



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	:	Puerto Princesa, Palawan
Competition site	:	TBDL
Training site	:	TBDL

3. DATE

Arrival of Participants	:	15 December 2024
Opening Ceremony	:	16 December 2024
Competition Proper	:	17 December 2024
Departure of Delegates	:	21 December 2024

4. EVENTS

12 to 13 years old: (Born 2011 and 2012)

There will be Six (6) categories in the Children Boy's and Girl's Division.

Girls : Cg30, Cg35, Cg40, Cg45, Cg49 and Cg49+

Boys : Cb32, Cb37, Cb43, Cb49, Cb55 and Cb55+

Each team may enter a maximum of Six (6) athletes in the Children Boy's (Cb-12 to 13 years old) and Six (6) athletes in the Children Girl's (Cg-12 to 13 years old) Division, spread over the different categories with a maximum of Two (2) athletes per categories **ONLY**.

14 to 15 years old: (Born 2009 to 2010)

There will be Six (6) categories in the Boy's and Girl's Division.

Girls : G35, G40, G45, G49, G55 and G55+

Boys : B37, B43, B49, B55, B61 and B61+

Each team may enter a maximum of Six (6) athletes in the **Boy's** (B-14 to 15 years old) and Six (6) athletes in the **Girl's** (G-14 to 15 years old) Division, spread over the different categories with a maximum of Two (2) athletes per categories **ONLY**.

16 to 17 years old: (Born 2007 to 2008)

There will be Six (6) categories in the Men and Women Division.

Girls : W40, W45, W49, W55, W59 and W59+

Boys : M43, M49, M55, M61, M67 and M67+

Each team may enter a maximum of Six (6) athletes in the **Men's** (M-16 to 17 years old) and Six (6) athletes in the **Women's** (W-16 to 17 years old) Division, spread over the different categories with a maximum of Two (2) athletes per categories **ONLY**.

Note:

- 15kg Bars for Girls/Women and 20kg Bars for Boys/Men will use in All Events.
The minimum lift in the attempt for Girls/Women is 16kg and for Boys/Men is 21kg.

2. *As a General Rules in the Batang Pinoy National, a CHANGE OF CATEGORY is not allowed in all EVENTS, but in cases where a particular category will not meet the require number of participants (at least Two (2) competitors per category). The athlete on the said category can move down or up to the next category, provided he/she will meet the required weight during the official weigh-in.*

5. ELIGIBILITY

- a. The 2024 Batang Pinoy Games is a competition for all Filipino Youth, ages 17 years old and below.
- b. The participants shall be classified under Three (3) Age group Event:
 1. 12 to 13 years (**Born 2011 and 2012**)
 2. 14 – 15 years old (**Born 2009 and 2010**)
 3. 16-17 years old (**Born 2007 and 2008**) for the 2024 Batang Pinoy Games.
- c. Representation is by LGU (City or Province)
- d. Filipino citizen or a Philippine Passport holder is eligible to join.

Note:

Under the 1987 Philippine Constitution (Article IV, Section 1), the following are the citizen of the Philippines:

- 1) Those who are citizen of the Philippines at the time of the adoption of the Constitution;
 - 2) Those whose fathers or mothers are citizen of the Philippines;
 - 3) Those born before January 17, 1973 of Filipino mothers who elect Philippine citizenship upon reaching the age of majority; and
 - 4) Those who are naturalize in accordance with the law.
- 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 2024 Batang Pinoy Games 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

On-line registration is open starting **August 25, 2024** and Ends on **October 15, 2024**. No entries will be accepted after **October 15, 2024**.

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 Philippine Statistics Authority.

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 City/Province 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 of 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 **Batang Pinoy/ PNG Website**.



BATANG PINOY NATIONAL CHAMPIONSHIPS

2024

WEIGHTLIFTING COMPETITION

LGU NAME:

12 to 13 years old (Born 2011 and 2012)

BOYS				GIRLS		
NO.	CATEGORY	NAME	DOB dd/mm/yyyy	CATEGORY	NAME	DOB dd/mm/yyyy
1	Cb32			Cg30		
2	Cb37			Cg35		
3	Cb43			Cg40		
4	Cb49			Cg45		
5	Cb55			Cg49		
6	Cb55+			Cg49+		
	TOTAL					

14 to 15 years old (Born 2009 and 2010)

BOYS				GIRLS		
NO.	CATEGORY	NAME	DOB dd/mm/yyyy	CATEGORY	NAME	DOB dd/mm/yyyy
1	B37			G35		
2	B43			G40		
3	B49			G45		
4	B55			G49		
5	B61			G55		
6	B61+			G55+		
	TOTAL					

WEIGHTLIFTING COMPETITION

LGU NAME:

16 to 17 years old (Born 2007 to 2008)

BOYS				GIRLS		
NO.	CATEGORY	NAME	DOB dd/mm/yyyy	CATEGORY	NAME	DOB dd/mm/yyyy
1	M43			W40		
2	M49			W45		
3	M55			W49		
4	M61			W55		
5	M67			W59		
6	M67+			W59+		
	TOTAL					

Submitted by:

Duly noted by:

Head Coach

(Signature over printed name)

Local Chief Executive

(Signature over printed name)



BATANG PINOY NATIONAL CHAMPIONSHIPS 2024

PROGRAM OF COMPETITION

15 December		Arrival of Delegations
16 December	08:00	Solidarity
	09:00	Verification of Entries
	10:00	Technical Officials Meeting
	13:00	Assembly of Delegates
	14:00	Opening Ceremony
17 December	07:00	Weigh-in (All Events/ Category for the Day)
	09:00	Competition Proper – (Cg30, Cg35 and G35)
		Awarding of Medals
	12:00	Competition Proper – (Cb32, Cb37 and B37)
		Awarding of Medals
18 December	14:00	Competition Proper – (Cg40, G40 and W40)
		Awarding of Medals
	07:00	Weigh-in (All Events/ Category for the Day)
	09:00	Competition Proper – (Cb43, B43 and M43)
		Awarding of Medals
19 December	12:00	Competition Proper – (Cg45, G45 and W45)
		Awarding of Medals
	14:00	Competition Proper – (Cb49, B49 and M49)
		Awarding of Medals
	07:00	Weigh-in (All Events/ Category for the Day)
20 December	09:00	Competition Proper – (Cg49, G49 and W49)
		Awarding of Medals
	12:00	Competition Proper – (Cb55, B55 and M55)
		Awarding of Medals
	14:00	Competition Proper – (Cg49+, G55 and W55)
21 December		Awarding of Medals
	07:00	Weigh-in (All Events/ Category for the Day)
	09:00	Competition Proper – (Cb55+, B61 and M61)
		Awarding of Medals
	12:00	Competition Proper – (G55+, W59 and W59+)
20 December		Awarding of Medals
	14:00	Competition Proper – (B61, M67 and M67+)
		Awarding of Medals
		Closing
		Departure of Delegates

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


ANTONIO R. AGUSTIN JR.
 Tournament Director