



## **The 24<sup>th</sup> Thailand Sports School Games Regulation on Weightlifting**

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Whereas it is expedient to have the 24<sup>th</sup> Thailand Sports School Games Regulation on Weightlifting;

By virtue of Article 8 (2) of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2562 (2019), the regulation has been issued as follows:

Article 1: This regulation is called “the 24<sup>th</sup> Thailand Sports School Games Regulation on Weightlifting”.

Article 2: This regulation shall be enforced in the 24<sup>th</sup> Thailand Sports School Games on Weightlifting.

Article 3: Rules and regulation of the competition

3.1 The 24<sup>th</sup> Thailand Sports School Games Regulation on Weightlifting shall be applied.

3.2 The rules of the International Weightlifting Federation (IWF), Thai version, approved by the Thai Amateur Weightlifting Association shall be applied.

3.3 The 24<sup>th</sup> Thailand Sports School Games Regulation on Weightlifting shall be applied in case of disagreement.

Article 4: Age groups, types, and events of the competition

4.1 Ages are classified into 3 groups as follows:

- (1) U14 (not born before 2009)
- (2) U16 (born between 2007 - 2008)
- (3) U18 (born between 2005 - 2006)

4.2 The competition is divided into 2 types as follows:

- (1) Boys' team
- (2) Girls' team

## 4.3 The competition events are as follows:

No.	Events	U14		U16		U18	
		Boys	Girls	Boys	Girls	Boys	Girls
1	49.0 kg (body weight does not exceed 49.0 kg)	✓	-	-	-	-	-
2	55.0 kg ( body weight exceeds 49.0 kg but does not exceed 55.0 kg)	✓	-	-	-	-	-
3	61.0 kg (body weight exceeds 55.0 kg but does not exceed 61.0 kg)	✓	-	-	-	-	-
4	67.0 kg (body weight exceeds 61.0 kg but does not exceed 67 kg)	✓	-	-	-	-	-
5	73.0 kg (body weight exceeds 67.0 kg but does not exceed 73.0 kg)	✓	-	-	-	-	-
6	73.0+ kg (body weight exceeds 73.0 kg)	✓	-	-	-	-	-
7	40.0 kg (body weight does not exceed 40.0 kg)	-	✓	-	-	-	-
8	45.0 kg (body weight exceeds 40.0 kg but does not exceed 45.0 kg)	-	✓	-	-	-	-
9	49.0 kg (body weight exceeds 45.0 kg but does not exceed 49.0 kg)	-	✓	-	-	-	-
10	55.0 kg (body weight exceeds 49.0 kg but does not exceed 55.0 kg)	-	✓	-	-	-	-
11	59.0 kg (body weight exceeds 55.0 kg but does not exceed 59.0 kg)	-	✓	-	-	-	-
12	59.0+ kg (body weight exceeds 59.0 kg)	-	✓	-	-	-	-
13	49.0 kg (body weight does not exceeds 49.0 kg)	-	-	✓	-	-	-
14	55.0 kg (body weight exceeds 49.0 kg but does not exceed 55.0 kg)	-	-	✓	-	-	-
15	61.0 kg (body weight exceeds 55.0 kg but does not exceed 61.0 kg)	-	-	✓	-	-	-
16	67.0 kg (body weight exceeds 61.0 kg but does not exceed 67.0 kg)	-	-	✓	-	-	-
17	73.0 kg (body weight exceeds 67.0 kg but does not exceed 73.0 kg)	-	-	✓	-	-	-
18	81.0 kg (body weight exceeds 73.0 kg but does not exceed 81.0 kg)	-	-	✓	-	-	-
19	81.0+ kg (body weight exceeds 81.0 kg)	-	-	✓	-	-	-
20	45.0 kg (body weight does not exceed 45.0 kg)	-	-	-	✓	-	-
21	49.0 kg (body weight exceeds 45.0 kg but does not exceed 49.0 kg)	-	-	-	✓	-	-

No.	Events	U14		U16		U18	
		Boys	Girls	Boys	Girls	Boys	Girls
22	55.0 kg (body weight exceeds 49.0 kg but does not exceed 55.0 kg)	-	-	-	✓	-	-
23	59.0 kg (body weight exceeds 55.0 kg but does not exceed 59.0 kg)	-	-	-	✓	-	-
24	64.0 kg (body weight exceeds 59.0 kg but does not exceed 64.0 kg)	-	-	-	✓	-	-
25	71.0 kg (body weight exceeds 64.0 kg but does not exceed 71.0 kg)	-	-	-	✓	-	-
26	71.0+ kg (body weight exceeds 71.0 kg)	-	-	-	✓	-	-
27	55.0 kg (body weight does not exceed 55.0 kg)	-	-	-	-	✓	-
28	61.0 kg (body weight exceeds 55.0 kg but does not exceed 61.0 kg)	-	-	-	-	✓	-
29	67.0 kg (body weight exceeds 61.0 kg but does not exceed 67.0 kg)	-	-	-	-	✓	-
30	73.0 kg (body weight exceeds 67.0 kg but does not exceed 73.0 kg)	-	-	-	-	✓	-
31	81.0 kg (body weight exceeds 73.0 kg but does not exceed 81.0 kg)	-	-	-	-	✓	-
32	89.0 kg (body weight exceeds 81.0 kg but does not exceed 89.0 kg)	-	-	-	-	✓	-
33	96.0 kg (body weight exceeds 89.0 kg but does not exceed 96.0 kg)	-	-	-	-	✓	-
34	96.0+ kg (body weight exceeds 96.0 kg)	-	-	-	-	✓	-
35	49.0 kg (body weight does not exceed 49.0 kg)	-	-	-	-	-	✓
36	55.0 kg (body weight exceeds 49.0 kg but does not exceed 55.0 kg)	-	-	-	-	-	✓
37	59.0 kg (body weight exceeds 55.0 but does not exceed 59.0 kg)	-	-	-	-	-	✓
38	64.0 kg (body weight exceeds 59.0 kg but does not exceed 64.0 kg)	-	-	-	-	-	✓
39	71.0 kg (body weight exceeds 64.0 kg but does not exceed 71.0 kg)	-	-	-	-	-	✓
40	76.0 kg (body weight exceeds 71.0 kg but does not exceed 76.0 kg)	-	-	-	-	-	✓
41	81.0 kg (body weight exceeds 76.0 kg but does not exceed 81.0 kg)	-	-	-	-	-	✓
42	81.0+ kg (body weight exceeds 81.0 kg)	-	-	-	-	-	✓
<b>Total number of events in each age group</b>		<b>6</b>	<b>6</b>	<b>7</b>	<b>7</b>	<b>8</b>	<b>8</b>
<b>Total number of weight classes</b>		<b>42</b>					

#### Article 5: The number of athletes and team officials

5.1 Each sports school is allowed to send one team in each type to compete.

5.2 For U14 boys' team and girls' team, the competition shall be divided into 6 weight classes. Each team is allowed to submit the list of 8 athletes, which consist of 6 competing athletes and 2 substitutes. The maximum number of 2 athletes is allowed to compete in each weight class.

5.3 For U16 boys' team and girls' team, the competition shall be divided into 7 weight classes. Each team is allowed to submit the list of 9 athletes, which consist of 7 competing athletes and 2 substitutes. The maximum number of 2 athletes is allowed to compete in each weight class.

5.4 For U18 boys' team and girls' team, the competition shall be divided into 8 weight classes. Each team is allowed to submit the list of 10 athletes, which consist of 8 competing athletes and 2 substitutes. The maximum number of 2 athletes is allowed to compete in each weight class.

5.5 Athlete is allowed to compete in only 1 age group and 1 weight class.

5.6 Team officials in each age group consist of:

(1) Team manager	1	person
(2) Coach	1	person
(3) Assistant coach	1	person

#### Article 6: Qualifications of athletes

The qualifications shall be based upon Section 5 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E 2562 (2019).

#### Article 7: The competition prizes

7.1 Winning athletes shall receive the competition prizes in accordance with Section 7, Article 21 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2562 (2019) as follows:

- (1) The winner shall receive gold-plated medal and certificate.
- (2) The first runner-up shall receive silver-plated medal and certificate.
- (3) The second runner-up shall receive bronze-plated medal and certificate.

7.2 Sports school which has the highest total scores shall receive a trophy of honor in accordance with Section 7, Article 22 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2562 (2019). The point calculation shall be as follows:

The 1 <sup>st</sup> place gets	28	points
The 2 <sup>nd</sup> place gets	25	points
The 3 <sup>rd</sup> place gets	23	points
The 4 <sup>th</sup> place gets	22	points
The 5 <sup>th</sup> place gets	21	points
The 6 <sup>th</sup> place gets	20	points
The 7 <sup>th</sup> place gets	19	points
The 8 <sup>th</sup> place gets	18	points
The 9 <sup>th</sup> place gets	17	points
The 10 <sup>th</sup> place gets	16	points

The 11 <sup>th</sup> place gets	15	points
The 12 <sup>th</sup> place gets	14	points
The 13 <sup>th</sup> place gets	13	points
The 14 <sup>th</sup> place gets	12	points
The 15 <sup>th</sup> place gets	11	points
The 16 <sup>th</sup> place gets	10	points
The 17 <sup>th</sup> place gets	9	points
The 18 <sup>th</sup> place gets	8	points
The 19 <sup>th</sup> place gets	7	points
The 20 <sup>th</sup> place gets	6	points
The 21 <sup>st</sup> place gets	5	points
The 22 <sup>nd</sup> place gets	4	points
The 23 <sup>rd</sup> place gets	3	points
The 24 <sup>th</sup> place gets	2	points
The 25 <sup>th</sup> place gets	1	point

### 7.3 Excellent athlete and coach awards

Excellent athlete and coach shall receive a certificate of honor under the criteria of consideration as follows:

(1) The excellent athlete awards shall be given to three boys and three girls.

(2) The excellent coach awards shall be given to three boys' team coaches and three girls' team coaches.

(3) The operating sub-committee in the weightlifting sport technical sub-committee shall consider and operate for the excellent athlete and coach awards.

### Article 8: The competition organizing methods

8.1 The competition shall be based upon the rules of the International Weightlifting Federation (IWF), Thai version, approved by the Thai Amateur Weightlifting Association.

8.2 Drawing lots for personal number and athletes' body weighing shall be based upon the rules of the Thai Amateur Weightlifting Association.

8.3 Participating teams shall have to come and compete on the date, time and venues specified by the organizing committee. Weighing in each weight class shall have to be proceeded 2 hours prior to the competition and have to be completed 1 hour prior to the competition. Athletes who do not appear shall be deprived of the competition.

### Article 9: Determination of the competition date, time and venues

The organizing committee shall be responsible for determination of the competition date, time and venues.

### Article 10: The competition uniform and equipment

10.1 Athletes shall have to wear uniform provided by their sports school but it must not violate the rules and regulation of the International Weightlifting Federation (IWF) which officially promulgated by the Thai Amateur Weightlifting Association.

10.2 Barbell set for the competition which is certified by the International Weightlifting Federation shall be used.

10.3 Adding more weight plates/discs: the collars can be excepted if necessary.

10.4 Girls' competition: 15 kg bar shall be used for girls.

10.5 Boys' competition: 20 kg bar shall be used for boys.

10.6 Barbell set for warming up: TAWA weight discs/plates or others shall be used.

10.7 Barbell set for practice: TAWA weight discs/plates or others shall be used.

Article 11: Referees and officials

The sport technical sub-committee shall consider under an approval of the organizing committee.

Article 12: Protests and appeal

The protests and appeal shall be based upon Section 8 and Section 10 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2562 (2019).

Article 13: Penalty

The penalty shall be based upon Section 9 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2562 (2019).

Article 14: Chairperson of the 24<sup>th</sup> Thailand Sports School Games Organizing Committee shall have charge and control of the execution of this regulation and act as an arbiter in case of any problems which may occur from applying this regulation.

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“Nakhon Lampang Games”