



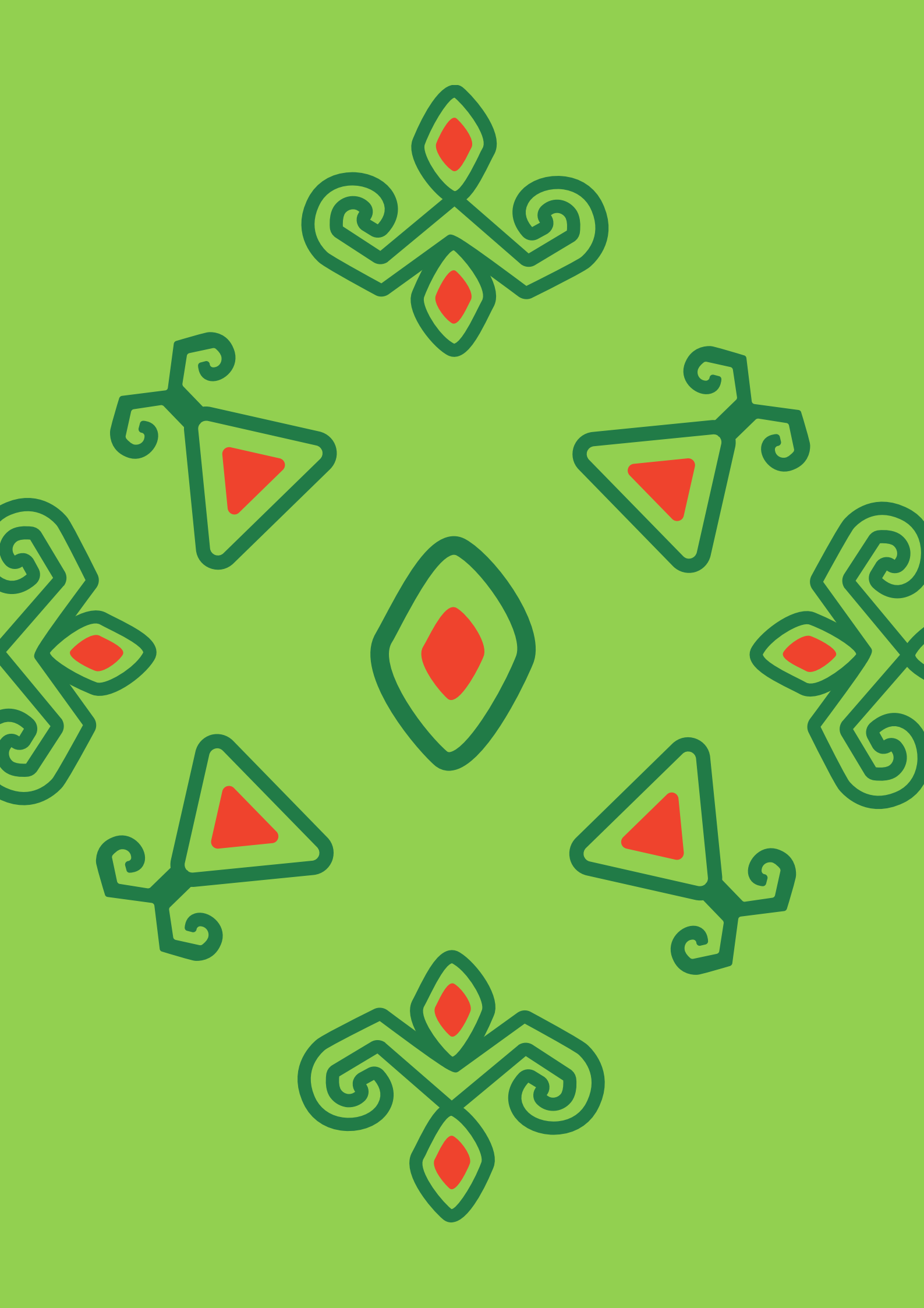
Ashgabat 2017

5th Asian Indoor & Martial Arts Games

Sport Handbook

Weightlifting

September 2017



5th Asian Indoor And Martial Arts Games – in honor of peace and friendship

On behalf of the Country of Turkmenistan, I would like to welcome all of our guests who are coming to participate at Ashgabat 2017 5th Asian Indoor and Martial Arts Games, taking place for the first time in our country.

We are working hard across all levels of the government to develop sport in Turkmenistan, and are working together with International Federations and sporting organisations throughout the world to share knowledge and experience.

I hope that Ashgabat 2017 will establish Turkmenistan's position on an international level, spread our Country's love of sport throughout the world and strengthen our friendly relations between nations.

During the Games, Asian and Oceanic athletes will have the opportunity to share their experiences, demonstrate their sporting skills and build lasting friendships.

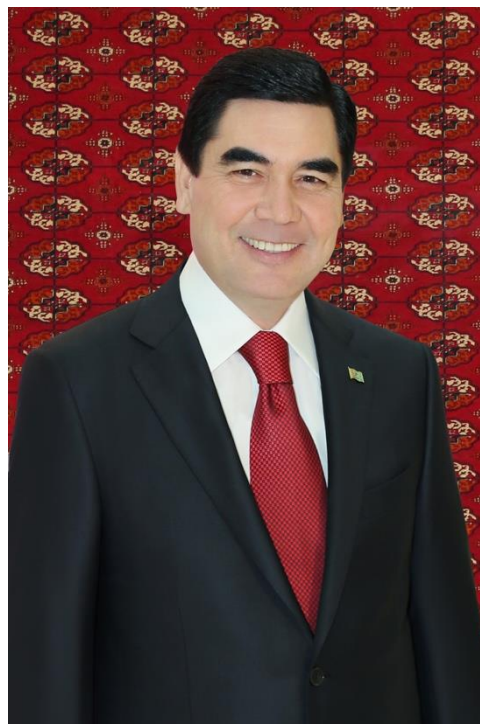
We have been working hard to deliver the Games to a high level. The Ashgabat Olympic Complex covers total area of 157 ha we have over 30 different sites within the complex, including 13 of the 15 sport competition venues.

The Athletes village and accommodation for our guests offers international world class catering, relaxation, cultural and entertainment facilities. All of this contributes to the great experience we want our guests to have along with a greater cooperation with Asian, Oceanic and international sport federations.

"Health, Inspiration and Friendship" was chosen as the motto of the Games. This motto is reflective of our healthy society, our nation's inspiration and the importance of developing friendly relations with all nations of the world.

National values, ancient traditions and the rich culture of our nation are depicted in the logo, mascot and brand of Ashgabat 2017. The logo, mascot and brand of the Games, which represent past and present history, and the great future of our nation, will form a starting point for a unique opportunity for our guests to experience our ancient heritage, national legacy, spiritual and cultural values through to modern day times of our country.

Our nation's healthy life style is embedded in each and every one of our citizens. One of the leading principles of the state is to protect our nation's health, to ensure that our citizens enjoy a peaceful and prosperous life, to assure our young generations enjoy sport and to major sporting events in our country.



I would like to express my gratitude to the heads of the Olympic Council of Asia for the support and opportunity to host the 5th Asian Indoor and Martial Arts Games and I would also like to thank the heads of the Asian and Oceania National Olympic Committees for their support in the participation of their athletes in the 5th AIMAG.

I wish success, prosperity and sound health to all the athletes who will participate in the 5th Asian Indoor and Martial Arts Games.

**President of Turkmenistan
Gurbanguly BERDIMUHAMEDOV**



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1. Introduction

In September 2017 Ashgabat will host the 5th Asian Indoor and Martial Arts Games; attracting athletes from 64 delegations from Asia and Oceania to participate across 21 sports.

This is a historic moment for the country, as Ashgabat 2017 will be the first major multi-sport event to be hosted in Turkmenistan. The vision after these games will be for the city of Ashgabat and the wider country to host future major sporting events at an international level.

5th Asian Indoor and Martial Arts Overview

The Games are owned, co-organised, and regulated by the Olympic Council of Asia (OCA).

The first Asian Indoor Games were held in 2005 in Bangkok. After three editions of the Asian Indoor Games, the Olympic Council of Asia merged the event with the Asian Martial Arts Games. This merger created the Asian Indoor and Martial Arts Games, with the 4th AIMAG taking place in Incheon, Korea in 2013.

In 2010 the 5th edition of the Asian Indoor and Martial Arts Games was awarded to the city of Ashgabat, Turkmenistan.

The 2017 Asian Indoor and Martial Arts Games will be held in Ashgabat from 17–27 September 2017.

Ashgabat 2017 5th AIMAG Executive Committee

The Ashgabat 2017 5th AIMAG Executive Committee was established in 2013 under the direction of the President of Turkmenistan Gurbanguly Berdimuhamedov. The Chairman of the 5th AIMAG Executive Committee is Mr. Dayanch Gulgeldiyev.

The Ashgabat 2017 5th Asian Indoor and Martial Arts venues

There are 15 competition venues, with all sports except Equestrian Jumping and Futsal taking place within the Ashgabat Olympic Complex. Equestrian Jumping will take place at the Equestrian Centre located in the north east of the city and Futsal at the Multifunctional Sport Venue located less than 500m from the Ashgabat Olympic Complex.

The Ashgabat 2017 5th Asian Indoor and Martial Arts sports

Twenty-one sports will be contested during the 5th Asian Indoor and Martial Arts Games. The Games will include six Olympic sports: 3x3 Basketball, Track Cycling, Equestrian Jumping, Taekwondo, Wrestling and Weightlifting.



Aziya Olimpiya Geŋe

15-16 September



2. Organising Bodies

OCA Executive Board

Title	Name	Country
President	Sheikh Ahmad Al-Fahad Al-Sabah	Kuwait
Honorary Life Vice-President	Raja Randhir Singh	India
Honorary Life Vice-President	Jizhong Wei	China
Vice President	Maj Gen Charouk Arirachakaran	Thailand
Vice President	Timothy Tsun Ting Fok	Hong Kong
Vice President	Lt Gen Syed Arif Hassan	Pakistan
Vice President	HE Sheikh Isa Bin Rashed Al Khalifa	Bahrain
Vice President	Timur Kulibayev	Kazakhstan
Vice President	Tsunekazu Takeda	Japan
Vice President	Prof Dr Hoang Vinh Giang	Vietnam
Vice President	Sapardurdy Toylyyev	Turkmenistan
Vice President	Song Luzeng	China
Vice President	Yu Zaiching	China
Vice President	Rita Sri Wahyusih Subowo	Indonesia
Honorary Vice-President	Hemasiri Fernando	Sri Lanka



General Information

1. Ashgabat 2017 5th Asian Indoor and Martial Arts Games in Brief



1.1 Games Overview

Duration	17–27 September 2017
Location	Ashgabat, Turkmenistan
Games Venue	15 Competition Venues
Sports Programme	21 Sports / 341 Events
Patron	Olympic Council of Asia (OCA)
Host	Ashgabat 2017 5 th AIMAG Executive Committee

1.2 Motto

**Health. Inspiration.
Friendship.**



1.3 Logo

The Ashgabat 2017 logo is made up of several different elements:

Akhal-teke

The akhal-teke horse is a national symbol of Turkmenistan. These horses are renowned for their speed, endurance and intelligence. The horse represents **Health**.

Moon

The crescent Moon is a recognised symbol shown on the Turkmenistan national flag. The Moon represents **Inspiration**.

Star

The star is the symbol of the Olympic Council of Asia, which represents welcoming Asian countries to Turkmenistan. The star represents **Friendship**.

Together the elements of the logo and the colours come together to represent Health, Inspiration and Friendship within Turkmenistan, and the circular shape reflects unity and sharing these values with the world.



1.4 Mascot

The Ashgabat 2017 Mascot is called Wepaly – meaning Loyal Friend in Turkmen. He is an Alabai, a traditional Turkmen dog which is renowned as a beautiful and courageous animal that for many centuries has helped Turkmen shepherds to safeguard flocks of cattle in heavy conditions in the sandy desert. Today the Alabai is treasured by the Turkmen people not only as a courageous protector, but also as a loyal friend. Wepaly wears traditional ceremonial dress and a white telpek fur hat while waving the State Flag of Turkmenistan and the symbol of the Olympic Council of Asia.



2. Accreditation and Validation

The Asian Indoor and Martial Arts Identity and Accreditation Card (AIMAGIAC) is both a visa-waiver document for entry into Turkmenistan for the 5th AIMAG and an identity and access device for access into Games venues.

AIMAGIACs will be distributed to all eligible Games participants via IFs/AFs (Technical Delegates and federation staff), NOCs (athletes and team officials), or the Ashgabat 2017 Executive Committee Sport Team (Technical Officials). The cards will be distributed in the form of a Pre-Valid Card (PVC) which must be validated at an official Games Accreditation location prior to being used to access Games venues.

For updates on the status of applications, please contact the IF/AF or NOC that is responsible for your application. Please also contact the relevant responsible organization if you do not receive your PVC before the end of August 2017.



PVCs should be carried with the passport during travel to Turkmenistan – participants may need to show the PVC to airline check-in or border control officials during departure or transit to prove eligibility to enter Turkmenistan. The PVC is a visa waiver document for entry into Turkmenistan between 18 August and 12 October 2017 – participants in possession of a PVC do not need to apply for a separate entry visa for Turkmenistan during this period. The PVC however does not act as a transit visa for any country – participants are required to make their own arrangements for transit visas where required.

Upon arrival into Turkmenistan, the Accreditation Card should be presented with the passport to the border control officials. The passport must be the same as the information submitted as part of the application for accreditation, and it must be valid until at least 28 December 2017.

Validation of the PVC

PVCs must be validated at an official Games Accreditation location before accessing Games venues. Each participant must attend in person with their passport to complete the process.

There will be Accreditation Validation Counters at Ashgabat International Airport (ASB) from 1 September 2017 – all participants arriving into Turkmenistan through ASB are required to complete the validation process at the airport before proceeding to their accommodation.

3. Accreditation Locations and Services

Centre	Client Groups	Validation	Help Office	Lost/Stolen Replacement
Ashgabat International Airport (ASB)	All participants arriving on international flights	YES	-	-
Athletes Village Accreditation Centre	Village residents only	YES	YES	YES
Uniform and Accreditation Centre (UAC)	All	YES	YES	YES
Venue Accreditation Help Offices (VAHOs): <ul style="list-style-type: none"> • Ashgabat Olympic Complex South • Ashgabat Olympic Complex East • Multifunctional Sport Venue / Ashgabat Olympic Complex North • Equestrian Centre 	All	YES	-	YES
OCA Family Hotel Accreditation Centre	OCA Family Hotel residents only	YES	YES	YES

Lost, Stolen and Damaged PVCs and AIMAGIACs

If your PVC is lost prior to departure for Turkmenistan, is lost in transit or is damaged, please contact your IF/AF or NOC in the first instance. They will communicate with the 5th AIMAG Executive Committee to discuss options.

If your AIMAGIAC is damaged in such a way that the photograph, name or access codes are not easily read, or if the barcode area is damaged so that it will not scan at the access control points, please report to any Accreditation Centre where a replacement card will be issued.

Lost or stolen AIMAGIACs should be reported to any Accreditation Centre at the earliest possible opportunity so that it can be cancelled. A new AIMAGIAC will be issued upon completion of a declaration form, and presentation of a valid passport to confirm identity.



4. Transportation

4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athlete and team officials, depending on arrival and departure information and flight details. Before departure Shuttle Bus Services require advanced reservation.

4.2 Transport services for Competitions

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between athletes Village and the competition venues as per the competition schedule.

4.3 Transport Services for Training

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes Village and the training venues as per the training schedule.

4.4 Transport Services for Spectating

The Athlete Village to venue Shuttle Bus Service will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same events, priority however, will be given to athletes and team officials participating in their own events. Due to the close proximity of the Athletes Village to the Olympic complex the option to walk is available to non-participating athletes and team officials.

4.5 Other Transport Services

The luggage belonging to athletes and team officials should, in principle, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to transfer baggage to the destination.





VOLUNTEER

INFORMATION
DESK

ASHGABAT 2017

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5. Accommodation

Ashgabat 2017 aims to provide a secure and comfortable environment for athletes and team officials to relax, perform at their best and enjoy the atmosphere of the first Athletes Village in Turkmenistan.

The Athletes Village is conveniently located in the heart of Ashgabat, in near proximity to the city centre and other business, leisure and commercial attractions.

Located across the road from the Ashgabat Olympic Complex (see map), the Athletes Village contains 14 buildings with 12 floors each. The apartments have between two and three bedrooms.

6. Media

6.1 Mixed Zone

There is a mixed zone in every venue, for every sport. Athletes are required to go through the mixed after competition. The mixed zone is made up of broadcasters and written media. Athletes do not have to stop and speak to media but they are required to go through the mixed zone. Generally the mixed zone will have media from the athlete's country.

6.2 Media Conference

Media conferences may occur depending on the sport and the level of media interest. These are arranged through NOCs Media Teams.

7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities.

On-site medical treatment and emergency transfer service will be provided during the operating period. The polyclinic in the Athletes Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including orthopedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy etc.

It will also have an emergency room open 24 hours per day, with standby ambulance. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family, VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in the Polyclinic or designated hospitals free-of-charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.



8. Host Country/City Information

8.1 Turkmenistan in Brief

Turkmenistan is located in the western part of Central Asia. The country extends 1100 km from west to east and 650 km from north to south.

The area of Turkmenistan is 491,210 km². In the south, Turkmenistan borders with Iran and Afghanistan in the south east, with Kazakhstan in the north, Uzbekistan to the east and north east, and with the Caspian Sea in the west.

Over 80 percent of Turkmenistan's territory is covered by the Karakum desert, which mainly spreads across the centre of the country. Approximately 15 percent of the territory of Turkmenistan is occupied by hills and mountains. The highest peak in the country is Mount Airy Baba with an altitude of 3139m.

Turkmenistan is divided into 5 provinces – Ahal, Balkan, Dashoguz, Lebap and Mary. Each province is divided into districts. There are 50 districts, 24 towns, including 15 district-wide towns, 76 villages and 553 rural councils (rural municipal units) and 1903 rural settlements in Turkmenistan.

Turkmenistan - is a democratic, legal, secular state and its government is a presidential republic, led by President Gurbanguly Berdimuhamedov.

The Constitution of Turkmenistan is the main law of state, according to which the state structure of Turkmenistan is based on the principle of separation of powers into legislative, executive and judicial branches, which operate independently, balancing each other.

The President of Turkmenistan shall be the head of the state and executive branch of power, the highest official of Turkmenistan, acting as a guarantor of the state independence and the status of permanent neutrality of Turkmenistan, its territorial integrity, observance of the Constitution, the rights and freedoms of a person and citizen and fulfilment of international obligations.

On 27 October 1991 Turkmenistan became an independent state and since then this date is celebrated as the country's Independence Day.

On 12 December 1995 with the unanimous support of all 185 Member States of the United Nations General Assembly Member States Turkmenistan was recognised as a permanently neutral state.



8.2 Ashgabat in Brief

Introduction to Ashgabat

The capital city of Turkmenistan is Ashgabat, and the largest administrative and cultural centre of the country. Ashgabat is located in the south of Turkmenistan.

History and Culture

Turkmenistan has been at the crossroads of Civilizations for centuries. In medieval times, Merv was one of the great cities of the Islamic world and an important stop on the Silk Road, a caravan route used for trade with China until the mid-15th century. In Turkmenistan there are over two thousand historical and cultural sites. These include open-air museums Of Ancient settlements such as Old Nisa, Kunya Urgench, Atamyrat, Ancient Dehistan, Old Sarakhs, Abiverd and Geoktepe fortress. All of them have become a place of Cultural Pilgrimage for many tourists and scientists from around the world.

Currency

The national currency is manat, put into circulation on November 1, 1993. Currently, the ratio of the national currency to a freely convertible currency is: 3.50 manat = 1 US dollar.

Population

The population of Turkmenistan is more than 6.2 million people. Turkmenistan is a multinational state. There are more than 100 nations and ethnic groups living in the country.

Language

Turkmen is the official state language. The educational institutions of Turkmenistan ensure learning of three languages – Turkmen, English and Russian. In addition, the higher educational institutions and some specialised secondary schools include study of French, Chinese, German, Japanese and some other foreign languages.

9. Weather Conditions

In September the average temperature in Ashgabat is 23.1C, with an average daily maximum of 31.5C and an average daily minimum of 15.4C (source: <http://www.ashgabat.climatemps.com/temperatures.php>).

There is only a 3% chance of rain on any given day, and an average 9 hours and 23 minutes of sunshine per day in September.



Technical Information

1. Competition Date

The Weightlifting competition will be held from September 18th to September 25th 2017 at the Weightlifting Arena, Ashgabat Olympic Complex.

2. Venue Overview

Category	Competition Venue	Training Venue
Name	Weightlifting Arena (WL3)	Training Hall 2 (TH2)
Distance from the AV	900 m	900 m
Size	Stage 10 x 10 m Platform 4 x 4 m	19 x 30 m
Seating Capacity	861	N/A
Number of Platforms	1 competition; 11 warm-up	20
Sport Equipment Manufacturer	Uesaka Barbell – barbells, weights, platforms	Uesaka Barbell – barbells, weights, platforms
Sauna	One (1) sauna is available to weightlifting athletes	

3. Competition Management

Technical Delegate – IWF Director General

Competition Manager - Jacqueline White

Technical Operations Manager – Joseph Lambert

Sport Coordinator – Boris Maduntsev

Services Coordinator – Gulnara Yolliyeva

4. Competition Events

The Weightlifting competition will consist of sixteen (16) events including eight (8) categories for men and eight (8) categories for women as follows:

Men (8)	Women (8)
56 kg	48 kg
62 kg	53 kg
69 kg	58 kg
77 kg	63 kg
85 kg	69 kg
94 kg	75 kg
105 kg	90 kg
+105 kg	+90 kg



5. Competition Schedule

Date	Session	Start Time	End Time	Event
Monday 18 September 2017	Afternoon	15:30	17:30	Women's 48 kg Group A
	Evening	19:00	21:00	Men's 56 kg Group A
Tuesday 19 September 2017	Morning	11:00	14:00	Men's 62 kg Group B
				Women's 53 kg Group B
	Afternoon	15:30	17:30	Women's 53 kg Group A
Wednesday 20 September 2017	Morning	11:30	13:00	Men's 69 kg Group B
	Afternoon	15:30	17:30	Women's 58 kg Group A
	Evening	19:00	21:00	Men's 69 kg Group A
Thursday 21 September 2017	Morning	11:00	14:00	Men's 77 kg Group B
				Women's 63 kg Group B
	Afternoon	15:30	17:30	Women's 63 kg Group A
Friday 22 September 2017	Morning	11:30	13:30	Men's 85 kg Group B
	Afternoon	15:30	17:30	Women's 69 kg Group A
	Evening	19:00	21:00	Men's 85 kg Group A
Saturday 23 September 2017	Morning	11:30	13:30	Men's 94 kg Group B
	Afternoon	15:30	17:30	Women's 75 kg Group A
	Evening	19:00	21:00	Men's 94 kg Group A
Sunday 24 September 2017	Morning	11:30	13:00	Men's 105 kg Group B
	Afternoon	15:30	17:30	Women's 90 kg Group A
	Evening	19:00	21:00	Men's 105 kg Group A
Monday 25 September 2017	Afternoon	15:30	17:30	Women's +90 kg Group A
	Evening	19:00	21:00	Men's +105 kg Group A

* Competition schedule subject to change.

6. Competition Rules

The Weightlifting competition of Ashgabat 2017 will be held in accordance with the IWF Technical and Competition Rules & Regulations 2017.

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

- General issues: Resolved in accordance with OCA Constitution and Rules.
- Technical issues: Resolved in accordance with the IWF Technical and Competition Rules & Regulations 2017.



7. Competition Format

7.1 Field of Play

The field of play for weightlifting will contain one (1) competition platform.

7.2 Duration of Contests

Not applicable.

7.3 Scoring

The best result in each type of lift (Snatch and Clean & Jerk) is added together to give a total result for each athlete, which in turn determines the rankings in the competition. In the event of a tie, the athlete who reached the total first, in accordance with the sequence/order of the competition will be ranked higher. In weightlifting, all weights are measured in kilograms.

7.4 Decision

Three international referees officiate each lift, with the decision being made on majority.

7.5 Contestant Uniform and Protective Equipment

Athletes must wear a weightlifting costume and sport footwear.

7.6 Drawing of Lots

A randomly generated lot number is drawn for each verified athlete.

7.7 Weigh-in

The weigh-in for each group begins two hours before the start of each group/session and lasts for one hour. If any athlete fails to make the bodyweight of the category in which he or she is officially entered, he or she will be excluded from the competition.

7.8 Leaving the Field of Play (FOP)

All athletes must exit the FOP via the Mixed Zone.

8. Sport Entries

8.1 Eligibility

Only OCA and ONOC member NOCs are entitled to send athletes to participate in the weightlifting competition at the 5th Asian Indoor and Martial Arts Games.

Only athletes who comply with the OCA Constitution and Rules and its By-laws are entitled to participate in the weightlifting competition.

8.2 Entry Timeline

Entry by Number – Deadline: Saturday June 17, 2017

Entry by Name – Deadline: Thursday August 3, 2017

8.3 Entry Policies

Individual Events: Athletes from each NOC must be distributed amongst weight categories with a maximum of two (2) athletes per weight category.

Total: Each NOC may enter a maximum of six (6) male and six (6) female athletes in weightlifting, except for Turkmenistan (TKM), which may enter a maximum of eight (8) male and eight (8) female athletes.

Athletes may only be entered in, and contest one (1) bodyweight category.

* NOCs that withdraw their athletes or teams after the submission of the final Entries by Name and Team Sport Draw will be faced disciplinary action by the OCA EB.



9. Technical Officials

9.1 International Technical Officials (ITOs)

Name	Country	Name	Country
Marwan Mayan	AFG	Sengupta Partha	NEP
Phil Maunder	AUS	Garry Marshall	NZL
Ahmed Mohyuddin	BAN	Irfan Imran Butt	PAK
Ali Abdullah	BRN	Tom Liaw Yong	SGP
Xue Yuantin	CHN	Purna Nirosch	SRI
Della Shaw	FIJ	Al Chik Hasanin	SYR
Yadav Sahdev	IND	Pinuchai Prapasri	THA
Mahdi Khaleghi	IRI	Sharif Davlatov	TJK
Mustafa Salih	IRQ	Mansur Rejepov	TKM
Azam Alzubi	JOR	Faisal Alhammadi	UAE
Reiko Chinen Kato	JPN	Zukhra Abdulleava	UZB
Hiromi Sato	JPN	Shakhriilo Makhmudov	UZB
Tapsir Mendikhan	KAZ	Abdullah Aljarmal	YEM
Omarjan Moldodosov	KGZ	Seza Tchobanian	LBN
Ho-Hyun Kah	KOR	Yu Mi Kim	PRK
Mohamed Alharbi	KSA	Lisimoni Kami	TGA
Harouton Tchobanian	LBN	Necla ERDOĞAN	TUR
Pang Siew Huat	MAS	Zekeriya LEK	TUR
Odgerel Lkhagvasuren	MGL	Murat ATUŞ	TUR
Swe Myint	MYA	Shakhob Makhmudov	UZB

9.2 National Technical Officials (NTOs)

Name	Country	Name	Country
Gurbandurdy Amanov	TKM	Bahadur Rejepov	TKM
Dovlet Polatov	TKM		

- * AF/IF has the right to appoint the Technical Delegate and ITOs in coordination and approval of the OCA. In case of violation of the IF/AF Rules and Games Rules and Regulations by any participants, the OCA has the right to revoke the AD Card and propose change of the person to the concerned party.



10. Pre-Competition Activities

10.1 Verification of Entries

Date: 16th September 2017

Time: 15:30 – 16:30

Location: Athletes' Village, Chef de Mission Meeting Room

10.2 Technical Congress & Draw

Date: 16th September 2017

Time: 17:00 – 18:00

Location: Athletes' Village, Chef de Mission Meeting Room

10.3 Weigh-In

Date: 18th – 25th September

Time: The weigh-in for each group will take place two hours before the start of each group/session and will last for one hour.

Location: Weightlifting Arena (WL3)

11. Protests and Appeals

Any athlete/NOC can appeal to CAS, in case he/she feels that there is a violation of IWF Technical and Competition Rules & Regulations 2017 or OCA Constitution, which is not related to reversing the decision of the referee or result.

12. Equipment and Clothing

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 in force.

Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and AIMAG EC.

Other than the Manufacturer's Identification, produced according to the size guidelines shown below, and the standard graphic elements, no form of publicity propaganda, commercial or otherwise, may appear on persons or on any article of clothing or equipment worn or used by the athletes or other participants in the Ashgabat 2017 5th Asian Indoor and Martial Arts Games. It also includes but is not limited to, for example: any form of body art, jewellery or contact lenses.

'Manufacturer's Identification' means the normal display of the name, designation, trademark or logo. The Manufacturer's Identification can only appear once on each piece.



Equipment	Manufacturer’s Identification used cannot take up more than 10 % of the surface area of the equipment visible during competition up to a maximum of 60 cm2. Exceptions may apply, subject to prior written agreement
Headgear and Gloves	The maximum size of the Manufacturer’s Identification allowed on any form of headgear and on gloves is 6 cm2. Headgear includes, but is not limited to, hats, helmets, sunglasses and goggles.
Clothing For example: NOC uniforms, competition clothing, tracksuits, T-shirts, sweat tops and sweat pants	The maximum size allowed for any Manufacturer’s Identification on clothing is 20 cm2. There is one exception: Where a one-piece body suit is worn in competition, two Manufacturer’s Identifications may be included – one above the waist and one below. These Identifications must not be placed next to each other.
Shoes	The normal distinctive design pattern of the manufacturer may appear on shoes. The manufacturers name and/or logo may also appear, up to a maximum size of 6 cm2, either as part of the normal distinctive design pattern or separate to it.
Equipment	Manufacturer’s Identification used cannot take up more than 10 % of the surface area of the equipment visible during competition up to a maximum of 60 cm2. Exceptions may apply, subject to prior written agreement

13. Doping Control

The 5th Asian Indoor and Martial Arts Games will include a full anti-doping program. The anti-doping program will be run in accordance with the WADA International Standard for Testing and Investigation and following the Olympic Council of Asia Anti-Doping Rules. The program will include pre-competition and in-competition urine and blood testing. Athletes who wish to use a Prohibited Substance or a Prohibited Method in connection with the event and do not already have a Therapeutic Use Exemption (TUE) should apply to OCA TUE Committee (OCA TUEC) by August 06, 2017.

Where the Athlete already has a TUE granted by his or her National Anti-Doping Organization or International Federation, he/she should apply to the OCA TUEC for recognition of that TUE.

14. Medal Ceremony

Gold, silver, and bronze medals will be awarded to the athletes/teams ranked top three of each event respectively. Medalists must wear their NOC official uniforms.

15. Media Interviews

Athletes and officials may take part in media interviews at various times throughout the Games. For athletes, this may take place in the mixed zone or at media conferences. Additional media interviews may take place, but these are generally arranged through the teams.

All athletes must pass through the mixed zone but are not obligated to provide interviews.

16. Sport Information Center

The major distribution point of Sports information is the Sport Information Center (SIC) at the Village Plaza in the Athlete Village which provides clients with information relating specifically to training and competition for each of the 21 sports. The role of the Sport Information Center is to help the Sport Competition management team communicate generic Games and sport specific competition information to Chefs de Mission, Deputy Chefs de Mission and Team Officials.



18. Venue Information

18.1 Athletes' Lounge

The Athletes' Lounge will be equipped with chairs, tables, televisions, refreshment station and catering facilities.

The following refreshments will be provided in the Athletes' Lounge:

- Tea and coffee
- Whole fresh fruit (bananas, apples, oranges)
- Granola bars
- Sport drinks
- Still water

18.2 Athlete Venue Meals (AVMs)

Meals will be provided in the Athletes' Lounge for athletes and team officials during the competition period, and will not need to be ordered in advance. AVMs will only be provided for competing athletes and accompanying team officials on their day of competition. NOCs entitled to AVMs should collect the corresponding number of meal vouchers from the Sport Information Desk in the Athletes' Lounge.

AVMs will be packed meals consisting of the following:

- 500 gram high carbohydrate / high protein base offer
- Salad pot
- Yoghurt
- Bread

18.3 Sport Information Desk (SID)

The SID for weightlifting is located within the Athletes' Lounge and will operate during the following hours:

14 September to 17 September 2017	From 30 minutes before training commences until 30 minutes after the final training session ends.
18 September to 25 September 2017	From 2 hours and 30 minutes before competition commences or 30 minutes before training commences (whichever is earlier), until 30 minutes after competition ends.

Information and services will include:

- general sport information;
- draws, start lists, schedules, results;
- training schedule information;
- transport schedules;
- general information from Ashgabat 2017 and OCA for NOCs; and
- lost and found services.

18.4 Athlete Rest Area

An Athlete Rest Area equipped with massage tables will be provided adjacent to the training area. The Athlete Rest Area is available to competing athletes post weigh-in and prior to the beginning of their competition session.

18.5 Towels

Towels will be provided in the warm-up area during the competition period.

Towels will not be provided in the Training Venue.



18.6 Accredited / Team Seating

Accredited seating for non-competing athletes and team officials will be allocated in the lower tier of the seating stand nearest the entrance to the Weightlifting Arena.

18.7 Medical Services

The athlete medical facilities for weightlifting at the Weightlifting Arena are located in the Athlete Medical Room (AMR) and will be available during training and competition.

Medical teams will also be located on the FOP and in the training area.

19. Training Schedule

The training area will be open from 14th September to 24th September 2017. NOCs will be pre-allocated training sessions each day, with the number of platforms allocated to each NOC dependent on the number of athletes. NOCs will not be allowed to choose their training times on each day: the sessions will be allocated to NOCs on a strict rotation.

NOCs will be allocated 90 minutes per day for their training, except on 17th September (Opening Ceremony Day).

Date	Hours of Operation	Session Duration (mins)
14th – 16th September 2017	10:00 – 20:30	90 minutes
17th September 2017	09:00 – 13:30	45 minutes
18th – 24th September 2017	10:00 – 20:30	90 minutes



Sport Competition Schedule

Ashgabat 2017
5th Asian Indoor & Martial Arts Games

Sport	Venue	Sept. 16 Sat.	Sept. 17 Sun.	Sept. 18 Mon.	Sept. 19 Tue.	Sept. 20 Wed.	Sept. 21 Thu.	Sept. 22 Fri.	Sept. 23 Sat.	Sept. 24 Sun.	Sept. 25 Mon.	Sept. 26 Tue.	Sept. 27 Wed.
Ceremonies	Ashgabat Olympic Complex		Opening Ceremony										Closing Ceremony
Traditional Wrestling	Main Indoor Arena	11:00 - 13:30		11:00 - 13:30									
		18:00 - 21:30		18:00 - 21:30									
Equestrian Jumping	Equestrian Centre						10:00 - 11:00 13:00 - 18:00		10:00 - 11:00 14:00 - 15:00				
3x3 Basketball	3x3 Basketball Arena									18:00 - 21:30			
										11:00 - 13:30			
Belt Wrestling	Main Indoor Arena												
Billiard Sports	Billiard Sports Arena												
Bowling	Bowling Centre												
Chess	Chess Arena												
DanceSport	Taekwondo DanceSport Arena												
Futsal	Multifunctional Sport Venue												
	Pitch 1	11:00 - 14:45	10:00 - 13:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:30	11:00 - 14:30	13:30 - 18:00	13:30 - 18:00	
	Pitch 2	16:45 - 20:30	10:00 - 11:30	16:45 - 20:30	11:00 - 14:45	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	17:00 - 20:30	17:00 - 21:15	17:00 - 21:15	17:00 - 21:15
		16:45 - 20:30		16:45 - 20:30		16:45 - 20:30		16:45 - 20:30		16:45 - 20:30			
Indoor Athletics	Indoor Athletics Arena												
Indoor Tennis	Indoor Tennis Centre												
Ju Jitsu	Martial Arts Arena	10:00 - 13:30		10:00 - 16:00									
		18:00 - 20:30		18:00 - 21:30									
Kickboxing	Muaythai Kickboxing Arena												
Kurash	Martial Arts Arena												
Muaythai	Muaythai Kickboxing Arena												
Sambo	Martial Arts Arena												
Short Course Swimming	Aquatics Centre												
Taekwondo	Taekwondo Dancesport Arena												
Track Cycling	Veldrome												
Weightlifting	Weightlifting Arena												
Wrestling	Main Indoor Arena												
e-Sports													

Schedule and session times are subject to change.

Medal session

Opening Ceremony

Closing Ceremony

Demonstration sport only

Map of Ashgabat Olympic Complex



1. Ashgabat Olympic Complex

Ashgabat 2017 Opening and Closing Ceremonies

2. Taekwondo DanceSport Arena

Taekwondo, DanceSport

3. Billiard Arena

Billiard Sports

4. Martial Arts Arena

Ju Jitsu, Kurash, Sambo

5. Muay Kickboxing Arena

Muaythai, Kickboxing

6. Weightlifting Arena

Weightlifting

7. Main Indoor Arena

Wrestling, Belt Wrestling, Traditional Wrestling

8. Aquatics Centre

Short course Swimming

9. Tennis Centre

Tennis

10. Velodrome

Track Cycling

11. 3x3 Basketball Arena

3x3 Basketball

12. Indoor Athletics Arena

Indoor Athletics

13. Bowling Centre

Bowling

14. Chess Centre

Chess

15. Multifunctional Sport Venue

Futsal

16. Equestrian Centre

Equestrian Jumping

17. Athlete Village



