



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 have been modified to suit the age group events.

2. VENUE

Accommodation	:	To be announced later
Competition site	:	Melvin Jones, Baguio City
Training site	:	Melvin Jones, Baguio City

3. DATE

Arrival of Participants	:	14 September 2018
Opening Ceremony	:	15 September 2018
Competition Proper	:	16 – 19 September 2018
Departure of Delegates	:	22 September 2018

4. EVENTS

12 years old and Under:

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

Girls : 28kg, 32kg, 36kg and Over 36kg

Boys : 30kg, 34kg, 38kg and Over 38kg

Each team may enter a maximum of four (4) athletes plus one (1) reserve in the Boy's and Girl's Divisions (12 years old and Under), spread over the different categories with a maximum of two (2) athletes per category.

13 years old to **15 years old**:

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

Girls : 32kg, 36kg, 40kg, 44kg, 48kg, 53kg, 58kg and Over 58kg

Boys : 34kg, 38kg, 42kg, 46kg, 50kg, 56kg, 62kg and Over 62kg

Each team may enter a maximum of four (4) athletes plus one (1) reserve in the Boy's and Girl's Division (12 years old and Under), spread over the different categories with a maximum of two (2) athletes per category.

Note:

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



5. ELIGIBILITY

- a. The 2018 Batang Pinoy Championships is a competition for Filipino Youth ages **15 years** and below.
- b. The participants shall be classified under Two (2) Age group, Under 12 years old and 13 – **15 years old**. (Borne 2003 and Up)
- 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 (LGU Forms A and A-1) must be submitted to **PSC** not later the 15 July 2018. Final Entries (LGU Form B) must be submitted to **PSC** not later than 15 August 2018.

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 B (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 participant is required to wear the proper competition uniform during the competition.
- b. In the absence of weightlifting shoes, sneakers can be substituted but no sandals or slippers allowed for athlete's safety.
- c. In the absence weightlifting suit, cycling short and team uniform shirt can be used. No short/ boxer short is allowed during the competition.

13. REGISTRATION

Pre-registration of ALL participating athletes is through ON-LINE at the **PSC Batang Pinoy** email address.

Prepared By:

ANTONIO R AGUSTIN JR

Tournament Director