



2019 BATANG PINOY NATIONAL WEIGHTLIFTING COMPETITION

1. COMPETITION RULES AND REGULATIONS:

The competitions will be held in accordance with the latest International Weightlifting Federation (IWF) Technical and Competition Rules & Regulation (TCRR). Body weight categories has been modified to suit the age group event.

2. VENUE

Accommodation	:	To be announce later
Competition site	:	TBDL
Training site	:	TBDL

3. DATE

Arrival of Participants	:	TBDL
Opening Ceremony	:	
Competition Proper	:	
Departure of Delegates	:	

4. EVENTS

12 years old and under:

There are four (4) categories in the Boy's and Girl's 12 years old and Under Division.

Girls	: 26kg, 30kg, 35kg and 35kg+
Boys	: 32kg, 37kg, 43kg and 43kg+

Each team may enter a maximum of four (4) athletes plus one (1) reserve in the Boy's(12 years old and Under) Division and four (4) athletes plus one (1) reserve in the Girl's(12 years old and Under) Division, spread over the different categories with One (1) athlete per category **ONLY**.

13 years old to 15 years old:

There are eight (8) categories for the Boy's and Girl's Division.

Girls	: 30kg, 35kg, 40kg, 45kg, 49kg, 55kg, 59kg and 59kg+
Boys	: 32kg, 37kg, 43kg, 49kg, 55kg, 61kg, 67kg and 67kg+

Each team may enter a maximum of eight (8) athletes plus two (2) reserves in the Boy's (13 years old to 15 years old) Division and eight (8) athletes plus two (2) reserves in the Girl's (13 years old to 15 years old) Division, spread over the different categories with One (1) athlete per category **ONLY**.

Note:

The minimum lift in the attempt for Girls is 16kg and for Boys is 21kg.

5. ELIGIBILITY

- a. The 2019 Batang Pinoy Championships is a competition for Filipino Youth ages 15 years old and below.
- b. The participants shall be classified under Two (2) Age group, 12 years old and under (**Borne 2007 and Up**) and 13 – 15 years old. (**Borne 2004 to 2006**)
- c. An athlete should participate as a member of the official delegation of a province, chartered city, or municipality. **Barangay-level endorsement of athletes shall NOT be accepted.**
- d. An athlete should be a Filipino citizen, whether by birth or naturalization. A Fil-foreign athlete may participate as long as he/she represents a particular LGU.
- e. An athlete may represent only ONE (1) LGU.
- f. An athlete should have resided in his/her represented LGU for at least two (2) YEARS. Endorsed athletes shall be presumed to meet the residency requirements unless proven otherwise through a formal protest by any party.
- g. Participation in the Batang Pinoy is for FREE (no entry/participation fee to be collected).

6. AWARDS

Gold, Silver and Bronze medals will be presented to the first three winner in each bodyweight category for both boy's and girl's events. Certificate of participation will be given to all the participants.



7. ENTRIES

Preliminary Entries must be submitted to PWA not later than 30 April 2019. Final Entries must be submitted to PWA not later than 30 May 2019.

8. FORMS AND DOCUMENTS FOR SUBMISSION

- a. LGU Entry Form A (Summary of Entry by Number) certified by the LGU Head or Administrator indicating the numbers of the following:
 - Participating athletes per sport
 - Coaches per sports
 - Delegation Officials (the Head of Delegation should be an LGU official)
- b. LGU Entry Form A-1 (Entry by Name per Event) indicating the following:
 - Name of participating athletes per event (based on birth certificate)
 - Ages of participating athletes per event
- c. Medical Clearance and Waiver of Liability Form to be signed by the athlete, parent/legal guardian and physician designated by the LGU or parents/legal guardian
- d. Certified true copy of athletes birth certificate issued by the National Statistics Office or the local Civil Registrar

9. ACCOMMODATION, MEALS AND TRANSPORTATION

- a. All athletes and coaches shall ONLY be provided with accommodation in DepEd Schools for the duration of the competition.
- b. Transportation and meals of athletes/coaches from point of origin to the host locality and back shall be on their own account.

10. TECHNICAL OFFICIALS

The Juries, Referees and other officiating officials must be appointed by the Competition Tournament Director.

11. INSURANCE

All the participants should have to be under insurance coverage for travel and accident by their respective LGU's before their departure.

12. COMPETITION UNIFORM

- a. Each participants from its team/clubs is required to wear the proper competition uniform during the competition.
- b. In the absence of weightlifting shoes, Sneakers can be a substitute but no sandals or slippers allowed for athlete's safety.
- c. In the absence weightlifting suit, cycling short can be use and team uniform shirt. No short/boxer short is allowed during the competition.

13. REGISTRATION

Pre-registration of ALL participating athletes is through ON-LINE at the **PSC Website**.



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PRELIMINARY ENTRY						
LGU NAME:						
12 years old and Under (Borne 2007 and Up)						
BOYS				GIRLS		
NO.	CATEGORY	NAME	DATE OF BIRTH	CATEGORY	NAME	DATE OF BIRTH
1	32kg			26kg		
2	37kg			30kg		
3	43kg			35kg		
4	43kg+			35kg+		
R						
	TOTAL					
13 TO 15 years old (Borne 2004 to 2006)						
BOYS				GIRLS		
NO.	CATEGORY	NAME	DATE OF BIRTH	CATEGORY	NAME	DATE OF BIRTH
1	32kg			30kg		
2	37kg			35kg		
3	43kg			40kg		
4	49kg			45kg		
5	55kg			49kg		
6	61kg			55kg		
7	67kg			59kg		
8	67kg+			59kg+		
R1						
R2						
	TOTAL					

President/ Secretary General ----- Signature -----

Organizing Committee:
 Philippine Weightlifting Gym
 Rizal Memorial Sports Complex
 P. Ocampo Sr. St., Malate, Manila
 Email: aragustin_70@yahoo.com
 CP Nos. 0915-494-9931



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FINAL ENTRY

LGU NAME:						
12 years old and Under (Borne 2007 and Up)						
BOYS				GIRLS		
NO.	CATEGORY	NAME	DATE OF BIRTH	CATEGORY	NAME	DATE OF BIRTH
1	32kg			26kg		
2	37kg			30kg		
3	43kg			35kg		
4	43kg+			35kg+		
R						
	TOTAL					
13 TO 15 years old (Borne 2004 to 2006)						
BOYS				GIRLS		
NO.	CATEGORY	NAME	DATE OF BIRTH	CATEGORY	NAME	DATE OF BIRTH
1	32kg			30kg		
2	37kg			35kg		
3	43kg			40kg		
4	49kg			45kg		
5	55kg			49kg		
6	61kg			55kg		
7	67kg			59kg		
8	67kg+			59kg+		
R1						
R2						
	TOTAL					

President/ Secretary General ----- Signature -----

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PROGRAM OF COMPETITION

		Arrival of Delegations
	13:00	Assembly of Delegates
	14:00	Opening Ceremony
	9:00	Verification of Entries
	10:00	Technical Officials Meeting
	11:00	Weigh-in (All Events/ Category for the Day)
	13:00	Competition Proper - All Girls 12yrs & under
	15:00	Competition Proper - All Boys 12yrs & under
	17:00	Awarding of Medals
	8:00	Weigh-in (All Events/ Category for the Day)
	10:00	Competition Proper - Girls (30kg and 35kg)
	13:00	Competition Proper - Boys (32kg and 37kg)
	15:00	Awarding of Medals
	8:00	Weigh-in (All Events/ Category for the Day)
	10:00	Competition Proper - Girls (40kg and 45kg)
	13:00	Competition Proper - Boys (43kg and 49kg)
	15:00	Awarding of Medals
	8:00	Weigh-in (All Events/ Category for the Day)
	10:00	Competition Proper - Girls (49kg and 55kg)
	13:00	Competition Proper - Boys (55kg and 61kg)
	15:00	Awarding of Medals
	8:00	Weigh-in (All Events/ Category for the Day)
	10:00	Competition Proper - Girls (59kg and 59kg+)
	13:00	Competition Proper - Boys (67kg and 67kg+)
	15:00	Awarding of Medals
		Departure of Delegates

Note: Competition schedules is subject to change, depending of the number of entries per event.