



TECHNICAL GUIDELINES WEIGHTLIFTING



**VII Juegos Deportivos Escolares
Centroamericanos y del Caribe**

Córdoba 2025

TECHNICAL GUIDELINES WEIGHTLIFTING

OVERVIEW



HOST CITY – MONTERÍA, COLOMBIA: Montería, the capital city of the Department of Córdoba, is located in the northwestern part of the country, in Colombia's Caribbean region, on the banks of the Sinú River — hence its nickname “Pearl of the Sinú”. It is also considered the “Cattle-Raising Capital of Colombia”. The city has a total population of 527,436 inhabitants and an average temperature ranging between 28°C and 32°C.

Montería is a cultural city, recognized for its traditional folk dances such as cumbia, porro, and fandango, as well as for its handicrafts made from natural fibers, such as the iconic sombrero vueltiao. The corralejas and the National Livestock Fair are major events of national importance.

PARTICIPANT DECLARATION

General Regulations, Art. 29 – When applying for registration, participants in the JEDECAC Games shall sign the following declaration: “I declare, on my honor, that I will respect the Statutes of CONCECADE, the General Regulations of the Central American and Caribbean School Games, the Competition Rules, and all other provisions of the Games, committing myself to participate in accordance with the principles of Fair Play, giving my utmost effort and technical ability.”

VENUE: Pontifical Bolivarian University



Address: Montería Córdoba Carrera 6° # 97A – 99, photo gogle maps

TECHNICAL GUIDELINES WEIGHTLIFTING

DATES: November 5–9, 2025

COMPETITION DAYS: November 6–8, 2025

TECHNICAL INFORMATION MEETING: November 5, 2025

REGULATIONS: The General Regulations of the JEDECAC Games will apply in accordance with the statutes and current regulations of the International Weightlifting Federation (IWF).

CATEGORY

The age of participation for athletes shall be as established in Article 28 of the JEDECAC General Regulations. The maximum age limit is 17 years as of the year of competition. There is no minimum age limit, as weightlifting is not a contact sport.

DELEGATION QUOTAS

ATHLETES	Up to 10 female athletes
	Up to 10 male athletes
COACH	Up to two (2) coaches
DELEGATE	One (1) delegate

- ❖ Each country may register a maximum of one (1) athlete per bodyweight category.
- ❖ For a bodyweight category to be official and count toward the medal table, at least three (3) athletes from different countries must be registered in that category.

BODYWEIGHT CATEGORIES AND EVENTS

MODALITY			TOTAL MEDALS		
	FEMALE	MALE	GOLD	SILVER	BRONZE
SNATCH, CLEAN & JERK, AND TOTAL	Up to 40 Kg	Up to 49 Kg	6	6	6
	Up to 45 Kg	Up to 55 Kg	6	6	6
	Up to 49 Kg	Up to 61 Kg	6	6	6
	Up to 55 Kg	Up to 67 Kg	6	6	6
SNATCH, CLEAN & JERK, AND TOTAL	Up to 59 Kg	Up to 73 Kg	6	6	6
SNATCH, CLEAN & JERK, AND TOTAL	Up to 64 Kg	Up to 81 Kg	6	6	6
	Up to 71 Kg	Up to 89 Kg	6	6	6
	Up to 76 Kg	Up to 96 Kg	6	6	6
	Up to 81 Kg	Up to 102 Kg	6	6	6
	Over 81 Kg	Over 102 Kg	6	6	6
SUB TOTAL	10	10	60	60	60

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MEDALS AT STAKE

GOLD	SILVER	BRONZE
60	60	60

COMPETITION SYSTEM AND TECHNICAL SPECIFICATIONS

- a) The classification of athletes will be determined by the best Snatch lift, the best Clean & Jerk lift, and the highest combined total (Snatch + Clean & Jerk).
- b) Any request to change the declared weight must be made within the first thirty (30) seconds of any attempt.
- c) The weigh-in will take place two (2) hours prior to each competition session and will last for one (1) hour.
- d) In the case of a tie: The athlete who successfully lifts the weight first shall be declared the winner.

AWARDS

Medals will be awarded for each bodyweight category in both genders, following the universally accepted system, both as countable medals (for the medal table) and physical medals, to the top three (3) places in the Snatch, Clean & Jerk, and Total (combined Snatch + Clean & Jerk) events, as follows:

1st place – Gold medal

2nd place – Silver medal

3rd place – Bronze medal

PROTESTS AND CLAIMS

Article 39: Eligibility (age or academic institution affiliation). Protests regarding an athlete's eligibility prior to the Games will be resolved by the JEDECAC Technical Committee in the corresponding sport. Protests must be signed by the Chef de Mission, Deputy Chef de Mission, or sport delegate. To confirm eligibility, delegations must present original passports during technical meetings. All Chefs de Mission will have access to these documents.

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Article 40: The Organizing Committee (OC) and the CT-CONCECADE (Technical Commission of the Central American and Caribbean Sports Council) will appoint a First Instance Appeals Tribunal for each sport, responsible for resolving protests in its discipline.

This Tribunal will consist of three (3) members: the sport's technical coordinator and two representatives from participating countries elected during the technical meeting.

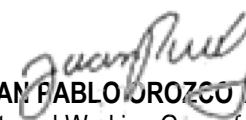
TRANSITIONAL PROVISIONS

Any matters not provided for in this document shall be resolved by the JEDECAC Organizing Technical Commission.

In witness thereof, it is signed in August of the year two thousand twenty-five (2025).



LUIS CARLOS BUITRAGO ECHEVERRI
Director of Sports Positioning and Leadership
MINISTRY OF SPORT



JUAN PABLO OROZCO LONDOÑO
Coordinator of the Internal Working Group for Sports Games and Events
MINISTRY OF SPORT