



Malta, 28th February to 1st March 2020
Silver Qualification event
Competition Rules and Regulations

MALTA
WEIGHTLIFTING
ASSOCIATION
MWA
FOUNDED 1975



OC: Malta Weightlifting Association

Cottonera Sport Complex

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1. KEY DATES

13th December 2019 - Preliminary Entries and Preliminary Team Accommodation form.

17th January 2020 - Final Entries and Final Team Accommodation form.

27th to 28th February 2020 - Arrival of Delegations

28th February 2020 - Verification of Final Entry and Team Manager meeting (15.00)

28th February 2020 - Technical Officials meeting (19.30)

29th Feb. to 1st March 2020 – Competitions

2nd March 2020 – Departure of Delegations

2. Competition

29th February and 1st March 2020 at Cottonera Sport Complex, Cottonera Avenue, Cospicua BML9020

3. Training

27-28 February 2020 at Cottonera Sport Complex, Cottonera Avenue, Cospicua BML9020

4. Competition Regulations

The Malta International Open 2020 will be Silver Qualification Event for Tokyo 2020. The Competition will be held accordance to the IWF Technical and Competition Rules and Regulations.

5. Eligibility

The minimum age for participating lifters is for those born in **2005**. There is no maximum age limered to compete

In accordance with Article 5.6.5 of the IWF Anti-Doping Policy an athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations for a period of at least two months prior to the IWF event in question. A lifter who does not comply with this provision is not eligible to compete at the IWF event.

Lifters who wish to compete in the Malta International Open 2020 shall submit their whereabouts information for the period outlined above at the latest on **29th December 2019**

In case you and/or your lifters encounter any difficulties related to whereabouts submission, please report it immediately iwf@ita.sport



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6. Body Weight Categories

The Malta International Open will compete in the IWF Senior bodyweight categories:

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

7. Number of invited athletes per each Country

There is no limit to the number of lifters a Member Federation can enter into each bodyweight category, but the maximum team size must not exceed 10 + 2r lifters men and 10 + 2r lifters women.

Due to the limit on the number of places available at the competition all places will be issued on a first-come, first-served basis determined by the payment of the appropriate entry fee.

8. Number of invited Technical Officials

Participating Federations can nominate Category 1 or 2 ITO and hold a valid IWF Licence. Selected Technical officials will be communicated by 17th January 2020.

9. Accommodation

Plaza Hotel, 248 Tower Road, Sliema SLM 1600, Malta

www.plazahotelsmalta.com tel: +356 21341295/6/7

The check-in time is at 14.00 and the check-out time is at 11.00. Those arriving early morning and need the room before need to book an extra night; this applies also for late departures if they want to keep their room after 11.00 must also pay extra.

No individual reservations can be made; all participants must be accounted for on the hotel rooming list.

Accommodation fees include the following: accommodation, full board catering at the competition hotel including buffet Breakfast, buffet Lunch and buffet Dinner. Hotel rooms do not include any additional services such as room service; mini bar etc and no additional charges can be made to any rooms after check in. All additional services must be paid for in full by the visiting participant at the time of purchase. Those missing lunch because of competition light snacks will be served at competition hall.

Plaza Hotel

Singleroom: €130.00 per person per night.

Twin room: €100.00 per person per night.

Triple room: €95.00 per person per night.

The hotel rooms offered are subject to availability and on a first-come, first-served basis at the time the booking is paid for in full.



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No-show charges and cancellation deadlines Policy

- The rooms are 100% refundable from 13th December 2019 to 14th January 2020
- The rooms are 50% refundable from 15th to 21st February 2020
- No refund after 22nd February 2020

Additional bookings after deadlines

After 17th January, should you require any additional hotel rooms the OC will make every effort to accommodate your additional team members in the same hotel as your main booking. However, this cannot be guaranteed and if an alternative is required the OC will discuss this with you before confirming any additional bookings.

10. Transport Information

The OC will provide free airport transfers between Malta International Airport to Hotel and vice-versa. Free transportation from hotel to competition and back for each registered participant based on the Final Travel Information Form.

11. Entry fees

Delegates and team officials: **€100 (Entry fee)**

Athletes: **€100 (Entry fee) + \$30 (Special Anti-Doping fee)**

12. Payment method

All payments must be done by Bank Transfer directly to Malta Weightlifting Association account:

Account name: Malta Weightlifting Association

Bank Name: Bank of Valletta

IBAN : MT34VALL22013000000016701840029

SWIFT BIC: VALLMTMT

Description of Payment: (Name of Nation – Malta INT. Open 2020)

All Accommodation and Participation must be made in Euro and any Bank Charges for transfers are the responsibility of the member Federation. No Accommodation or Accreditation will be guarantee unless the full payment will be received in full to the Malta Weightlifting Association.

We kindly ask you to send the bank transfer copy to mwa.wl.mlt@gmail.com in order to validate your payment with our bank.



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13. Entries and Forms

Preliminary Forms

- Preliminary Entry Form
- Preliminary Accommodation Form
- Preliminary Transport Form

All preliminary forms should be submitted to the OC on or before Tuesday 13th December 2019. All forms should be submitted electronically to mwa.wl.mlt@gmail.com

Forms must be submitted with a copy of each participants passport photo page.

Final Forms

- Final Entry Form
- Final Accommodation Form
- Final Transport Form

All final forms should be submitted to the OC on or before Monday 17th January 2020. All forms should be submitted electronically to mwa.wl.mlt@gmail.com

Forms must be submitted with a copy of each participant's passport photo page.

14. Visas

Malta is member of European Union and Schengen zone.

OC is not offering or providing any direct visa application service for the Malta International Open 2020. It is the sole responsibility for the visiting Member Federation to arrange any visas it may require.

It is strongly advised to check in advance of travelling if you require a visa: <https://identitymalta.com/visa-application/>

The organiser may be able to provide an invitation letter to support a visa application if the Member Federation requests support from Malta Weightlifting.

15. Accreditation

The Accreditation will take place at Plaza Hotel.

16. Flags and National Anthem

Each National Federation is kindly requested to bring 2 (two) National Flags 110cm x 150cm)



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17. Awards

Gold, Silver and Bronze medals will be awarded to the three highest ranked lifters in Snatch, Clean & Jerk and Total for each IWF Senior bodyweight category.

National anthems will be played during the Total medal ceremonies for each category. Diplomas and Gifts will be given to each participant.

18. Doping Control

Doping Control will be conducted in accordance with the IWF Anti-Doping Policy.

19. Sport Equipment

The Malta International Open 2020 will use IWF approved Olympic weightlifting equipment.

20. Insurance

All Member Federations must provide travel and Accident insurance for all their participants before leaving their countries on accordance with the IWF Regulations.

21. Important information

- The average temperature in Malta during the championships is 17degrees Celsius.
- The currency used on the Maltese islands is the Euro.
- The three-pin rectangular plug system is used (220-240 V)
- The Malta international airport is accessible via various airlines including Air Malta, Emirates, Turkish Airline, Qatar airlines, Air Baltic, Alitalia, Lufthansa, Ryan air, Wiz air, TunisAir express, Vueling, Swiss, Scandinavian SAS, Norwegian, Finnair, British Airways, Easyjet, Air France, Transavia, Atlantic Airway and much more.

22. Provisional Program

27th to 28th February 2020 - Arrival of Delegations

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