

Republika ng Pilipinas
(Republic of the Philippines)
KAGAWARAN NG EDUKASYON AT KULTURA
(DEPARTMENT OF EDUCATION AND CULTURE)
M a y n i l a

September 23, 1977

DEPARTMENT ORDER
No. 52, S. 1977

AMENDMENT TO THE GUIDELINES FOR
DEC AMATEUR WEIGHTLIFTING

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

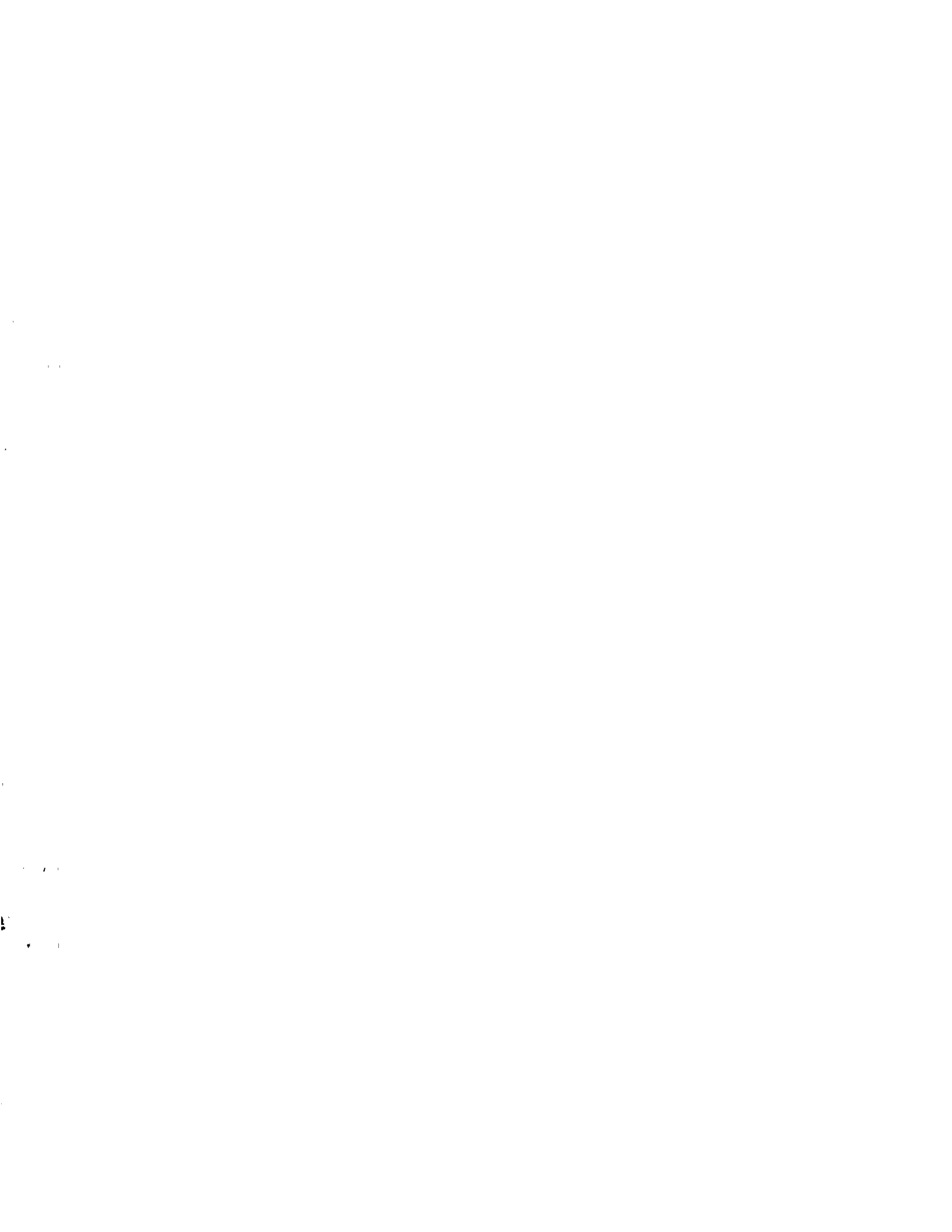
1. Paragraph 2 a & b of Department Order No. 27,
S. 1977 is hereby amended to read as follows:

a) Elementary Division: 8-12 years old, two
(2) weightlifters shall compose a team
representing any two age level. The equip-
ment 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: 13 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.

c) The Qualifying Standards are:

<u>Body Weights of</u> <u>Participants</u>	<u>Division Levels</u>	<u>Qualifying Standards</u>	
		<u>Youth Division</u>	<u>Junior Division</u>
1. 40 kgs.	Light paperweight	60-75 kgs.	70-82.5 kgs.
2. 44 kgs.	Paperweight	65-80 kgs.	75-87.5 kgs.
3. 48 kgs.	Light-flyweight	70-85 kgs.	80-92.5 kgs.
4. 52 kgs.	Flyweight	75-90 kgs.	85-97.5 kgs.
5. 56 kgs.	Bantamweight	80-100 kgs.	90-102.5 kgs.



6. 60 kgs.	Featherweight	85-105 kgs.	95-115 kgs.
7. 67 kgs.	Lightweight	90-115 kgs.	100-125 kgs.
8. 75 kgs.	Middleweight	95-125 kgs.	105-135 kgs.
9. 82.5 kgs.	Light-Heavyweight	100-135 kgs.	110-145 kgs.
10. 90 kgs.	Middle-Heavyweight	105-145 kgs.	115-155 kgs.

d) Weightlifters will have three (3) attempts in each olympic lifts in the snatch and in the clean and jerk to attain the total weight of the above listed qualifying standards to qualify for the next higher athletic meet.

2. ~~Immediate dissemination of this Department Order is desired.~~

(SGD.) NARCISO ALBARRACIN
Acting Secretary of Education and Culture

Reference:

Department Order: (No. 27, s. 1977)

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

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

AMENDMENTS
ATHLETICS
PROGRAM, SCHOOLS
RULES and REGULATIONS

