

## **READY STEADY TOKYO – Powerlifting (2019 Para Powerlifting World Cup)**

**Tokyo, Japan**

**May 2019**

**World Para Powerlifting**

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Dear Powerlifting friends all around the world,

Welcome to this memorable competition named “READY STEADY TOKYO - Powerlifting” meaning the Test Event of the Tokyo 2020 Olympic and Paralympic Games.

This event will be jointly organised by the Tokyo Organising Committee of Olympic and Paralympic Games and Japanese Para Powerlifting Federation in exactly the same venue for Para Powerlifting sport in 2020 Paralympic Games.

World Para Powerlifting sanctioned this event as the World Cup - level event and will accept the athletes’ record to the Paralympic ranking.

It is a great honour for us to offer you a great opportunity to experience the city of Tokyo, one of the most exciting and attractive cities in the world, and the competition venue - Tokyo International Forum -, which is the biggest Convention and Art Centre in Japan as well as a valuable Para Powerlifting Sport experience for athletes.

We LOC of “READY STEADY TOKYO - Powerlifting” would love to welcome as many athletes as possible from all over the world, but due to the various conditions, this event will be a 2-day competition so that the total entry needs to be limited up to 70 international and 30 local athletes. We appreciate your understanding for this condition.

I can proudly say that the “READY STEADY TOKYO - Powerlifting” will be a very good Warm Up for all the athletes who are aiming to compete at Tokyo 2020.

I wish all the best to the participants to make your Paralympic dreams come true.



Susumu Yoshida  
President of Japanese Para Powerlifting Federation

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## 1 Competition Dates

WPPO Level 3 Referee Course	24-25 September 2019
Team Arrival Dates	24 September 2019
Training	25 -26 September 2019
International Classification	No Applicable
WPPO ITO workshop	25 April 2019
Technical Meeting	25 September 2019 (morning )
Competition Dates	<b>26-27 September 2019</b>
Team Departures	28 September 2019

## 2 Competition Entries

All competition entries must be completed via the **IPC Online entry system** at [www.paralympic.org/sdms](http://www.paralympic.org/sdms) by the entry deadlines displayed below.

Visa invitation, accommodation applications, accreditation applications and travel information must be submitted via the specification format by no later than the deadlines published below. The LOC will provide this format from 15 February 2019.

Entry by Name Opens	<b>15 March 2019</b>
<u>Final</u> Online Entry by Name deadline	<b>17 May 2019</b>
<b>Final</b> Entry by Number of rooms deadline	<b>17 May 2019</b>
<u>Final</u> Deadline to return Visa invitation letter application	<b>20 July 2019</b>
<u>Final</u> Deadline to return: <ul style="list-style-type: none"> <li>▪ Travel Application form *TBA (Accommodation and Flight information etc)</li> <li>▪ Accreditation Information</li> </ul>	<b>08 August 2019</b>
Full accommodation payment deadline	<b>31 August 2019</b>

### 3 Accommodation

Daiwa Roynet Hotel Tokyo-Ariake and Hotel Sunroute Ariake are official hotels for all athletes and team officials. These hotels offer accommodation in single and twin rooms and include breakfast and dinner at the hotel, whilst lunch is only served at the competition venue.

Note : Hotel for respective NPCs/NFs will be assigned by LOC. **The LOC will consult each NPCs/NFs about the hotel.**

- **Hotel Sunroute Ariake**



Address : 3-6-6 Ariake Koutou-Ku, 135-0063 Tokyo – Japan

Distance from the competition venue : 10km / 20min by car

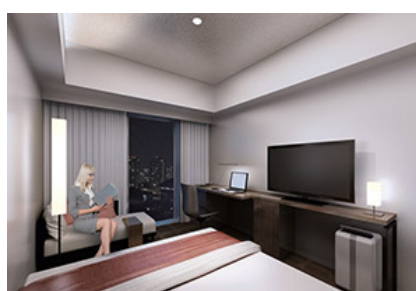
Check in/out time : 15:00/11:00

Standard Single Room : 17 m<sup>2</sup>

Standard Twin Room(2bed) : 26 m<sup>2</sup>

**\* Accessible rooms unavailable; most of the rooms are wheelchair user friendly.**

- **Daiwa Roynet Hotel Tokyo-Ariake**



Address : 3-7-3, Ariake, Koutou-Ku, 135-0063 Tokyo - Japan

Distance from the competition venue : 10km / 20min by car

Check in/out time : 15:00/11:00

Standard Double Room (1bed) : 21 m<sup>2</sup>

**\* Only standard rooms available (no accessible or wheelchair-user-friendly rooms available).**

### 3.1 Type and cost of rooms:

- **Single / Double room (single occupancy) – 200 EUR** per person per night including 3 meals per day (from dinner on your arrival day until breakfast on your departure date) Transfer service and competition entry fee
- **Twin room – 180 EUR** per person per night including 3 meals per day (from dinner on your arrival day until breakfast on your departure date) Transfer service and competition entry fee.

### 3.2 Payment procedure

Full accommodation fees must be transferred to the following bank account, by no later than **31 August 2019**. Please note that room bookings will only be confirmed and allocated to teams when the accommodation payment has been received in full.

<b>Account Name</b>	KINKI NIPPON TOURIST CORPORATE BUSINESS CO.,LTD
Bank	SUMITOMO MITSUI BANKING CORPORATION
Bank code	0009
Branch code	760 SUZURAN BRANCH by SWIFT directly
SWIFT code	SMBCJPJT
Account Number	7300765
IBAN	None

### 3.3 Cancellation Policy:

- 50% of payment will be refunded if cancellations are made by **08 August 2019**
- No payments will be refunded to cancellations from **09 August 2019**

## 4 Transportation

The airport transportation will be provided to all athletes and team officials who will apply for the accommodation package to stay at the official hotels.

It will be arranged from/to Haneda International Airport /Narita International Airport to/from the official hotels and operated only on the official arrival/departure day.

Arrival (from Haneda or Narita to official hotels): 24 September 2019

Departure (from official hotels to Haneda or Narita): 28 September 2019

Venue transport to/from the official hotels will be provided.

### Airport Location

Haneda International Airport is located 17km from official hotels and takes approximately half an hour (30mins) by bus.

Narita International Airport is located 70km from official hotels and takes approximately one (1) hour by bus.

## 5 Visa

For those delegation members who require visa to enter Japan, you are required to contact the nearest Japanese Embassy/Consulate in your country.

All NPC's that require a visa must complete the Visa Form and provide a passport copy for each individual delegation member and submit it to the LOC. The LOC will provide you with a formal invitation letter together with the list of your delegation to take to your visa appointment at your nearest Japanese Embassy/Consulate in your country.

Please be reminded that it is important that you arrange all necessary visas well in advance of the respective deadlines.

\*Information about visa requirements to Japan can be found via the link below:

[https://www.mofa.go.jp/j\\_info/visit/visa/short/novisa.html](https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html).

## 6 Competition Information

### 6.1 Preliminary Competition Programme

The Provisional timetable and events programme will be provided after the final entries by name deadline. The competition schedule will remain subject to change until the close of the technical meeting.



## 6.2 Maximum Number of Entries per Event

### 6.2.1 Individual Event

The maximum number of **Senior** individual entries per NPC/NF across all senior bodyweight categories will be:

- Female Athletes and Male Athletes: Total four (4) with a maximum 3 per gender example; 3 female and 1 male or 2 and 2 and 3 male and 1 female) per NPC.  
\*There will be no junior categories recognised in this competition and no junior medals will be awarded; however Junior athletes are permitted to compete in the Senior categories. (No junior medal).

There must not be more than one (1) senior athletes from any one country in the same bodyweight category\*

**Note:** The maximum number entries for the **competition host NPC only**, is thirty (30) athletes across all senior bodyweight categories. There must not be more than three (3) senior athletes from World Cup host NPC in the same bodyweight category\*

## 6.3 Viability of the Events

An individual event can be considered viable when the below minimum athlete numbers apply per bodyweight category:

- 1 Athlete: MQS rule when there is one (1) athlete in a single bodyweight category and they lift equal to or more than the respective Regional Championship MQS for that bodyweight category, as detailed in Appendix 7 of the WPPO rules and regulations (Gold).
- Minus one rule (-1) when there are two athletes in a single bodyweight category (Gold)
- 3 or more Athletes: All medals will be awarded (Gold, Silver, Bronze)

## 6.4 Medal Awards

Medals will be awarded to the top three (3) placed senior athletes per bodyweight category in accordance with the above viability of events.

## 6.5 Body Weight Category change

Bodyweight category changes will be permitted following the final entry deadline only during the technical meeting in line with article 11.3.9 of the WPPO rules and regulations. The bodyweight category that is signed off at the technical meeting is considered final, and no further changes will be allowed.

## 6.6 Entries and Registration Process

In order to enter this competition all athletes must be registered and licensed for the 2019 competition season via the [SDMS Athlete Data Management System](#) by no later than the final

entry deadline. Athletes do not require a Minimum Qualifying Standard (MQS) to enter the competition.

All athletes must be entered by their respective NPC/NF via the IPC Online Entry System by the final entry deadline in order to be accepted by World Para Powerlifting. Should you require assistance with entries please contact World Para Powerlifting:  
[info@WorldParaPowerlifting.org](mailto:info@WorldParaPowerlifting.org)

### **6.7 Late entries**

Teams must contact the WPPO office if there is a late entry request. All respective information provided by the NPC/NF will be reviewed in consultation with the LOC on a 'case by case' basis and the entry may be accepted or rejected accordingly by WPPO only.

### **6.8 Replacements**

The WPPO Office must be informed if any NPC/NF needs to make an athlete replacement. The replacement of athletes may be accepted due to injury or medical reasons. All respective supporting information regarding the replacement must be sent to the WPPO office and it will be reviewed on a 'case by case' basis and accepted or rejected accordingly by WPPO only.

### **6.9 Declaration of Participation**

By completing and submitting your final sport entries via the IPC Online Entry System, NPCs are considered to have declared the participation of their athletes in the specified event/categories.

### **6.10 Results and Rankings**

Only results of athletes who are licensed within the given timelines for results recognition and have a Review, Review 2019 or later or Confirmed sport class status will be taken into consideration for inclusion in the official World and Regional ranking lists. The results will also be recognised on the Paralympic ranking list for only those athletes that have met all the published pre-requisites to be on the Paralympic rankings.

### **6.11 Records**

At this competition athletes are permitted to break records. Please refer to article 16.5 of the WPPO rules and regulations to see the eligibility requirements for an athlete to break a record

## **7 General Information**

### **7.1 IPC Membership**

The Organising Committee will only accept entry forms submitted by the NPC / NPF in good standing with the IPC. Furthermore, only those entry forms submitted by the NPC President, Secretary General or authorized person will be processed. For further information on the IPC's membership policies or to address general membership issues, please contact the World Para Powerlifting office.

### **7.2 World Para Powerlifting Rules & Regulations**

The current World Para Powerlifting Technical Rules & Regulations will apply for this competition.

### **7.3 Anti-Doping**

The Anti-Doping control / processes will be carried out in full accordance with the IPC Anti-Doping Code and the IPC Doping Control Agreement.

### **7.4 International Classification**

There will be no classification in this event.

### **7.5 Medical Information**

The LOC will ensure the implementation of all necessary and appropriate on-site medical, emergency ambulance and first aid services during training days and the competition. For medical treatment no medical insurance will be provided to any participants. All participants are responsible for obtaining their own medical insurance (including Repatriation Coverage) and will be responsible for any medical expenses resulting from participation in the event. Each NPC must ensure that all members of their delegation are appropriately insured, including coverage for travel, liability, accidents and repatriation.

### **7.6 Extra Days**

In case of early arrivals or late departures outside of the official arrival and departure dates, any additional needs for accommodation, transportation, meals and any other services must be organised and paid for by the respective NPC/NF for these additional dates.

## 8 Venue Information : Tokyo International Forum

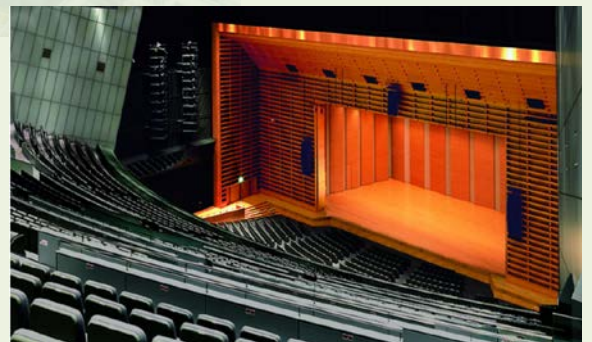
**TOKYO INTERNATIONAL FORUM (Hall A)**

**3-5-1 Marunouchi, Chiyoda-ku, Tokyo, 100-0005**



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Hall A



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## 9 Host City Information

Fusing the futuristic with the traditional, Tokyo is a sprawling megacity bursting with a seemingly limitless number of things to do.

A business and cultural MegaCentre that's home to tens of millions of people, Tokyo is also the crossroads where the Japanese interact with citizens from all over the world. The media love to focus on Harajuku's vibrant fashion, robot restaurants, maid cafes and the passionate uberfans known as otaku. As fast-paced as Tokyo's innovation is, the metropolis is just as devoted to preserving tradition through its historical gardens, shrines and temples.

Known for its extreme attention to detail, Japan's capital is home to some of the best Japanese food in the country, with 234 Michelin-starred restaurants—more than any other city. Whatever your cultural interests are, Tokyo is likely to have you covered. Home to many world-class art galleries and museums, staggeringly diverse nightlife options and cutting-edge technology, you'll never be stuck for things to do or places to go in Tokyo.

### Tokyo Tower

The 243 meter tall building owns observatory decks open to the public.

With favorable weather conditions, famous landmarks such as Mount Fuji can be seen.

### Asakusa Kannon Temple and Nakamise Shopping Street

The oldest and most popular Buddhist temple in Tokyo. A promenade section called Nakamise-dori is basically both sides of narrow, paved entranceway to the temple crammed with tiny food and souvenir shops.

### Ginza District

Tokyo's most famous upmarket shopping, dining and entertainment district, featuring numerous department stores, boutiques, art galleries, restaurants, night clubs and cafes.

## 10 Contact Details

### READY STEADY TOKYO

#### Powerlifting Desk

Main Contact: Email: [info@jppf.jp](mailto:info@jppf.jp)

VISA, Transport, Accommodation

Tel: +81-3-6891-9354

Email: [gt\\_iod02@or.knt.co.jp](mailto:gt_iod02@or.knt.co.jp)

#### World Para Powerlifting

Tel: 0049 228 2097 260

Email: [info@WorldParaPowerlifting.org](mailto:info@WorldParaPowerlifting.org)

SEE YOU IN TOKYO!

