



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS
SCHOOLS DIVISION OF AKLAN

March 26, 2026

DIVISION MEMORANDUM

No. **193**, s. 2026

**TOURNAMENT OFFICIALS AND TECHNICAL GUIDELINES IN WEIGHTLIFTING
FOR THE 2026 WESTERN VISAYAS REGIONAL ATHLETIC
ASSOCIATION (WVRAA) MEET**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Senior/Education Program Specialists
Public School District Supervisors
Principals/Head Teacher-in-Charge of the District
Heads of Public and Private Elementary, Secondary, & Integrated Schools
All others concerned

1. Attached is Regional Memorandum No. 239, s. 2026, titled **Tournament Officials and Technical Guidelines in Weightlifting for the 2026 Western Visayas Regional Athletic Association (WVRAA) Meet**, which is self-explanatory.
2. Immediate dissemination of this Memorandum is desired.


FELICIANO C. BUENAFE JR., CESO VI
Schools Division Superintendent

Enclosure: As stated
To be indicated in the Perpetual Index
Under the following subjects:
CONTESTS
LEARNERS
RULES AND REGULATIONS
SPORTS
SCHOOLS

CIU



Población, Numancia, Aklan
Tel/Fax No. (265 3740 | 265 3741 | 265 3743)
Website: <http://www.depedaklan.org>
Email Address: aklan.1958@deped.gov.ph



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS

MAR 09 2026

REGIONAL MEMORANDUM
No. 239 s. 2026

**TOURNAMENT OFFICIALS AND TECHNICAL GUIDELINES IN
WEIGHTLIFTING FOR THE 2026 WESTERN VISAYAS
REGIONAL ATHLETIC ASSOCIATION (WVRAA)
MEET**

To: Schools Division Superintendents
All Others Concerned

1. Relative to Regional Memorandum No. 125, s. 2026 titled 2026 Western Visayas Regional Athletic Association (WVRAA) Meet, this Office announces the **tournament officials (TOs) and technical guidelines in weightlifting** for the 2026 WVRAA Meet.

2. Below are the TOs of weightlifting who have attended the **regional accreditation in Malay, Aklan on March 3-6, 2026** and were certified to have possessed the necessary skills and competencies in managing the event:

Event No. 25:		WEIGHTLIFTING	
NO.	ROLE	NAME	SDO
1.	TD	Reynard C. Retirva	Aklan
2.	ATD	Jovie M. Ote	Aklan
3.	Tournament Secretary	Junewell J. Sorbito	Aklan
4.	Members	Matt Christopher Balangao	Antique
5.		Jemma Grejaldo	Antique
6.		Jimlie Noche	Antique
7.		Rialyn Sabido	Aklan
8.		Raynie Tactay	Aklan
9.		Louie Placio	Aklan
10.		Wilgen Custodio	Aklan
11.		David Othniel Adonis	Capiz
12.		Jessa Criselle Manuba	Capiz
13.		Mary Loid Apin	Capiz
14.		Thea Janmae Amatorio	Guimaras
15.		Marivic Subera	Guimaras
16.		April Dumlao	Guimaras
17.		Joshua Prado	Guimaras
18.		Benjie Delos Reyes	Iloilo



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS

19.		Jan Christian Falales	Iloilo
20.		Braby Segotier	Iloilo City
21.		Norman Matullano	Iloilo City
22.		Lyzander Cadion	Passi City
23.		Justine Ligasan	Passi City
24.		Joy Lyn Parreñas	Passi City
25.		Marinel Tocmo	Roxas City
26.		Quennie Bienes	Roxas City
27.		Henaro Jr. Villarena	Roxas City

3. The tournament officials (TOs) are directed to ensure the smooth, fair, and orderly conduct of the weightlifting event in accordance with the established technical guidelines and ground rules. These guidelines shall be strictly observed throughout the conduct of the 2026 WVRAA Meet to ensure the region's alignment and full compliance with the rules and regulations governing the *Palarong Pambansa 2026*.

4. Attached are the technical guidelines in weightlifting for reference and perusal of all concerned.

5. The teachers involved in the activity are entitled to Service Credits (SC) for the services rendered during weekends and holidays but not to exceed 15 days in accordance with DepEd Order No. 53, s. 2003 entitled: "*Updated Guidelines on the Grant of Vacation Service Credits to Teachers*". On the other hand, non-teaching personnel shall be provided with Compensatory Overtime Credits (COC) for their services rendered during weekends and holidays as per *Civil Service Commission (CSC) and Department of Budget and Management (DBM) Joint Circular No. 2, s. 2004 on Non-Monetary Remuneration for Overtime Service Rendered*. The grant of SC and COC shall be facilitated by their respective Schools Division Offices to expedite the processing.

6. Immediate dissemination of and compliance with this Memorandum are desired.


CRISTITO A. ECO, CESO III
Regional Director

Encl.: As stated

Reference: Regional Memorandum No. 125, s. 2026

To be indicated in the Perpetual Index



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS

under the following subjects:

CONTESTS
LEARNERS
RULES AND REGULATIONS
SPORTS
SCHOOLS

LEB/ESSD-TOandTechnicalGuidelinesinWeightlifting
____/March 9, 2026



Address: Duran Street, Iloilo City, 5000
Telephone Nos: (033) 337-0149; 336-2816





Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

TOURNAMENT RULES & REGULATIONS FOR
WEIGHTLIFTING
Sports Event

ESTABLISHED RULES <i>(Based on the Palarong Pambansa Technical Guidelines)</i>	GROUND RULES <i>(Supplementary Guidelines)</i>
<p>DEPED-WEIGHTLIFTING GUIDELINES AND GROUND RULES</p> <p>I. COMPETITION RULES AND REGULATIONS</p> <p>The 2026 Western Visayas Regional Athletic Association Weightlifting (WVRAA) Competition shall be conducted in accordance with the International Weightlifting Federation (IWF) Technical and Competition Rules and Regulations (TCRR). However, there are ground rules that are not covered by the IWF Technical Rules and other authorized deviations that will be adopted accordingly to tune in with the local setting. (RM-No.-159-s.-2026-ESSD-NJDR-21026)</p> <p>II. ELIGIBILITY OF PARTICIPANTS (ENTRIES)</p> <p>Based on RM-No.-159-s.-2026-ESSD-NJDR-21026 Palarong Pambansa Guidelines on the Eligibility of Athletes in the Division, Regional and Palarong Pambansa.</p> <p>III. TECHNICAL OFFICIALS AND COACHES</p> <p>A Technical Official is the person assigned/designated to manage the competition by applying the rules and regulations of the sports. The Technical Official must not be involved in coaching and assisting any athlete during the event to make impartial</p>	<p>Compliance and Conduct</p> <p>All participants, coaches, and officials must adhere to the IWF Technical and Competition Rules and Regulations (TCRR) while observing the specific local deviations outlined by WVRAA (RM-No.-159-s.-2026).</p> <ul style="list-style-type: none">• Technical Officials must remain impartial and avoid coaching athletes during competition.• Coaches are responsible only for training, instruction, and guidance of athletes. <p>Athletes` Eligibility</p> <ul style="list-style-type: none">• Only athletes listed on the Final Entry Form may compete.• Substitution of athletes is not allowed after verification <p>Maximum entries: 5 boys and 5 girls per team (1 athlete per bodyweight category).</p>



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

judgement of the weightlifting sport competition.

The Coach on the other hand shall only be involved in the direction, instruction, and training of a sports team or athlete. Hence, Technical Officials and Coaches must have the required accreditation and technical knowledge of Olympic weightlifting sports as indicated in the eligibility of coaches acquired through attendance and participation in coaching seminars, trainings, and workshops conducted by the Department of Education in collaboration with the SWP

IV. COMPETITION ATTIRE

(RM-No.-159-s.-2026-ESSD-NJDR-21026))

a. *ATHLETES* must wear the prescribed weightlifting costume/uniform that is compliant with the IWF-TCRR.

a.1. Any color one-piece or two-piece attire that may consist of cycling shorts and shirt that must be collarless; must not cover the elbows and; must not cover the knees.

a.2. Costume may be decorated or marked with the athlete's name, nickname, or region, or region name.

a.3. Athletes must wear the sport footwear, or a weightlifting shoe would be better, if there is any.

b. COACHES ARE REQUIRED TO WEAR PROPER OUTFIT PRESCRIBED.

b.1. Only whose picture is in the gallery and official coaches roster of coaches shall be allowed to sit in the coach's chair and required to wear:

a. Collared and sleeved shirt for chosen official delegation/team uniform

b. Official Delegation ID No. Coach shall be allowed to enter the field of play without his/her official delegation ID.

Competition Attire

Athletes:

- Must wear a one-piece or two-piece weightlifting costume compliant with IWF standards.
- Attire must not cover elbows or knees.
- Name, nickname, or region may be displayed.
- Proper footwear is required; weightlifting shoes recommended.

Coaches:

- Must wear collared, sleeved shirt (official team uniform) and official delegation ID.
- Only coaches on the official roster may sit in the coach's chair or enter the competition area.

Pre-Competition Procedures

- Verification of Final Entries (VFE) is mandatory; corrections to names, birth dates, categories, or totals allowed.
- Drawing of lots determines the order of weigh-in and lifting.
- Technical Congress must be attended to receive all competition information.



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

COMPETITION MECHANICS

A. INTRODUCTION

1. The competition officially starts with the introduction of athletes. After the introduction of the Technical Officials, the timing clock starts a countdown of ten (10) minutes.

2. The Technical Officials are introduced after which they submit their TO Cards to the Jury President (Tournament Director)

B. PRE-COMPETITION

PROCEDURES ENTRIES

1. Athletes listed in the Final Entry Form are those who successfully won in the lower meets of their respective divisions.

2. Athletes not listed in the Final Entry Form cannot take part in the event.

C. VERIFICATION OF FINAL ENTRIES

1. The VFE Meeting consists of each participating team receiving a Verification Form which they requested / eligible to do the following:

- Correct the spelling of the athletes' name
- Correct the athletes' date of birth
- Modify the athletes' bodyweight category
- Modify the athletes' Entry Total

2. Substitution of athletes will not be accepted.

3. Maximum of five (5) boys and five (5) girls or equaling the number of categories on the program whichever is less, shall remain on the Verification Form with a maximum of two (2)

Weigh-In Procedures

- Athletes must present official delegation ID.
- Weigh-in is **two hours prior** to competition.
- Attire: weightlifting costume only, no shoes, socks, or jewelry.
- Weight limits must be met; 250g allowance for costume weight applies.
- Warm-up passes issued according to the number of athletes per team.
- Athletes failing to meet the weight limit in the allotted time are **excluded**.

Competition Mechanics

- Each lift follows the **progressive loading** rule: lighter weights first.
- The weight, attempt number, prior sequence, and start number determine **calling order**.
- Time limits: 60 seconds per lift; 120 seconds if two lifts in succession.
- Failure to lift within the allotted time results in a **NO LIFT** declaration.
- Ten-minute break allowed between **Snatch** and **Clean & Jerk**.
- Events must follow the sequence: **Snatch** → **Clean & Jerk**.





Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

athletes per bodyweight category. All additional athletes must be deleted.

4. Once the Verification Form is verified, signed and returned the Entries are considered final.

5. Teams with no representation at the VFE Meeting must accept the information according to their submitted Final Entry Form as final and binding.

D. DRAWING OF LOTS AND TECHNICAL CONGRESS/CONFERENCE

1. After the VFE, a randomly general 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. (IWF-TCRR-2025 6.3.1-4)

2. Prior to the start of the Event, a Technical Congress/Conference must be held where the participating teams and other parties concerned shall receive comprehensive information about the event.

E. WEIGH-IN PROCEDURE

1. The "No delegation ID, no weigh-in rule" shall apply.

2. The weigh-in shall be conducted on the day of the communication, 2 hours prior to the athletes scheduled competition time.

3. Weigh-in in attire: The athletes' attire during the weigh in shall be a weightlifting costume, **NO FOOT WEAR, SOCKS, JEWELRY** during the weigh-in. If an athlete's weight is over their officially entered bodyweight

Challenge Procedure

- Each athlete receives **one Challenge Card**.

Challenges are limited to **their own attempts** against referee/jury decisions

Winning and Medals

- Medals are awarded based on **total score**, in case of a tie, the athlete who lifted the bar first will be declared the winner.
- Gold medalists represent the region in the **Palarong Pambansa**.
- Team ranking is determined by the **total number of medals** earned.

Local Guidelines

- Any case not explicitly covered by IWF rules will be resolved fairly by the **WVRAA Technical Team**.
- Compliance with these ground rules is mandatory for all participants.



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

category, 250 grams can be deducted from the weight to account for the weight of the costume (IWF TCRR regulation 6.4). If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.

4. An athlete who is within the weight of the bodyweight category in which he/she is officially entered is weighed only once. An athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary in order to make the bodyweight category. The returning athlete does not have to follow the sequence of weigh-in order.

5. As soon as the athlete has weighed within the officially entered the bodyweight category, accompanying Team Officials must be provided with Warm-up Passes for access to the warm-up area as per the following chart per group.

- One (1) athlete - three (3) passes
- Two (2) athletes - four (4) passes

6. An athlete who fails to make the bodyweight with the allotted weigh in time is excluded from the competition of the event.

F. CHALLENGE CARD Challenge Cards are issued to Athletes/ Teams to Challenge Referee's / Jury's decision. One (1) Challenge Card shall be provided each athlete. Athletes/Team can only challenge the decisions of its own attempt.

G. WINNING





Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

1. The total number of scores shall determine the Gold, Silver, and Bronze. Below are the factors to be considered in deciding the classification of athletes in total:

- Best result- Highest first; if identical, then:
- Best clean & jerk result's attempt number - the athlete who achieved three total results earliest according to the calling order 6.6.6

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

H. COURSE OF COMPETITION

1. The barbell is loaded in progression. The athlete requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started, the weight cannot be reduced.

2. The athlete or Team Official must, therefore, be responsible and observe the progression of the loading and be ready to make the attempt at the weight they have chosen.

3. In case of any mistake occurring in the lifting order, either by fault of the athlete/team official/technical official/speaker, the lifting order according to the rule is applied for the classification of the athletes. Minimum weights that must be lifted at the

4. WVRAA Competition are:
Boys- Twenty (20) kgs



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

men`s bar

Girls -Fifteen (15) kgs

women`s bar

5. Calling Order

5.1. The following four (4) factors listed in priority must be considered when calling the athletes:

5.1.1. The weight of the barbell (lightest weight first)

5.1.2. The number of the attempt (lightest weight first)

5.1.3. The sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)

5.1.4. The start number of the athlete (lowest first)

5.2. One (1) minute (60 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt. After thirty (30) seconds a warning signal sound.

When an athlete attempts two (2) lifts in succession, he/she is allowed two (2) minutes (120 seconds) for the succeeding. (For exception see IWF-TCRR-2025 6.6.8)

Thirty seconds after the start of the allocated time and thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the athlete has not raised the barbell from the competition platform to make attempt, this attempt is declared "NO LIFT" by the three (3) Referees.

5.3. Final call is the signal given by the timing clock thirty (30)



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

second before the end of the allocated time.

Note: Full details of calling order, refer to IWF TCRR-2025 6.6.6 6.

6. Break

There is a ten (10) minute break after the snatch portion to allow the athletes to warm up for the Clean & Jerk.

I. EVENTS

The two (2) lift events must be executed in the following sequence:

1. Snatch
2. Clean & Jerk

Note: Rules for all lifts, refer to IWF-TCRR-2024 2.4, 2.5,2.6.

J. DIVISIONS & CATEGORIES

SECONDARY BOYS (Age 13-17 years old)

CATEGORIES	WEIGHT RANGE
48 kg	Not exceeding 48 kg
52 kg	Over 48.00 kg but not exceeding 52.00 kg
56 kg	Over 52.00 kg but not exceeding 56.0 kg
60 kg	Over 56.00 kg but not exceeding 60.00 kg
60+ kg	Exceeding 60 kgs

SECONDARY GIRLS (Age 13-17 years old)

CATEGORIES	WEIGHT RANGE
40 kg	Not exceeding 40 kg
44 kg	Over 40 kg but not exceeding 44.00 kg
48 kg	Over 44 kg but not exceeding 48 kg
53 kg	Over 48 kg but not exceeding 53 kg
53+ kg	Exceeding 53 kg

VI. AWARDS

The winning contestant in all categories shall be awarded the following medal:

1st Place: **GOLD**





Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

2nd Place: **SILVER**
3rd Place : **BRONZE**

MEDAL REQUIREMENT GIRLS Category

GIRLS CATEGORY	GOLD	SILVER	BRONZE
40kg cat.	1	1	1
44kg cat.	1	1	1
48kg	1	1	1
52kg	1	1	1
+52kg	1	1	1
Sub-Total	5	5	5

MEDAL REQUIREMENT BOYS Category

BOYS CATEGORY	GOLD	SILVER	BRONZE
48kg cat.	1	1	1
52kg cat.	1	1	1
56kg	1	1	1
60kg	1	1	1
+60kg	1	1	1
Sub-Total	5	5	5
Total Medals	10	10	10

Local Guidelines

- Any case not explicitly covered by IWF rules will be resolved fairly by the WVRAA **Technical Team**.
- Compliance with these ground rules is mandatory for all participants.

Proposed Schedules of Games for the 2026 WVRAA MEET

Schedule of Activity

Day 1 **Solidarity Meeting**
 Verification of Final Entries

Day 2 **Competition Day**

Day 3 **Competition Day**

Day 4 **Competition Day**

Day 5 **Awarding**





Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

Prepared

by:

REYNARD C. RETIRVA

Tournament Director for Weightlifting

Noted by:

LEONERICO E. BARREDO PhD

Regional Sports Officer
Chief, ESSD

Concurred by:

CHARLIE URETA

Division Sports Officer
SDO, Aklan

RONIE RETERACION

Division Sports Officer
SDO, Capiz

NICASIO VALENZUELA

Division Sports Officer
SDO, Iloilo

DARYL VILLANUEVA JR.

Division Sports Officer
SDO, Passi City

OLIVER SERVILLON

Division Sports Officer
SDO, Antique

JESA OBLIGAR

Division Sports Officer
SDO, Guimaras

FREDDIE GALLARDO

Division Sports Officer
SDO, Iloilo City

VICENTE LORENZO

Division Sports Officer
SDO, Roxas City