

Alpe Adria Weightlifting
Founded 1965



Technical Rules

Alpe Adria

2015-2021



ALPE ADRIA INTERNATIONAL WEIGHTLIFTING TOURNAMENT REGULATIONS FOR 2015-2021 CYCLE

Approved: 06/06/2014 Ljubljana.

Under support of:



1) ALPE ADRIA weightlifting international tournament was founded in 1965 by the bordering nations/regions of SLOVENIA (SLO) FRIULI VENEZIA GIULIA (ITA) and KARNTEN (AUT). Over the years, other bordering nations/regions were admitted to participate. Currently the nations/regions approved to participate are: Bosnia Herzegovina (BIH), Croatia (CRO), Slovenia (SLO), Friuli Venezia Giulia (ITA), Niederösterreich (AUT), Veneto (ITA) and Zala (HUN).

Applications from other regions/nations will only be examined if all the participating regions/nations fully agree to.

2) Later it was decided that the ALPE ADRIA official language would be English, the official headquarters should be in the town of Ljubljana (SLO), the General Secretary should be appointed by Slovenia and the President should be appointed by Friuli Venezia Giulia (ITA).

3) At the meeting held in Ljubljana (SLO) on 6th of June, 2004 the delegations elected Mr Ernesto Zanetti (Friuli Venezia Giulia - ITA) President and Mr Jože Zaluberšek (SLO) General Secretary of ALPE ADRIA for 2015-2021 cycle. They also nominated Mr Marcello Zoratti as lifetime Honorary President of ALPE ADRIA.

4) The objectives of the annual meetings that will be held according to the calendar (see point 17), are strengthening the existing strong friendship bonds and deepening the technical knowledge of different weightlifting schools. These objectives have been pursued since 1965, when the tournament began.

5) Each national/regional team will be composed of 1 Senior male athlete, 1 Junior male athlete, 1 Under 17 male athlete and 1 female athlete of any age. If necessary, Junior athletes can compete in the Senior group while the Under 17 in case can compete in the Junior group.

On the other hand, athletes are not allowed to compete in a group that is lower than the one they belong to.

The national team also consists of a head of delegation, a referee and two coaches, for a total of eight persons.

6) For the new 2015-2021 cycle a special SUPERTROPHY will definitively be awarded to the region/nation that will get the top score at the end of the seven years.

7) The competitions will take place according to IWF regulations. To each athlete's Olympic Total score will be applied a "Sinclair" coefficient according to IWF table. If an athlete fails three attempts in one exercise, the Sinclair formula will be calculated on the best valid attempt of the other exercise.

The sum of the Sinclair scores obtained by each athlete of the team will determine the final ranking of each single competition.

In case of tie, the team with the lifter scoring the best "Sinclair" will be the winner.

8) The team reaching the top score in each competition will be the winner and will be temporarily allowed to keep the Special SuperTrophy until the next year. The team will also be allowed to fix a 7 X 3 cm label on the base of the trophy, indicating on it the name of the team and when and where the competition took place.

9) The organizing region/nation of each single venue of the Tournament will arrange for the prize giving of the first three teams, of the best Senior, the best Junior and the best Under 17 athlete and of the best female athlete. The organizers will also provide the participation prizes for all the participants. The organizer of the first competition of a new cycle will also provide for the SuperTrophy.

10) Each participating region/nation team will cover their own travelling expenses whereas the organizing region/nation will provide a decent full-board accommodation for all the participating teams from Friday afternoon before the competition until the following Sunday morning breakfast. The organizers will also provide adequate public and private promotion through newspaper, radio and television advertising.

11) Each participating region/nation team must send to organizers, almost 15 days before the competitions, the complete list of the team, including the names of all the members, as well as the information regarding the time of their arrival/departure. A copy of such communication must be sent also to the General Secretary.

12) The organizing region/nation will also cover the board and lodging expenses for the President, the Honorary President and the General Secretary, if they are present at the different stages of the Tournament.

13) As a rule, the annual stages of the Tournament will take place during the first Saturday of June every year. The organizing region/nation is required to supply all the logistic information (hotel and venues) 30 days before the competition together with the definitive competition program.

14) The organizing region/nation will also arrange, according to the General Secretary, a preparatory meeting that must be held in March in Ljubljana (SLO). This will be the occasion to discuss the different problems, to examine all the possible proposals and it will be defined a program for the following June competition. The dinner

following the preparatory meeting will be paid by the region/nation organizing the annual competition.

15) The organizing region/nation must guarantee a precise preparation of the event on the basis of the IWF Technical Rules. Moreover, a panel with the name and the logo of the event must be placed behind the competition platform.

16) The competitions will be directed by three international referees that will be nominated during the technical meeting before the competition. On the same occasion, a jury, consisting of three international referees (possibly belonging to the first class), will be nominated.

17) The calendar for the new cycle, beginning in 2015, has been arranged as follows:

2015 - FRIULI VENEZIA GIULIA (ITA)

2016 - VENETO (ITA)

2017 - NIEDERÖSTERREICH (AUT)

2018 - CROATIA (CRO)

2019 - BOSNIA HERZEGOVINA (BIH)

2020 - SLOVENIA (SLO)

2021 - ZALA (HUN)

18) All the participating regions/nations will provide for adequate and timely information on the undertaken agreements and decisions to their National Federations and to their political and sports authorities.

19) Every participating region/nation must bring its own flag (2X 1 m approximately) for the protocol opening ceremony at every competition venue.

20) At the technical meeting preceding the annual competition, the participating regions/nations must pay a 200,00 Euro fee to the ALPE-ADRIA General Secretary, as a all-in contribution for secretary expenses.

21) These regulations have been approved and ratified by the Delegates that were present at the meeting held in Ljubljana (SLO) on the 06th of June, 2014.

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