



1st International Nowruzgah Olympiad
10-14 March 2023, Tehran, IRAN



INVITATION

To the President/General Secretary

of IWF Affiliated National Weightlifting Federation/Association

Dear Sir/Madam,

On behalf of the Islamic Republic of Iran Weightlifting Federation and Organizing Committee, we have the great honor to invite you to the 1st International Nowruzgah Olympiad for Senior Female Athletes from 10-14 March 2023, Tehran, IRAN.

The ancient celebration of Nowruz is the most beautiful and valuable tradition left from ancient times for a significant part of Asian and Middle Eastern countries. This celebration is also the largest multinational file registered as intangible heritage in UNESCO.

As a step to create harmony and empathy among the countries that celebrate Nowruz, the Islamic Republic of Iran plans to hold a cultural-sports Olympiad named Nowruzgah for the first time.

It is worth mentioning that Iran has experience in hosting 2008 Namjou International Memorial Cup & 1st International Fajr Cup (Rio Olympic Games Qualification Event) in 2016 as well as 2nd to 5th International Fajr Cup which was held respectively in 2017, 2018, 2019 & 2020.

Looking forward to welcoming you soon.

Dr. Sajjad Anoushiravani

Iran WF Interim president



1) Date: 10-14 March 2023, Tehran, IRAN

2) Competition & Training Venue

Tehran, is the host of this Olympiad. The name of the hotel and the venue of the competition will be announced.

3) Accommodation

Accommodation Will be covered by Iran Weightlifting Federation for maximum 7 participating athletes, coach and TO from each country. Tickets should be covered by participating National Federations for all team`s Athletes, TOs and Officials.

4) Entry deadlines and pre-competition procedures

Due to the time limit, please express your opinion about attending or not attending this event ASAP.

There is no need to send a preliminary list. **So Entry Forms** must be sent back to Iran Weightlifting Federation (iriwf@iriwf.org) by 9th Feb 2023.

Member Federation must submit the Entry (Long List) of a maximum number of athletes:

4 WOMEN

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT
ADD / CHANGE ATHLETES AFTER 9th Feb 2022**

The following documents must be returned by 9th Feb 2023 (by email):

- Accommodation & Transportation Form
- A complete list of names with passport data, itinerary schedule (flight booking) and fax number/ mailing address for obtaining Visas not later than 9th Feb 2023
- Copies of all Passports (picture page)
Electronic Passport Photos (3cm x 4cm, with white background) All forms must be sent to the following address; iriwf@iriwf.org

5) Cultural Regulations

we would like to draw your attention to the fact that this is a women's competition.

Therefore, with the utmost politeness and humility, we kindly ask you to register Female coach, referee and supervisor if you are interested in participation.

All participants must wear Hijab (covering the hairs and body) during the competition (on the stage and the rest of areas) and all sites.

6) Visa

Participants who enter Tehran by direct flight will not need to obtain a visa. However, the teams that intend to travel to Tehran from another route or via Imam Khomeini International Airport must apply for visas as soon as possible.

In this case, please fill in the Visa Application Form and return it together with passport copies before 9th Feb 2023 to E-mail: iriwf@iriwf.org Organizing Committee will supply visa invitation letters to all federations/associations free of charge, if they provide all the required documents in time.

7) Accreditation

The Accreditation will take place at the hotel.

8) Anthem

Each Member Federation should bring two (2) national flags sized 120x180cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to Organizing Committee (OC).

9) Transportations

- Local shuttle bus will be provided for all participants to get to the venues (accommodation, meetings, competition/training venue and any other official program).
- **Arrival/Departure Form** must be sent back to the Iran Weightlifting Federation (iriwf@iriwf.org) before 9th Feb 2023.
- **Team Accommodation Form** must be sent back to the Iran Weightlifting Federation (iriwf@iriwf.org) before 9th Feb 2023.

10) Competition Regulation

The 1st International Nowruzgah Olympiad will follow the IWF Technical and Competition Rules & Regulations (TCRR).

Number of invited athletes from each country: 4

Note: Iran will have Two full teams; each team consisting of 4 lifters, but the results of the first team will be officially registered.

Number of invited ITOs: Each participating Team is eligible to introduce one TO for the championships. All required documents should be sent to host committee according to the deadlines mentioned in the rule 4 & 8 of this regulation book.

Note1: Iran WF & OC will reimburse 50 USD as allowance per diem to all ITOs.

Quota of Team Officials (Female)

For each Federation:

Four (4) athletes, 1 coach, 1 Team Leader, 1 official (TO)= 7 persons

Sport Equipment

IWF approved sport equipment will be provided and used during the competitions.

11) Eligibility of invitation & participation

The tournament will be held in individual and team placing.

Participating athletes must be older than 15 years of age (born in 2008).

12) Event Categories

WOMEN: 49kg, 59kg, 71kg, 81kg, +81kg

13) Awards

- Gold, silver, and bronze medals will be awarded in the Total in each bodyweight category.
- The Gold medalists will be awarded 2000 Dollars, Silver medalists will be awarded 1500 Dollars and Bronze medalists will be awarded 1000 Dollars.
- Participants are awarded with certificates at the end of the tournament.
- Team trophies will be awarded to the best three (3) teams in accordance to IWF Team Medal Classification.

14) Insurance

According to IWF Regulations, all participants must be under coverage for travel and accident / injury / illness (Covid-19) by their respective Federations before their departure from their hometown.

15) Temperature

Average Temperature in Tehran during the Championships: 15 Hz

Electricity: 220V.

16) Payments

Please note that Payment devices and systems in Iran are not connected to international payment systems, so it is not possible to use international cards such as Visa or MasterCard.

Therefore, any payment must be made in cash.

17)Contact Details:

If you have any questions, please do not hesitate to contact us at:

Iran Weightlifting Federation Local Organizing Committee

Tel: (+9821) 44701742, (+9821) 44701637 Fax: (+9821) 44701804

Whats app: (+98) 912 598 0997 & (+98) 912 338 3860

Address: Weightlifting Hall, Azadi Sport Complex, Tehran, Iran, PO.Box: 15745-175

E-mail: iriwf@iriwf.org

PRELIMINARY TIMETABLE

Date	Time	Event/ Category
10 Mar 2023 / Friday		Arrival & Accreditation
	16:00 - 17:00	Verification of Final Entries Further details to follow
	18:00 – 19:00	Technical Officials' Meeting
11 Mar 2023 / Saturday	14:00 – 16:00	49 kg
	17:00 – 17:30	Opening Ceremony
	18:00 – 19:00	59 kg
12 Mar 2023 / Sunday	10:00 – 12:00	Practice Methodology
	14:00– 16:00	Anti-Doping
13 Mar 2023 / Monday	11:00 – 12:00	71 kg
	14:00– 15:30	81 kg
	16:00– 17:30	+81 kg
	20:00	Closing Ceremony
14 Mar 2023 / Tuesday		Departure

Note1: Time Schedule is subject to change

FINAL ENTRY FORM

National Weightlifting Federation of

No.	Category	Name of athletes		Date of Birth	Passport Number	Entry Total
1						
2						
3						
4						

No.	Name of Officials	Function	Date of Birth	Passport Number	Entry Total
1					
2					
3					

President / General Secretary..... Signature:

Date: -----

This form must be returned by 9th Feb 2023 to the I.R. of Iran Weightlifting Federation (IRIWF)

Weightlifting Hall, Azadi Sport Complex

Tel: (+9821) 44701637, 44701742 Fax: (+9821) 44701804

Email: iriwf@iriwf.org

VISA
APPLICATION FORM

National Weightlifting Federation of

Name of the participant's country

Family	Given	Date of Birth DD/MM/YYYY Y	Gender (M/F)	Passport Number	Nationality	Occupation

President / General Secretary..... Signature:

Date:

This form must be returned by 9th Feb 2023 to the I.R. of Iran Weightlifting Federation (IRIWF)

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