



# WEIGHTLIFTING 2008

**Komotini  
Greece**

**1st World University  
Championship**



Technical Regulation

## **1. GENERAL INFORMATION**

The 1<sup>st</sup> World University Weightlifting Championships will be held in Komotini, Greece, 25-28 November 2008, in accordance with the relevant rules of the FISU and the IWF Handbook (Edition 2005-2008).

## **2. ELIGIBILITY TO PARTICIPATE**

- i. Athletes born between 1 January 1980 and 31 December 1990 are eligible to participate, who are :
  - Students of post secondary, academic educational institutions (community college, professional school, technical school, university and college in their own or in another country).
  - Participants must submit proof of their student status, i.e. a certificate signed by their educational institution.
- ii. Ex- students who graduated after 1 January 2007 must confirm this by a relevant document issued by the academic institution.

## **3. EVENTS**

The Championships will be held in the following bodyweight Categories:

Men:

56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg

Women:

48kg, 53kg, 58kg, 63kg, 69kg, 75kg, +75kg

## **4. AWARDS**

Gold, Silver and Bronze medals will be awarded in each Category for Snatch, Clean and Jerk and Total.

Team points will be calculated as per the IWF rules and Team Trophies for Men and Women will be awarded to the top six nations.

## **5. ENTRIES**

All Forms must be forwarded to:

- the Organising Committee

Competitor Entry Forms must be forwarded to:

- the Organising Committee
- the IWF

by e-mail, fax and/or mail.

### Deadlines:

Preliminary Entry Form (N1)	<b>25 September 2008</b>
Final Entry Form (N2)	<b>5 November 2008</b>
Individual Entry Form FISU Family (I4)	<b>5 November 2008</b>
Nominative Entry Form Officials and Referees (N2)	<b>5 November 2008</b>
Delegation Travel Schedule (N3)	<b>5 November 2008</b>
Individual Competitor Entry Form (I1)	<b>5 November 2008</b>

## **6. COMPETITION AND TRAINING**

The Championships will be held at the Basketball Stadium of the Democritus University of Thrace, Komotini, Greece.

Training will be available for the teams as of 23 November 2008, according to a Training Timetable to be issued, in the Training Hall, which is in the Department of Physical Education and Sport Sciences.

Weigh in will be held in the Basketball Stadium of the Democritus University of Thrace, Komotini.

## **7. EQUIPMENT**

The competitions will be carried out with UESAKA barbells.

The warm up area will be equipped with 6 platforms while in the training room 12 platforms will be available.

The IWF Technology and Information System will be used.

## **8. ANTI-DOPING CONTROLS**

Anti-doping controls will be carried out under the guidance of the FISU/IWF Medical Delegate in accordance with the FISU/IWF Rules.

## **9. REFEREES / TECHNICAL OFFICIALS**

In co-operation with the Organising Committee, the IWF will select a suitable number of International Technical Officials (jury, referees, technical controllers, doctors on duty) to work at the Championships. The staying costs of these selected Technical Officials will be covered by the OC for the competition days plus 2 days. The allocation of the TOs to their specific functions and groups will be made before the Selected Technical Officials' Meeting. All selected TOs must attend this Meeting.

## **10. TRAVEL AND TRANSPORT**

Komotini or Komotene, is a city in north-eastern Greece. It is the capital of the periphery of Eastern Macedonia and Thrace and the Rhodope Prefecture. It is also the administrative center of the Rhodope-Evros super-prefecture. The city is home to the

Democritus University of Thrace, founded in 1973. Komotini is notable for its Turkish-speaking minority which constitutes 50% of the city's population.

The city stands at an altitude of 32-38m on the Thracian plain near the foothills of the Rhodope Mountains. There is little urban planning in the older parts of city, in contrast to more recently developed quarters. According to the 2001 census, the city's population amounts to 52,659, a number that does not include approximately 13,000 resident students, trainees and soldiers.

Komotini is near three airports. The nearest is in Alexandroupoli (65km), the other is in Kavala (110km) and the last one is situated in the city of Thessaloniki (250 km). It has good rail and bus links to all continental Greek cities as well as Istanbul, and the good provincial road network has been supplemented by the new Egnatia Motorway.

All teams will be met at the Alexandroupolis Airport and will be transported to the Hotel at a cost of the Organizing Committee.

## **11. VISA AND ENTRY TO GREECE**

Prior to travelling to Greece, all participants must check whether they need a visa to enter Greece or not.

In case of need, you may contact the Organising Committee to help with the issuance of Greek visa.

## **12. ACCOMMODATION**

Participating delegations and officials will be accommodated at the following hotels:

Hotel ARCADIA

Telephone number: 0030 25310 89100, Fax: 0030 25310 89119

CHRIS & EVE

Telephone number: 0030 25310 33560 -3, Fax: 0030 25310 26979

FILIA Hotel

Telephone number: 0030 25310 27500, Fax: 0030 25310 70524

## **13. FINANCIAL CONDITIONS**

Participating delegations must pay \$ US 60 per person per day, including accommodation and full board (three meals) in one of the official hotels of the Championships.

The participation fees must be transferred to the following bank account:

**University's Property Development and Management Company**

**Piraeus Bank:**

**IBAN No GR54 0172 3500 0053 5000 4323 610**

**ATTENTION: on the voucher of the deposit at the bank, the exact title of the National University Sport Federation should be included as the name of the depositor.** The voucher must be sent, along with the Quantitative Entry Form, no longer than November 5th, 2008, to the Organizing Committee of the 1<sup>st</sup> World University Weightlifting Championship 2008, in any way this is convenient for you (by E-mail, by post or by fax). Please let us remind you that **without your sending of this receipt and the Quantitative form, no participation will be acknowledged.**

## **14. INSURANCE**

The insurance offered by the Organizing Committee will cover the risks of any liability or damages arising out of the organisation of the Championship and any act of the Organizing Committee or its mandatories and employees.

The participating countries must have the appropriate insurance to cover travel and participation.

## **15. ACCREDITATION**

Please provide full information on each athlete and member of your delegation in advance to prepare the accreditations. The accreditation/verification of the eligibility will take place after arrival, in accordance with the FISU Rules.

In order to avoid delay in the accreditation procedure, all national federations are kindly asked to send in advance a passport photo of each participant, preferably by e-mail. (e-mail address: [wuw12008@phyed.duth.gr](mailto:wuw12008@phyed.duth.gr))

## **16. FLAG**

All participating delegations are kindly requested to bring two national flags (100 X 150 cm).

Flags will be given back to each delegation's leader upon the end of the Championships.

## **17. CONTACTS**

### **Organizing Committee of the 1st World University Weightlifting Championship:**

Democritus University of Thrace,  
University Campus, 69100, Komotini, Greece

URL: <http://wuw12008.duth.gr>

E-mail: [wuw12008@phyed.duth.gr](mailto:wuw12008@phyed.duth.gr)

Telephone number: 0030 25310 39 701

Fax: 0030 25310 39 701

### **Hellenic Committee for University Sport**

c/o Ministry of Nat. Education & Religious Affairs  
37 Kifisias Str., 15123 Athens

E-mail: [eate@otenet.gr](mailto:eate@otenet.gr)

Tel: +30-210-6827905, Fax: +30-210-6823509

**FISU Technical Chair:**

Mrs. Anikó Németh-Móra  
c/o IWF, 1146 Budapest, Istvánmezei ut 1-3. Hungary  
Tel: +36.1.312 7012 Fax: +36.1.3530199  
E-mail: [aniko.nemeth-mora@iwfnet.net](mailto:aniko.nemeth-mora@iwfnet.net)

**IWF Delegate:**

Mr. Attila Ádámfi  
c/o IWF, 1146 Budapest, Istvánmezei ut 1-3. Hungary  
Tel: +36.1.312 7012 Fax: +36.1.3530199  
E-mail: [attila.adamfi@iwfnet.net](mailto:attila.adamfi@iwfnet.net)

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**Other relevant information:****- Tourist and historical info on Komotini**

The city's history is closely connected with that of Via Egnatia, the Roman trunk road which connected Dyrrhachium with Constantinople. The Roman emperor Theodosius I built a small rectilinear fortress on the road at a junction with a route leading north across the Rhodope Mountains toward Philippopolis. For most of its early existence the settlement was overshadowed by the larger town of Mosynopolis to the west, and by the end of the 12<sup>th</sup> century, the place had been completely abandoned. In 1207 following the destruction of Mosynopolis by the Bulgarian tsar Kaloyan, the remnant population fled and established themselves within the walls of the abandoned fortress. John Kantakouzenos mentions the place for the first time under the name *Koumoutsinas* in his account of the Byzantine civil war of the early 14<sup>th</sup> century. In the Ottoman Era, Komotini was known as *Gümülcine*. Its historical population has included Greeks, Turks, Jews, Armenians, Bulgarians and Pomaks. The city continued to be an important hub connecting the capital city of Constantinople with the European part of the Empire, and grew accordingly. Many monuments in the city today date to this era. During the first Balkan War, Bulgarian forces captured the city, only to surrender it to the Greek army during the second Balkan War on July 14, 1913. The Treaty of Bucharest, however, handed the city back to Bulgaria. Despite various schemes by Greek inhabitants to avoid Bulgarian occupation, the city was part of Bulgaria until the end of World War I. In this period, a short-lived independent state, the Republic of Gumuljina, was established in Western Thrace. Komotini, was declared as capital city of that state. In 1919, in the Treaty of Neuilly, Komotini was handed back to Greece, along with the rest of Western Thrace.

Today, at the heart of the city lie the evergreen Central Park of Agia Paraskevi and the 15 m-high WW2 Heroes' Memorial, locally known as 'The Sword'. The revamped Central square or *Plateia Irinis* (Square of Peace) is the focus of a vibrant nightlife boosted by the huge number of students living in the city. The Old commercial centre is very popular with tourists as it houses traditional shops and workshops that have long vanished from other Greek cities. In addition, in the northwestern outskirts of the city (Nea Mosinoupoli) locals and tourists alike flock into a modern shopping mall: Kosmopolis Park, which houses department stores, shops, supermarkets, a cinema complex, cafés and restaurants. Southwest of the central square one can find the Open-air Municipal Theatre, which hosts many cultural shows and events such as the cultural summer. Komotini has several museums including the Archaeological,

Byzantine and Folklore museums. 6 km NE of Komotini is the Nymfaia forest. It has recreational facilities which comprise trails, courts, playgrounds and space for environmental studies. The forest is divided by a paved road which leads to the Byzantine fortress and the historical fort of Nymfaia.

The population is quite multilingual for a city of this size and it is made up of local Greeks, Greek refugees from Asia Minor and eastern Thrace, Greek Muslims, Turks, Pomaks, Roma, descendants of Armenian refugees, and recent refugees, including Greeks, from the countries of the former USSR (mainly Georgia, Armenia, Russia and Kazakhstan).

Komotini is an established university city in the North of Greece known for its high standard of education and the unique and unforgettable 'Komotini student experience'. The Komotini campus has a dynamic population of approximately 5-10.000 students and a major part of social life evolves around it. The founding of the University of Thrace in 1973 has had a significant positive influence on the entire urban area fuelling the city's expansion and growth.

There is, also, an impressive array of sports facilities available. They include the Municipal Stadium of Komotini (Home of Panthrakikos FC), Panthrakiko Stadium (training grounds), Municipal Sports Complex (NE of the city), Municipal Swimming pool and Basketball Arena, Democritus University Sports Complex including an Arena and an Aquatic Centre as well as Basketball courts in almost every school in the city. The mountainous area in the north of the city is ideal for mountain-biking and trekking as well as 4x4 racing both of which take place throughout the year.

## **TIMETABLE**

<b>Date</b>	<b>Program</b>	<b>Time</b>
<b>24 November 2008</b>	Verification of Final Entries	10.00- 11.00
	Technical Conference	15.00- 16.00
	Selected Technical Officials' Meeting	16.00- 17.00
	Opening Ceremony	18.00 / 20.00*
<b>25 November 2008</b>	Men 56 kg	13.00
	Women 48 kg	15.00
	Men 62 kg	17.00
	Men 69 kg	19.00
<b>26 November 2008</b>	Women 53 kg	13.00
	Women 58 kg	15.00
	Men 77 kg	17.00
	Men 85 kg	19.00
<b>27 November 2008</b>	Women 63 kg	13.00
	Women 69 kg	15.00
	Women 75 kg	17.00
	Men 94 kg	19.00
<b>28 November 2008</b>	Women +75 kg	12.00
	Men 105 kg	14.00
	Men +105 kg	16.00
	Closing Ceremony	18.00
	Farewell Dinner	20.00

The Timetable is subject to modifications after the Verification of Final Entries!