



VERACRUZ 2014
XXII CENTRAL AMERICAN
AND CARIBBEAN GAMES

TECHNICAL MANUAL **WEIGHTLIFTING**

XXII CENTRAL AMERICAN AND CARIBBEAN GAMES
VERACRUZ 2014



A large, stylized sunburst graphic in a light gray color, composed of many overlapping, rounded rectangular segments radiating from a central point. The graphic is positioned on the right side of the page, partially overlapping the text area.

TECHNICAL MANUAL

This document is susceptible to updates, it is highly recommended to consult our official website: www.veracruz2014.mx to get the most recent version of this manual

WEIGHTLIFTING

IWF

International Weightlifting Federation

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PAWF

Pan American Weightlifting Federation

President: William F. Ozuna

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FMLP

Mexican Weightlifting Federation

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TECHNICAL DELEGATE

William F. Ozuna (DOM)



DATE AND PLACE OF COMPETITION

The Weightlifting competition at the XXII Central American and Caribbean Games Veracruz 2014 will take place Saturday, November 15th to Wednesday, November 19th, 2014 at the World Trade Center in Veracruz, Ver.

EVENTS AND MEDALS

The events announced for the Weightlifting competition at the XXII Central American and Caribbean Games Veracruz 2014 are:

WOMEN'S

Events	Medals		
	Gold	Silver	Bronze
48 Kg. - Snatch	1	1	1
53 kg. - Snatch	1	1	1
58 kg - Snatch	1	1	1
63 kg - Snatch	1	1	1
69 kg - Snatch	1	1	1
75 Kg. - Snatch	1	1	1
Over 75 kg - Snatch	1	1	1
48 Kg – Clean & Jerk	1	1	1
53 kg - Clean & Jerk	1	1	1
58 kg - Clean & Jerk	1	1	1
63 kg - Clean & Jerk	1	1	1
69 kg - Clean & Jerk	1	1	1
75 Kg - Clean & Jerk	1	1	1
Over 75 kg - Clean & Jerk	1	1	1
Total Medals Women's	14	14	14



MEN'S

Events	Medals		
	Gold	Silver	Bronze
56 Kg - Snatch	1	1	1
62 Kg - Snatch	1	1	1
69 Kg - Snatch	1	1	1
77 Kg - Snatch	1	1	1
85 Kg - Snatch	1	1	1
94 Kg - Snatch	1	1	1
105 kg - Snatch	1	1	1
Over Kg. - Snatch	1	1	1
56 Kg - Clean & Jerk	1	1	1
62 Kg - Clean & Jerk	1	1	1
69 Kg - Clean & Jerk	1	1	1
77 Kg - Clean & Jerk	1	1	1
85 Kg - Clean & Jerk	1	1	1
94 Kg - Clean & Jerk	1	1	1
105 kg - Clean & Jerk	1	1	1
Over 105 Kg - Clean & Jerk	1	1	1
Total Medals Men's	16	16	16
Total Medals Weightlifting	30	30	30



COMPETITION FORMAT

- a) Each lifter must be weighed before the beginning of the competition, weigh-in will begin 2 hours before the competition and will last 1 hour.
- b) Weightlifters will complete two events: snatch and clean & jerk. Athletes have 3 chances to complete snatch and 3 chances to complete clean & jerk. The best lift shall be the winner. In the event that two weightlifters do the same lift, the lightest weightlifter will be the winner. If their weight is the same and they do the same lift, the weightlifter who did the lift first will be the winner.
- c) In the event the weightlifter misses all three chances for snatch, the athlete still has the chance to compete for Clean & jerk.
- d) Snatch: the athlete has 3 opportunities. The event consists of one single movement. The athlete must lift the bar from the ground up to an arm-length above his or her head in a single movement.
- e) Clean & Jerk: the athlete has 3 opportunities. The event consists of two movements. The athlete must lift the bar from the ground in one movement up to his or her shoulders and then must immediately lift it an arm-length above his or her head.



COMPETITION SCHEDULE

November 15th

Time	Event	Gender	Observations
12:00	56KG	Men's	Final
14:00	48KG	Women's	Final
16:00	62KG	Men's	Final

November 16th

Time	Event	Gender	Observations
12:00	53KG	Women's	Final
14:00	69KG	Men's	Final
16:00	58KG	Women's	Final

November 17th

Time	Event	Gender	Observations
12:00	77KG	Men's	Final
14:00	63KG	Women's	Final
16:00	85KG	Men's	Final

November 18th

Time	Event	Gender	Observations
12:00	69KG	Women's	Final
14:00	94KG	Men's	Final
16:00	75KG	Women's	Final



November 19th

Time	Event	Gender	Observations
10:00	105KG	Men's	Final
12:00	+75KG	Women's	Final
14:00	+105KG	Men's	Final

*This program will be confirmed after final verification.

MAXIMUM NUMBER OF COMPETITORS

In accordance to the quota set by CACSO, the Weightlifting Competition will have a maximum of **110** athletes, 50 women and 60 men.

Each NOC may enter a maximum of 13 athletes, 6 women and 7 men, with a maximum of 2 athletes per event and gender, as long as the qualification criteria for Weightlifting for the XXII Central American and Caribbean Games, Veracruz 2014 are fulfilled.

COMPETITORS' AGES

To be able to participate, athletes must be at least **16 years old** on the year of the competition (born in 1998)



VERACRUZ 2014 QUALIFICATION SYSTEM

a) The main qualification event will be the Central American and Caribbean Championship, 2013, which will take place at a time and location yet to be determined.

b) The NOCs will have slots according to their position during the team point addition qualification in the Central American and Caribbean Championship, 2013, therefore the athletes will qualify as follows:

WOMEN'S

Team position resulting from addition of 2013 team points	Number of qualified athletes per NOC	Qualified athletes	Total number of qualified athletes
1st to 3rd	6	6x3	18
4th to 6th	5	5x3	15
7th to 10th	2	2x4	8
11th to 13th	1	1x3	3
Host Country	6	6	6
	Total	14 NOCs	50



MEN'S

Team position resulting from addition of 2013 team points	Number of qualified athletes per NOC	Qualified athletes	Total number of qualified athletes
1st to 3rd	7	7X3	21
4th to 7th	5	5X4	20
8th to 10th	2	2X3	6
11th to 16th	1	1X6	6
Host Country	7	7	7
	Total	17 NOCs	60

c) Team qualification is only calculated from the total, as per IWF's Technical Regulations 6.8.5 and 6.8.7.

d) When 2 or more teams have the same score and place after score addition, the team with higher ranking will be qualified according to rule 6.8.5 of the IWF Technical Rules.

e) The host country, Mexico, will be able to directly qualify 6 slots for women and 7 slots for men. The points and rank achieved by the host country's teams in the main qualification event will be disregarded and the NOCs will be promoted to occupy the host country's spot in the ranking.

f) National Weightlifting federations must confirm the slots occupied, in writing, to PAWF no later than **July 15th, 2014**. In the event of withdrawals or vacancies, PAWF will decide, according to their technical criteria, which countries will receive the available slots; the Organizing Committee must be informed of this decision no later than **July 30th, 2014** so the affected NOCs can comply with the CACSO stipulated dates for entry by name and number.



Qualification system approval

This qualification system was approved by PAWF in August, 2012. CACSO approved the inclusion of 12 more events in February, 2013.

TECHNICAL MEETING AND FINAL VERIFICATION

- The **Technical Meeting** will take place on **Thursday, November 13th, 2014** at the Central American and Caribbean Village at a time to be confirmed.
- The Technical Delegate and the Organizing Committee's Competition Manager for Weightlifting will preside the meeting, which shall take place in Spanish and English.
- **Final Verification** will take place **Friday, November 14th, 2014** at a time to be confirmed.
- Up to two representatives from each NOC will be able to assist this Final Verification.
- The invitation card for the Final Verification will be available to the Heads of Team at the Sports Information Center at the Central American and Caribbean Village upon their arrival.
- The Technical Delegate and the Organizing Committee's Competition Manager for Weightlifting will preside the meeting, which shall take place in Spanish and English.



TECHNICAL OFFICIALS

The Pan American Weightlifting Federation (PAWF) will designate referees and Jury.

PROTESTS AND APPEALS

Protests and appeals will be resolved at the competition venue through the jury.

AUTHORIZED SPORTS EQUIPMENT

ELEIKO brand sports equipment is what has been authorized for competition, warm-up and training.



MEDAL CEREMONIES

Awards ceremonies will take place according to CACSO's General Regulations, Chapter XIII.

- First place: Gold medal and diploma
Snatch and clean & jerk
- Second place: Silver medal and diploma
Snatch and clean & jerk
- Third place: Bronze medal and diploma
Snatch and clean & jerk

COMPETITION VENUE

The Weightlifting competition will take place at the World Trade Center which can be found on Boulevard Adolfo Ruiz Cortines #3947, Boca del Rio, Veracruz.



