</b> |         |       |   |
| 12:00                | 105 kg  | Final | M |
| 14:00                | +75 kg  | Final | W |
| 16:00                | +105 kg | Final | M |

\*Subject to Changes

## 7. TRAINING PROGRAM

**7.1.** The training program and schedule will be set once the numerical entries are received and will be confirmed on the arrival of the delegations in Mayagüez. The trainings will be held in the assigned competition venues and other designated places.

**7.2.** The facilities can only be used during the time designated by the Organizing Committee. The rotation of countries among the training facilities will be used to guarantee fair conditions.

## 8. AWARDS

According to CACSO's regulations, the awards for each style (Snatch, Clean and Jerk, and Olympic Total) and weight category will be distributed in the following manner:

**First Place:** Gold Medal and Diploma  
**Second Place:** Silver Medal and Diploma  
**Third Place:** Bronze Medal and Diploma

For the award ceremony, athletes must wear the official uniform representing their country.

## 9. COMPETITION OFFICIALS AND JURY OF APPEAL

**9.1.** The established fee for the judging personnel will consist of one (1) judge/referee per each participating NOC. The referees will be appointed by the Technical Committee of the Pan American Weightlifting Federation, among those attending the Games and who possesses an IWF International Category identification with the corresponding current license. IWF uniform will be used.



**9.2. Jury.** The jury for each event will be appointed by the IWF Delegate. The jury will be composed of the most experienced referees of the area attending the Games holding an IWF International First Category credential.

## **10. FACILITIES AND IMPLEMENTS**

The weightlifting competitions will be held at the Juan Sánchez Acevedo Coliseum in Moca with a capacity of 1,500 spectators.

The equipment to be used will be Eleiko brand, endorsed and recognized by the International Weightlifting Federation.

The trainings will be carried out at the court next to the Juan Sánchez Acevedo Coliseum. The trainings will be programmed according to the number of participating athletes. The training program and assigned places will be given to the Delegations upon their arrival to Mayagüez.

## **11. UNIFORMS**

The uniform approved by the IWF Regulation will be used. It should be of elastic material such as lycra, covering the torso all the way half leg. This uniform must be representative of the colors of country of origin or must have a national symbol, such as the flag or shield of the country.

## **12. TECHNICAL MEETING**

**12.1.** The Technical Meeting will be held on July 17, 2010 at 10:00 hours, in the place designated by the Organizing Committee.

**12.2. Judges.** The refereeing meeting will be held on July 14, 2010, at 15:00 hours, in a place designated by the Organizing Committee and will be conducted by the President of the Technical Committee of the Pan American Weightlifting Confederation.

## **13. MEDICAL CONTROL**

### **13.1. Medical Control and Examinations**

Any athlete refusing to any medical control or examination or found guilty of doping, will get his/her accreditation withdrawn and will be expelled from the games and possibly from future international competitions according to the penalties established by the CACSO and IWF regulations.

### **13.2. Anti-doping Control**

The anti-doping control test will be conducted by the Medical Direction of the Organizing Committee. The regulations in force will be those from the Medical Commissions of the International Olympic Committee, WADA-AMA (World Anti-doping Agency), and CACSO.



The selection of the athletes for the sample taking will be carried out by the CACSO's Medical Commission in coordination with the delegates from the IWF.

#### **14. REGULATIONS REGARDING ADVERTISING AND PUBLICITY-RULE 51 OF THE OLYMPIC CHARTER**

Everything related to the application of the regulations regarding advertising and publicity of sports materials and equipment, and sports clothes will be in force by the CACSO Regulations and by Rule 51 of the Olympic Charter. For consultation of the Olympic Charter, access the following link: ([http://multimedia.olympic.org/pdf/en\\_report\\_122.pdf](http://multimedia.olympic.org/pdf/en_report_122.pdf)).