



CHANGES CONTROL

DATE	CHANGES	REASON
11/11/2025	Content 10.c: Protests and Appeals	This point was adjusted according to the rules of the International Weightlifting Federation
01/12/2026	Content 5: Information about the Competition	Change of competition dates
	Content 15: Sport Schedule Appendix	
02/24/2026	Content 6: Competition Program and Medals	Complete Competition Program Appendix
	Content 11: Equipment - Uniform - Facilities	Link to Manual for the use of the Manufacturer Trademarks

WEIGHTLIFTING



TECHNICAL MANUAL

WEIGHTLIFTING



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

A OTRO
NIVEL

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1. WELCOME

On behalf of the National Government of the Republic of Panama, the Panamanian Sports Institute, and the Panamanian Olympic Committee, we extend a warm welcome to the IV South American Youth Games Panama 2026.

It is an honor for our country to host this sporting event, which celebrates the talent, discipline, and passion of the new generation of athletes in our region. These Games are an opportunity to reaffirm the values that unite us: excellence, friendship, unity, and the Olympic spirit that inspires every participant.

The organizing committee reaffirms its commitment to providing an event that promotes youth sports development, cultural exchange, and integration among the ODESUR member countries. We are working with enthusiasm and dedication to ensure that every detail reflects the pride and hospitality of the Panamanian people.

To all participating delegations, we wish you great success. May this experience in Panama be an opportunity to compete with dedication, learn with humility, and share with joy, in an atmosphere of respect and camaraderie.

Welcome to Panama 2026, where South American youth unite, inspire, and leave their mark on sports history!

Anamae Orillac
General Director
IV South American Youth Games Panama 2026

2. GENERAL INFORMATION ABOUT PANAMA

Panama City is the capital of Panama, an amazing country located in Central America, known for its rich cultural diversity, geography, and strategic role in international trade. Panama City is the only capital city in the world that has a protected rainforest within its city limits. It is a city of contrasts, where the modern blends with the traditional, offering a unique experience for visitors and residents alike. It has impressive skyscrapers, reflecting the economic growth and urban development of recent decades

a. Number of inhabitants

Panama City is the largest and most populous city in the country with 1,439,575 inhabitants in 2023, according to the National Institute of Statistics and Census. It is home to a population rich in ethnicities and traditions. It is a place where you can find a large number of immigrants of different nationalities from all over the world.

b. Location

The Republic of Panama is located in the central part of the American continent, bordered by the Caribbean Sea to the north, The Pacific Ocean to the south, Colombia to the east, and Costa Rica to the west.

c. Altitude

The altitude of Panama City rises to an average of 30 meters above sea level, covering an average area of 100 km². Its highest point is Cerro Ancon, where the Panamanian flag flies at the summit, which can be seen from the city

d. Climate

Panama has a tropical climate, characterized by warm and humid temperatures:

No.	CLIMATE	PANAMA RANGE
1	Temperature:	30/25°C
2	Relative Humidity:	82.40%
3	Precipitation:	223 mm
4	Altitude above sea level:	15 m
5	Sunrise:	6:15
6	Sunset:	18:28
7	Solar noon:	11 a.m.

Source: Instituto de Meteorología e Hidrología de Panamá

e. Currency of Panama

The official currency is the Balboa, which has the same value as the US Dollar and, according

to Panamanian law, circulates freely and is used without restrictions in commercial and financial transactions.

3. SPORTS ORGANIZATIONS AND LEADERS

a. National Olympic Committees

The fifteen (15) Olympic Committees that are part of ODESUR come from the following countries:

ARGENTINA	ARG		COLOMBIA	COL		PARAGUAY	PAR	
ARUBA	ARU		CURAZAO	CUR		PERU	PER	
BOLIVIA	BOL		ECUADOR	ECU		SURINAM	SUR	
BRASIL	BRA		GUYANA	GUY		URUGUAY	URU	
CHILE	CHI		PANAMA	PAN		VENEZUELA	VEN	

b. Organización Deportiva Suramericana (ODESUR)

Phone number: 595 (21) 649 650 - Email: info@odesur.org

Executive Committee 2022 - 2026

NAME	ROLE	COUNTRY
Camilo Pérez López Moreira	President	Paraguay
Mario Moccia	1st Vice President	Argentina
Paulo Wanderley	2nd Vice president	Brasil
Miguel Angel Mujica	Secretary General	Chile
Marco Arze Mendoza	Treasurer	Bolivia
Damaris Young	Vocal	Panamá
Wanda Broeksema	Vocal	Aruba
Jose Luis Echeverry	Vocal	Colombia
Inés Remersaro	Chair of the Athlete's Commission	Uruguay

Technical Commission

NAME	ROLE	COUNTRY
Mario Moccia	President	Argentina
Jorge Delgado	Member	Ecuador
María Delgado	Member	Venezuela
Juan Carlos Orihuela	Member	Paraguay
Rodrigo Moreno	Member	Chile
Francisco Barreto	Member	Brasil
Victor Groupierre	ACODESU Member	Argentina
Fabio Ramírez García	Technical and Development Director	Colombia

Medical Commission

NAME	ROLE	COUNTRY
Dr. José Veloso	President	Uruguay
Dr. Hugo Rodríguez Papini	Member	Argentina
Juan Diego Parraga	Member	Colombia
Victor Carpio	Member	Perú
Luciano Rezende	Member	Brasil
Gerardo Acosta	Legal Adviser	Paraguay

Follow-up Committee for the IV South American Youth Games 2026

NAME	ROLE	COUNTRY
Marco Arce Mendoza	President	Bolivia
Wanda Broeksema	Member	Aruba
María Soto	Member	Venezuela
Benjamín Hockin	Member	Paraguay
Mario Cilenti	ODESUR Executive Director	Argentina
Fabio Ramírez	ODESUR Technical and Development Director	Colombia

c. Interinstitutional Technical Committee

ENTITY	ROLE	NAME
Director of Pandeportes	President	Mr. Miguel Angel Ordoñez
President of Panamenian Olympic Committee	Executive Secretary	Mrs. Damaris Young
Minister of Presidency	Member	Juan Carlos Orillac
Panama City Municipal Government	Member	Mayer Mizrachi
Minister of Culture	Member	Maruja Herrera
Minister de Economy and Finance	Member	Felipe Chapman
Panama Tourism Authority	Member	Gloria María de León
Promptur	Member	Salomón Shamah
Athlete's Representative	Member	Mrs. Daniela Rodríguez

Organizing Committee of the IV South American Youth Games Panamá 2026

General Director
 Anamae Orillac
 E-mail: anamae.orillac@jsjpanama2026.com

Technical Director
 Emilio Wong
 Email: emilio.wong@jsjpanama2026.com

d. Confederación Suramericana de Levantamiento de Pesas

President: José Quiñones
 Address: Lima, Peru
 Phone number: +51994516230
 E-mail: jose.quiñones@pesasamerica.org

e. Federación Panameña de Levantamiento de Pesas

President: Jose Manuel Ochoa
 Phone Number: +50769809976
 E-mail: fedepasapanama@gmail.com

f. International Technical Officials

The Confederación Suramericana de Levantamiento de Pesas will appoint the international technical officials.

International Technical Delegate (ITD): Jose Carlos Quiñones Gonzales
 E-mail: presidente@sudamericanapesas.org; jqcasas@yahoo.com
 Phone Number: +51994516230

4. IV SOUTH AMERICAN YOUTH GAMES PANAMÁ 2026, IN NUMBERS

- 15 countries
- 22 sports – one guest sport (Chess)
- + 1.500 participating athletes
- 13 days of competition
- 20 sporting venues

5. INFORMATION ABOUT COMPETITION

The weightlifting competition for the IV South American Youth Games Panama 2026 will be held from **April 22nd to the 25th 2026** in the venue Atheyna Bylon.

a. Competition format

It will be carried out in accordance with the regulations applied by the International Weightlifting Federation (IWF) and the Confederación Sudamericana de Levantamiento de Pesas (CSLV)

6. COMPETITION PROGRAM AND MEDALS

Date	Sessions	Time	Event	Gender
22-apr	S1	12:00	65 kg	Men
			Medal Ceremony Men 65kg	
	S2	14:00	53 kg	Women
			Medal Ceremony Women 53kg	
	S3	16:00	71 kg	Men
			Medal Ceremony Men 71kg	
23-apr	S4	18:00	58 kg	Women
			Medal Ceremony Women 58 kg	
	S1	12:00	79 kg	Men
			Medal Ceremony Men 79kg	
	S2	14:00	63 kg	Women
			Medal Ceremony Women 63kg	
24-apr	S3	16:00	88 kg	Men
			Medal Ceremony Men 88kg	
	S1	12:00	69 kg	Women
			Medal Ceremony Women 69kg	
	S2	14:00	98 kg	Men
			Medal Ceremony Men 98kg	
25-apr	S3	16:00	77 kg	Women
			Medal Ceremony Women 77kg	
	S1	10:00	+98 kg	Men
			Medal Ceremony Men +98 kg	
	S2	12:00	+77 kg	Women
		Medal Ceremony Women +77kg		



CATEGORIES SUMMONED			MEDALS TO BE AWARDED					
CATEGORIES	MALE	FEMALE	MALE			FEMALE		
			GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
53 kg		☐				1	1	1
58 kg		☐				1	1	1
63 kg		☐				1	1	1
69 kg		☐				1	1	1
77 kg		☐				1	1	1
+77 kg		☐				1	1	1
65 kg	☐		1	1	1			
71 kg	☐		1	1	1			
79 kg	☐		1	1	1			
88 kg	☐		1	1	1			
98 kg	☐		1	1	1			
+98 kg	☐		1	1	1			
TOTAL			6	6	6	6	6	6

The training schedule will be established by the Organizing Committee after receiving all numerical registrations and will be confirmed upon the arrival of the delegations.

For a category to be held, a minimum of four (4) athletes from four (4) different NOCs must participate.

The competition schedule for each weight category will be established according to the logistics defined after the registration period begins.

In accordance with ODESUR regulations, the prizes will be awarded as follows:

- First place: gold medal.
- Second place: silver medal.
- Third place: bronze medal.

All competitors will receive a certificate of participation.

7. PARTICIPANTS

All athletes from countries whose Olympic Committees are affiliated with ODESUR and whose National Federations are affiliated with the CONFESUR as of the date of the competition are eligible to participate.

Each NOC may compete with six (6) male athletes and six (6) female athletes per discipline. Athletes will be able to compete in only one category per NOC.

The number of team officials in a delegation may not exceed 40% of the total number of athletes.

8. ELEGIBILITY

To be eligible and participate in the IV South American Youth Games Panama 2026, the athlete must comply with the ODESUR statutes and the rules of Atletismo Suramericano.

a. Competitors' Nationality

Any competitor participating in the IV South American Youth Games Panama 2026 must have the nationality of the country of the NOC that registered them, which will be responsible for that registration. The nationality and eligibility of the competitor is determined in accordance with ODESUR regulations.

b. Age of Competitors

All athletes born between **January 1st 2009 and December 31st 2011** (15 – 17 y/o) will be allowed to participate in.

9. REGISTRATION

a. Intention to Participate

All National Olympic Committees' must submit their intention to participate by **October 1st 2025**, at 11:59:59 p.m. (Panama Time), using the official forms that the Organizing Committee will send out in due course. They must indicate the sports in which they will participate for the IV South American Youth Games Panama 2026. Forms will be published on the official website.

b. Numerical Registration

Numerical Registration Forms (individual and team) will indicate, without specifying names, the number of officials, technical staff, competitors, and support personnel that will make up the delegation. These forms must be submitted through the respective National Olympic Committee (NOC) and received by the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **November 30th 2025**, at 11:59:59 PM (Panama time).

c. Long List Registration

the long list of athletes, team officials, technical staff, administrative, and auxiliary personnel must be sent to the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **January 20th 2026**, at 23:59:59 (Panama Time). The long list may be submitted by email in order to meet the deadline.

d. Final Nominal Registration

The nominal list for weightlifting must be submitted no later than **March 12th 2026**, at 23:59:59 (Panama time).

The final list of athletes, team officials, technical staff , administrative and support personnel will be reviewed by the Head of Mission or a representative authorized by the NOC and representative of the Organizing Committee (Registrations – Accreditations - Technical, etc.) during the “Delegation Registration (PRE DRM DRM) ” meetings, which will be held virtually on the following dates: February 20th, 2026, and March 20th, 2026, and an in-person DRM starting on April 6th, 2026 which will take place at the organizing Committee’s office.

At the time of Final Registration, no new registrations may be included; registration will be limited to the names listed in the Nominal List – Long List and may not exceed the number of athletes indicated in the Technical Instructions (Technical Manual) for each sport.

The number of team officials in delegations may not exceed 40% of the total number of athletes confirmed in the DRM. Once the DRM is complete, the registration and accreditation process for the delegation will be finished, and it will not be possible to accredit any other participants, except in exceptional circumstances duly authorized by ODESUR.

e. Sending Information

Any information regarding registrations or other matters may be sent to:
Email: direcciontecnicapanama2026@jsjpanama2026.com

10. WEIGHTLIFTING RULES

a. General Rules

Weigh-in: Each athlete must be weighed before the start of the competition. Weigh-in will begin two hours before the competition and will last one hour.

Athletes must perform the snatch and clean and jerk. However, the medal will be awarded based on the Olympic total, which is the sum of the heaviest weight lifted in the snatch and the heaviest weight lifted in the clean and jerk. Athletes have three attempts in the snatch and three in the clean and jerk.

If two lifters lift the same weight, the winner will be determined according to the current IWF rules. If a lifter fails all three attempts in the snatch, they will not be eligible for a total and will be eliminated from the competition, without participating in the clean and jerk.



Snatch: The athlete has three attempts. The lift is a single movement. The athlete must lift the barbell from the floor to full extension of both arms overhead in one fluid motion.

Clean and Jerk: The athlete has three attempts.

The lift is a two-movement movement. The athlete must lift the barbell from the floor to shoulder height in one fluid motion and then immediately lift it to full extension of both arms overhead.

If the athlete achieves the same total in both lifts, the lifter with the first total is declared the winner.

b. COMPETITION STAFF: (JUDGES, JURORS AND TECHNICAL OFFICIALS)

The Confederación Suramericana de Levantamiento de Pesas will appoint internationally accredited judges who, along with the International Technical Delegate, will be responsible for conducting the competition. The remaining judges will be appointed by the host organization.

No referee may serve as a delegate for their team or stay with their delegation.

Note: All the above will be formalized in a preliminary agreement to be drawn up during a meeting with the South American Weightlifting Confederation.

c. PROTESTS AND APPEALS

The competitions will be conducted in accordance with the guidelines of the International Weightlifting Federation (IWF).

Competition Jury: The Jury is the highest authority of the competition and has the power, when its opinion is unanimous, to overturn the decisions of the referees. It is not an Appeals Jury, and its decision cannot be appealed.

Any complaints regarding situations outside the scope of the competition, such as registration errors, scale malfunctions, etc., must be submitted to the Competition Director or International Technical Delegate before the start of the competition.

Once the competition has begun, no appeals are possible. All protests must be accompanied by a deposit of one hundred US dollars (USD 100), as established by the ODESUR regulations.

The decisions of the Appeals Jury are final and must be resolved before the start of the following day's competition.

11. EQUIPMENT - UNIFORMS - FACILITIES

The uniforms and sports equipment worn by athletes and other participants in the IV South American Youth Games Panama 2026 must comply with the regulations of the International Weightlifting Federation (IWF) and ODESUR.

[ODESUR - Manual for the use of manufacturer trademarks](#)

According to ODESUR regulations, advertising will not be permitted on delegation uniforms for the IV South American Youth Games Panama 2026.

For the Awards Ceremony, athletes must wear their country's representative uniforms, in accordance with the regulations established by ODESUR.

12. TECHNICAL MEETING

The Delegates' Technical Meeting will be held on a date to be confirmed at the Games Organizing Committee headquarters.

The Judges' Meeting and the weigh-in day will also be held on a date to be confirmed at the Games Organizing Committee headquarters.

Up to two (2) representatives from each NOC may attend the Final Registration Verification, one with voting rights, along with an interpreter or assistant, if necessary.

The Final Registration Verification will include confirmation of the final participant registrations by category, confirmation of totals, the draw to determine the order of competing countries, as well as the verification of passports and competition uniforms in accordance with FIC and ODESUR regulations.

Any complaints regarding situations outside the scope of the competition, such as registration errors, scale malfunctions, etc., must be submitted to the Competition Director or International Technical Delegate before the start of the competition. Once the competition has begun, no appeals will be accepted.

13. MEDICAL INFORMATION

a. Doping Control

Doping control tests Will be carried out by the Medical Commission of the Organizing Committee of the IV South American Youth Games Panama 2026 under the regulations of the ODESUR Medical Commission and in accordance with its Anti-Doping Rules approved by WADA.

ODESUR reaffirms its policy of rejecting, sanctioning, and discouraging the use of doping substances and prohibited methods to ensure the healthiest, safest, fairest, and most ethical environment in sports competitions during the IV South American Youth Games Panama 2026.

The selection of athletes for sample collection in accordance with the ODESUR Anti-Doping Rule Violation and may be immediately removed from the IV South American Youth Games Panama 2026 and have their credential withdrawn.

b. Medical services at competition and training sites

A medical station will be available to provide first aid to athletes and officials at each competition and training site, equipped with all necessary safety equipment for Sporting activities. Ambulances will always be available in cases where a member of the IV South American Youth Games Panama 2026 needs to be transferred to a hospital.

14. POST- COMPETITION PROCEDURES

a. Mixed Zone

At the end of each event, athletes will be instructed to leave the Competition Area by passing through the Mixed Zone, which is an area where accredited media may conduct brief interviews after the competition.

Athletes must pass through the Mixed Zone where they will be asked to cooperate and talk with media representatives.

16. SPORTS SCHEDULE APPENDIX

Schedule

EVENT	APRIL															
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
WEIGHTLIFTING																

TECHNICAL MANUAL

WEIGHTLIFTING



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

ARGENTINA
ARUBA
BOLIVIA
BRASIL
CHILE
COLOMBIA
CURAZAO
ECUADOR
GUYANA
PANAMÁ
PARAGUAY
PERÚ
SURINAM
URUGUAY
VENEZUELA

A OTRO
NIVEL

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