



ORGANIZER

主辦機構



CO-ORGANIZER

協辦機構



SUBVENTED BY

資助機構



65th Festival of Sport – Hong Kong Powerlifting Championships 2022 (Equipped and Classic) Prospectus (Open, Youth, Sub-Junior, Junior, Senior & Master)

- (1) Date: 13rd August, 2022 (Saturday)
- (2) Venue : Queen Elizabeth Stadium, Arena
- (3) **Weight categories :**
 1. Men : Below 53kg (Sub-Junior & Junior only) , 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, 120kg+
 2. Women : Below 43kg (Sub-Junior & Junior only) , 47kg, 52kg, 57kg, 63kg, 69kg, 76kg, 84kg, 84kg+

Age groups :

Open : 14 years of age or above (Year of Birth:2006 and before) ;

Youth: from the day he/she reaches 12 years of age to the day before he/she reaches 14 years of age. (Year of Birth: 2006 ~ 2008) ;

Sub-Junior:14-18years of age(Year of Birth: 2002 ~ 2006) ;

Junior : 19-23 years of age (Year of Birth:1997 ~ 2001) ;

Master 1 : 40-49 years of age (Year of Birth:1971 ~ 1980) ;

Master 2 : 50-59 years of age (Year of Birth:1961 ~ 1970) ;

Master 3 : 60-69 years of age (Year of Birth:1951 ~ 1960) ;

Master 4 : 70 years of age or above (Year of Birth:1950 and before) ;

Note: No changes in the weight and age category will be allowed in 21 days before the date of the Championships (i.e. 22/07/2022). The change should be notify in written by mail or email, phone notice will not be accepted. If the lifter' s body weight does not match with the registered weight category, the athlete can weigh-in again within 1.5 hours. If the weight still does not match, the athlete can still participate, but the result will not be counted.

- (4) Time of Weigh-in and Competition (**Tentative only**)
1st Session: Weigh-in 9:00am, Competition 11:00
- (5) The rules of competition: The competition will be complied with the IPF technical rules. Please refer to IPF website: <http://www.powerlifting-ipf.com> for more details.
- (6) All athletes must wear specified costumes in competition. Athletes may refer to the “IPF approved list” on the website:

香港舉重健力總會有限公司

總會網址 : <http://www.hkwpa.org.hk> 總會電郵 : pokkimwon@hkwpa.org.hk



ORGANIZER

主辦機構



CO-ORGANIZER

協辦機構



SUBVENTED BY

資助機構



<https://www.powerlifting-ipf.com/rulescodesinfo/approved-list.html>. For enquiries about powerlifting suit, bench T-shirt, singlet, squat suit, deadlift suit, power belt, Knee Wraps, wrist band and other equipment, please contact us.

According to IPF regulations, there will be gear checking before competition. All country logo or flag cannot be shown on costumes except the HKSAR logo or flag.

Competition equipment will be available to buy in the Venue: Powerlifting singlet \$300, Deadlift socks \$160, T-shirt with Hong Kong logo \$120, Wristwrap and Knee wrap will also be available while stock last. More equipment and costumes will be available on <https://www.hotsuit.com.hk>

(7) The host organization takes no responsibility for any injury resulted from athlete's negligence or technical problems.

(8) **Doping Control**

All athletes must participate in anti-doping seminar before they can compete. The seminar will be held on 8th August (Fri) 18:30 and 13th August (Sat) 09:30 and will be taught in Cantonese. The participant could also register in the world anti-doping education platform <https://www.adel.wada-ama.org> to take foreign language online classes and get a certificate. If you do not participate in any anti-doping course or seminar, you cannot compete and the registration fee will not be refunded.

Doping tests will be conducted at this event. The Hong Kong Anti-Doping Committee (HKADC) will conduct the tests in accordance to the HKADC Anti-Doping Rules. Any participating athletes could be selected for doping tests and requested to provide urine and/or blood sample under witness. Sanctions for Anti-Doping Rules violation, such as refusal to providing sample or returning of positive test results, may include:

1. Disqualification of results achieved at the event
2. Ineligibility in sport

During the period of ineligibility, the individual is not allowed to participate in any capacity (including but not limited to competing athlete, coach, team official, judge etc.) in competitions or other sporting activities.

3. Financial sanction of HK\$20,000
4. Public disclosure of athlete's identity and details of the violation
5. Any other applicable sanctions.

Athletes should read and understand the anti-doping regulations and information available on the official

香港舉重健力總會有限公司

總會網址：<http://www.hkwpa.org.hk> 總會電郵：pokkimwon@hkwpa.org.hk



ORGANIZER

主辦機構



CO-ORGANIZER

協辦機構



SUBVENTED BY

資助機構



webpage of HKADC (www.antidoping.hk). According to the Strict Liability Principle, athlete is responsible for what could be found in his/her body. Ignorance could not be used as an excuse for a positive test. If there are any uncertainties, please contact HKADC.

(9) Application:

** All participants must be the registered members of Hong Kong Weightlifting and Powerlifting Association Limited. The fees of becoming Ordinary member will be **HK\$200** (Membership Validity: 1st January – 31st December), student memberships: **HK\$50** (the proof of student card is required).

Member who has been Ordinary member for three or more years are eligible to apply for permanent membership. The applicant must hold a valid Hong Kong identity card with permanent residency. Applicant could become permanent member after the approval of HKWPA Executive Committee. The permanent memberships fee is **HK\$2,000**. Permanent member does not need to pay membership fee any more.

Online registration is required. The detailed registration procedures are as follows:

(1) Go to the website of the 65th Hong Kong Federation and Olympic Committee Sports Festival <https://fos.hkolympic.org/zh/>

(2) Create a new account

(3) Click Programme list and look for "Hong Kong Powerlifting Championships 2022"

(4) Click on the event details, you will find the link to online registration form

(5) Complete the online registration form

(6) After receiving the registration form, the HKWPA will contact the athletes after verifying the membership status

(7) Notify the athletes to settle the competition fee

(8) Send the bank transfer receipt or mail a cheque back to HKWPA

(9) Complete the registration procedure

Beginning Date of Registration (All age groups): **13th June 2022 2:00pm**

Registration Deadline: **22th July 2022 12:00pm**

HKWPA reserves the final rights to accept any registration.

香港舉重健力總會有限公司

總會網址：<http://www.hkwpa.org.hk> 總會電郵：pokkimwon@hkwpa.org.hk



ORGANIZER

主辦機構



CO-ORGANIZER

協辦機構



SUBVENTED BY

資助機構



Individual Registration Fee: **HK\$1600**

Anti-Doping Fee: **HK\$200**

Registration Fee for Disabled, Comprehensive Social Security Assistance (CSSA) recipient or School Textbook Assistance recipient: **HK\$900**

Registration fee included an anti-epidemic present bag: One bottle of Magnesium Powder, One bottle of hand sanitizer, One pack of face mask, One session of Squat/Benchpress/Deadlift Workshop for free. The workshop will be available on Tue/Thu/Sat starting from 19th May to 6th Aug. Additional workshop fee is HK\$200 per session.

Team registration: **HK\$500** (No charges if the team is already registered as our group member). The team leader need to submit a team registration form with Team Chop and signature. If a team has an athlete who has a positive Doping test record in 2022, whether it is in-competition or out-of-competition Doping test, all members of that team will no longer be accepted for team registration in the future, and will not be able to represent Hong Kong to compete in international competitions in 2022.

(10) Record

The result of this competition is the legal Hong Kong Powerlifting record. HKWPA will charge an administrative fee of \$50 for each commemorative certificate.

(11) Awards:

- 1) The top three athletes of each category will get Gold, Silver and Bronze medal respectively.
- 2) Trophy will be awarded to Overall best Men and Women Athlete. The result of Equipped and Classic event will be calculated separately.
- 3) Every participant will get one Hong Kong team T-Shirt and one pair of Hong Kong team socks for free in addition of the anti-epidemic present bag.
- 4) Men and Women Team awards (Each team must have at least 2 persons)
Calculation of Score: 1st - 14 score, 2nd - 9 score, 3rd - 6 score, 4th - 3 score, 5th - 2 score, 6th - 1 score.
The result of Equipped and Classic event will be calculated combined together for team award.

香港舉重健力總會有限公司

總會網址：<http://www.hkwpa.org.hk> 總會電郵：pokkimwon@hkwpa.org.hk



ORGANIZER

主辦機構



CO-ORGANIZER

協辦機構



SUBVENTED BY

資助機構



(12) Selection:

- 1) Hong Kong Weightlifting and Powerlifting Association Limited (HKWPA) will subsidize to Men and Women who have top performance in the competition to participate in Asian or World competitions, please refer to HKWPA website for detailed subsidy information.
- 2) The selection committee of Hong Kong Weightlifting and Powerlifting Association Limited (HKWPA) will select Sub-juniors and Juniors who have excellent performance in the championships, and provide subsidy to them to participate in Asian or World Sub-Junior/Junior/University competitions. The subsidy amount will be 50-70% of the total eligible expenses. The subsidized event should be held within 12 months after the subsidy is awarded and before entering the senior Age group. The recipient shall also agree to conduct out-of-competition anti-doping test and report whereabouts to HKWPA.
- 3) In order to encourage athletes to participate in international competitions to improve their level, athletes in the open age group who achieved 40% of the IPF world record standard can participate in international competition at their own expense, and there is no standard for the junior and senior groups. Subsidy will also be given to self-finance athlete who win medal in Open category. Please refer to HKWPA website for detailed subsidy information.
- 4) HKWPA reserves the final rights to nominate an athlete in international competition.

(13) Complaint and Appeal

If athlete want to appeal the competition result, **a written appeal must be submitted within 14 days after the competition is finished along with HK\$500 appeal fee.** All late submission shall not be proceeded. The appeal fee will be refund if the appeal is successful.

(14) Training, workshop and mock competition:

Athletes participating in this competition can enjoy a free session of training workshop held at the Wanchai Sportsground Weightlifting Room. The purpose of the workshop is to provide in-depth guidance in groups of up to 5 people by two senior coaches, and to introduce the latest Powerlifting techniques and kinesiology, and give personalized advice to improve performance. The date and time of the squat, benchpress and deadlift workshops can be found on the website. The fee for each workshop session is \$200. There are also other training courses or technique training classes available. The information can be found on the HKWPA website at <https://www.hkwpa.org.hk> or

香港舉重健力總會有限公司

總會網址：<http://www.hkwpa.org.hk> 總會電郵：pokkimwon@hkwpa.org.hk



ORGANIZER

主辦機構



CO-ORGANIZER

協辦機構



SUBVENTED BY

資助機構



<https://www.instagram.com/hkwpa-coaching/>

A mock competition will be held at the Wanchai Sportsground Weightlifting Room from 3-7pm on July 30th, 2022. Aiming to provide a realistic competition environment for athletes with less experience to familiarize with the competition and technical rules. The head coach will provide advice as well. The participation fee is \$500. Participants will be the first to receive the Asia-Pacific Championships commemorative T-shirts (\$300) for free. Quota for the mock competition is 12 people. Please contact HKWPA office for reservation.

(15) Epidemic precaution measures

Each athlete can only accompany by two coaches or assistants into the warm-up area and the competition area. Eating is not allowed in the venue. You must eat at the designated place. Masks must be worn at all times. An epidemic precaution agreement must be signed before the competition. There will be no audience. The audience can watch the competition through live streaming. Athletes and coaches/assistants cannot stay in the warm-up area outside their competition session. Athletes must obey the instructions of the HKWPA staff. Those who do not comply with the instructions will not only be disqualified from the competition, but also bear all losses caused by their actions.

(16) The competition will be postponed or cancelled in case of No. 8 typhoon signal or black rainstorm signal is hoisted within 2 hours before the competition commence. If the above signals are cancelled two hours before the competition start, the competition will be held as usual. Further announcement on change of date will be posted on association's website: <http://www.hkwpa.org.hk>

(17) For more enquiries, please contact us by Tel: 2504 8193, or send email to pokkimwon@hkwpa.org.hk.

(18) The decision of HKWPA shall be final and conclusive.

(19) All of the above information is subject to change without prior notice. All rules and information as announced on the competition day shall prevail.

(20) In case of discrepancies between the Chinese and English versions, the Chinese version shall prevail.

Updated on 2022-06-10

香港舉重健力總會有限公司

總會網址：<http://www.hkwpa.org.hk> 總會電郵：pokkimwon@hkwpa.org.hk