



Established 1920

2025 OCEANIA JUNIOR and YOUTH WEIGHTLIFTING CHAMPIONSHIPS MELBOURNE – AUSTRALIA , April 11

REGULATIONS

The 2025 Oceania Junior and Youth Weightlifting Championships this year will be held in Melbourne - Australia. Below you will find relevant information regarding the Championships.

Competition Rules and Regulations

The 2025 Oceania Junior and Youth Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

Terms and Conditions of Participation

Accredited participants (Athletes, Team Officials, Technical Officials (TOs) guests, etc.): Should acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP).

- Must abide by all reasonable directions given by the OWF, the Organizing Committee (OC), TOs.
- Must participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk.
- Must undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages.
- Are responsible for all property they bring into the Event and that the OWF and/or OC shall have no responsibility in any loss or damage of this property.
- Acknowledge and agree that neither the OWF nor the OC shall arrange any insurance connected with the participation in the Event. This is the responsibility of each individual federation.
- Must irrevocably release OWF and OC (and their respective members, officers, employees, etc.) from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event.
- Must guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) if they are minors.

Eligibility

- **YOUTH: 13 – 17 years of age**
- **JUNIOR: 15 – 20 years of age**
- All age groups are calculated in the athlete's year of birth.
- In accordance with Article 5.5.16 of the IWF Anti-Doping Rules, the whereabouts information of all participating athletes must be submitted at a minimum of three (3) months prior to any IWF event. Athletes who have not submitted their whereabouts information in ADAMS by the specified deadline date will be declared ineligible for that event by the IWF.
- Only competitors of member federations that has no arrears towards the IWF or OWF are eligible to participate.

Competition Categories Juniors:

The new IWF Categories for Men and Women will be used at these championships

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

IWF Categories for Youth Men and Women

Men: 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, +98kg.

Women: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg.

Deadlines

Preliminary Entries- These entries are online. Each Federation has been given in the past a username and password to register their athletes and officials. The closing date for the Preliminary Entries is **Friday 10th of January 2025** at midnight Brisbane-Australia time UTC+10

Final Entries - Again these are online. The closing date is **Saturday the 1st of March 2025** at midnight Brisbane-Australia time UTC+10

Verification of Entries - These will also be done online with the deadline being **Saturday April 2nd 2025** at midnight Brisbane-Australia time UTC+10

Transport Form: These forms must be returned by **Saturday the 8th of March 2025.**

Awards

Gold, Silver and Bronze medals will be awarded to juniors and youth lifters in each bodyweight category for both men and women in the **total only**.

Transport

Local transport will be provided by the Organising Committee from Melbourne International airport to the accommodation upon the arrival of delegations.

Competition Venue

The competition venue will be the Victorian Weightlifting Stadium - HAWTHORN.

Choice of Accommodation:

Each Federation may contact the hotels directly and make their own arrangements.

HOTELS CONTACT DETAILS

1. **Corporate Leaving Accommodation : 616 Glenferrie Road -Hawthorn, Victoria-Australia**
Phone +61 3 88037700 Email: hawthorn.gm@corpliving.com.au
500 meters away from the lifting center
2. **Amora Hotel Riverwalk 649 Bridge Road, Richmond, Victoria, Australia**
Phone: +61 3 92461200 Email: res@amora.melbourne
1.5 Km from the lifting center
3. **Hotel 115, Cotham Road 115, Kew, Victoria, Australia**
PH- +61 3 88620200 Email: reception@hotel115.com.au
1 km from the lifting center

Barbells/Weights Equipment

All Equipment will be IWF approved equipment ELEIKO.

Entries and anti doping fees:

Doping control will be conducted during the competition. All athletes competing must pay **USD \$150 each.** *This can be paid in cash to the OWF upon receiving your team's accreditation or it can be transferred directly to the OWF.*

Visas

All countries of the Oceania Region with the exception of New Zealand require visa to enter Australia.

Health Insurance

As per IWF Technical and Competition Rules, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Proof of insurance must be presented at accreditation checkpoints.

General Information

Population

The population of Melbourne is approximately 5.5 million people.

Currency and Banking Facilities

All major credit cards are welcomed by all hotels, restaurants, shops, rental cars, etc.

Electricity

Electricity in Australia operates on 220 watts supply voltage.

Climate and Seasons

The weather in the month of April in Melbourne averages approximately 20 degrees Celsius.

Health

Melbourne is free from any disease.

Emergency Medical and Dental Care

General Hospitals are available as well as a private hospital.

Paul Coffa MBE

General Secretary

Oceania Weightlifting Federation

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