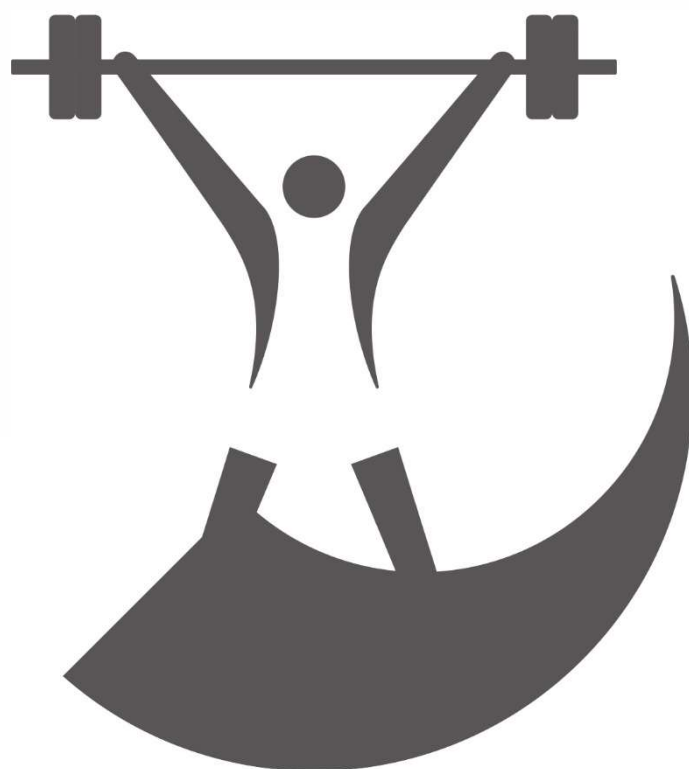


20th Asian Games
Aichi-Nagoya 2026

Sport Technical Handbook

(Version 2.0)

WEIGHTLIFTING



Log Report Summary

Version	Date	Overview
V.1.0	14 August 2025	First draft. Information current as of June 2025.
V.2.0	30 September 2025	Second draft. Information current as of August 2025.

Foreword

The 20th Asian Games Aichi-Nagoya 2026 will be held in Aichi-Nagoya, Japan, from 19 September to 4 October 2026. It is a very meaningful event for all of Japan, as it brings a chance to further deepen growing exchange within Asia.

“IMAGINE ONE ASIA” is our slogan for the Games. The organizers claim that sports has a power to bring people together beyond the barriers of language, culture and nationality. They hope that Aichi-Nagoya 2026 Asian Games will be the opportunity for every people in Asia to be able to imagine their own ‘ONE ASIA’ with the power of sports so that the ties among the people in Asia will be strengthen and they can forward to the bright future.

This Sport Technical Handbook is available in electronic form, in English. This Handbook contains technical information and information about the services to be provided at the Games, as well as the contact details of the relevant sports organisations.

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I

General Information

I. General Information

1. Introduction to the 20th Asian Games Aichi-Nagoya 2026

Date: 19 September to 4 October 2026

Host City: Aichi-Nagoya

Sports: 41 sports

Venues: 53 competition venues, 72 training venues

Concept:

- Athlete-Centered
- Using existing facilities
- Making full use of state-of-the-art technology
- Offer hospitality with traditions through interaction with citizens
- Contribute to the promotion of sports culture

1.1. Emblem

The smooth curves describe the liveliness of sports.

The center line colored in purple, gold, and green inspires the image that people get together as one and go forward to the future by heading to a bright red sun, the symbol of the OCA. The purple is used as an image of iris which is the prefectural flower of Aichi. The gold describes the Kinshachi, the golden tiger-fish roof ornaments and the symbol of Nagoya Castle. And the green inspires the high environmental consciousness among people of Aichi-Nagoya fostered through EXPO 2005 Aichi, COP10, and the UNESCO World Conference on ESD. The emblem contains the initial letters of Asia, Aichi, and Nagoya. You can see "A" described by the purple curve and the center line and "N" in the purple and the gold.



1.2. Mascot

"HONOHON " was born from the fiery passion that dwells in the hearts of athletes, becoming one with Shachihoko, the guardian deity of Aichi-Nagoya.

The name "HONOHON" is derived from the word "Honoho," which is said to be the origin of the Japanese word meaning "flame," that comes from the image of fire rising high and burning brightly, resembling the shape of a rice ear ("ho" in Japanese). To make the name sound more friendly, we named it "HONOHON."



1.3. Other Information

For more information, please refer to the websites of Aichi-Nagoya Asian Games Organizing Committee (AINAGOC).

URL: <https://www.aichi-nagoya2026.org/en/>

2. Accreditation and Validation

AINAGOC will distribute the Accreditation Guide to Responsible Organisations in December 2025. The Accreditation system will be available from XX December 2025 to XX May 2026.

From July 2026 onwards, AINAGOC will produce and deliver the Pre-valid Asian Games Identity and Accreditation Card (PVC) to Responsible Organisations that have confirmed their Accreditation Status Report. Upon arrival in Japan, Games stakeholders will be required to validate their PVC at the Aichi Sky Expo accreditation validation desk or other accreditation facilities by presenting their valid identity documents. Once

validated, the PVC becomes the Asian Games Identity and Accreditation Card (AGIAC). The AGIAC entitles cardholders to access the venues and zones indicated on their card in order to perform their duties.

3. Validity Period of AGIAC

When accompanied by a valid passport (or equivalent document), PVC or AGIAC will serve as a visa waiver which allows multiple entries when applying for landing into Japan.

The visa waiver period is 50 days before the Opening Ceremony to 15 days after the Closing Ceremony. Between 31 July 2026 and 19 October 2026.

4. Transport

Athletes and team officials will be provided with transport on arrival and departure, for competitions, and for training. Services will be available for the designated locations. AINAGOC will allocate a specific number of dedicated vehicles to each NOC delegation for its exclusive use. Please refer to the Detailed Transport Services Plan (to be published later) for the 20th Asian Games Aichi-Nagoya 2026 for more details.

5. Accommodation

A conventional athletes' village will not be built.

During the 20th Asian Games Aichi-Nagoya 2026, NOC athletes' and team officials will be accommodated at Garden Pier (Villas*) and Kinjo Pier (cruise ship), and existing accommodation facilities (hotels, etc.), and necessary functions and services will be provided.

For security, access to the Athletes' Accommodations will require the appropriate accreditation card.

*A facility that houses accommodation amenities within a container-sized unit, allowing for easy transportation via trailer or ship, and used as a hotel or private residence.

6. Media Services

6.1. Broadcast Mixed Zone

All athletes are required to pass through the Broadcast Mixed Zone after the competition. However, athletes are not obligated to comply with interview requests in this area.

The Broadcast Mixed Zone is directly connected to the Press Mixed Zone, ensuring a seamless transition for athletes and media representatives.

* Victory Ceremony Procedure:

If an athlete is scheduled to attend the victory ceremony, the Ceremony Producer or Sports Manager will notify the HB and Press Mixed Zone Manager. These athletes will then be escorted to the ceremony briefing area. After the victory ceremony, they will return to the Broadcast Mixed Zone and pass through the area.

6.2. Press Mixed Zone

Athletes must pass through Press Mixed Zone at right after passing through Broadcast Mixed Zone so that they can be interviewed by accredited press as soon as possible after the competition ends. Athletes must undergo Doping test (included but not limited to) after passing through Press Mixed Zone. In case it's occurred after a Press conference, it must be conducted at after the Press Conference.

6.3. Press Conference Room

After the final of each event, in principle, a post-competition press conference will be arranged. At Press conferences, interpreting in 6 languages (Japanese, English, Chinese, Korean, Russian and Arabic) will be provided. Translating a participant's native language into English, if needed, should be done by the Press Attaché(s) or staff of the relevant NOC taking part.

Athletes must undergo Doping test (included but not limited to) after passing through Press Mixed Zone. In case it's occurred after a Press conference, it must be conducted at after the Press Conference.

6.4. FOP Photo Positions

FOP photo positions will be set up in FOPs or FOP surrounding areas in each competition venue. These positions are for accredited photographers to use to take photos of competitions. Accredited photographers will need to wear supplementary access control devices in order to enter FOP photo positions. During the victory ceremony, if necessary, set up a suitable temporary photo position to capture it.

6.5. NOC Press Attaché

NOC press attachés with Supplementary access control device(s) will assist in facilitating interviews between Athletes and Accredited press. They can enter the athletes' side of the Press Mixed Zone, but not the Broadcast Mixed Zone. Where necessary, language support volunteers assist them in their activities.

7. Medical Services

Medical Services During the Games, AINAGOC will run Medical rooms for athletes at each competition venue and provide onsite medical services and emergency transport. At each athletes' accommodation, medical staff will be stationed to provide necessary care and treatment.

If advanced care and exam are needed, patients will be transferred to the Games' designated hospitals.

If necessary, medical services such as emergency treatment, hospitalization and emergency transfer will be provided.

Onsite Basic medical, emergency transport services will be provided free of charge.

Other medical services shall be paid for in accordance with the provisions stated in the relevant policy for insurance cover.

Free medical services will not include non-essential medical care nor elective medical treatment.

8. Weather Information

TBC

Overview of Weather in XXX in September and October (XXXX-XXXX)

Meteorological Parameters	September	October
Prevailing Wind	TBC	TBC
Average Wind Speed (m/s)	TBC	TBC
Maximum Wind Speed (m/s)	TBC	TBC
Highest Wind Speed (m/s)	TBC	TBC
Average Temperature (° C)	TBC	TBC
Maximum Average Temperature (° C)	TBC	TBC
Minimum Average Temperature (° C)	TBC	TBC
Precipitation (mm) Monthly Average	TBC	TBC
Maximum Precipitation (mm) Historically For This Month	TBC	TBC
No. of Rainfall Days per Month (days) Monthly Average	TBC	TBC

An abstract background composed of various shades of orange and red. It features several overlapping circles, some containing icons like a gear, a flame, a person, and a checkmark. There are also horizontal lines and other geometric shapes scattered throughout.

II

Technical Information



II. Technical Information

1. Competition Date

The Weightlifting competition of the 20th Asian Games Aichi-Nagoya 2026 will be held from 23 to 29 September 2026.

2. Competition Venue

The Weightlifting competition of the 20th Asian Games Aichi-Nagoya 2026 will be held at Nagoya City Trade and Industry Center. The FOP consists of one (1) weightlifting competition stage, one (1) competition platform, warm-up area with 14 platforms, Technical Officials' Tables, Competition Management (Technical) Tables and IF/AF Table(s).

The training will be held at the same place. There will be 30 training platforms. Training is available from 17 September 2026 until 29 September 2026.

3. Competition Management

3.1. Technical Delegate

Chinen Reiko Kato (JPN)

3.2. Sport Manager

Sato Hiromi(JPN)

4. Competition Events

The Weightlifting competition of the 20th Asian Games Aichi-Nagoya 2026 consists of 16 events, including eight (8) men's and eight (8) women's events as follows.

Men's (8): 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

Women's (8): 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

5. Competition Schedule

Date	Session	Time		Gender	Event
23 Sep. (Wed)	WLF01	10:00	12:00	W	Women 48kg Group B
				W	Women 53kg Group B
	WLF02	14:00	16:00	W	Women 48kg Group A
		16:10	16:20	W	Women 48kg Victory Ceremony
	WLF03	18:30	20:30	W	Women 53kg Group A
		20:40	20:50	W	Women 53kg Victory Ceremony
24 Sep. (Thu)	WLF04	10:00	12:00	M	Men 60kg Group B
				M	Men 65kg Group B
	WLF05	14:00	16:00	M	Men 60kg Group A
		16:10	16:20	M	Men 60kg Victory Ceremony
	WLF06	18:30	20:30	M	Men 65kg Group A
		20:40	20:50	M	Men 65kg Victory Ceremony
25 Sep. (Fri)	WLF07	10:00	12:00	W	Women 58kg Group B
				W	Women 63kg Group B
	WLF08	14:00	16:00	W	Women 58kg Group A
		16:10	16:20	W	Women 58kg Victory Ceremony
	WLF09	18:30	20:30	W	Women 63kg Group A
		20:40	20:50	W	Women 63kg Victory Ceremony
26 Sep. (Sat)	WLF10	10:00	12:00	M	Men 71kg Group B
				M	Men 79kg Group B
	WLF11	14:00	16:00	M	Men 71kg Group A
		16:10	16:20	M	Men 71kg Victory Ceremony
	WLF12	18:30	20:30	M	Men 79kg Group A
		20:40	20:50	M	Men 79kg Victory Ceremony
27 Sep. (Sun)	WLF13	10:00	12:00	W	Women 69kg Group B
				W	Women 77kg Group B
	WLF14	14:00	16:00	W	Women 69kg Group A
		16:10	16:20	W	Women 69kg Victory Ceremony
	WLF15	18:30	20:30	W	Women 77kg Group A
		20:40	20:50	W	Women 77kg Victory Ceremony
28 Sep. (Mon)	WLF16	10:00	12:00	M	Men 88kg Group B
				M	Men 94kg Group B
	WLF17	14:00	16:00	M	Men 88kg Group A
		16:10	16:20	M	Men 88kg Victory Ceremony
	WLF18	18:30	20:30	M	Men 94kg Group A
		20:40	20:50	M	Men 94kg Victory Ceremony
29 Sep. (Tue)	WLF19	8:30	10:20	W	Women 86kg Group A
		10:30	10:40	W	Women 86kg Victory Ceremony
	WLF20	12:20	14:10	M	Men 110kg Group A
		14:20	14:30	M	Men 110kg Victory Ceremony
	WLF21	16:10	18:00	W	Women +86kg Group A
		18:10	18:20	W	Women +86kg Victory Ceremony
	WLF22	20:00	21:50	M	Men +110kg Group A
		22:00	22:10	M	Men +110kg Victory Ceremony

Note: The competition schedule may be subject to change after the Verification of Final Entry.

6. Competition Rules

The Weightlifting competition of the 20th Asian Games will be held as per the latest International Weightlifting Federation (IWF) Technical and Competition Rules & Regulations (TCRR).

Detailed information is available on the website of the IWF: www.iwf.sport

In case of any disagreement in the interpretation of the IWF rules and regulations, the English version shall prevail. Any unforeseen circumstances not covered by the regulations and rules shall be resolved as follows:

Technical issues: Resolved in accordance with the IWF TCRR.

General issues: Resolved in accordance with the Olympic Council of Asia (OCA) Constitution and Rules.

7. Competition Format

The Weightlifting competition of the 20th Asian Games Aichi-Nagoya 2026 comprises eight (8) bodyweight categories for Men, and eight (8) for Women. The competition format for each category consists of a single phase, though it may be contested in multiple groups.

Draw

After the Verification of Final Entry, a randomly generated lot number is drawn for each verified athlete. The athletes retain the lot number throughout the Event. The lot number defines the order of the weigh-in and the order of lifting during the course of the competition in the athlete's relevant group.

Bodyweight categories may be divided into two (2) or more groups by the Technical Delegate in accordance with the Entry Totals. If two (2) or more athletes have the same Entry Total, athletes may be allocated into different groups according to their lot number (e.g. athlete(s) with the lower lot number(s) go(es) to Group A; the athlete(s) with the higher lot number to Group B).

Weigh-in

In prior to each competition, weigh-in is carried out to verify athletes' bodyweights. The weigh-in of each competition begins two (2) hours before the start of the group concerned. Weigh-in lasts for one (1) hour. If the correct weight is not reached before the end of weigh-in period, the athlete will be eliminated from the competition. The Technical Delegate or her representative must issue Official Communication to state the relevant athlete has been eliminated from the competition with the reason.

Course of competition

Each competition consists of two parts: the Snatch and then the Clean & Jerk, with generally a ten-minute break between the two. The Jury, at its discretion and in consultation with the Technical Delegate may shorten or lengthen the break. An appropriate announcement to all relevant parties (athletes, Team Officials, Technical Officials, sport production, broadcast, spectators, etc.) must be made.

Each athlete may take three attempts at individually chosen weights in both the Snatch and the Clean & Jerk. The barbell is loaded progressively. The athlete requesting the lightest weight lifts first. The weight of the barbell must always be increased by multiple of one (1) kilogram increments. One minute is allocated to each athlete between the calling of his/her name and the beginning of the attempt. When an athlete attempts two lifts in succession, he/she is allowed two minutes for the succeeding attempt. Three referees adjudicate each lift and pass their decision, if accepted or not. The validity of the lift is decided on the majority by the referees. Each decision made by the referees is immediately analysed by the Jury, and they can decide to reverse it. After this, the decision is final and irrevocable. The rules of lifting and for the adjudication of attempts are the same for men and women.

Athletes having no valid lifts in the Snatch are eliminated from competition and cannot continue in the Clean & Jerk.

Calling Order

The following four factors listed in priority must be considered when calling the athletes:

1. The weight of the barbell (lightest weight first)
2. The number of the attempt (lowest number first)
3. The sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)
4. The start number of the athlete (lowest first)

20 kg Rule

The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total minus twenty (20) kg. The Jury will exclude the athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the “20 kg Rule”.

If the 20 kg Rule is not respected by the athlete / Team Official and goes unnoticed by all TOs and the athlete takes attempts, whether successful or not, and the error is noticed only after the execution of the lifts, any or all such Clean and Jerk attempts not in compliance with the Rule will be rendered as “No lift”.

Tie Break Rules

If there is a tie, the factors to decide the classification of athletes in the Total are:

1. Best result – highest first; if identical, then:

2. Best Clean & Jerk result's attempt number – the Athlete who achieved the Total result earliest according to the Calling Order.

In the case of tie(s) in different group(s), the athlete(s) who competed earlier in time will be ranked higher regardless of the attempt number at which the athletes reached the relevant result.

Classification of Athletes

Gold, silver and bronze medals will be awarded only to the top three (3) weightlifters in the Total results in each bodyweight category.

8. Sport Entries

8.1. Eligibility

- Only NOCs that are members of the OCA are entitled to enter athletes to compete in the Weightlifting competition of the 20th Asian Games.
- Only athletes who comply with the OCA Constitution and Rules and its By-laws are entitled to compete in the Weightlifting competition.
- Only athletes who comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), and IWF Policies are entitled to compete in the Weightlifting competition.
- Only athletes who comply with the applicable whereabouts requirements of the IWF Anti-Doping Rules are entitled to compete in the Weightlifting competition.

8.2. Entry Timeline

- Entry by Sports: 12 Jun 2025 – 7 Jul 2025
- Entry by Number: 18 Jul 2025 – 16 Sep 2025
- Entry by Name (SEQ Period): 1 May 2026 – 1 Jul 2026

8.3. Entry Policies (special rule for the 20th Asian Games Aichi-Nagoya 2026)

- Individual: Each NOC may enter a maximum of one (1) athlete per bodyweight category.
- Total: Each NOC may enter maximum of five (5) male athletes and five (5) female athletes.
- Age Requirement: To be eligible to participate in the Asian Games Aichi-Nagoya 2026, Weightlifting athletes must be born on or before 31 December 2011.

NOCs that withdraw their athletes or teams after the submission of the final entries by name (SEQ deadline) or the Team Draw phase will be faced with disciplinary action by the OCA Executive Board.

- Late Athlete Replacement (LAR): Only those athletes who are eligible and comply IWF Anti-Doping Rule can be used as replacements. This procedure must be completed before the Verification of Final Entries Meeting.

9. Training Arrangement

See Appendix 5 for the detailed training schedule.

10. Technical Officials and Jury of Appeal

International Technical Officials (ITOs) shall be appointed and accredited by the Asian Weightlifting Federation (AWF).

National Technical Officials (NTOs) shall be appointed by the Japan Weightlifting Association.

AF/IF has the right to appoint the Technical Delegate and International Technical Officials (ITOs) in coordination and approval of the OCA. In the event of any violation of the AF/IF Rules or Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned to the relevant party.

11. Verification of Final Entry Meeting

TBC

12. Technical Officials Meeting

TBC

13. Technical Meeting

TBC

14. Protests and Appeals

The Jury has the ultimate control over the FOP and its primary function is to ensure that the IWF TCRR are being correctly followed and applied. The Athlete / Team can challenge the Referees' or Jury's decision by using the Challenge Card. There is no appeal against the Jury's decision except for the Challenge procedure according to IWF TCRR 3.3.7. Any athlete/NOC may appeal to the Court of Arbitration for Sport (CAS), in the event that the athlete/NOC believes that there has been a violation of the IWF Rules or the OCA Constitution, as long as the appeal is not related to reversing the decision of the Referees or the result.

15. Equipment and Clothing

IWF approved barbells will be used for the competition and the training.

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and IWF. Neither athletes nor technical officials will be permitted to attach any form of commercial advertising to his or her competition uniform without prior approval from the OCA and the AINAGOC.

16. Doping Control

In order to ensure healthy and fair competitions and protect the interests of the athletes, the Anti-doping programmed of the 20th Asian Games Aichi-Nagoya 2026 will be conducted in strict accordance with the World Anti-doping Code and the OCA Anti-doping Rules.

17. Victory Ceremony

Gold, silver and bronze medals will be awarded to the athletes ranked in the top three in the Total in each bodyweight category.

Immediately after the last Clean & Jerk attempt of the Group A session, the medallists shall be escorted to the Waiting Area to get ready for the ceremony. The Victory Ceremony of the Snatch shall be started within 10 minutes maximum after the last Clean & Jerk attempt followed by the Victory Ceremony of the Clean & Jerk. Medallists must wear their NOC official uniforms.

18. Sport Information Desk (SID)

All sport-specific information will be available at the Sport Information Desks. They will be located at the competition venue.



III

Approval of the Technical Handbook



III. Approval of the Technical Handbook

The version 2.0 of Sport Technical Handbook for Weightlifting of the 20th Asian Games Aichi-Nagoya 2026 is approved by the AWF or TD.



IV

Key Contact Information



IV. Key Contact Information

1. OCA

Director General: Hon. Dr. Husain A H Z AL-MUSALLAM

Deputy Director General : Mr. Vinod Kumar Tiwari

OCA Sports Committee Chairman : Mr. Song Lu Zeng

Manager, OCA Sports Department: Mr. Ganesan Sundarammoorthy

2. International Weightlifting Federation

President: Mohammed Hasan Jalood Al-Shammari

General Secretary: Jose Carlos Quinones

Address: Maison du Sport International, Av. de Rhodanie 54, Switzerland-1007, Lausanne

Tel: +41-216013227

E-mail: iwf@iwf.sport

Website: <https://beta.iwf.sport/>

3. Asian Weightlifting Federation

President: Mohamed Yousef A Al-Mana

Secretary General: Mohammed Ahmed A Alharbi

Address: P.O Box 2473, Doha, Qatar

Tel: (+974) 44943274

E-mail: president@awf.sport / gs@awf.sport

Website: <https://awf.sport/>

4. Technical Delegate

Name: Chinen Reiko Kato

Tel: (+81) 90 3547 3804

E-mail: renren0919@hotmail.com

5. AINAGOC

5.1. Sports Department

Deputy Director General: Kobayashi Toru

Address: 1-5, Shinsakae-machi, Naka-Ku, Nagoya-shi, Aichi, JAPAN

Postal Code: 4600004

Tel: +81-52-951-2026

Fax: +81-52-746-9150

E-mail: ainagoc@aichi-nagoya2026.org

Website: <https://www.aichi-nagoya2026.org/en/>

5.2. Sport Manager

Name: Sato Hiromi

Tel:

E-mail: hiromi_sato@aichi-nagoya2026.org

6. Japanese Olympic Committee (JOC)

Address: 4-2 Kasumigaoka-machi, Shinjuku-Ku, Tokyo

Japan Sport Olympic Square

Postal Code: 1600013

Tel: +81-3-6910-5950

Fax: +81-3-6910-5960

Website: <https://www.joc.or.jp/english/>

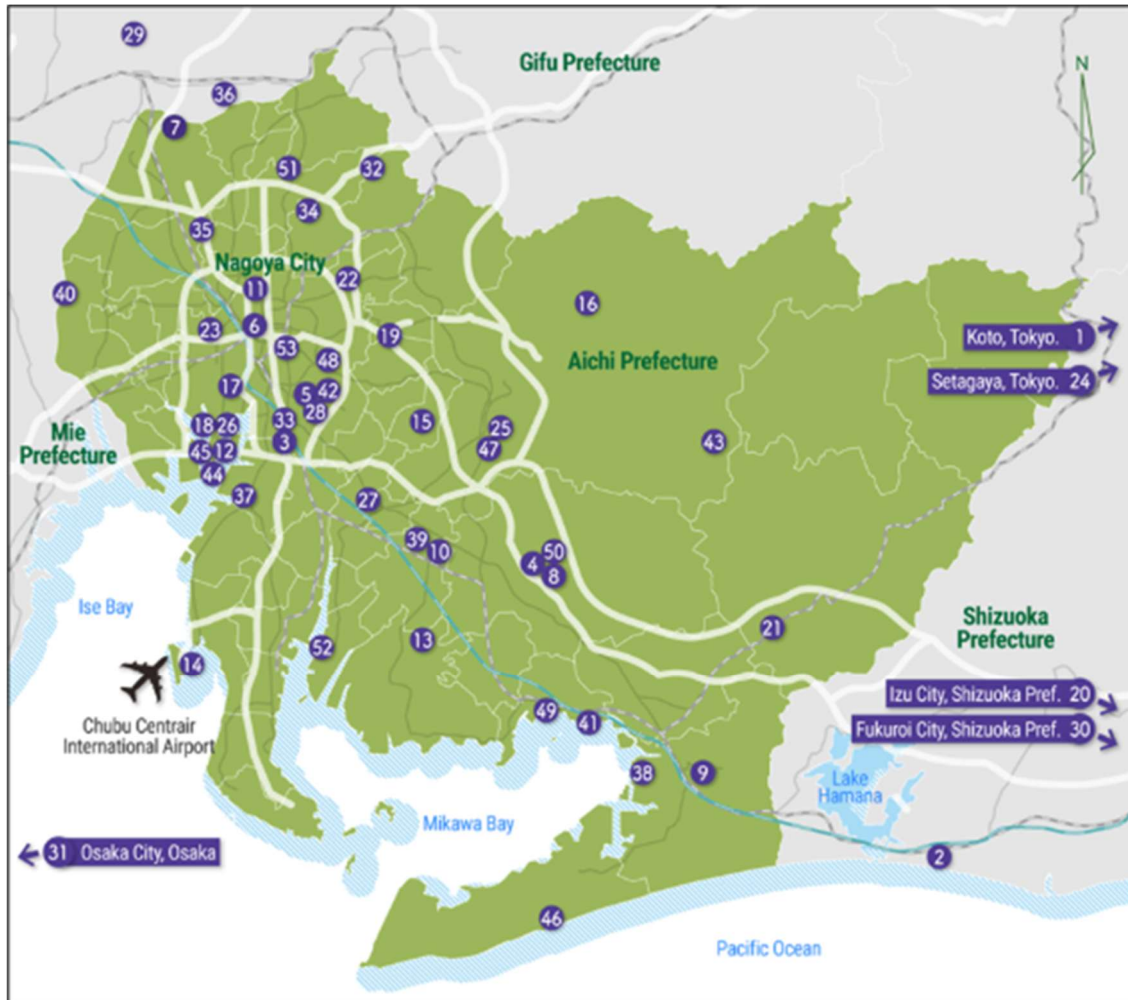


Appendices



V. Appendices

1. Venue Masterplan



Sport	Discipline	Competition Venues	Sport	Discipline	Competition Venues
1	Aquatics	(1) Tokyo Aquatics Centre (2) "Tobio" Furubashi Hiroshi Memorial Ho-mamatsu Swimming Center	18	Handball	(34) Kasugai City Gymnasium (35) ENT RDO
2	Archery	(3) Nagoya City General Gymnasium (Rainbow Pool) (4) Okazaki Chuo Sogo Park Multipurpose Square	19	Hockey	(36) Gifu Prefectural Green Stadium (37) Aichi International Arena
3	Athletics	(5) Nagoya City Mizuho Park Athletic Stadium (6) Nagoya City Mizuho Park Athletic Stadium (7) Circular course around the Aichi Prefectural Government office and the Nagoya City Hall	20	Judo	(38) Toyohashi Gymnasium (39) Anjo Sports Park
4	Badminton	(8) Ichino-miya City Municipal Gymnasium (9) Okazaki Chuo Sogo Park Baseball Stadium	21	Karate	(40) Nagagawa International Regatta Course (41) Nagoya City Mizuho Park Rugby Field
5	Baseball/Softball	(10) Toyohashi Municipal Baseball Stadium (11) Anjo Softball Ground	22	Karate Kata/Kumite	(42) Kariya Yacht Harbor (43) Nagoya City Mizuho Park Gymnasium
6	Basketball	(12) Aichi International Arena (13) Kinjo Futo Station Square Venue	23	Modern Pentathlon	(44) Aichi Prefectural General Shooting Gallery (45) Aichi Sky Expo
7	Boxing	(14) Aichi Sky Expo	24	Rowing	(46) Nagoya International Exhibition Hall (Portmesse) (47) SKY HALL TOYOTA
8	Breakdancing	(15) Miyoshi Lake Canoe Course	25	Rugby	(48) Nagoya City Inase Sports Center (49) Aichi Prefectural Martial Arts Hall
9	Canoe/Kayak	(16) Yahagigawa Canoe Slalom Course (17) Aichi Prefectural Martial Arts Hall	26	Sailing	(50) Okazaki Chuo Sogo Park Gymnasium (51) Park Arena Komaki
10	Combat sports	(18) Nagoya City Inase Sports Center (19) Korogi Athletic Park	27	Table Tennis	(52) Hokusan Ryokuchi Beach Court (53) Nagoya City Trade and Industry Center
11	Cricket	(20) Iza Velodrome (21) Circuit course in Shinshiro City	28	Taekwondo	(54) Nagoya City Mizuho Park Rugby Field (55) Gifu Nagagawa Stadium
12	Cycling	(22) Obata Ryokuchi Park (23) Nagoya Velodrome BMX Race Course (24) Aichi Sky Expo	29	Weightlifting	(56) Gifu Nagagawa Stadium (57) Shizuoka Stadium Ecopa
13	Equestrian	(25) Equestrian Park (26) Aichi Sky Expo	30	Wrestling	(58) Aichi Prefectural Martial Arts Hall (59) TOYOTA STADIUM
14	Esports	(27) Aichi Sky Expo	31	Wushu	(60) Nagoya City Mizuho Park Rugby Field (61) Gifu Nagagawa Stadium
15	Fencing	(28) Kasugai Country Club East Course	32	Yudo	(62) Nagoya City Mizuho Park Rugby Field (63) Gifu Nagagawa Stadium
16	Golf	(29) Nagoya City General Gymnasium (Rainbow Hall)	33	Yudo	(64) Nagoya City Mizuho Park Rugby Field (65) Gifu Nagagawa Stadium
17	Gymnastics	(30) Nagoya City General Gymnasium (Rainbow Hall)	34	Yudo	(66) Nagoya City Mizuho Park Rugby Field (67) Gifu Nagagawa Stadium

2. Competition Venue

The Weightlifting competition of the 20th Asian Games Aichi-Nagoya 2026 will be held at Nagoya City Trade and Industry Center. The FOP consists of one (1) weightlifting competition stage, one (1) competition platform, warm-up area with 14 platforms, Technical Officials' Tables and Competition Management (Technical) Tables.

The training will be held at the same place. There will be 30 training platforms.

Training is available from 17 September 2026 until 29 September 2026.

3. Field of Play

TBC

4. Competition Schedule

TBC

5. Training Schedule

group	NAT	Women	Men	TOTAL	PLATFORMS	practice 1	practice 2	practice 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
group 1						10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30
group 2						12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00
group 3						15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30
group 4						17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00	12:30~ 14:30	15:00~ 17:00	17:30~ 19:30	10:00~ 12:00

6. OCA Constitution

Article 52

- Eligibility Code
 - To be eligible for participation in the OCA GAMES, a competitor must:
 1. Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter.
 2. Respect the spirit of fair play and non-violence and abide by the rules on the sports field.
 3. Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organizations.
 4. The Member must ensure that any competitor in the OCA GAMES must be the nationality of the country of NOC, which is entering him.
 5. Disputes relating to the determination of the country which a competitor may represent in the OCA GAMES shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.
- **By-laws to Article 52**
 1. *All cases of infringement of IOC Rule 41, 42 and it's By-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final*
 2. *A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality.*
 3. *A competitor who has represented one country in the Olympic Games, OCA GAMES, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA GAMES to represent his new country until three years after such change or acquisition.*
 4. *If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he belong or belonged. However, he may, if*

preferred, choose to represent his country or be entered in the OCA GAMES by his new NOC if one exists. This option can only be made once and is irreversible.

5. *In all cases not expressly addressed in these By-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period.*
6. *Except as permitted by the EB, no competitor, coach or official who participates in the OCA GAMES may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA GAMES.*

Article 53

- Necessary Conditions for representing a Country
1. Only nationals of member NOCs are eligible to represent that country in the OCA GAMES. Where a competitor's nationality is the subject of scrutinization, evidence (passport, residency & other documents) must be produced to support and meet the definition of eligibility, according to the rules prevailing in the particular sport in which the competitor wishes to take part. It is not permissible for a competitor having once represented a country in the OCA GAMES or any international sports competition such as Olympic Games, Asian Games, World Games, Continental Games, Regional Games etc., to represent a different country in the future unless:
 - a. The former country or place of birth has since been incorporated in another State.
 - b. Or if he/she competed for the former country because the NOC or Chief National Organisation of their native land was not a Member of the OCA at that time.
 - c. The rules in relation to Article 49 By-laws 4 are met.
 2. Competitors will be eligible if they comply with the following qualifications:
 - a. That they were born in the country they represent.
 - b. That they are nationals or citizens of the country they represent and have lived there continuously for a period of not less than three years.

- c. That they have become naturalized in the country they represent and have permanent residence there.
- 3. Competitors born outside Asia cannot be qualified unless they meet conditions in 2 b & c, where applicable.

- ***By-laws to Article 53***

The OCA will have the full authority for disqualification of any athlete in all matters other than technical.

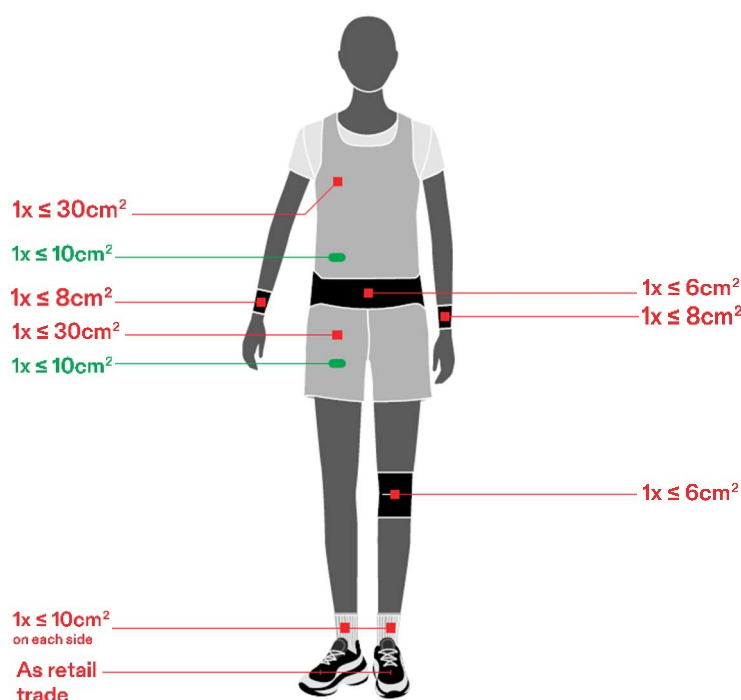
Article 54

- Age Limit
 - There is no age limit for competitors in the OCA GAMES, unless the IF and/or AFs prescribe otherwise and is approved by the EB apart from AYG which has an age restriction of 14-17 years.

7. Clothing Guidelines (Partially TBD)

Based on the Olympic Council of Asia's Commercial Guidelines established by the OCA, as well as the regulations of the relevant IF/AF, the Clothing Guidelines for this competition are set forth as follows.

7.1. ATHLETE FRONT



【Identification of the Manufacturer】

○ Clothing

• T-shirt | Undershirt | Robe | Tracksuit/Jacket

One Identification of the Manufacturer [■] per clothing item will be permitted, to a maximum size of 30cm².

• One-piece body suit

Where one-piece body suits are used in competition, one Identification of the Manufacturer shall be permitted above the waist and below the waist, in accordance with the maximum size noted above, however these identifications shall not be placed immediately adjacent to each other.

○ Accessories

- **Support belt | Kneecaps**

One Identification of the Manufacturer [■] per item will be permitted, to a maximum size of 6cm².

- **Gloves**

One Identification of the Manufacturer [■] per item will be permitted, to a maximum size of 8cm²

- **Headgear**

One Identification of the Manufacturer [■] per item will be permitted, to a maximum size of 10cm² or two Identifications of the Manufacturer, to a maximum size of 5cm² each, placed above each ear.

- **Socks**

One Identification of the Manufacturer [■] per item will be permitted, to a maximum size of 10cm².

- **Eyewear**

May carry the Identification of the Manufacturer as generally used on products sold through retail trade during the period of 6 months or more prior to the Games, with the Identifications permitted on the lenses so long as such identifications are tone-on- tone, engraved into the lens, and is not deemed as conspicuous by the OCA.

- **Bag**

One Identification of the Manufacturer per item will be permitted, not greater than 10% of the surface area of the item, to a maximum size of 60cm².

- **Shoes/Footwear**

- **Shoes**

All footwear items may carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of 6 months or more prior to the Games.

【Product Technology Identification】

- **Clothing**

- **T-shirt | Undershirt | Robe | Tracksuit/Jacket**

One additional Product Technology Identification [■] will be permitted per clothing item with a maximum size of 10cm².

- **One-piece body suit**

Where one-piece body suits are used in competition, one Product Technology Identification shall be permitted above the waist and below the waist, in

accordance with the maximum size noted above, however these identifications shall not be placed immediately adjacent to each other.

【NOC Emblem and National Identity】

○ Additional IF/AF Specifications

Third Party Identifications (athlete names)

No names of athletes allowed on items.

NOC Emblems and National Identity

No IF/AF specific regulations with regard to National Identifications.

8. Late Replacement of Athletes (Form)



Late Replacement of Athletes (Form)

PLEASE PRINT CLEARLY IN CAPITAL LETTERS											
National Olympic Committee						NOC code					
A. Replacement athlete											
Accreditation Registration Number						Date of Birth (DD/MM/YYYY)			Gender		
									<input type="checkbox"/> Male <input type="checkbox"/> Female		
Family Name						Discipline					
Given Name						Event					
IF Number (if any)											
B. Athlete being replaced											
Accreditation Registration Number						Date of Birth (DD/MM/YYYY)			Gender		
									<input type="checkbox"/> Male <input type="checkbox"/> Female		
Family Name						Discipline					
Given Name						Event					
IF Number (if any)						Reason for Replacement					
						<input type="checkbox"/> Injury <input type="checkbox"/> Illness <input type="checkbox"/> Other					
If other, please specify											
NOC Representative Name						NOC Representative Signature			Date (DD/MM)		
									<input type="checkbox"/> 2 <input type="checkbox"/> 0 <input type="checkbox"/> 2 <input type="checkbox"/> 3		
C. Asian Federation Comments											
Decision						AF Representative Signature			Date (DD/MM)		
<input type="checkbox"/> Approved <input type="checkbox"/> Rejected									<input type="checkbox"/> 2 <input type="checkbox"/> 0 <input type="checkbox"/> 2 <input type="checkbox"/> 3		
D. OCA Comments											
OCA Medical Committee Representative or OCA Medical Director Comments											
Decision											
<input type="checkbox"/> Approved <input type="checkbox"/> Rejected											
OCA Representative Name and Signature						Date (DD/MM)					
						<input type="checkbox"/> 2 <input type="checkbox"/> 0 <input type="checkbox"/> 2 <input type="checkbox"/> 3					
Please return the signed form and the required documentation to the HAGOC Sport Entries Team. All replacements are subject to the OCA's Late Athlete Replacement Policy for the Games.											
COMPETITOR'S DECLARATION: "I, the undersigned, declare on my honor that I am eligible and fulfill the Conditions stipulated by the OCA Rules and Constitution. I am also fully aware of the OCA Anti-Doping Rules and the allowable trademark identification on clothing and equipment worn or used at the OCA GAMES as indicated in the Commercial Guidelines. Failing to comply with any of the above may result in penalties and my disqualification."											
<div style="text-align: right;"> _____ Competitor's Signature and Date </div>											

9. Official Prestige Partners

9.1. The 20th Asian Games Prestige Partner



9.2. The 20th Asian Games Official Partner



9.3. The 20th Asian Games Official Sponsor

TBC



20th Asian Games
Aichi-Nagoya 2026

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