

# Qatar 6<sup>th</sup> International Cup

Qualification Event for Tokyo 2020

December 19- 24, 2019

## Rules & Regulation

### 1. Date and Place:

December 19 – 24, 2019

Doha, Qatar

### 2. Competition and Training Venue

Radisson Blu , Doha- Qatar

### 3. Competition Rules and Regulation

Competition will be held in accordance with IWF Constitution and By-laws, and IWF Technical and Competition Rules & Regulation. Member Federation invited are allowed to participate in the event, except for members Federation that have financial liabilities towards the IWF. Only those athletes are eligible to compete who submitted the whereabouts information in ADAMS at least 2 months before Qatar Cup.

### 4. Eligibility

Participating athletes must be 15 years of age and over (year of birth 2004 or earlier).

With reference to 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 at set out at Annex1 of the International Standard for Testing and Investigation **for period of at least two months prior (October 20, 2019)** to the IWF Event in question.

An athlete who does not comply with this provision is not eligible to compete at the IWF Event.

### 5. Competition Category

Qatar International Cup will be a qualification event for Tokyo 2020.

### 6. Bodyweight Categories

**Men:** 61Kg, 67Kg, 73Kg, 81Kg, 96Kg, 109Kg +109Kg

**Women:** 49Kg, 55Kg, 59Kg, 64Kg, 76Kg, 87Kg, +87kg

### 7. Technical Officials

- QWF will coordinate with IWF to select the 25 Technical official and QWF will cover the flight tickets, accommodation and 50\$USD Per Day during their stay.

### 8. Prize & Award

Qatar Cup prize will be for the top 3 overall lifters for both categories Men and Women (ROBI Points).

First 3000\$

Second 2000\$

Third 1000\$

### 9. Equipment

All the Equipment are highly standard and approved by IWF

**10. Insurance:**

Member Federation Participating in the 6th International Qatar Cup do so at their own risk. All participating Federation must undertake full moral and financial responsibility of their registered/ accredited delegates with regards to their health and wellness and in case of accident or damages not attributable to Qatar Weightlifting Federation.

**11. Doping Control**

Doping control shall be carried out in accordance with the IWF Anti-Doping Policy.

**12. Accommodation:**

Radisson Blu Hotel ,Doha  
P.O.Box 1768, Salwa Road Doha , Qatar  
Phone # +97444281402, +97444281428  
Fax: +97444460930

**13. Financial Condition**

**No Entry Fees**

**Accommodation**

- 1- Double Room: 100\$ Per Person / Per Night
- 2- Single Room: 130\$ Per Person / Per Night

**Special Anti-Doing Fee: 30\$ USD / Athlete**

**14. VISA**

All participant Federations and guest who require entry visa to Qatar must send their **Passport copies & Photo** to Qatar Weightlifting Federation E-mail [qwlbb@olympic.qa](mailto:qwlbb@olympic.qa) before **20 October 2019**

**15. Entries:**

\* Preliminary Entry form must be submitted to Qatar Weightlifting Federation by E-mail [qwlbb@olympic.qa](mailto:qwlbb@olympic.qa) before **20 October 2019**.

\* Final Entry must be submitted to Qatar Weightlifting Federation by E-mail [qwlbb@olympic.qa](mailto:qwlbb@olympic.qa) before **20 November 2019**.

**16. National Flag and National Anthem:**

All invited Federation must bring their national flag and their national Anthem for the awarding ceremony.

**17. Certificates of Participation:**

Invited participate will be awards with certificates of participation

**18. Contact:**

Any correspondence concerning the events should be sent to Qatar Weightlifting Federation.  
4th Floor Al-Bidda Tower  
West Bay - Doha, Qatar  
Tel: +974-4494246/53  
Fax: +974-44944255  
E-mail: [qwlbb@olympic.qa](mailto:qwlbb@olympic.qa)

**Mohamed Yousef Almaná**  
President  
Qatar Weightlifting Federation

**Zayed Mubarak**  
Executive Director  
Qatar Weightlifting Federation

## Competition Program:

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Event</b>
Thursday	December 19,	18:00 - 19:00 19:00 - 20:00	1- Arrival and accreditation 2- Final Entry Verification 3- ITO Meeting
Friday	December 20,	1- 10:00 - 13:30 2- 13:30 - 16:00 3- 17:00 - 18:00 4- 19:00 - 21:00	1- <b>Men 61kg Competition</b> 2- <b>Women 49kg Competition</b> 3- <b>Opening Ceremony</b> 4- <b>Men 67kg Competition</b>
Saturday	December 21,	1- 08:00 - 10:00 2- 10:00 – 13:00 3- 13:30 - 16:00 4- 19:00 – 21:00	1- Seminar (Dev. Methods of Training) 2- <b>Women 55kg Competition</b> 3- <b>Men 73kg Competition</b> 4- <b>Women 59kg Competition</b>
Sunday	December 22,	1- 08:00 – 10:00 2- 10:00 – 13:00 3- 13:30 – 16:00 4- 19:00 – 21:00	1- Seminar (IWF Anti-Doping Policy) 2- <b>Women 64kg Competition</b> 3- <b>Men 81kg Competition</b> 4- <b>Men 96kg Competition</b>
Monday	December 23,	1- 10:00 – 13:00 2- 13:30 – 16:00 3- 19:00 – 21:00	1- <b>Women 76kg Competition</b> 2- <b>Women 87kg&amp;+87kg Competition</b> 3- <b>Men 109kg&amp;+109kg Competition</b>
<b>21:00 Closing Ceremony</b>			
Tuesday	December 24, 2019		<b>Delegation Departure</b>

**Note: Schedule timetable is subjected to change after the final entry verification**