File No.: IWLF-2018/YJ/Nls/NGP

All affiliated States/UTs of Indian Weightlifting Federation

Sub.: Invitation for participation of your teams during 14th Youth (Sub-Junior Boys & Girls) / 55th Men & 31st Women Junior National Weightlifting Championships-2018-19 at Nagpur, Maharashtra from 14-22 December 2018.

Dear All,

14th Youth (Sub-Junior Boys & Girls) / 55th Men & 31st Women Junior National Weightlifting Championships-2018-19 will be held at Nagpur, Maharashtra from 14-22 December 2018 and will be organized by Maharashtra State Weightlifting Association under the aegis of Indian Weightlifting Federation. TERMS AND CONDITIONS FOR PARTICIPATION, RAIL TRAVEL CONCESSION FORMS, UNDERTAKING (DOPE DECLARATION FORM), DETAILS OF ATHLETES FORM, ENTRY FORMS, PAYMENT FORM, ARE APPENDED SEPARATELY. The WADA Code - Prohibited List 2018 and Age Estimation Form can be downloaded from the website www.iwlf.in.

You are invited to participate in the Championships. Kindly go through the terms and conditions for participation carefully. Entries of those States whose lifters have not paid the administrative dope penalty charges / other dues to the Federation will not be allowed to participate in above Championships.

All participating States / Units are requested to intimate their arrival / departure details to the Federation with a copy to the Host Association / Organizers of the Championships namely Dr. Shrikant Warankar, Matoshree 70/G, Paradise Society, Sonegaon, Khama, Nagpur - 440025 Maharashtra, Contact: 9423101619, Email : principal.svds@rediffmail.com for necessary reception / disposal arrangements.

Kindly ensure that payment of all relevant fees by Demand Draft favouring Indian Weightlifting Federation payable at New Delhi separately along with entry forms within the stipulated deadline. No payments will be entertained on the spot during draw of lots. Those failing to adhere to this will not be allowed to participate in subject Championships.

Yours Sincerely,

[Signature]
Secretary General

Encl. as above
# INDIAN WEIGHTLIFTING FEDERATION
## NEW DELHI

**Terms and Conditions for participation in**

**14th Youth (Sub-Junior Boys & Girls) / 55th Men & 31st Women Junior National Weightlifting Championships-2018-19 at Nagpur, Maharashtra from 14-22 December 2018**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Dates : 15-22 December 2018</td>
</tr>
<tr>
<td>2.</td>
<td>Arrival at Nagpur : 14-12-2018 afternoon</td>
</tr>
<tr>
<td>3.</td>
<td>Departure from Nagpur : 22-12-2018 evening</td>
</tr>
<tr>
<td>4.</td>
<td>Verification of final entries and meeting of Technical Officials : 5:00 p.m. on 14-12-2018 6:00 p.m. on 14-12-2018</td>
</tr>
<tr>
<td>5.</td>
<td>Last date of receipt of entries : 23-11-2018 with normal entry fee 30-11-2018 with late entry fee</td>
</tr>
<tr>
<td>6.</td>
<td><strong>Fee for the Championships</strong>&lt;br&gt;(i) Entry fee for Athletes : Rs. 300/- per head upto 23-11-2018 Rs. 600/- per head upto 30-11-2018&lt;br&gt;(ii) I.D. Card fee : Rs. 500/- per head upto 23-11-2018 Rs. 1000/- per head upto 30-11-2018&lt;br&gt;(iii) Inter-State Transfer : Rs. 200/- per athlete&lt;br&gt;(iv) Anti-Doping fee : Rs. 300/- per athlete</td>
</tr>
<tr>
<td>7.</td>
<td>Annual renewal fee : Rs. 10,000/- (Rupees Ten Thousand only) with surcharge of Rs. 200/- per month from 1st July 2018 onwards for those States who have not paid the annual renewal fee for the year 2018-19 upto 30.06.2018.</td>
</tr>
<tr>
<td>8.</td>
<td><strong>Weight Categories</strong>&lt;br&gt;Youth (Boys) : 49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg and +102 kg&lt;br&gt;Youth (Girls) : 40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg&lt;br&gt;Jr. (Men) : 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg&lt;br&gt;Jr. (Women) : 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg</td>
</tr>
<tr>
<td>9.</td>
<td><strong>Athlete’s age for participation</strong>&lt;br&gt;Youth (Boys &amp; Girls) : Athletes born between 1st January 2001 and 31st December 2005 along with Medical Age parameters between 13 to 17 years. Junior (Men &amp; Women) : Athletes born between 1st January 1998 and 31st December 2003 along with Medical Age parameters between 15 to 20 years.</td>
</tr>
</tbody>
</table>

## MINIMUM QUALIFYING WEIGHTS FOR YOUTH & JUNIOR:-

<p>| Wt. Cat. | Youth Boys | | | Junior Men | | | |
|---|---|---|---|---|---|---|
|   | Snatch | C&amp;J | Total | Snatch | C&amp;J | Total |
| 49 kg | 62 | 85 | 147 |   |   |   |
| 55 kg | 64 | 89 | 153 | 80 | 110 | 190 |
| 61 kg | 74 | 102 | 176 | 86 | 119 | 205 |
| 67 kg | 77 | 106 | 183 | 95 | 130 | 225 |
| 73 kg | 71 | 99 | 170 | 95 | 130 | 225 |
| 81 kg | 77 | 106 | 183 | 100 | 135 | 235 |
| 89 kg | 77 | 106 | 183 | 102 | 136 | 238 |
| 96 kg | 80 | 110 | 190 | 100 | 135 | 235 |
| 102 kg | 82 | 112 | 194 | 94 | 130 | 224 |
| +102 kg | 84 | 116 | 200 |   |   |   |
| 109 kg |   |   |   | 97 | 130 | 227 |
| +109 kg |   |   |   | 97 | 133 | 230 |</p>
<table>
<thead>
<tr>
<th>Wt. Cat.</th>
<th>Youth Girls</th>
<th></th>
<th>Junior Women</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Snatch</td>
<td>C&amp;J</td>
<td>Total</td>
<td>Snatch</td>
<td>C&amp;J</td>
</tr>
<tr>
<td>40 kg</td>
<td>25</td>
<td>35</td>
<td>60</td>
<td>45</td>
<td>63</td>
</tr>
<tr>
<td>45 kg</td>
<td>29</td>
<td>39</td>
<td>68</td>
<td></td>
<td></td>
</tr>
<tr>
<td>49 kg</td>
<td>44</td>
<td>60</td>
<td>104</td>
<td>49</td>
<td>67</td>
</tr>
<tr>
<td>55 kg</td>
<td>44</td>
<td>60</td>
<td>104</td>
<td>52</td>
<td>72</td>
</tr>
<tr>
<td>59 kg</td>
<td>35</td>
<td>46</td>
<td>81</td>
<td>50</td>
<td>70</td>
</tr>
<tr>
<td>64 kg</td>
<td>36</td>
<td>50</td>
<td>86</td>
<td>57</td>
<td>78</td>
</tr>
<tr>
<td>71 kg</td>
<td>40</td>
<td>55</td>
<td>95</td>
<td>57</td>
<td>79</td>
</tr>
<tr>
<td>76 kg</td>
<td>41</td>
<td>57</td>
<td>98</td>
<td>54</td>
<td>75</td>
</tr>
<tr>
<td>81 kg</td>
<td>41</td>
<td>57</td>
<td>98</td>
<td>55</td>
<td>76</td>
</tr>
<tr>
<td>+81 kg</td>
<td>42</td>
<td>58</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>87 kg</td>
<td></td>
<td></td>
<td></td>
<td>55</td>
<td>76</td>
</tr>
<tr>
<td>+87 kg</td>
<td></td>
<td></td>
<td></td>
<td>55</td>
<td>76</td>
</tr>
</tbody>
</table>

**Maximum no. of entries from a participating State**

- Youth Boys: 10 athletes + 2 reserves
- Youth Girls: 10 athletes + 2 reserves
- Junior Men: 10 athletes + 2 reserves
- Junior Women: 10 athletes + 2 reserves

**Team Officials** - Quota of 1 team official is allowed for 4 athletes or less in Boys and Girls & Men and Women section. If any team is participating with 20 athletes, maximum of 5 team officials are allowed. Common athletes participating in Youth and Junior section will be treated as 1 athlete.

**N.B.** - Those athletes who are competing in both Youth & Junior section will be qualified to participate with minimum total of Junior section. The team officials who will not participate as per quota and reserve athletes coming for the Championships will have to arrange their own Boarding & Lodging at Nagpur.

11. Entry forms and arrival / departure details duly filled in may please be sent to Indian Weightlifting Federation, WZ-78, First Floor, Near PUSA Institute, New Delhi 110012, Telefax: +91-11-25845460, Email: *iwlf2008@gmail.com* with a copy of office to Dr. Shrikant Warankar, Matoshree 70/G, Paradise Society, Sonegaon, Khaima, Nagpur -440025 Maharashtra, Contact: 9423101619, Email: *principal.svds@rediffmail.com*.

12. **Venue of Championships**

| Venue of Championships | Shri Nashikrao Tirpude College of Physical Education, Near Sadar Police Station, Civil Line, Nagpur, Maharashtra |

13. **Accommodation**

| For Women | MLA HOSTEL, CIVIL LINE, NAGPUR |
| For Men   | MLA HOSTEL, CIVIL LINE, NAGPUR |
| For Officials | RAVI BHAVAN, CIVIL LINE, NAGPUR |

14. **Catering**

| Central catering at the venue of the Competition |

15. **Rail Travel Concession**

| Rail Travel Concession form is enclosed |

16. **Submission of Age Estimation Certificate along with Aadhar Card**

| As per Ministry of Youth Affairs & Sports, Government of India guidelines on Age Genuineness in sports, particularly for Youth & Junior athletes, it is mandatory to submit the Age Estimation Certificate in the prescribed proforma along with the Entry form from registered medical centre / hospital earmarked by Sports Authority of India across INDIA. Original Date of Birth Certificates and Aadhar cards will be submitted to the Federation office. |

Those competitors already registered with the Federation and has been issued new I.D. Cards as per medical age.
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>17.</td>
<td><strong>DOPE TEST</strong></td>
</tr>
<tr>
<td></td>
<td>The National Anti-Doping Agency (NADA) team will collect the samples for Dope Test.</td>
</tr>
<tr>
<td>18.</td>
<td><strong>UNDERTAKING / DOPE DECLARATION FORM</strong></td>
</tr>
<tr>
<td></td>
<td>Undertaking / Dope Declaration form signed by the lifter mentioning I.D. Card no., complete address with pin code, telephone, email, fax, duly countersigned by the Coach &amp; the State Secretary to be submitted at the time of weigh-in at the Competition.</td>
</tr>
<tr>
<td>19.</td>
<td><strong>Weather / Climate</strong></td>
</tr>
<tr>
<td></td>
<td>Cold climate, temperature ranges from 12-20°C in month of December every year. Light woolen clothes required. Participants to bring their own blankets for use.</td>
</tr>
<tr>
<td>20.</td>
<td><strong>About the City</strong></td>
</tr>
<tr>
<td></td>
<td>Nagpur is the winter capital and the third largest city of the Indian state of Maharashtra after Mumbai and Pune. Nagpur is the 13th largest Indian city in terms of population. It has been proposed as one of the Smart Cities in Maharashtra. Nagpur is famous for its Oranges and referred to as Orange City of India. The city is the Divisional Headquarters for the Central Railway and South East Central Railway Zone of Indian Railways. A total of 260 trains stop at Nagpur railway station. These include passenger, express, mail, Duronto, Rajdhani, Garib Rath trains. Of these 65 are daily trains and 26 terminate/originate from Nagpur.</td>
</tr>
</tbody>
</table>

21. **MISCELLANEOUS CONDITIONS:**

(i) It will be mandatory to mention in the Entry form the name of **COACH** of each lifter who has been training a lifter at least for last 3 months. Remarks as "Self training" are untenable.

(ii) The **20 kg rule** will apply for both Men & Women. It is mandatory to mention minimum entry total in the Entry Forms.

(iii) Those **athletes** who will be **participating in both the events, i.e. Youth & Junior** section will only qualify with the **minimum entry total of Junior section** in respective body weight category as mentioned above at S.No. 10.

(iv) Incomplete entry forms in any regard will not be entertained.

(v) It is the **responsibility of the Secretary** of each affiliated unit to educate their respective lifters about consequences of use of **banned / prohibited drugs** and the **sanctions set forth in the Anti-Doping Policy of Indian Weightlifting Federation**. The NADA / WADA rules for BAN are applicable for both out-of-competition and in-competition. BAN on **first offence is 4 years** and for **second offence – 8 years / LIFE BAN**.

(vi) For **re-admission to National Championships / activities** after the first offence, a lifter who has tested positive and has completed suspension period will have to submit his / her Whereabouts Information to Indian Weightlifting Federation for 3 months immediately succeeding the expiry of suspension date, at least 45 days in advance preceding the expiry period of suspension date. No such provision for the second offence as per (v) above.

(vii) The **MEDALS** will be distributed for **TOTAL event only**.

(viii) The **DIPLOMA** for first 3 places in total in each body weight category will only be distributed after the results and completion of dope test and Appeals by National Anti-Doping Agency, New Delhi is informed to the Federation.

(ix) The **PARTICIPATION CERTIFICATE** will be awarded only to those athletes who will pass at least 1 lift in maximum 6 lifts (within 3 attempts of Snatch and Clean & Jerk) during the Championships. Athletes failing all the lifts will not be given the Participation Certificates for the Championships.

(x) No **Inter-State transfers** are allowed except for competitors belonging to a Sports Board through a State Association in above Championships, the name of the competitor must be registered with the Federation also from his / her native State or from the State where he / she has been residing.
working for a period of at least six months prior to the start of the Championships, along with stipulated fee otherwise he/she will not be eligible to participate. Application for such cases may be applied to office of the Federation latest by 23-11-2018 with transfer fee of Rs. 100/- in each case accompanied by “No Objection Certificate” from affiliated departmental Sports Boards. There will be no exception on this.

(xi) Application for issue of fresh I.D. Cards may be sent through respective Unit General Secretaries with passport size colour photograph in .jpeg format and 2 stamp size photographs on prescribed form with proof of date of birth (Birth Certificate) along with Original Certificate of Age Estimation Certification from Sports Authority of India registered hospitals/medical centres and fee of Rs. 800/- per I.D. Card latest by 23-11-2018. The Age Certificate given by the designated Doctor will be treated as athlete’s actual age.

(xii) For issue of Duplicate I.D. Cards, application may be sent to Indian Weightlifting Federation office latest by 23-11-2018 accompanied by true copy of FIR lodged with local Police Station mentioning old I.D. Card number and other details. Application for issue of duplicate I.D. Cards may be sent through respective Unit General Secretaries with passport size colour photograph in .jpeg format and 2 stamp size photographs on prescribed form with Original FIR and fee of Rs. 800/- per I.D. Card latest by 23-11-2018.

(xiii) Any participant who has not competed from his earlier registered State for 2 years or more is entitled to seek affiliation from a new State with due process of registration and application for the adopting State Association without the formality of NOC from the previous State. All such registration will be entertained only if the concerned lifter is bonafide/employees in the borrowing State for more than 6 months before start of the Championships or his adopting State have NO OUTSTANDINGS.

(xiv) NO ON-THE-SPOT I.D. CARDS WILL BE ISSUED. There will be no exception on this.

(xv) AFFILIATE UNITS WITH ANY OUTSTANDING ON DOPE PENALTY OR OTHERWISE WILL NOT BE ELIGIBLE FOR PARTICIPATION.

(xvi) Technical Officials will be reimbursed only 3rd AC Concession fare (50%) or 2nd class sleeper fare (25%) as applicable to the rail travel concession forms. The TA/DA will be reimbursed only to those who are acting solely as Technical Officials and isolated from Coaching/Training assignments of any participants during the Championships and remain on duty for the complete Championships. Reimbursement of rail fare will be strictly on production of supporting travel document and amount will be reimbursed as per norms of the Federation.

(xvii) ENTRY FEE, ANNUAL RENEWAL FEE, LATE ENTRY FEE, ANTI-DOPING FEE, INTER-STATE TRANSFER FEE, I.D. CARD FEE & DUPLICATE I.D. CARD FEE will be paid by a Demand Draft favouring “Indian Weightlifting Federation” payable at New Delhi along with Entry forms. Those States who fail to pay the requisite fee along with Entry forms are not eligible to field their athletes during the Championships.

(xviii) RECEIPTS will be issued by the FEDERATION during the Championships and will be distributed to all concerned on 3rd day of the Competition.

[Signature]
Sahdev Yadav
Secretary General
Indian Weightlifting Federation
ININDIAN WEIGHTLIFTING FEDERATION
14TH NATIONAL YOUTH (SUB-JUNIOR BOYS) / 55TH MEN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS
AT NAGPUR (MAHARASHTRA) FROM 15-22 DECEMBER 2018

YOUTH (SUB-JUNIOR BOYS) / JUNIOR (MEN)

ENTRY FORM

Maximum Entries: Youth Boys - 10 & Jr. Men - 10
Entry Closes on: 23.11.2018
Reserve: Youth Boys & Jr. Men - 2
With Late fee on 30.11.2018
Not more than 2 in a category

| STATE ________________ |

<table>
<thead>
<tr>
<th>Wt. Cat. Kgs</th>
<th>Name in BLOCK LETTERS</th>
<th>Date of Birth</th>
<th>Certified Medical Age</th>
<th>IWF ID Card No.</th>
<th>Entry Total</th>
<th>(Tick wherever applicable) Competing in</th>
<th>Name of Coach under whom training for last 3 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>49</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>55</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>61</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>67</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>73</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>81</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>Wt. Cat. Kgs</td>
<td>Name in BLOCK LETTERS</td>
<td>Date of Birth</td>
<td>Certified Medical Age</td>
<td>IWF ID Card No.</td>
<td>Entry Total</td>
<td>(Tick wherever applicable) Competing in</td>
<td>Youth</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------------</td>
<td>---------------</td>
<td>-----------------------</td>
<td>----------------</td>
<td>------------</td>
<td>------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>89</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>96</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>102</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+102</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>109</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+109</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

OFFICIALS ACCOMPANYING THE TEAM FOR THE CHAMPIONSHIPS:-

NAME OF MANAGER 1: ____________________________ 2: ____________________________

NAME OF COACH 1: ____________________________ 2: ____________________________

ARRIVAL DATE & TRAIN NO. ____________________________________________________________

DEPARTURE ____________________________________________________________

[SEAL] Hony. General Secretary

i. Please ensure all columns are filled properly in CAPTIAL letters or COMPUTERISED Typing.

ii. Minimum qualifying in Entry total will be as per Junior Category for those athlete who are competing in both the Youth & Junior Groups

iii. Final Entry form to be sent to Indian Weightlifting Federation at WZ-78, Todapur Village, New Delhi 110012, Telefax: 0091-11-25845460,

Email: iwlf2008@gmail.com with a copy to Dr. Shrikant Warankar, Matoshree 70/G, Paradise Society, Sonegaon, Khamlia, Nagpur -440025 Maharashtra,

Contact: 9423101619, Email: principal.svds@rediffmail.com
**ENTRY FORM**

**Maximum Entries:**  Youth Girls - 10 & Jr. Women - 10  
**Entry Closes on:**  23.11.2018  
**Reserve:**  Youth Girls & Jr. Women - 2  
**With Late fee on:**  30.11.2018  
**Not more than 2 in a category**

| STATE _________________ |

<table>
<thead>
<tr>
<th>Wt. Cat. Kgs</th>
<th>Name in BLOCK LETTERS</th>
<th>Date of Birth</th>
<th>Certified Medical Age</th>
<th>IWF ID Card No.</th>
<th>Entry Total</th>
<th>(Tick wherever applicable) Competing in</th>
<th>Name of Coach under whom training for last 3 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Junior</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>64</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wt. Cat. Kgs</td>
<td>Name in BLOCK LETTERS</td>
<td>Date of Birth</td>
<td>Certified Medical Age</td>
<td>IWF ID Card No.</td>
<td>Entry Total</td>
<td>(Tick wherever applicable) Competing in</td>
<td>Name of Coach under whom training for last 3 months</td>
</tr>
<tr>
<td>--------------</td>
<td>-----------------------</td>
<td>---------------</td>
<td>-----------------------</td>
<td>-----------------</td>
<td>------------</td>
<td>----------------------------------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>71</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>76</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>81</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+81</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>87</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+87</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

OFFICIALS ACCOMPANYING THE TEAM FOR THE CHAMPIONSHIPS:-

NAME OF MANAGER 1: __________________________________________ 2: ___________________________________________

NAME OF COACH 1: ___________________________________________ 2: ___________________________________________

ARRIVAL DATE & TRAIN NO. __________________________________________

DEPARTURE __________________________________________

[SEAL]    Hony. General Secretary

i. Please ensure all columns are filled properly in CAPTIAL letters or COMPUTERISED TYPING.

ii. Minimum qualifying in Entry total will be as per Junior Category for those athlete who are competing in both the Youth & Junior Groups

iii. Final Entry form to be sent to Indian Weightlifting Federation at WZ-78, Todapur Village, New Delhi 110012, Telefax: 0091-11-25845460,
Email: iwlf2008@gmail.com with a copy to Dr. Shrikant Warankar, Matoshree 70/G, Paradise Society, Sonegaon, Khamla, Nagpur -440025 Maharashtra,

Contact: 9423101619, Email : principal.svds@rediffmail.com
UNDERTAKING
DOPE DECLARATION FORM

I, ______________________________ representing ______________________ participating in ______ kg weight category in 14th National Youth (Sub-Junior Boys & Girls) and 55th Men & 31st Women Junior National Weightlifting Championships held at Nagpur, Maharashtra from 14-22 December 2018 hereby declare and certify on oath that I am aware of names of banned drugs under LATEST WADA / NADA code and state with full responsibility that I have not consumed any banned substance and that I am absolutely free from banned drugs. In case of my positive dope test at the above Championships I shall solely be responsible for the same and shall be liable for all consequences arising out of my positive dope test as provided in the Anti-Doping Rules / Policy of Indian Weightlifting Federation and National Anti-Doping Agency.

It is my personal duty to ensure that no Prohibited Substance enters my body. I am responsible for any Prohibited Substance or its Metabolites or Markers found to be present in my sample. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on my part be demonstrated in order to establish an anti-doping violation.

I certify that I understand the contents of this undertaking which has been explained to me by my Coach / Manager / Secretary of my State Association in the language known to me.

<table>
<thead>
<tr>
<th>Name (in Block Letters)</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>IWLF ID Card No.</td>
<td></td>
</tr>
<tr>
<td>Mobile / Telephone</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Aadhar Card No. (Attach copy)</td>
<td></td>
</tr>
</tbody>
</table>

State / Unit: ........................................ Signature of Athlete: .......................

Certified by:-
I. _______________________________________, coach of above athlete agree to abide by rules and regulations of Anti-Doping Policy of Indian Weightlifting Federation / National Anti-Doping Agency and is aware of the consequences of use of banned drug(s) by my above trainee. I support and abide by the sanctions imposed on me by Indian Weightlifting Federation / National Anti-Doping Agency in case of above athlete being testing positive.

Countersigned: ........................................

Name of Coach: ......................... Mobile no. ........................................

Verified & Certified by:-
I hereby certify that information provided in this Undertaking / Dope Declaration form is true and correct. I will be responsible for any discrepancy found in this form and actions thereof. I undertake to pay the administrative dope penalty charges of Rs. 50,000/- per positive dope test case as the State liability within 30 days and accept the suspension of the State Association / forfeiture of participation in any future Championship(s) as an affiliate Unit / as individual lifter till such time this financial outstanding is cleared.

[Secretary]

State / Unit ........................................ Dated: .........................

With seal
DETAILS OF ATHLETES OF THE STATE ASSOCIATION WHO ARE PARTICIPATING DURING NAGPUR YOUTH AND JUNIOR WEIGHTLIFTING CHAMPIONSHIPS-2018-19

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of athlete</th>
<th>Father's Name</th>
<th>Date of Birth</th>
<th>Address</th>
<th>Mobile No.</th>
<th>Email id</th>
<th>Aadhar no.</th>
<th>State: _________________________</th>
<th>School / University</th>
<th>Whether registered with SGFI / AIU</th>
<th>Attach proof of documents</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SEND THE DETAILS ELECTRONICALLY AS PER FORMAT ABOVE ALONG WITH PROOF OF DOCUMENTS AS BELOW:-

1. Copy of Aadhar Card
2. Copy of Passport, if available
3. Admission Letter of the School signed by Principal with seal and stamp
4. Admission Letter of the University signed by Dean / Principal with seal and stamp
5. ID Card of the School / University
6. Matriculation (Xth) certificate of the Board, if applicable
7. Higher Secondary (XIIth) certificate of the School, if applicable

Certified by General Secretary / Secretary
State Association along with Seal
**PAYMENT FORM**  
*(To be filled in as per actual)*

**ANNUAL RENEWAL FEE (2018-19)**  
Rs. 10,000/-

**SURCHARGE**  
Rs.

**NAME OF STATE ASSOCIATION**  
________________________________________________

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Details</th>
<th>No. of Entries</th>
<th>Entry fee @</th>
<th>Late Entry fee @</th>
<th>Anti-Doping fee @</th>
<th>I. Card fee @</th>
<th>Inter-State transfer fee @</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YOUTH BOYS</td>
<td>x</td>
<td>Rs. 300</td>
<td>Rs. 600</td>
<td>Rs. 300</td>
<td>Rs. 800</td>
<td>Rs. 200</td>
</tr>
<tr>
<td>2</td>
<td>YOUTH GIRLS</td>
<td>x</td>
<td>Rs. 300</td>
<td>Rs. 600</td>
<td>Rs. 300</td>
<td>Rs. 800</td>
<td>Rs. 200</td>
</tr>
<tr>
<td>3</td>
<td>JUNIOR MEN</td>
<td>x</td>
<td>Rs. 300</td>
<td>Rs. 600</td>
<td>Rs. 300</td>
<td>Rs. 800</td>
<td>Rs. 200</td>
</tr>
<tr>
<td>4</td>
<td>JUNIOR WOMEN</td>
<td>x</td>
<td>Rs. 300</td>
<td>Rs. 600</td>
<td>Rs. 300</td>
<td>Rs. 800</td>
<td>Rs. 200</td>
</tr>
<tr>
<td>5</td>
<td>OFFICIALS</td>
<td>x</td>
<td>Rs. 500</td>
<td>Rs. 1,000</td>
<td>Rs. 300</td>
<td>Rs. 800</td>
<td></td>
</tr>
</tbody>
</table>

**PAYMENT DETAILS**

A  Total entry fee deposited  
B  Total Anti-Doping fee deposited  
C  Total I. Card / Duplicate I. Card fee deposited  
D  Annual renewal fee deposited  
E  Surcharge on Annual renewal fee deposited  
F  Inter-State Transfer fee deposited

Total Amount (A+B+C+D+E+F)  

**MODE OF PAYMENT**

<table>
<thead>
<tr>
<th>DEMAND DRAFT NO.</th>
<th>DRAWN ON</th>
<th>DATE</th>
</tr>
</thead>
</table>

*Name of General Secretary*

*Signature & Seal*
**WEIGHTLIFTER’S REGISTRATION / IDENTITY CARD FORM**
(To be filled in CAPITAL letters only)

<table>
<thead>
<tr>
<th>Name of the weightlifter:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Paste Coloured Stamp Size

<table>
<thead>
<tr>
<th>Father's Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Latest Photograph

<table>
<thead>
<tr>
<th>Gender: MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please sign below

<table>
<thead>
<tr>
<th>Date of Birth: DD</th>
<th>MM</th>
<th>YYYY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Efile Name

<table>
<thead>
<tr>
<th>Aadhar Card No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Address:

<table>
<thead>
<tr>
<th>Sponsoring State / Unit:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

For Office Use only

<table>
<thead>
<tr>
<th>I.Card No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Issued on:

<table>
<thead>
<tr>
<th>Verified by:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Authorized Sign

Indian Weightlifting Federation

<table>
<thead>
<tr>
<th>Name of the Championship:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age Group: Sub-Junior</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Age Estimation format for the athletes aged between 13 to 20 years is required with ORIGINAL date of birth certificate. Proof of Age should be submitted along with Registration Form by producing attested copy of Aadhar Card, Certificate of Matriculation, Certificate issued by Municipal Corporation or Gram Panchayat CERTIFICATE SHOULD BE EITHER IN ENGLISH OR HINDI. In case of other Regional language, attested supporting documents is required to be attached.

I acknowledge that providing false information is a criminal offence and will results in withdrawal of my participation certificate / diploma

Sign & Seal of General Secretary

Sponsoring State / Unit

ATTACH 2 STAMP SIZE COLOUR PHOTOGRAPHS WITH THE FORM
ANNEXURE-I
(para 5.1 refers)

FORMAT OF IDENTITY CARD

1. Name: Photograph
2. Name of the father:
3. Name of the mother:
4. Place & State of birth:
5. Address for communication:
6. Telephone (with STD Code)
7. Identification marks:
   a).
   b).
8. Date of birth as per documents:
9. Medical age Range:
   (As on ...............)
10. Signature of the candidate:

..........................................................

Date of issue: (Signature of the Issuing Authority & Stamp)

Place of issue: 

NOTE: This Identity Card is exclusively to serve as proof of age for participation & training in age restricted events. The Identity Card will not be serve as a proof of age for any other purpose.
ANNEXURE-II

Age Estimation Format

Space for colour photograph

attested by
Gazetted officer

A. Informed consent

B.

I ...................................... S/D/O or Guardian of .................................... voluntarily give my consent for complete medical examination for the purpose of age estimation. I understand that this examination may involve physical examination including genital examination, dental examination and radiography. The purpose, procedure and use of such examination have been explained to me in the language which I understand.

Signature of the candidate/ guardian:

Signature of the accompanying person/witness:

(Note: Consent by guardian is essential in respect of athletes below 12 years)

C. Preamble

1. Age category......................................................................................
2. Sports Discipline................................................................................
3. Events to be participated ............................................................
4. Case Serial No..................................................................................
5. Name..................................................................................................
6. Age as stated (Any documentary evidence like birth certificate)
   ...................................................................................................
7. Sex....................................................................................................
8. Permanent Address...........................................................................
   ...................................................................................................
   ...................................................................................................
9. Corresponding address....................................................................
   ...................................................................................................
   ...................................................................................................
10. Name of school/college/Institute....................................................
11. Tel. No. & e-mail.................................................................
12. Father’s name.................................................................
13. Mother’s name............................................................... 
14. Name of the person accompanying.................................
15. Date and Time of examination........................................
16. Place of examination.....................................................
17. Marks of identification (Scar/mole/deformity, etc.):
   1......................................................................................
   2......................................................................................
16. Thumb impression (right in female and left in male)

17. Signature

D. General Physical Examination

1. Height (cm):
2. Weight (kg):
3. Chest girth at the level of nipples:
4. Abdominal girth at the level of naval:
5. For calculating Body development index (BDI):
   I. Biacromial breath (cm):
   II. Biliospinale breath (cm):
   III. Forearm circumference (cm) in males:
   IV. Mid thigh circumference (cm) in females:
6. Voice (Hoarseness of voice):

E. Dental Examination

i. Dental Data: (S) 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 (S) 
   (Rt.).................................................................................
   (L t.).................................................................................
   (S) 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 (S)

a. Temporary
b. Permanent
c. Space for third molar (S)
d. Partially erupted/completely erupted

ii. Dental X-ray: Oral pantogram (OPG)
iii. Dental X-ray findings:
F. Radiological Examination/MRI/CT Scan (as applicable)

Note: A single film of hand and wrist is sufficient for age below 13 years. Wherever radiological examination is not indicated MRI/CT Scan may be done.

1. X-ray advised (as per requirements):
   i. Shoulder joint: A.P view
   ii. Elbow joint: A.P and lateral view
   iii. Hand with wrist: A.P view
   iv. Pelvis with hip joint: A.P view

2. Date of radiological examination:

3. Name of the radiographer:

Radiological findings:

<table>
<thead>
<tr>
<th>S.no.</th>
<th>X-ray advised</th>
<th>Findings</th>
<th>Age inference</th>
</tr>
</thead>
</table>

G. Age Certificate

After performing general physical, dental and radiological examination, we are of the considered opinion that the biological age of the person is about............................................. years which is consistent/not consistent with birth certificate/age document.

Dated:

Signature:

Name:

Designation:

(All the parameters should be considered for the age estimation)
The official text of the Prohibited List shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2018
PROHIBITED SUBSTANCES

S0 Non-Approved Substances
Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

S1 ANABOLIC AGENTS
Anabolic agents are prohibited.

1. Anabolic Androgenic Steroids (AAS)
a. Exogenous* AAS, including:

1-Androstenediol (5α-androst-1-ene-3β,17β-diol);
1-Androstenedione (5α-androst-1-ene-3,17-dione);
1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one);
1-Testosterone (17β-hydroxy-5α-androst-1-en-3-one);
4-Hydroxytestosterone (4,17β-dihydroxyandrost-4-en-3-one);
Bolandiol (estr-4-ene-3β,17β-diol);
Bolasterone;
Calusterone;
Clostebol;
Danazol ([1,2]oxazolo[4′,5′:2,3]pregna-4-en-20-yn-17α-ol);
Dehydrochloromethyltestosterone (4-chloro-17β-hydroxy-17α-methylandrosta-1,4-dien-3-one);
Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17β-ol);
Drostanolone;
Ethylestrenol (19-norpregna-4-en-17α-ol);
Fluoxymesterone;
Formebolone;
Furazabol (17α-methyl-[1,2,5]oxadiazolo[3′,4′:2,3]-5α-androstan-17β-ol);
Gestrinone;
Mestanolone;
Mesterolone;
Metandienone (17β-hydroxy-17α-methylandrosta-1,4-dien-3-one);
Metenalone;
Methandriol;
Methasterone (17β-hydroxy-2α,17α-dimethyl-5α-androstan-3-one);
Methyl-1-testosterone (17β-hydroxy-17α-methyl-5α-androst-1-en-3-one);
Methyltestosterone (17β-hydroxy-17α-methyl-4-en-3-one);
Prostanozol (17β-[(tetrahydropyran-2-yl)oxy]-1H-pyrazolo[3,4,2,3]-5α-androstan-3-one);
Quinbolone;
Stanozolol;
Stenbolone;
Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17α-pregna-4,9,11-trien-3-one);
Trenbolone (17β-hydroxyestr-4,9,11-trien-3-one);
and other substances with a similar chemical structure or similar biological effect(s).
b. Endogenous** AAS when administered exogenously:

- **19-N**orandrostenediol (estr-4-ene-3,17-diol);
- 19-Norandrostenedione (estr-4-ene-3,17-dione);
- Androstanolone (5α-dihydrotestosterone, 17β-hydroxy-5α-androstan-3-one);
- Androstenediol (androst-5-ene-3β,17β-diol);
- Androstenedione (androst-4-ene-3,17-dione);
- **Boldenone**;
- **Boldione** (androsta-1,4-diene-3,17-dione);
- **Nandrolone** (19-nortestosterone);
- **Prasterone** (dehydroepiandrosterone, DHEA, 3β-hydroxyandrost-5-en-17-one);
- Testosterone;

and their metabolites and isomers, including but not limited to:

- **3β-H**ydroxy-5α-androstan-17-one;
- **5α-A**ndrost-2-ene-17-one;
- 5α-Androstane-3α,17β-diol;
- 5α-Androstane-3α,17β-diol;
- 5α-Androstane-3β,17α-diol;
- 5α-Androstane-3β,17β-diol;
- **5β-A**ndrostane-3α,17β-diol;
- **7α-H**ydroxy-DHEA;
- **7β-H**ydroxy-DHEA;
- **4-A**ndrostenediol (androst-4-ene-3β,17β-diol);
- **5-A**ndrostenedione (androst-5-ene-3,17-dione);
- **7-K**eto-DHEA;
- **19-N**orandrosterone;
- 19-Noretiocholanolone;
- Androst-4-ene-3α,17α-diol;
- Androst-4-ene-3α,17β-diol;
- Androst-4-ene-3β,17α-diol;
- Androst-5-ene-3α,17α-diol;
- Androst-5-ene-3α,17β-diol;
- Androst-5-ene-3β,17α-diol;
- Androsterone;
- **Epi-d**ihydrotestosterone;
- Epitestosterone;
- Etioclanolone.

2. OTHER ANABOLIC AGENTS

Including, but not limited to:

- Clenbuterol, selective androgen receptor modulators (SARMs, e.g. andarine, LGD-4033, ostarine and RAD140),
- tibolone, zeranol and zilpaterol.

For purposes of this section:
* “exogenous” refers to a substance which is not ordinarily produced by the body naturally.
** “endogenous” refers to a substance which is ordinarily produced by the body naturally.

PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

1. Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:

1.1 Erythropoietin-Receptor Agonists, e.g.
- Darbepoetins (dEPO);
- Erythropoietins (EPO);
- EPO based constructs [EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)];
- EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g.
- Argon;
- Cobalt;
- Molidustat;
- Roxadustat (FG-4592);
- Xenon.

1.3 GATA inhibitors, e.g.
- K-11706.

1.4 TGF-beta (TGF-β) inhibitors, e.g.
- Luspatercept;
- Sotatercept.
1.5 Innate repair receptor agonists, e.g.
Asialo EPO;
Carbamylated EPO (CEPO).

2. Peptide Hormones and Hormone Modulators,
2.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors, e.g.
Buserelin, deslorelin, goserelmin, leuprelin, nafarelin and triptorelin, in males;

2.2 Corticotrophins and their releasing factors, e.g.
Corticotropin;

2.3 Growth Hormone (GH), its fragments and releasing factors, including, but not limited to:
Growth Hormone fragments, e.g.
AOD-9604 and hGH 176-191;
Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g.
CJC-1293, CJC-1295, sermorelin and tesamorelin;
Growth Hormone Secretagogues [GHS], e.g.
ghrelmin and ghrelmin mimetics, e.g.
anamorelin, ipamorelin and tabimorelin;
G-H-Releasing Peptides [GHRPs], e.g.
alexamorelin, GHRP-1, GHRP-2 [pralmorelin],
GHRP-3, GHRP-4, GHRP-5, GHRP-6, and hexarelin.

3. Growth Factors and Growth Factor Modulators,
including, but not limited to:
Fibroblast Growth Factors (FGFs);
Hepatocyte Growth Factor (HGF);
Insulin-like Growth Factor-1 (IGF-1) and its analogues;
Mechano Growth Factors [MGFs];
Platelet-Derived Growth Factor (PDGF);
Thymosin-β4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (VEGF).

Additional growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

---

**BETA-2 AGONISTS**

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.
Including, but not limited to:
Fenoterol;
Formoterol;
Higenamine;
Indacaterol;
Olodaterol;
Procaterol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tulobuterol;
Vilanterol.

**Except:**
- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the Athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

---

**HORMONE AND METABOLIC MODULATORS**
The following hormone and metabolic modulators are prohibited:

1. Aromatase inhibitors including, but not limited to:
4-Androstene-3,6,17 trione [6-oxo];
Aminoglutethimide;
Anastrozole;
Androsta-1,4,6-triene-3,17-dione [androstatrienedione];
Androsta-3,5-diene-7,17-dione (arimistane);
Exemestane;
Formestane;
Letrozole;
Testolactone.

2. Selective estrogen receptor modulators (SERMs) including, but not limited to:
Raloxifene;
Tamoxifen;
Toremifene.

3. Other anti-estrogenic substances including, but not limited to:
Clomifene;
Cyclofenil;
Fulvestrant.

4. Agents modifying myostatin function(s) including, but not limited, to: myostatin inhibitors.

5. Metabolic modulators:
5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and Peroxisome Proliferator Activated Receptor δ (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516);
5.2 Insulins and insulin-mimetics;
5.3 Meldonium;
5.4 Trimetazidine.

DIURETICS AND MASKING AGENTS
The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s). Including, but not limited to:

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflu- methiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. tolvaptan.

Except:
- Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);
- Local administration of felypressin in dental anaesthesia.

The detection in an Athlete’s Sample at all times or In-Competition, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an Adverse Analytical Finding (AAF) unless the Athlete has an approved Therapeutic Use Exemption (TUE) for that substance in addition to the one granted for the diuretic or masking agent.
PROHIBITED METHODS

M1 MANIPULATION OF BLOOD AND BLOOD COMPONENTS
The following are prohibited:

1. The Administration or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.

2. Artificially enhancing the uptake, transport or delivery of oxygen.
   Including, but not limited to: Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.

3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2 CHEMICAL AND PHYSICAL MANIPULATION
The following are prohibited:

1. Tampering, or Attempting to Tamper, to alter the integrity and validity of Samples collected during Doping Control.
   Including, but not limited to:
   Urine substitution and/or adulteration, e.g. proteases.

2. Intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

M3 GENE DOPING
The following, with the potential to enhance sport performance, are prohibited:

1. The use of polymers of nucleic acids or nucleic acid analogues.

2. The use of gene editing agents designed to alter genome sequences and/or the transcriptional or epigenetic regulation of gene expression.

3. The use of normal or genetically modified cells.
SUBSTANCES & METHODS
PROHIBITED IN-COMPETITION

IN ADDITION TO THE CATEGORIES S0 TO S5 AND M1 TO M3 DEFINED ABOVE, THE FOLLOWING CATEGORIES ARE PROHIBITED IN-COMPETITION:

PROHIBITED SUBSTANCES

S6 STIMULANTS
All stimulants, including all optical isomers, e.g. d- and l- where relevant, are prohibited.

Stimulants include:

a: Non-Specified Stimulants:

Adrafinil;
Amfepramone;
Amfetamine;
Amfetaminil;
Amiphenazole;
Benzfluorex;
Benzylpiperazine;
Bromantan;
Clobenzorex;
Cocaine;
Cropropamide;
Crotetamide;
Fencamine;
Fenetyline;
Fenfluramine;
Fenproporex;
Fonturacetam [4-phenylpiracetam (carphedon)];
Furfenorex;
Lisdexamfetamine;
Mefenorex;
Mephentermine;
Mesocarb;
Metamfetamine(d-);
p-methylamphetatmine;
Modafinil;
Norfenfluramine;
Phendimetrazine;
Phentermine;
Prenylamine;
Prolintane.

A stimulant not expressly listed in this section is a Specified Substance.

b: Specified Stimulants.
Including, but not limited to:

1,3-Dimethylbutylamine;
4-Methylhexan-2-amine (methylhexaneamine);
Benzfetamine;
Cathine**;
Cathinone and its analogues, e.g. mephedrone, methedrone, and α-pyrrolidinovalerophenone;
Dimethylamphetatmine;
Ephedrine***;
Epinephrine**** (adrenaline);
Ephdrine**** (adrenaline);
Etilamfetamine;
Famprofazone;
Fenbutrazate;
Fencamfamin;
Heptaminol;
Hydroxyamfetamine [parahydroxyamphetatmine];
Isometheptene;
Levmetamfetamine;
Meclofenoxate;
Methylenedioxyxymethamphetamine;
Methylephedrine***;
Methylphenidate;
Nikethamide;
Norfenefrine;
Octopamine;
Oxilofrine (methylsynephrine);
Pemoline;
Pentetrazol;
Phenethylamine and its derivatives;
Phenmetrazine;
Phenpromethamine;
Propylhexedrine;
Pseudoephedrine*****;
Selegiline;
Sibutramine;
Strychnine;
Tetraamfetamine (methylenedioxyamphetamine);
Tuaminoheptane;

and other substances with a similar chemical structure or similar biological effect(s).

Except:
• Clonidine;
• Imidazole derivatives for topical/ophthalmic use and those stimulants included in the 2018 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2018 Monitoring Program, and are not considered Prohibited Substances.

** Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

**** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

---

** NARCOTICS

The following narcotics are prohibited:
Buprenorphine;
Dextromoramide;
Diamorphine (heroin);
Fentanyl and its derivatives;
Hydromorphone;
Methadone;
Morphine;
Nicomorphine;
Oxycodone;
Oxymorphone;
Pentazocine;
Pethidine.

---

** CANNABINOIDS

The following cannabinoids are prohibited:
• Natural cannabinoids, e.g. cannabis, hashish and marijuana,
• Synthetic cannabinoids e.g. Δ9-tetrahydrocannabinol (THC) and other cannabimimetics.

Except:
• Cannabidiol.

---

** GLUCOCORTICOIDs

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

Including but not limited to:
Betamethasone;
Budesonide;
Cortisone;
Deflazacort;
Dexamethasone;
Fluticasone;
Hydrocortisone;
Methylprednisolone;
Prednisolone;
Prednisone;
Triamcinolone.
BETA-BLOCKERS

Beta-blockers are prohibited In-Competition only, in the following sports, and also prohibited Out-of-Competition where indicated.

- Archery [WA]*
- Automobile [FIA]
- Billiards [all disciplines] (WCBS)
- Darts [WDF]
- Golf [IGF]
- Shooting [ISSF, IPC]*
- Skiing/Snowboarding [FIS] in ski jumping, freestyle aerals/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea.

*Also prohibited Out-of-Competition

Including, but not limited to:

- Acebutolol; Labetalol;
- Alprenolol; Levobunolol;
- Atenolol; Metipranolol;
- Betaxolol; Metoprolol;
- Bisoprolol; Nadolol;
- Bunolol; Oxprenolol;
- Carteolol; Pindolol;
- Carvedilol; Propranolol;
- Celiprolol; Sotalol;
- Esmolol; Timolol.