

Republika ng Pilipinas
(Republic of the Philippines)
KAGAWARAN NG EDUKASYON AT KULTURA
(DEPARTMENT OF EDUCATION AND CULTURE)
Maynila

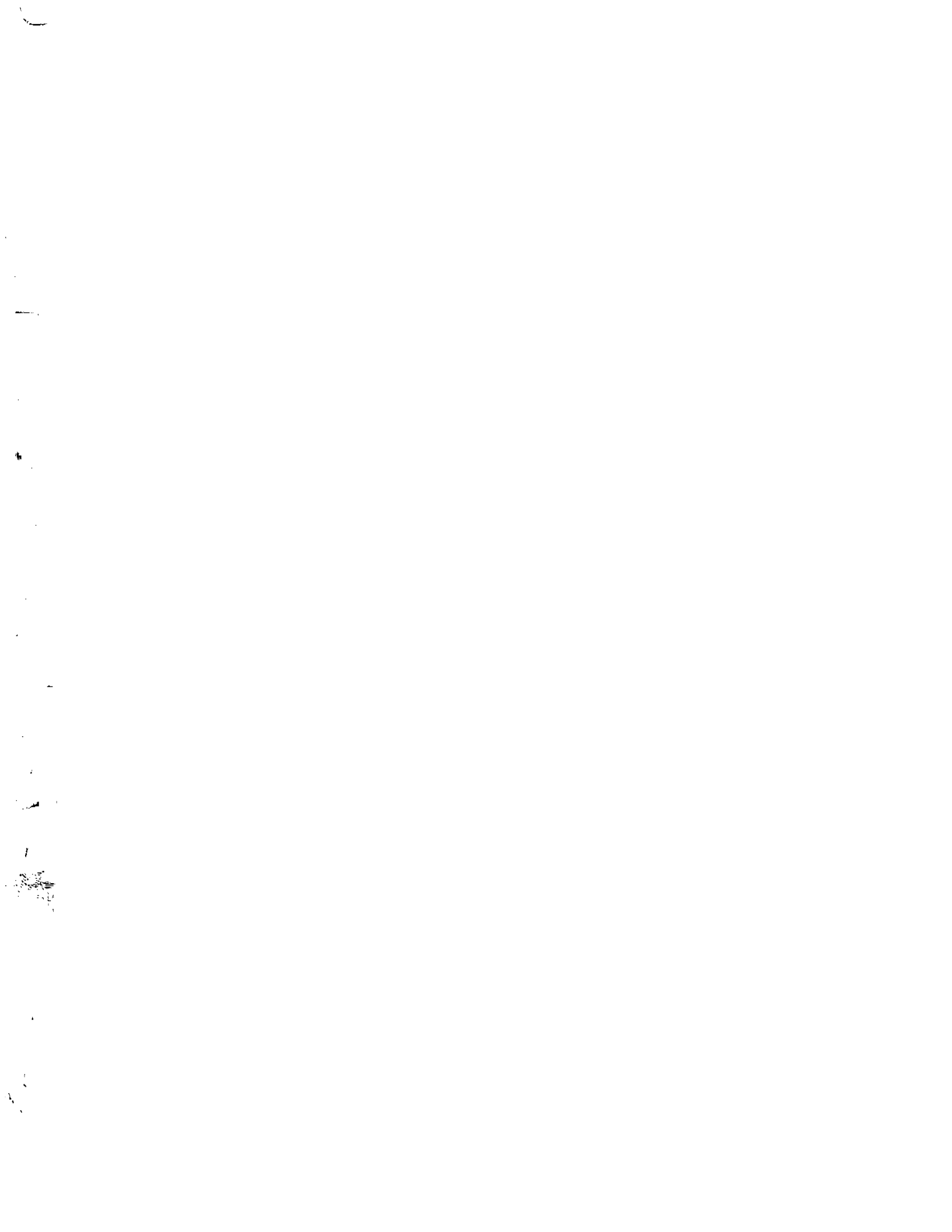
June 20, 1977

DEPARTMENT ORDER
No. 27, s. 1977

INCLUSION OF WEIGHTLIFTING IN THE INTEGRATED PHYSICAL
FITNESS AND SPORTS DEVELOPMENT PROGRAM OF THE
DEPARTMENT OF EDUCATION AND CULTURE

To: Bureau Directors
Regional Directors
Coordinator, State Colleges
and Universities
Schools Superintendents

1. Beginning school year 1977-78, weightlifting will be included as a regular event in all athletic meets under the Department of Education and Culture Integrated Physical Fitness and Sports Development Program.
2. There shall be three (3) divisions of competitions in amateur weightlifting, namely:
 - a. Elementary Division: 13-14 years old, two (2) weightlifters shall compose a team, one (1) participant for each age level. The equipment is of wooden plates with minor or without weight depending upon the desire of each participant. Winners will be judged in accordance with the correct form and graceful execution of the two hands snatch and the two hands clean and jerk.
 - b. Youth Division: 15 to 18 years old divided into ten (10) division levels on the basis of body weight of each participant. Only four (4) weightlifters who have passed the qualifying standards and show great potentials should be selected to compose a team. (Qualifying standards will follow.)



<u>Division Level</u>	<u>Body Weight of Participant</u>
1. Light Paper Weight	40 kgs.
2. Paper Weight	44 kgs.
3. Lightfly Weight	48 kgs.
4. Fly Weight	52 kgs.
5. Bantam Weight	56 kgs.
6. Feather Weight	60 kgs.
7. Light Weight	67 kgs.
8. Middle Weight	75 kgs.
9. Light Heavy Weight	82.5 kgs.
10. Middle Heavy Weight	90 kgs.

c. Junior Division: The same division levels and body weight of participants as in (2-b), 19 - 20 years old - two (2) participants.

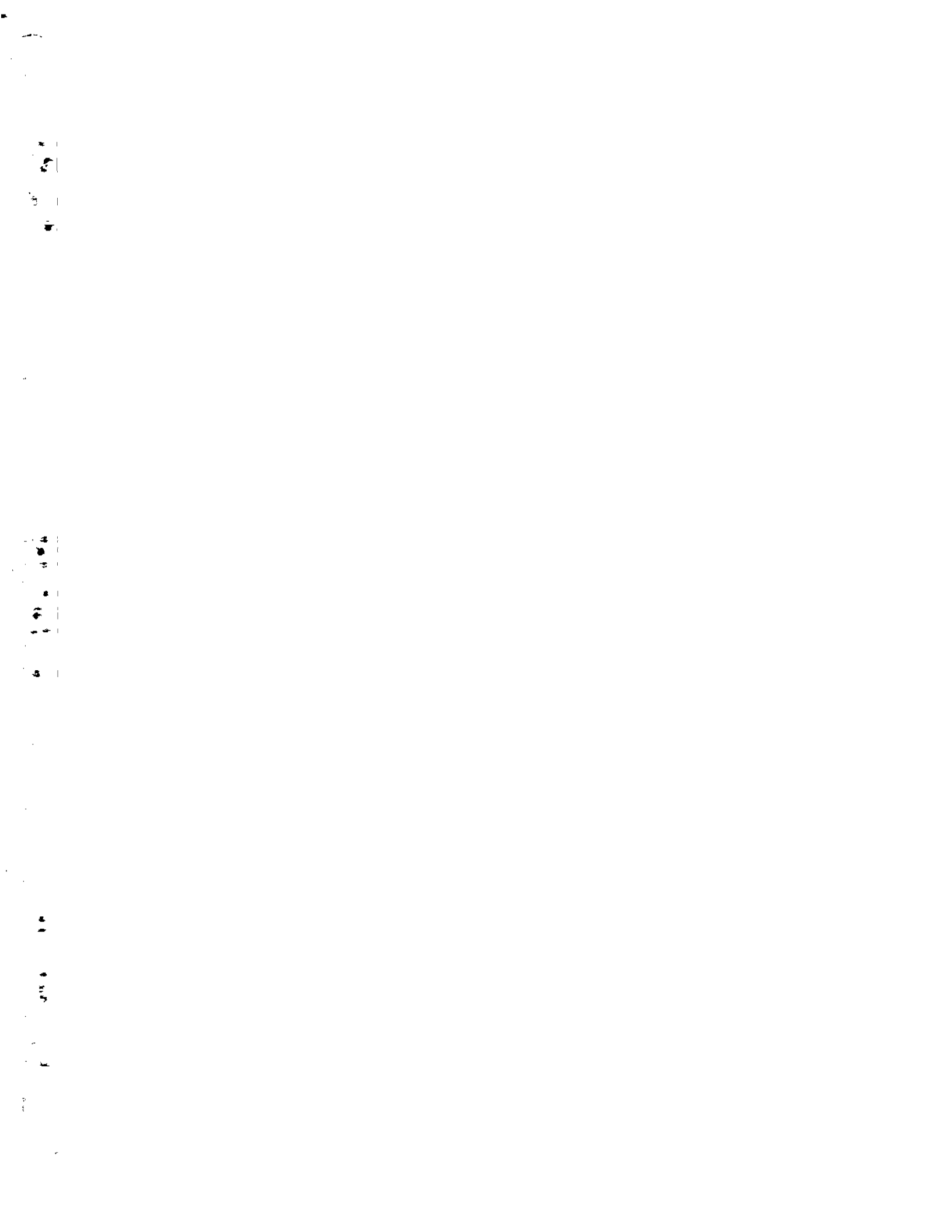
3. The Philippine Amateur Weightlifting Association recommends the lifts which must be taken in this sequence without interval between the lifts in all DEC weightlifting competitions.

- a. Two hands snatch
- b. Two hands clean and jerk

4. The rules and regulations of the International Weightlifting Federation (IWF) as adopted by the Philippine Amateur Weightlifting Association and amended to suit local conditions shall govern all DEC amateur weightlifting competitions.

5. The point system to be followed for individual and team championship is as follows:

<u>Individual Points</u>	<u>Team Championship</u>
1st place 7 pts.	1st place 15 pts.
2nd place 5 pts.	2nd place 10 pts.
3rd place 4 pts.	3rd place 7 pts.
4th place 3 pts.	4th place 3 pts.
5th place 2 pts.	
6th place 1 pt.	



6. Immediate dissemination of this Department Order is desired.

(SGD.) JUAN L. MANUEL
Secretary of Education and Culture

Reference:

N o n e

Allotment: 1-2-3-4--(D.O. 1-76)

To be indicated in the Perpetual Index
under the following subjects:

ATHLETICS
PROGRAM, SCHOOL
RULES & REGULATIONS
SOCIETY or ASSOCIATIONS

