IWF
Technical and Competition Rules & Regulations 2013-2016

Approved by IWF Congress – Baku
in effect with 01.01.2013

CONTENTS

TECHNICAL AND COMPETITION RULES

1	PARTICIPANTS	4
1.1	AGE GROUPS	4
1.2	BODYWEIGHT CATEGORIES	4
2	THE TWO LIFTS	5
2.1	GENERAL	5
2.2	THE SNATCH	6
2.3	THE CLEAN & JERK	6
2.4	GENERAL RULES FOR ALL LIFTS	7
2.5	INCORRECT MOVEMENTS	7
2.6	INCOMPLETE MOVEMENTS AND POSITIONS	8
3	VENUE, EQUIPMENT AND DOCUMENTS	8
3.1	FIELD OF PLAY (FOP)	8
3.2	VENUE – ADDITIONAL SPACES	10
3.3	SPORT EQUIPMENT	10
3.4	OFFICIAL DOCUMENTS	14
4	ATHLETES' OUTFIT	17
4.1	COSTUME	17
4.2	FOOTWEAR	18
4.3	BELT	17
4.4	BANDAGES, STICKING PLASTERS AND TAPES	18
4.5	GLOVES AND PALM GUARDS	19
4.6	PROSTHETIC LIMBS	19
4.7	PERSONAL ELECTRONIC DEVICES	19
4.8	MANUFACTURER'S IDENTIFICATIONS	19
5	COMPETITIONS	20
5.1	IWF EVENTS	20

5.2	WORLD CHAMPIONSHIPS	20
5.3	OLYMPIC GAMES	20
5.4	YOUTH OLYMPIC GAMES	21
5.5	MULTISPORT GAMES OTHER THAN OLYMPICS	21
5.6	WORLD UNIVERSITY CHAMPIONSHIPS	21
5.7	UNIVERSIADE	22
6	PROCEEDINGS OF AN IWF EVENT	22
6.1	PRE-COMPETITION PROCEDURES – ENTRIES	22
6.2	VERIFICATION OF FINAL ENTRIES	22
6.3	DRAWING OF LOTS AND TECHNICAL CONGRESS / CONFERENCE	23
6.4	WEIGH-IN	23
6.5	INTRODUCTION	23
6.6	COURSE OF THE COMPETITION	24
6.7	BREAK	25
6.8	CLASSIFICATION OF ATHLETES AND TEAMS	26
6.9	VICTORY CEREMONY	27
7	TECHNICAL OFFICIALS	27
7.1	DEFINITION	27
7.2	GENERAL PROVISIONS	27
7.3	PROMOTION OF TECHNICAL OFFICIALS	28
7.4	TECHNICAL OFFICIALS AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES	29
7.5	JURY	30
7.6	COMPETITION DIRECTOR	32
7.7	REFEREES	32
7.8	TECHNICAL CONTROLLER	33
7.9	CHIEF MARSHAL	34
7.10	TIMEKEEPER	34
7.11	COMPETITION SECRETARY	35
7.12	SPEAKER	35

7.13 DOCTOR ON DUTY 36

8 RECORDS 36

9 CEREMONIES 37

9.1 OPENING CEREMONY 37

9.2 CLOSING CEREMONY 37

10 PROVISIONS 38

10.1 LANGUAGE DISCREPANCY 38

10.2 INTERPRETATION 38

REGULATIONS

REGULATION TO 1.2 – BODYWEIGHT CATEGORIES 39

REGULATION TO 3.1.1 – COMPETITION PLATFORM AND STAGE 40

REGULATION TO 3.3.2 – PLATFORM 40

REGULATION TO 3.3.3 – BARBELL 41

REGULATION TO 3.3.3.11 – LOADING CHART 44

REGULATION TO 3.3.4 – SCALES 48

REGULATION TO 3.3.5 – ATHLETE BIBS / WARM-UP PASSES 48

REGULATION TO 3.3.6.1 – REFEREE LIGHT SYSTEM 49

REGULATION TO 3.3.6.13 - JURY CONTROL UNIT 49

REGULATION TO 3.3.6.15 - TIMING CLOCK 49

REGULATION TO 5.1 - IWF EVENTS 50

REGULATION TO 5.2 - WORLD CHAMPIONSHIPS 51

REGULATION TO 6.4 – WEIGH-IN 55

REGULATION TO 6.5 – INTRODUCTION 57

REGULATION TO 6.6.5 – "15/20 KILO RULE" 58

REGULATION TO 6.6.6 – CALLING ORDER & REGULATION 6.8 – CLASSIFICATION 60

REGULATION TO 6.9 – VICTORY CEREMONY 61

REGULATION TO 7.3 – PROMOTION OF TECHNICAL OFFICIALS 62

REGULATION TO 7.5 – JURY 64

REGULATION TO 7.9 – CHIEF MARSHAL 64

REGULATION TO 7 – ADDITIONAL SUPPORTING STAFF 65

REGULATION TO 9 – CEREMONIES 66

GLOSSARY 67

TECHNICAL AND COMPETITION RULES

1 PARTICIPANTS

1.1 AGE GROUPS

1.1.1 In the sport of weightlifting, competitions are organised for men and women. The athletes compete in specified bodyweight categories and age groups.

1.1.2 The IWF recognises four (4) age groups:

i) YOUTH: 13 - 17 years of age
ii) JUNIOR: 15 - 20 years of age
iii) SENIOR: 15+ years of age
iv) MASTERS: 35+ years of age

All age groups are calculated in the athlete's year of birth.

1.1.3 For Olympic Games and Youth Olympic Games the relevant International Olympic Committee (IOC) Rules apply.

1.1.4 For International University Sports Federation (FISU) governed Events the relevant FISU Rules apply.

1.2 BODYWEIGHT CATEGORIES *(REGULATION)*

1.2.1 There are eight (8) categories for junior men and men. All competitions under IWF Technical and Competition Rules & Regulations (TCRR) must be held in the following categories and sequence:

1- 56 kg
2- 62 kg
3- 69 kg
4- 77 kg
5- 85 kg
6- 94 kg
7- 105 kg
8- +105 kg

1.2.2 There are seven (7) categories for junior women and women. All competitions under IWF TCRR must be held in the following categories and sequence:

1- 48 kg
2- 53 kg
3- 58 kg
4- 63 kg
5- 69 kg
6- 75 kg
7- +75 kg

1.2.3 There are eight (8) categories for youth men. All competitions under IWF TCRR must be held in the following categories and sequence, except for the Youth Olympic Games, which are subject to special stipulations.

1- 50 kg
2- 56 kg
3- 62 kg
4- 69 kg
5- 77 kg
6- 85 kg

7- 94 kg
8- +94 kg

1.2.4 There are seven (7) categories for youth women. All competitions under IWF TCRR must be held in the following categories and sequence, except for the Youth Olympic Games, which are subject to special stipulations.

1- 44 kg
2- 48 kg
3- 53 kg
4- 58 kg
5- 63 kg
6- 69 kg
7- +69 kg

1.2.5 Youth Olympic Games categories:

Youth men:

1- 56 kg
2- 62 kg
3- 69 kg
4- 77 kg
5- 85 kg
6 +85 kg

Youth women:

1- 48 kg
2- 53 kg
3- 58 kg
4- 63 kg
5- +63 kg

1.2.6 At IWF Events each Member Federation may enter a team of maximum ten (10) men and nine (9) women athletes but may only participate with a team of maximum eight (8) men and seven (7) women athletes. The maximum participating team of eight (8) and seven (7) must be distributed amongst the bodyweight categories with a maximum of two (2) athletes per category.

Exceptions:

- Olympic Games
- Youth Olympic Games
- Multisport Games other than Olympics

1.2.7 During the course of one competition, an athlete may only compete in one (1) bodyweight category except in the case when Youth events are combined with Junior/Senior events.

2 THE TWO LIFTS

2.1 GENERAL

In the sport of weightlifting the IWF recognises two (2) lifts which must be executed in the following sequence:

a) The Snatch
b) The Clean & Jerk

Both lifts must be executed with two hands. A maximum of three (3) attempts is allowed in each lift.

2.2 THE SNATCH

2.2.1 The barbell is centred horizontally on the competition platform. The athlete takes the start position in front of the barbell by grabbing the barbell and bending at the knees. The barbell is gripped, palms downward and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement upward the barbell remains close to the body and may slide along the thighs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The athlete may recover in his/her own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

2.3 THE CLEAN & JERK

2.3.1 The first part, the Clean:

The barbell is centred horizontally on the centre of the competition platform. The athlete takes the start position in front of the barbell by grabbing the barbell and bending at the knees. The barbell is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell remains close to the body and the barbell may slide along the thighs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The athlete may recover in his/her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

2.3.2 The second part, the Jerk:

The athlete must become motionless after the Clean and before starting the Jerk. The athlete bends and extends the legs simultaneously as the arms move the barbell upward in one motion to the full extent of the arms. The athlete returns his/her feet to the same line parallel to the plane of the trunk and the barbell with his/her arms and legs fully extended. The athlete waits for the Referees' signal to replace the barbell on the competition platform.

The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

Before the Jerk, the athlete may adjust the position of the barbell for the following reasons:

a) to withdraw or "unhook" the thumbs
b) if breathing is impeded
c) if the barbell causes pain
c) to change the width of the grip

The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.

2.4 GENERAL RULES FOR ALL LIFTS

2.4.1 The technique known as “hooking” is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell.

2.4.2 In both lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.

2.4.3 After the Referees’ signal to lower the barbell, the athlete must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.

2.4.4 An athlete, who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all on-duty Referees as well as the Jury prior to the start of each lift. This is the sole responsibility of the athlete.

2.4.5 When snatching or cleaning in the squat style, the athlete may assist their recovery by swinging or rocking their body while in the squat position.

2.4.6 The use of chalk (magnesium carbonate) is permitted.

2.4.7 The use of grease, oil, water, talcum or any other lubricant on the athlete’s thighs is forbidden. An athlete who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that athlete, the clock remains running.

2.4.8 It is the sole responsibility of the athlete to complete each lift in accordance with the IWF TCRR and to the satisfaction of the on-duty Technical Officials.

2.5 INCORRECT MOVEMENTS

2.5.1 INCORRECT MOVEMENTS FOR ALL LIFTS

2.5.1.1 Pulling from the hang, defined as: stopping the upward movement of the barbell during the pull.

2.5.1.2 Touching the platform with any part of the body other than the feet.

2.5.1.3 Pause during the extension of the arms.

2.5.1.4 Finishing with a press-out, defined as: continuing the extension of the arms after the athlete has reached the lowest point of his/her position in the squat or split for both the Snatch and the Jerk.

2.5.1.5 Bending and extending the elbows during the recovery.

2.5.1.6 Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.

2.5.1.7 Dropping the barbell from above the shoulders.

2.5.1.8 Failing to replace the complete barbell on the competition platform.

2.5.1.9 Not facing the Centre Referee at the beginning of the lift.

2.5.1.10 Releasing the barbell before the Referees' signal.

2.5.2 **INCORRECT MOVEMENTS FOR THE SNATCH**

2.5.2.1 Pause during the lifting of the barbell.

2.5.2.2 Touching the head with the bar; hair and any items worn on the head are considered to be part of the head.

2.5.3 **INCORRECT MOVEMENTS FOR THE CLEAN**

2.5.3.1 Resting or placing the barbell on the chest at an intermediate point before its final position producing a "double clean"; often referred to as a "dirty clean".

2.5.3.2 Touching the thighs or the knees with the elbows or the upper arms.

2.5.4 **INCORRECT MOVEMENTS FOR THE JERK**

2.5.4.1 Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.

2.5.4.2 Any deliberate oscillation of the barbell to gain advantage. The athlete must become motionless before starting the Jerk.

2.6 INCOMPLETE MOVEMENTS AND POSITIONS

2.6.1 Uneven or incomplete extension of the arms at the completion of the lift.

2.6.2 Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.

2.6.3 Failing to fully extend the knees at the completion of the lift.

3 VENUE, EQUIPMENT AND DOCUMENTS

3.1 FIELD OF PLAY (FOP)

For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

- Competition platform and stage
- Technical Officials' and Competition Management tables
- Warm-up area

3.1.1 **COMPETITION PLATFORM AND STAGE** ***(Regulation)***

3.1.1.1 All lifts must be executed on a competition platform.

3.1.1.2 A clear area measuring one hundred (100) cm surrounding the competition platform is compulsory. This area must be flat and free from any obstacles including discs.

3.1.1.3 If the competition platform is placed on a stage, the stage must follow the specifications in Regulation to 3.1.1.

3.1.1.4 Chalk and rosin must be provided near the competition platform.

3.1.1.5 Cleaning disinfectant / antiseptic, wire brushes, cloths, broom, gloves and other cleaning supplies / appliances must be provided and neatly stored next to the competition platform / stage for the loaders and decontamination attendants.

3.1.1.6 A stretcher or backboard must be provided near the competition platform / stage.

3.1.1.7 A zone for Team Officials must be designated relative to the FOP layout but not on the stage.

3.1.2 TECHNICAL OFFICIALS' AND COMPETITION MANAGEMENT TABLES

The placement of all Technical Officials' and Competition Management tables (and chairs) is consistent throughout all IWF Events.

3.1.2.1 Jury Table: The Jury is located in a place where the view of the competition platform and stage is clear and unobstructed. The Jury table must be placed a maximum one thousand (1,000) cm from the centre of the platform, between the Centre and the Side Referees' tables and located on the side of the athletes' point of entry.

3.1.2.2 Referees' Tables:

a. Centre Referee must be seated four hundred (400) cm (measured from the front) of the competition platform to the back edge of the Centre Referee's table, and in line with the centre of the competition platform.

b. Side Referees must be seated on the same line as and parallel with the Centre Referee, three hundred to four hundred (300-400) cm from the Centre Referee.

c. Reserve Referees sit in a designated area on the FOP.

3.1.2.3 Doctor on Duty Table: A table and chair must be provided for the Doctor(s) on Duty near the athletes' point of entry to the competition platform / stage and in the warm-up area relative to the venue layout.

3.1.2.4 Competition Management Tables: Tables and chairs in a suitable quantity must be provided for the Competition Management and placed on the side of the athletes' point of entry to the competition platform / stage.

3.1.2.5 Loaders' and Decontamination Attendants' position: Loaders and Decontamination Attendants must have a designated area with chairs on the opposite side of the athletes' point of entry to the competition platform / stage.

3.1.2.6 IWF Officials' Table: At World Championships and Olympic Games a table for three to five (3-5) persons with chairs must be provided in a location symmetrical to the Jury table.

3.1.3 WARM-UP AREA

3.1.3.1 In order to prepare for competition, athletes must be provided with a warm-up area located in close proximity to the competition platform / stage relative to the venue layout.

The warm-up area must be equipped with:

- an appropriate amount of numbered warm-up platforms (numbers start at one (1))

- barbells, chalk, rosin, etc. in relation to the number of competing athletes
- loudspeakers connected with the Speaker's audio system
- real time scoreboard
- attempt board
- display of official timing clock
- live video feed of activity on the competition platform
- tables for Marshals and Doctor on Duty
- water/refreshments
- ice for injuries
- other operational tables, as required
- bathroom facilities (optional)

3.1.3.2 Numbered warm-up platforms are allocated by the Competition Secretary at the end of the weigh-in in accordance with the athlete start number.

3.2 VENUE – ADDITIONAL SPACES

3.2.1 The following additional spaces must be provided at the competition venue:

- Anti-Doping Control Station
- Changing rooms with shower
- Athletes' Rest area
- Competition Management office(s)
- First Aid / Medical room
- IWF Meeting room
- IWF Offices (President, General Secretary and Secretariat)
- Press Centre
- Sauna
- Technical Officials' room
- Training area (may be at a different location, but preferably at the competition venue)
- VIP room
- Weigh-in room and Test Weigh-in room

3.3 SPORT EQUIPMENT

3.3.1 GENERAL PROVISIONS

3.3.1.1 At Olympic Games, Youth Olympic Games, Continental, Regional and other Multisport Games, Continental and Regional Championships and FISU Events, only IWF-licensed sport equipment shall be used.

3.3.1.2 For the Olympic Games and Youth Olympic Games the IWF Executive Board selects the supplier of the barbell and platform from among the IWF-licensed companies.

3.3.1.3 The application of the IWF Technology and Information System (TIS) is obligatory at World Championships (Youth, Junior and Senior), World University Championships, Grand Prix and Continental Olympic Qualification Events.

3.3.2 PLATFORM *(REGULATION)*

3.3.2.1 Two types of platforms are authorised for use by the IWF: Competition and Training/Warm-up platforms. Both types of platforms must meet the authorised specifications.

3.3.2.2 Competition platform:

- square
- measures four hundred (400) cm on each side
- measures ten (10) cm in height

3.3.2.3 Training / warm-up platform:

- measures three hundred (300) cm wide
- measures two hundred fifty to three hundred (250-300) cm in length

3.3.3 **BARBELL** ***(REGULATION)***

3.3.3.1 The barbell consists of the following parts:

- Bar
- Discs
- Collars

3.3.3.2 Bar

Both men's and women's competition and training bars must comply with the following specifications and tolerances.

3.3.3.3 A men's bar weighs twenty (20) kg.

3.3.3.4 A women's bar weighs fifteen (15) kg.

3.3.3.5 Discs

Two types of discs are authorised for use by the IWF: Competition and Training discs. Both types of discs must meet the following authorized specifications:

3.3.3.6 Competition discs: (*weights in kilograms with corresponding colour)*

30 kg	black*
25 kg	red
20 kg	blue
15 kg	yellow
10 kg	green
5 kg	white
2.5 kg	red
2 kg	blue
1.5 kg	yellow
1 kg	green
0.5 kg	white

*Note: Details of the introduction of 30 kg discs are subject to further co-ordination.

3.3.3.7 Training discs

- manufactured in coloured weights as listed above
- may be manufactured in black with corresponding coloured rims and demarcated with "Training"

3.3.3.8 Collars

In order to secure the discs to the bar, each bar must be equipped with collars. Collars must meet the following authorised specifications:

- two (2) collars per barbell
- weight = 2.5 kg each

3.3.3.9 Competition discs must be used on the competition platform as well as in the Warm-up area.

3.3.3.10 Training discs may be used in the training venue, except for the Olympic Games, the Youth Olympic Games, or as otherwise decided by the IWF.

3.3.3.11 Discs are loaded and secured by collars on the sleeve of the bar. The bar is loaded with the heaviest discs first and then the lighter discs loaded in descending order of weight toward the outer edge of the bar. Discs must be loaded so that both the on-duty Referees and Jury can identify the weight of each disc.

3.3.3.12 An adequate number of sets of men's and women's barbells and additional discs must be provided for each competition.

3.3.4 SCALES *(REGULATION)*

3.3.4.1 At World Championships, Olympic Games and other select IWF Events, multiple identical scales are required.

3.3.5 ATHLETE BIBS / WARM-UP PASS *(REGULATION)*

3.3.5.1 Athlete bibs are worn for athlete identification during competition. Athlete bibs are supplied to athletes in each group indicating the athletes' allocated start numbers.

3.3.5.2 Warm-up passes are worn for Team Officials' identification during competition. Warm-up passes are issued to Team Officials in each group and are valid only for the specified group.

3.3.6 TECHNOLOGY AND INFORMATION SYSTEM (TIS) *(REGULATION)*

The TIS is a complex and integrated competition management application including the competition management software and the following hardware:

3.3.6.1 **REFEREE LIGHT SYSTEM**

3.3.6.2 The Referee Light System is the means by which Referees adjudicate the lifts.

3.3.6.3 The Referee Light System consists of one (1) control box for each of the three (3) Referees and a control panel for the Jury.

3.3.6.4 Each of the Referees must give the "Down" signal by pressing the white button for a "Good lift" or the red button for "No lift", according to the relevant rules.

3.3.6.5 When two (2) of the Referees have provided identical decisions, a visual and audible "Down" signal is given to the athlete to replace the barbell on the competition platform.

3.3.6.6 If one (1) Referee presses the white button and another Referee presses the red button and the third Referee does not press either, the latter hears an intermittent audible signal from the control box prompting him/her that a decision is required.

3.3.6.7 The signal is only a reminder to the Referee; the Referees must be certain in their decision of “Good lift” or “No lift”. The signal should not force the Referee to make a decision. When two (2) white lights or two (2) red lights have been given by two (2) of the three (3) Referees and the “Down” signal has been seen and heard, the Referee who has not provided a decision is reminded to give his/her decision by way of the intermittent audible signal.

3.3.6.8 Three (3) seconds after the three (3) Referees have given their decision; the “decision lights” light up, indicating the individual decision of the Referees by corresponding colours, either red or white. The decision lights remain lit for a minimum of three (3) seconds.

3.3.6.9 After the visible and audible “Down” signal and before the decision lights operate, the Referees have a three (3) second window to reverse their decision. If a Referee misses the three (3) second window he/she must raise the small flag provided to them to indicate a change in decision.

3.3.6.10 When the “Down” signal has been given and the "decision lights” are on and the athlete does not lower the barbell, the Centre Referee must say “Down” and signal the athlete to replace the barbell to the competition platform.

3.3.6.11 During the competition, the Jury monitors the work of the Referees through a control panel. Every decision by the Referees may be verified as the lights on the control panel light up instantly when the Referees make a decision. Slow, fast or no decision(s) may be identified for immediate or further action. Should the Jury want to call any of the Referees to the Jury table, the Jury President does so by pressing the button on the control panel, which gives an audible signal to the Referee(s) in question.

3.3.6.12 **JURY CONTROL UNIT**

Jury members give their decision on each lift using the equipment located on the Jury table. Each Jury member has a device with a red and white push button.

3.3.6.13 **COMMUNICATION SYSTEM**

An intercom or telephone system must be provided for direct communication between the Jury, Competition Management and Chief Marshal.

3.3.6.14 **TIMING CLOCK**

An electronic timing clock with countdown mode in increments of one (1) second must be used. The timing clock must be able to be set to any time up to fifteen (15) minutes.

3.3.6.15 **ATTEMPT BOARD**

The following information must be displayed on the Attempt Board:

- name (family name displayed upper case text; followed by given name in upper case for the first letter and lower case for subsequent text)
- IWF/IOC code
- weight to be taken
- attempt number

- athlete start number
- Referees' decision, if applicable
- timing clock, if applicable

3.3.6.16 **SCOREBOARD**

A scoreboard must be set up in a prominent place in the FOP in order to record and display the progress and results of the specific category as it happens.

3.3.6.17 The scoreboard must contain the following information for all athletes in the group being contested which must be displayed the entire time:

- athlete start number, in numerical order
- name of each athlete according to the allocated start number
- date of birth
- bodyweight
- IWF/IOC code
- three (3) attempts in the Snatch
- three(3) attempts in the Clean & Jerk
- Total
- final classification

3.3.6.18 Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.3.6.19 **RECORD DISPLAY**

The records of the category contested must be displayed on the FOP. The information on the records must be available throughout the entire group and must be updated immediately when a new record is set.

3.3.6.20 **VIDEO BOARD(S)**

Video screen(s) must be provided on the FOP, both in the competition area and warm-up area.

3.4 OFFICIAL DOCUMENTS

3.4.1 EVENT REGULATION

3.4.1.1 Four (4) months prior to the date of the IWF Event, the host Member Federation / Organising Committee distributes the IWF Event Regulation by way of publishing it online and distributing it via email/mail to all concerned parties.

3.4.1.2 The IWF Event Regulation contains the following information:

- exact date of the IWF Event, with a detailed program of the competition and related activities
- competition and training venue
- financial conditions
- accommodation and ground transportation offered
- media accreditation forms
- Preliminary Entry Forms
- Final Entry Forms
- Organising Committee contact information
- any other pertinent information

3.4.2 **ENTRY FORMS**

3.4.2.1 A **Preliminary Entry Form** includes:

- Member Federation
- athletes' names
- athletes' date of birth
- athletes' bodyweight category
- Entry Total (a reference performance for the allocation into groups, with consideration to 6.6.5)
- accompanying Team Officials' names and functions (coach, manager, doctor, etc.)
- signature and date

3.4.2.2 Maximum athletes allowed on the Preliminary Entry Form are nine (9) women and ten (10) men.

3.4.2.3 A **Final Entry Form** includes:

- Member Federation
- athletes' names
- athletes' date of birth
- athletes' bodyweight category
- Entry Total (a reference performance for the allocation into groups, with consideration to 6.6.5)
- accompanying Team Officials' names and functions (coach, manager, doctor, etc.)
- signature and date

3.4.2.4 Maximum athletes allowed on the Final Entry Form are nine (9) women and ten (10) men; this consists of a full team (seven (7) women and eight (8) men) plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form.

3.4.3 **VERIFICATION FORM**

3.4.3.1 The Verification Form includes – with data in accordance with the Final Entry Form:

- Member Federation
- athletes' names
- athletes' date of birth
- athletes' bodyweight category
- Entry Total
- signature and date line

3.4.3.2 Maximum seven (7) women and eight (8) men (full team per gender) shall remain on the Verification Form, with a maximum of two (2) athletes per bodyweight category, unless Youth and Junior competitions are held together.

3.4.4 **START LIST PACKAGE**

3.4.4.1 The Start List Package includes:

- Timetable, indicating the date and time of competitions, groups, TOs' assignment

- List of Technical Officials and their group allocation
- Start Lists for each group, including athletes' lot numbers, names, date of birth, IWF/IOC code, Entry Totals

3.4.5 **WEIGH-IN LIST**

3.4.5.1 Issued for each group, the Weigh-in List must contain the following information for all athletes:

- lot number
- name
- date of birth
- IWF/IOC code
- Entry Total
- bodyweight
- first attempts in Snatch and Clean & Jerk
- signatures of Technical Officials attending the weigh-in

3.4.6 **ATHLETE'S CARD**

3.4.6.1 The Athlete's Card is issued for each athlete and is the official document to record the athletes' declarations, attempts and Team Officials / athletes' initials or signature as allowed by the TCRR.

Each Athlete's Card contains the following athlete information:

- name
- date of birth
- IWF / IOC code
- bodyweight
- bodyweight category
- group, if applicable
- Entry Total
- start number, assigned at the completion of weigh-in

3.4.7 **PROTOCOL**

3.4.7.1 The Protocol, either handwritten or computer generated is the official document certifying the results of each group and contains the following information of each athlete:

- start number
- lot number
- name
- date of birth
- IWF / IOC code
- bodyweight
- all attempts for both lifts
- Total
- records, if applicable
- signatures of Jury President and Competition Director / TD

3.4.7.2 Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.4.8 **FINAL RESULTS PACKAGE**

3.4.8.1 The Final Results Package produced either in hardcopy or electronic/digital format is distributed to the delegations and all concerned parties at the end of the Event and must contain:

- Team Classification; including team rankings, IWF/IOC country codes, classification points, number of athletes
- Results of Snatch, Clean & Jerk and Total in each bodyweight category; including ranking, name, date of birth, IWF/IOC code, bodyweight, attempts (with successful and unsuccessful attempts differently marked) and result
- New records; including bodyweight category, name, date of birth, IWF/IOC code, record weight

4 ATHLETES' OUTFIT

4.1 COSTUME

4.1.1 Athletes must wear a weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any colour
- must not cover the elbows
- must not cover the knees

4.1.2 A unitard may be worn under the costume. The unitard must comply with the following criteria:

- must be one piece (full body)
- must be tight fitting
- must be collarless
- may cover elbows and knees
- may be of any colour
- no pattern or design permitted

4.1.3 A T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- must be collarless
- must not cover the elbows
- may be of any colour

4.1.4 Shorts may be worn under or over the costume. Shorts must comply with the following criteria:

- must be tight fitting
- must not cover the knees
- may be of any colour

4.1.5 A T-shirt and shorts cannot be worn instead of the costume.

4.1.6 Hair and any items worn on the head are considered to be part of the head.

4.1.7 At competitions, athletes participate in the uniform clothing issued / approved by their Member Federation. For this purpose, the Victory Ceremony is considered to be part of competition.

4.1.8 Socks may be worn, but must not cover the knees.

4.1.9 Costumes may be decorated or marked with the athlete's:

- name
- nick name
- club name
- Member Federation / NOC
- national emblem

4.2 FOOTWEAR

4.2.1 Athletes must wear sport footwear (weightlifting shoes / boots) to protect their feet and provide stability and a firm stance on the competition platform.

4.3 BELT

4.3.1 A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.

4.3.2 The maximum width of the belt is twelve (12) cm.

4.4 BANDAGES, STICKING PLASTERS AND TAPES

4.4.1 **Bandages** are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene/rubber or leather.

4.4.1.1 There is no limit to the length of the bandages.

4.4.1.2 Wrist bandages must not cover more area than ten (10) cm of the wrist area, either on skin or on the unitard.

4.4.1.3 Knee bandages must not cover more area than thirty (30) cm of the knee area, either on skin or on the unitard.

4.4.1.4 One-piece elastic bandages, neoprene/rubberised kneecaps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire.

4.4.1.5 Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.

4.4.1.6 Bandages must not be attached to the barbell at any time.

4.4.1.7 No bandages or substitutes are allowed on the elbow(s).

4.4.2 **Sticking plasters** are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.

4.4.2.1 Sticking plasters may be worn to protect small wounds, as required except on the elbow(s).

4.4.2.2 Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.

4.4.2.3 Sticking plasters must not be attached to the barbell at any time.

4.4.3 **Tape** is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and/or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.

4.4.3.1 Tape worn on the fingers and thumb must not protrude in front of the fingertips.

4.4.3.2 Tape worn on both the inner and outer surface of the hands may be attached to the wrist.

4.4.3.3 Tape or substitute must not be attached to the barbell at any time.

4.4.3.4 No tape or substitutes are allowed on the elbow(s).

4.4.3.5 Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s).

4.5 GLOVES AND PALM GUARDS

4.5.1 In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g.: gymnastic palm guards, cycling gloves).

4.5.2 Gloves may cover only the first knuckle of the fingers.

4.5.3 If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

4.6 PROSTHETIC LIMBS

4.6.1 Prosthetic limbs are permitted. Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.

4.7 PERSONAL ELECTRONIC DEVICES

4.7.1 Personal electronic equipment (i.e.: iPods, tablets, mobile phones, etc.) is forbidden on the competition platform / stage. Personal electronic equipment may be used in the warm-up area. The IWF, host Member Federation / Organising Committee or any Games Organising Committees are not responsible for athletes', Team Officials' and Technical Officials' personal property.

4.8 MANUFACTURER'S IDENTIFICATIONS

4.8.1 At all IWF Events the following identifications are permitted on each article of the athletes outfit with the total maximum size of five hundred (500) cm^2 per article:

a) the identification (logo, name or a combination of both) of the manufacturer of the product and/or
b) the identification of the athlete's commercial sponsor (logo, name or a combination of both)

Distinctive manufacturer's design patterns are not considered for the application of this rule.

4.8.2 At Olympic Games and Youth Olympic Games the relevant IOC rules prevail regarding manufacturer's identification.

5 COMPETITIONS

5.1 IWF EVENTS *(REGULATION)*

5.1.1 All international weightlifting competitions included in the IWF Calendar are considered IWF Events. The IWF Technical and Competition Rules & Regulations (TCRR) must be followed, unless otherwise specified.

5.1.2 IWF Event Organisers must guarantee unconditional entry to all participants from all eligible IWF Member Federations.

5.1.3 All IWF Events must include the two (2) individual lifts.

5.1.4 No other IWF Event may be organised within thirty (30) days before or thirty (30) days after the IWF/FISU World Championships or Olympic Games/YOG, unless approved by the IWF.

5.2 WORLD CHAMPIONSHIPS *(REGULATION)*

5.2.1 World Championships are held every year, except in years with the Summer Olympic Games.

5.2.2 Junior World Championships are held every year.

5.2.3 Youth World Championships are held every year, except in the years with the Summer Youth Olympic Games.

5.2.4 At World Championships, only those athletes whose eligibility is confirmed by the IWF may participate.

5.2.5 Gold, silver and bronze medals are awarded respectively to the first three (3) places for the Snatch, the Clean & Jerk and the Total in each bodyweight category.

5.3 OLYMPIC GAMES

5.3.1 As soon as available but no later than twenty-four (24) months before the opening of the Olympic Games and in consultation with the IWF Executive Board, the IOC, the IWF Technical Delegates (TDs) and the Organising Committee of the Olympic Games (OCOG), the IWF shall communicate relevant information to all Member Federations.

5.3.2 All sport and TCRR related documents must be approved by the IWF before publication.

5.3.3 A National Olympic Committee (NOC) may enter athletes to the Olympic Games and Youth Olympic Games in accordance with the relevant “Olympic Games Qualification Regulation”.

5.3.4 Olympic gold, silver and bronze medals are awarded respectively to the first three (3) places for the Total in each of the bodyweight categories.

5.3.5 The IWF Executive Board appoints two (2) Technical Delegates (TDs) for the Olympic Games whose task is to coordinate and assist with the technical organisation of the weightlifting competition.

5.4 YOUTH OLYMPIC GAMES

5.4.1 The stipulations under 5.3 apply, whenever possible.

5.4.2 An Event Delegate (ED) is appointed for the youth Olympic Games whose task is to coordinate and assist with the technical organisation of the weightlifting competition.

5.5 MULTISPORT GAMES OTHER THAN OLYMPIC GAMES

5.5.1 Weightlifting competitions at all Multisport Games (Continental, Regional or other) must be supervised by the IWF.

5.5.2 All sport and TCRR related documents must be approved by the IWF before publication. The Multisport Games Regulation must be supplied in English and in any other language the Games Organising Committee deems necessary.

5.5.3 The IWF reviews all venues and sports equipment and approves the weightlifting International Technical Officials (ITOs) in consultation with the Continental or Regional Federation concerned and/or the Games Organising Committee.

5.5.4 An IWF Technical Delegate (TD) shall be appointed to assist the Games Organising Committee. The TD must be present in advance of the opening of the Games to ensure that the venues and sports equipment are adequate and the relevant IWF TCRR are being respected.

5.5.5 The IWF may be represented either by the IWF President, General Secretary, or by a delegate appointed in consultation with the IWF President and General Secretary.

5.5.6 The Games Organising Committee must pay the travel, accommodation and meal expenses of the IWF delegate for the Games.

5.5.7 Gold, silver and bronze medals are awarded respectively to the first three (3) places for the Snatch, the Clean & Jerk and the Total in each of the bodyweight categories, unless otherwise specified and arranged between the Games Organising Committee and the IWF.

5.6 WORLD UNIVERSITY CHAMPIONSHIPS

5.6.1 Upon allocation by FISU to a FISU Member Organisation, the World University Weightlifting Championships are organised in even years under the auspices / control of FISU and its relevant Rules and Regulations.

5.6.2 The IWF is represented by an IWF Delegate appointed to each World University Championships.

5.6.3 In all aspects of the sport-specific and technical organisation of the Event, the IWF TCRR must be applied, wherever applicable.

5.6.4 Eligibility is in accordance with the FISU Rules on Eligibility in combination with the IWF Constitution, By-Laws and TCRR.

5.6.5 The IWF shall be involved in the allocation, preparation and delivery of the Championships in a consultative capacity.

5.6.6 The involvement of the respective Member Federation in the organisation of the Championships is encouraged and expected.

5.6.7 Subject to agreement with the Organising Committee, a suitable number of ITOs shall be appointed to assist the Championships.

5.7 UNIVERSIADE

5.7.1 Weightlifting competitions at the Summer Universiade (FISU Games), organised in odd years under the auspices of FISU are carried out in accordance with the relevant FISU-IWF Regulations for Universiade sports, and elaborated in consultation and subject to approval by both organisations.

6 PROCEEDINGS OF AN IWF EVENT

6.1 PRE-COMPETITION PROCEDURES – ENTRIES

6.1.1 Participants may only be officially entered by their respective Member Federation by way of both the Preliminary Entry Form and the Final Entry Form.

6.1.2 The Preliminary Entry Form must be returned to the host Member Federation / Organising Committee (either by fax or e-mail) with a copy to the IWF Secretariat no later than sixty (60) days before the Technical Congress / Conference.

6.1.3 The Final Entry Form must be returned to the host Member Federation / Organising Committee (either by fax or e-mail) with a copy to the IWF Secretariat no later than fourteen (14) days before the Technical Congress / Conference.

.

6.1.4 The host Member Federation / Organising Committee shall be entitled to use the names entered by each Member Federation on the Final Entry Form to reserve accommodation at any of the official designated hotels. Should any of the reserved hotel rooms be unused, the respective Member Federation shall be liable to pay to the host Member Federation / Organising Committee a cancellation fee for the entire duration of each reservation.

6.1.5 Final Entry Forms must be confirmed by the IWF. No unconfirmed, incomplete and/or incorrect Entry Forms shall be accepted.

6.1.6 Athletes not listed on the Final Entry Form cannot take part in the Event.

6.1.7 For the World Championships (Youth, Junior and Senior), an Entry List by Category must be published on the IWF website latest five (5) days prior to the date of the Verification of Final Entries (VFE).

6.2 VERIFICATION OF FINAL ENTRIES

6.2.1 Prior to the Technical Congress / Conference, a Verification of Final Entries (VFE) Meeting shall be held chaired by the CD/TD.

6.2.2 A copy of each participating athlete's passport must be presented at the VFE Meeting by the relevant Team Official(s).

6.2.3 The VFE Meeting consists of each participating team receiving a Verification Form on which they are 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

6.2.4 Substitution of athletes will not be accepted.

6.2.5 Maximum seven (7) women and eight (8) men shall remain on the Verification Form with a maximum of two (2) athletes per bodyweight category, unless Youth and Junior competitions are held together. All additional athlete(s) must be deleted.

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

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

6.3 DRAWING OF LOTS AND TECHNICAL CONGRESS / CONFERENCE

6.3.1 After the VFE a randomly generated 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.

6.3.2 Bodyweight categories may be divided into two (2) or more groups by the Competition Director / Technical Delegate in accordance with the Entry Totals. A maximum of eighteen (18) athletes shall be allocated to a group.

6.3.3 If two (2) or more athletes have the same Entry Total, athletes may be allocated into different groups according to their lot number (e.g. athlete with the lower lot number goes to Group A; athlete with the higher lot number to Group B).

6.3.4 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.

6.4 WEIGH-IN *(REGULATION)*

6.4.1 The weigh-in of each competition begins two (2) hours before the start of the group concerned. Weigh-in lasts for one (1) hour.

6.4.2 As soon as the athlete has weighed within the officially entered 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
- any additional athlete *(for combined categories/Events)* – two (2) Passes per athlete

6.5 INTRODUCTION *(REGULATION)*

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

6.5.2 Athletes of the group are introduced in order of athlete start number.

6.5.3 The Technical Officials of the group are introduced after which the Technical Officials submit their TO Cards to the Jury President.

6.6 COURSE OF THE COMPETITION *(REGULATION)*

6.6.1 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. The athlete or Team Official must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. This is the sole responsibility of the athlete / Team Official.

6.6.2 The weight of the barbell must always be a multiple of one (1) kg.

6.6.3 The automatic progression after any successful attempt for the same athlete must be a minimum of one (1) kilogram. If the lift is unsuccessful the weight on the barbell automatically remains the same.

6.6.4 The minimum weights that can be lifted at IWF Events are:

- Men = twenty-six (26) kg (20kg bar, collars and two 0.5kg discs)
- Women = twenty-one (21) kg (15kg bar, collars and two 0.5kg discs)

6.6.5 The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk cannot be less than fifteen (15) kg below the verified Entry Total for women and twenty (20) kg below the verified Entry Total for men. The Jury will exclude the athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the "15/20 Kilo Rule".

6.6.6 **CALLING ORDER**

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

1. The weight of the barbell (lightest weight first)
2. The number of the attempt (lowest number first)
3. The sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)
4. The start number of the athlete (lowest first) – For the allocation of start numbers see Regulation to 6.4 – Weigh-in

6.6.7 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 sounds.

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

Thirty (30) 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 the attempt, this attempt is declared "No lift" by the three (3) Referees.

The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

6.6.8 An athlete is granted only one (1) minute if while taking two lifts in succession the calling order changes and the clock starts for another athlete.

6.6.9 The weight announced by the Speaker must be immediately displayed on the Attempt Board.

6.6.10 When an athlete wishes to increase or decrease the weight originally selected, the Team Official / athlete must notify the Chief Marshal by signing the Athlete's Card. In order to increase the weight the Team Official / athlete must sign the Athlete's Card before the final call (except TCRR 6.6.12). In order to decrease the weight, the clock must not have started for the athlete.

6.6.11 The final call is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.

6.6.12 Before the first attempt and between two attempts the Team Official / athlete must notify and sign the next attempt on the Athlete's Card; both for declaration and automatic increment. This signature enables two (2) changes.

If the Team Official / athlete fail to do so before the final call (30 seconds), the athlete will be called according to the automatic progression.

When an athlete is taking consecutive attempts (2 minutes allocated time), the Team Official / athlete must declare the next attempt within the first thirty (30) seconds after being called, even if it is the automatic increment.

Failure to do so will forfeit the two (2) changes allowed. The athlete will then have to take the automatic increment. (See TCRR 7.9)

6.6.13 When the Team Official / athlete asks for a change of weight and still has to take the heavier weight next, the clock is stopped while the weight is changed. After the change of weight has been completed, the clock continues to run. When the Team Official / athlete asks for a change of weight and, in doing so, follows another athlete, the normal one (1) minute (60 seconds) applies for the next attempt. (See TCRR 7.9)

6.6.14 The Team Official / athlete must sign the Athlete's Card if they wish to withdraw from lifting either during the Snatch or the Clean & Jerk portions of the competition, or both. It must be noted and signed on the Athlete's Card that they are withdrawing from the respective lift.

Once the Athlete's Card has been signed the withdrawal is official and the athlete cannot re-enter the competition in that respective lift. The Speaker then announces the withdrawal.

6.6.15 During competition only on-duty Technical Officials, authorised personnel, authorised Team Officials (See TCRR 6.4) and athletes of the specific group are allowed in the FOP.

6.6.16 Only three (3) Team Officials are permitted to stand at the designated area / entrance of the competition platform / stage.

6.7 BREAK

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

6.7.2 The Jury, at its discretion and in consultation with the CD/TD may shorten or lengthen the break. An appropriate announcement to all relevant parties (athletes, Team Officials, Technical Officials, sport production, broadcast, spectators, etc.) must be made.

6.8 CLASSIFICATION OF ATHLETES AND TEAMS

6.8.1 ATHLETE CLASSIFICATION *(REGULATION)*

The title of Champion is awarded for individual lifts in the Snatch, the Clean & Jerk and the Total (the aggregate of the best Snatch and the best Clean & Jerk results). The athletes who win first, second and third place in the two (2) lifts and in the Total at all IWF Events are awarded gold, silver and bronze medals, respectively.

6.8.2 Factors to decide the classification of athletes in Snatch and Clean & Jerk:

1. best result – highest first; if identical, then:
2. bodyweight – lowest first; if identical, then:
3. best result's attempt(s) number – lowest first; if identical, then:
4. previous attempt(s) – lowest first; if identical, then:
5. lot number – lowest first

Factors to decide the classification of athletes in Total:

1. best result – highest first; if identical, then:
2. bodyweight – lowest first; if identical, then:
3. best Clean & Jerk result – lowest first; if identical, then:
4. best Clean & Jerk result's attempt number – lowest first; if identical, then:
5. previous attempt(s) – lowest first; if identical, then:
6. lot number – lowest first.

The sequence / order of the competition applies when a bodyweight category is divided into multiple groups. (See Regulation to 6.8)

6.8.3 TEAM CLASSIFICATION

At World and Continental Championships and other IWF Events, the classification of the teams is calculated by adding the points allocated to each athlete according to the following scale:

1st place	28 points	14th place	12 points
2nd place	25 points	15th place	11 points
3rd place	23 points	16th place	10 points
4th place	22 points	17th place	9 points
5th place	21 points	18th place	8 points
6th place	20 points	19th place	7 points
7th place	19 points	20th place	6 points
8th place	18 points	21st place	5 points
9th place	17 points	22nd place	4 points
10th place	16 points	23rd place	3 points
11th place	15 points	24th place	2 points
12th place	14 points	25th place	1 point
13th place	13 points		

6.8.4 At World Championships and other IWF Events team points according to the ranking in Snatch, Clean & Jerk and Total will be allocated to each team for the Team classification.

6.8.5 When two (2) or more teams have the same points in the Team Classification, the team with more of the higher places must be ranked higher.

6.8.6 Athletes with no valid lifts in the Snatch will not be eliminated from the competition (except in the case of TCRR 6.8.8.) They are allowed to compete in the Clean & Jerk and if successful will receive points for team classification according to their place obtained in the Clean & Jerk. Athletes will not receive points for the Total.

6.8.7 Athletes who have been successful in the Snatch but have no valid lifts in the Clean & Jerk receive points for the team classification according to the place obtained in the Snatch but will not receive points for the Total.

6.8.8 In Events where medals are given for Total only athletes having no valid lifts in the Snatch are eliminated from competition and cannot continue in the Clean & Jerk. No team classification points will be allocated to that athlete.

6.9 VICTORY CEREMONY *(REGULATION)*

6.9.1 At all IWF Events, at the conclusion of each bodyweight category, a Victory Ceremony is presented.

7 TECHNICAL OFFICIALS

7.1 DEFINITION

A Technical Official is defined as any person who controls the play of a competition by applying the rules and regulations of the sport to make judgments on rule infringement, performance, time or ranking. A Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity.

7.2 GENERAL PROVISIONS

7.2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each IWF Event. Only International Technical Officials may work at IWF Events. TOs selected to work at IWF Events must not be involved in coaching or assisting any athletes during the Event.

7.2.2 At IWF Events the following Technical Officials must serve:

- Jury
- Competition Director
- Referees
- Technical Controllers
- Chief Marshal(s)
- Timekeeper(s)
- Competition Secretary
- Speaker(s)
- Doctor(s) on Duty

7.2.3 Technical Officials must wear the official IWF TO uniform:

- dark blue jacket
- striped blue and white shirt
- IWF tie / scarf

- beige trousers / skirt
- black shoes
- IWF TO metal badge; pinned on the left lapel of the jacket

In hot weather or venues and subject to the authorisation of the President of the Jury, the jacket and/or tie / scarf may be removed. Jackets, ties / scarves must always be worn for introduction and Victory Ceremony, unless otherwise stated by the IWF.

At Olympic Games and other Multisport Games, only the uniform issued by the OCOG / Organising Committee may be worn. If no Games uniform is issued TOs are expected to wear the IWF TO uniform, as applicable.

7.2.4 Prior to the Technical Officials' meeting, the appointed TOs are assigned to positions and groups.

7.2.5 Prior to the start of the Event, a Technical Officials' meeting shall be held. Whenever possible, a second TO meeting shall be held approximately halfway through the Event. Participation in both meetings is obligatory for the appointed Technical Officials.

7.2.6 Whenever possible, members in each group of Technical Officials must be from different countries and must include women.

7.2.7 TOs must be present at their respective assigned positions / working locations latest thirty (30) minutes prior to their duty.

7.2.8 TOs must submit their TO cards to the Jury President after the Introduction and retrieve the card at the end of the each competition.

7.3 PROMOTION OF TECHNICAL OFFICIALS *(REGULATION)*

7.3.1 The IWF issues and registers international Technical Official Cards, Certificates of Duty and licences.

7.3.2 International Technical Officials are classified in three (3) categories, and cards are issued accordingly as follows:

a) Category 1: Holders of this card may officiate at all levels of international Events, including Olympic Games, Youth Olympic Games, World Championships and Universiades

b) Category 2: Holders of this card may officiate at all levels of international Events, excluding Olympic Games, Youth Olympic Games, World Championships and Universiades

c) Certificate of Duty: Holders of this card are eligible to assist in all levels of international Events, including Olympic Games, Youth Olympic Games, World Championships and Universiades, except in positions where IWF TO Card Category 1 or 2 is required according to IWF Technical and Competition Rules & Regulations.

7.3.3 International Technical Official Cards and Certificates of Duty are issued upon the request of Member Federations.

7.3.4 **Licence:** At the request of the Member Federations, the IWF issues Technical Official / Certificate of Duty licences valid for each Olympiad, up to the end of the next

Olympic year (e.g.: 1st January, 2013 – 31st December, 2016). A valid licence is a condition of officiating in IWF Events.

7.3.5 For a National Technical Official to be promoted to International Technical Official Category 2, the following conditions must apply.

The candidates:

a) must have served as National Technical Official at least five (5) years
b) must be proposed by their respective Member Federation
c) must have a complete knowledge of the IWF TCRR
d) must prove their competence in a practical examination organised by their respective Member Federation under IWF TCRR
e) must obtain 90% or more in the practical examination
f) must obtain 85% or more in the current IWF Technical Officials' Examination Questionnaire; as prepared and revised by the IWF Technical Committee from time to time.

7.3.6 For an International Technical Official Category 2 to be promoted to International Technical Official Category 1, the following conditions must apply.

The candidates:

a) must have served at least two (2) years as a Category 2 Technical Official
b) must prove practical competence to three (3) Category 1 Technical Officials during a competition held under IWF TCRR; may be examined at any IWF Event, except World Championships, Olympic Games and Masters Events
c) must obtain 95% or more in the practical exam
d) must obtain 90% or more in the current IWF Technical Officials' Examination Questionnaire; as prepared and revised by the IWF Technical Committee from time to time.
e) must be able to understand and speak basic English.

7.4 TECHNICAL OFFICIALS AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES

7.4.1 PRINCIPLES FOR TECHNICAL OFFICIAL SELECTION:

The following are the IWF principles for selection of Technical Officials to IWF Events:

1. Gender equity; using the IOC principles as a guideline
2. Continental representation / balance
3. Participating Member Federation competing at the Event
4. Conditions prior to being nominated:
    - adequate qualification
    - valid licence
    - official TO uniform
    - availability for the duration of the Event
    - responsibilities / skill set

7.4.2 When requested by the IWF, Member Federations may propose Technical Officials to officiate at the World Championships. The IWF Technical Committee / Medical Committee selects from the proposed list of TOs, in consultation with the IWF President and Technical Committee Chairperson for the final appointment.

The number of TOs to be selected is determined by the IWF with the knowledge of the exact program of the Championships. Member Federations who submit TO

nominations are advised of the appointment or non-appointment of their Technical Officials.

If required and at its absolute discretion, the IWF reserves the right to appoint Technical Officials outside of those nominated from any Member Federation. The above appointed Technical Officials and their respective Member Federations will be duly advised.

7.4.3 The IWF Technical Committee Chairperson, in conjunction with the Competition Director assigns the selected / appointed TOs to the specific categories or groups before the start of the competition.

7.4.4 For the Olympic Games, Technical Officials are selected six (6) months before the start of the Games by the IWF Executive Board, from the list of the candidates submitted by the Member Federations and upon recommendation from the IWF Technical Committee.

If required and at its absolute discretion, the IWF reserves the right to appoint Technical Officials outside of those nominated from any Member Federation. The appointed Technical Officials and their respective Member Federations will be duly advised.

7.4.5 Appointed Technical Officials may not be members of their National Olympic team.

7.4.6 Jury members and Referees from the same Member Federation / NOC cannot be selected to adjudicate in the same group.

7.4.7 Appointed Technical Officials who fail to show up, without valid reason and notification to the IWF Secretariat and Technical Committee Chairperson, for the Event may be excluded from selection to further Events for a period of up to two (2) years.

7.5 JURY *(REGULATION)*

7.5.1 The Jury has the ultimate control on the FOP and its primary function is to ensure that the TCRR are being correctly followed and applied.

7.5.2 All Jury members must be Category 1 Technical Officials.

7.5.3 At IWF Events, the Jury is composed of three (3) or five (5) members each, one of which is the President. Up to two (2) reserve Jury members may also be appointed.

7.5.4 Throughout the course of the competition / Event, after observing the work of the TOs, the Jury members may highlight any special occurrences by way of written report. The President of the Jury may deliver the reports to the Technical Committee Chairperson, IWF President and/or IWF General Secretary.

7.5.5 Throughout the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Technical Official whose decisions prove him/her to be incompetent.

7.5.6 The impartiality of all Technical Officials is not to be doubted. Errors in officiating may occur involuntarily and in such situations, the TO is allowed to explain his/her decision to the Jury, if desired or requested.

7.5.7 The Jury has the power to reverse a decision when the Referees' decision has been judged unanimously by the Jury to be technically incorrect. In order to consider the reversal of a decision, the Jury must call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted the Jury will reverse the decision. Such decision and its reason must be communicated to the athlete / Team Official concerned via the Technical Controller or any other TO, as directed by the President of the Jury, and announced by the Speaker.

When the decision of the majority of the Jury members differs from that of the Referees' decisions, the Jury may call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted and the Jury reaches unanimity, the Referees' decision will be reversed.

In Events where the composition of a three (3) member Jury is appointed, unless unanimity is reached in the first instance, the Jury cannot take any action.

7.5.8 In order to apply the above rule, the Jury members have to give their decision on each lift using the Jury Control Unit located on the Jury table. Jury members adjudicate the lift once the athlete has replaced the barbell on the competition platform. (See TCRR 3.3.6)

Jury members must not influence or attempt to influence the decision of the other Jury members.

7.5.9 The Jury is not a Jury of appeal; there is no appeal against the Jury's decision.

The Jury has the power to reprimand and/or sanction an athlete / Team Official for displaying misconduct within the FOP. In particular, if the misconduct, either by actions or words, represents a threat to any Technical Official or IWF personnel during the performance of their duties. The President of the Jury, in conjunction with the IWF President, IWF General Secretary or IWF Competition Director will be responsible for executing any reprimand and/or sanction.

7.5.10 Throughout the course of the competition, the Jury must monitor and enforce TCRR 6.6.5.

7.5.11 Reserve Jury members sit at a designated space on the FOP and do not sit at the Jury table unless called upon to replace one of the other Jury members.

7.5.12 Jury members must remain in their respective place for the Victory Ceremony and also ensure that the Referees remain in their respective positions.

7.5.13 The Jury President is required to assess the need to recall "B" Group or any other Groups' athletes to attend "A" Group competition should the "B" Group athletes be deemed to be medal prospects.

7.5.14 If a lift is failed because the barbell is not equally loaded, or the platform is damaged or the barbell becomes disarranged during the lift; or there is an incursion or any other external interference, the Jury must grant an additional attempt for the affected athlete.

7.5.15 If there has been an error in loading the barbell or if the Speaker makes a serious error during the announcement of an athlete's name or the calling of the weight the Jury must grant another attempt. (See Regulation to 7.5)

7.5.16 The President of the Jury controls and signs all Technical Officials' Cards.

7.5.17 At all IWF Events, the President of the Jury shall appoint an individual to complete a manual Protocol as a back-up document.

7.5.18 The President of the Jury verifies and signs the final competition Protocol.

7.6 COMPETITION DIRECTOR

7.6.1 The Competition Director is in control of the progress of the competition and attends to his/her task in close cooperation with the Jury and the Technical Delegate (if appointed),

The duties of the Competition Director are as follows:

7.6.2 Assigns TOs into groups / assignments.

7.6.3 Verifies the lists of the athletes and divide them into groups, if necessary, according to the verified Entry Totals.

7.6.4 Supervises the Drawing of Lots.

7.6.5 Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System and the issuance of all IWF official competition documents.

7.6.6 Supervises the registration of new records set throughout the Event.

7.6.7 Monitors and enforces TCRR 6.6.5.

7.6.8 Verifies and signs the final competition Protocol.

7.7 REFEREES

7.7.1 The main task of the Referees is adjudicating the lifts performed by the athletes.

7.7.2 At all IWF Events four (4) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee, two (2) Side Referees and one (1) Reserve Referee. Referees within one group must serve in rotating positions. Each group of Referees must have a minimum of two (2) women.

7.7.3 Before the competition Referees must ascertain under the guidance of the Competition Secretary and in collaboration with the Technical Controller(s):

- that the necessary Sport Equipment is in order
- that all athletes weigh in within the bodyweight limits of their verified bodyweight category during the allocated time

7.7.4 During the competition, the Referees ensure:

- that the weight of the barbell corresponds with the weight announced by the Speaker
- that no one but the athlete handles the barbell during the execution of the lift
- that only the athlete or the loaders move the barbell to a new position on the competition platform. It is forbidden for a Team Official to move, adjust or clean the barbell.

- if the athlete, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. If the Referee(s) move positions, the Referee(s) must take the small red / white flags with them in order to give their decision upon the completion of the lift.
- that TCRR 6.6.5 is enforced

7.7.5 The three (3) Referees have equal rights on adjudicating a lift. They do so by means of the Referee Light System, in accordance with the procedures noted in TCRR 3.3.6. Referees must be certain to allow the athlete every chance to complete the lift. Once the Referee is certain that the athlete has completed the lift; he/she indicates the decision by giving the appropriate signal.

7.7.6 As soon as the Referee has adjudicated a lift "Good lift", he/she immediately presses the white button on the control box.

7.7.7 As soon as the Referee has adjudicated a lift "No lift", he/she immediately presses the red button on the control box. Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.

7.7.8 A lift is a "Good lift" with two (2) or three (3) white lights; a lift is "No lift" with two (2) or three (3) red lights.

7.7.9 There is no appeal against the Referees' decision.

7.7.10 When no Referee Light System is available, the Centre Referee gives the "Down" signal and the Referees give their decision by means of small red and white flags. The "Down" signal must be both audible and visible, i.e. the Centre Referee must say "Down" and at the same time motion downwards with the arm. Before giving the "Down" signal, the Centre Referee must seek confirmation from the two (2) Side Referees. Similarly, should one (1) of the Side Referees see a serious fault during the execution of a lift, he/she raises an arm to call attention to the fault. If there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift and signals to the athlete to lower the barbell to the competition platform.

7.7.11 The Reserve Referee must sit at a designated space on the FOP, ready to be called upon by the Jury President.

7.7.12 During the Victory Ceremony the Referees must remain in their respective place.

7.8 TECHNICAL CONTROLLER

7.8.1 Technical Controllers are required to assist the Competition Director and the President of the Jury in the supervision of the running of the competition.

7.8.2 At Olympic Games, Youth Olympic Games, World Championships and Universiades a minimum of two (2) Technical Controllers are appointed per group.

<u>The duties of the Technical Controller(s) are as follows:</u>

7.8.3 Ensures that the FOP and the Sport Equipment are compliant with IWF TCRR.

7.8.4 Ensures that all on-duty TOs wear the correct uniform and reports to the Jury President any non-compliant TOs.

7.8.5 Before the start of competition, inspects the athlete outfits and enforces relevant IWF TCRR, when necessary. When a correction must be made to the athlete's outfit or a lubricant must be removed and the athlete has already been called, the relevant rules must be applied.

7.8.6 During the course of the competition ensures that only the authorised Team Officials accompany the athletes on the FOP.

7.8.7 Ensures the correct athlete according to the Speaker's announcement goes on to the competition platform / stage; even during the loading of the barbell.

7.8.8 Controls the cleaning of the bar and the competition platform in conjunction with the Loaders and Decontamination Attendants.

7.8.9 If requested, assists with the distribution and correct application of the athletes' bibs and pins in the warm-up area.

7.8.10 If requested, assists Anti-Doping personnel as directed.

7.8.11 Monitors and enforces TCRR 6.6.5.

7.9 CHIEF MARSHAL *(REGULATION)*

7.9.1 The Chief Marshal's main duty is to accept or decline any modifications made by Team Officials / athletes on declarations or attempts on the Athlete's Cards, in accordance with all relevant TCRR.

7.9.2 The Chief Marshal communicates relevant information regarding the accepted declaration or attempts to the Competition Management table by means of a direct telephone or intercom system.

7.9.3 At Olympic Games, Youth Olympic Games, World Championships and Universiades, the Chief Marshal must be an English-speaking Category 1 Technical Official, appointed by the IWF.

7.9.4 Assistant Marshals are also appointed, as required.

7.9.5 Monitors and enforces TCRR 6.6.5.

7.10 TIMEKEEPER

7.10.1 At all IWF Events, the host Member Federation / Organising Committee must appoint Timekeepers.

7.10.2 Timekeepers must hold an International, a National Technical Official card or IWF Certificate of Duty except in Events under 7.3.2.

7.10.3 Timekeepers operate the timing clock in accordance with all relevant IWF TCRR.

7.10.4 At the beginning of each attempt, Timekeepers set and start the timing clock at one (1) minute (60 seconds) or two (2) minutes (120 seconds), in accordance with the relevant TCRR 6.6. The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

7.10.5 The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.

7.10.6 The Timekeeper restarts the timing clock if the barbell does not reach the height of the athletes' knees.

7.10.7 In order to perform his/her duties properly, the Timekeeper works in close cooperation with both the Speaker and the President of the Jury.

7.11 COMPETITION SECRETARY

7.11.1 The Competition Secretary is responsible for examining and collating the information required for the efficient running of the competition and dispersing the required signed information.

7.11.2 The Competition Secretary must take full control of the weigh-in room and the procedure therein.

7.11.3 At the conclusion of the weigh-in process the Competition Secretary may be requested to assist in other areas of the competition.

7.11.4 All duties must be executed in close cooperation with the Jury, the Competition Director and the Technical Controllers(s).

7.11.5 The Competition Secretary supervises the weigh-ins and allocates the duties of the Technical Officials in the weigh-in room.

7.11.6 The Competition Secretary allocates, monitors and/or distributes, either at weigh-in or in the warm-up area thirty (30) minutes prior to start of the competition, the following sport equipment / supplies:

- warm-up passes
- athlete start number bibs & pins
- Team Officials numbered stickers (optional)
- collect athlete accreditation for anti-doping control, if required
- athlete passes, if required

7.11.7 The Competition Secretary monitors and enforces TCRR 6.6.5.

7.12 SPEAKER

7.12.1 The duty of the Speaker is to make the appropriate announcements for the efficient running of the competition, for each attempt, including but not limited to:

- instructions to the loaders to load the required weight
- the name of the athlete
- the athlete's respective Member Federation / NOC
- the number of the athlete's attempt
- notification in advance of the name of the next athlete
- the Referees' decision of "Good Lift" or "No Lift"

7.12.2 If required, a Speaker's Assistant may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.

7.12.3 The Speaker announces the Introduction of Athletes and Technical Officials, as well as makes the all required announcements regarding the course of the competition.

7.12.4 The Speaker, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.

7.12.5 The Speaker conducts the Victory Ceremony in accordance with Regulation to 6.9.

7.12.6 If no TIS is used, the Speaker must be a Category 1 or 2 International Technical Official.

7.13 DOCTOR ON DUTY

7.13.1 At IWF Events Doctors on Duty must be medically qualified clinical doctors with current valid registration and professional insurance. Doctors on Duty must have Advanced Life Support (ALS) validation or professional equivalent. Doctors must be holders of an International Technical Official Card or a Certificate of Duty.

7.13.2 Doctors on Duty must be present at the venue from the start of the competition until the end of the competition.

7.13.3 Doctors on Duty must be familiar with and use the local / venue medical facilities and, if requested, assist in anti-doping control procedures.

7.13.4 Doctors on Duty must be ready to render medical care in case of injury or illness.

7.13.5 Doctors on Duty must cooperate with team doctors and advise Team Officials and the athletes on the possibility of continuing competition after an injury.

7.13.6 At World Championships and Olympic Games two (2) Doctors must be on duty at the same time. Doctors on Duty are on the FOP; one (1) is stationed in the warm-up area, the other is within close proximity of the competition platform / stage suitable to the venue layout.

7.13.7 If necessary, team doctors may also be asked to assist the Doctor(s) on Duty. If there is a medical need, the athlete shall agree to the IWF Doctor(s) on Duty attending to him/her.

7.13.8 Appointed IWF Doctors on Duty are responsible within the FOP; their responsibility ends outside the FOP.

7.13.9 In case of an accident or injury, the Doctor(s) on Duty has to assess the situation and decide if further treatment is necessary either by local medical authorities or by the team doctor. If no team doctor is available, it is up to the Doctor(s) on Duty to provide assistance or to transfer treatment to the local authorities.

8 RECORDS

8.1 A record is a lift that exceeds the previous record by a minimum of one (1) kg.

8.2 The IWF recognises youth, junior, senior world, Olympic and Universiade records in each of the bodyweight categories for men and women in the Snatch; Clean & Jerk and Total.

8.3 Youth athletes may set youth, junior and senior world records as well as Olympic records.

8.4 Junior athletes may set junior and senior world records as well as Olympic records.

8.5 Senior athletes may set world records and Olympic records.

8.6 World records may only be set at Events included in the IWF Calendar.

8.7 Olympic records may only be set at Olympic Games.

8.8 Records must be registered in the Protocol, including the following information:

- athlete's name
- athlete's Member Federation / NOC
- athlete's bodyweight
- athlete's date of birth (dd/mm/yy)
- weight of record
- bodyweight category
- type of lift (Snatch, Clean & Jerk or Total)
- type of record (age group, world / Olympic)
- Event name, date and location
- signature of the President of the Jury and Competition Director

8.9 If two (2) or more athletes achieve the same result and a new record is established, time is the most important factor. The new record holder is the athlete who completed the lift first regardless of the athlete's bodyweight or the sequence of the competition, if divided into groups.

8.10 Records are ratified when the athlete successfully undergoes anti-doping control as per IWF Anti-Doping Policy.

9 CEREMONIES

9.1 OPENING CEREMONY *(REGULATION)*

At the beginning of all IWF Events, an Opening Ceremony is held in accordance with the Regulation to 9.1 and arrangements made by the IWF and the host Member Federation / Organising Committee.

9.2 CLOSING CEREMONY *(REGULATION)*

At the conclusion of all IWF Events, a Closing Ceremony is held in accordance with the Regulation to 9.2 and arrangements made by the IWF and the host Member Federation / Organising Committee.

10 PROVISIONS

10.1 LANGUAGE DISCREPANCY

In the occurrence there is a discrepancy or inconsistency between the English language version and any other language version of the IWF TCRR and its content, materials and/or resources, the English version shall prevail, govern and direct.

10.2 INTERPRETATION

Should the need arise for a clarification of the interpretation or the implementation of the IWF TCRR, it should be referred to the IWF Technical Committee.

REGULATIONS

REGULATION TO 1.2 – BODYWEIGHT CATEGORIES

Bodyweight Category	Eligible bodyweight
Women	
48kg	≤ 48.00
53kg	48.01 - 53.00
58kg	53.01 - 58.00
63kg	58.01 - 63.00
69kg	63.01 - 69.00
75kg	69.01 - 75.00
+75kg	> 75.00
Men	
56kg	≤ 56.00
62kg	56.01 - 62.00
69kg	62.01 - 69.00
77kg	69.01 - 77.00
85kg	77.01 - 85.00
94kg	85.01 - 94.00
105kg	94.01 - 105.00
+105kg	> 105.00

Youth Women	
44kg	≤ 44.00
48kg	44.01 - 48.00
53kg	48.01 - 53.00
58kg	53.01 - 58.00
63kg	58.01 - 63.00
69kg	63.01 - 69.00
+69kg	> 69.00
Youth Men	
50kg	≤ 50.00
56kg	50.01 - 56.00
62kg	56.01 - 62.00
69kg	62.01 - 69.00
77kg	69.01 - 77.00
85kg	77.01 - 85.00
94kg	85.01 - 94.00
+94kg	> 94.00

REGULATION TO 3.1.1 – COMPETITION PLATFORM AND STAGE

1 The **stage** must:

- be of solid construction
- measure a minimum of one thousand (1,000) x one thousand (1,000) cm
- measure a maximum one hundred (100) cm in height measured from the level where the Referees' and Jury seats are placed
- have steps specified to International Building Code (IBC) standard and securely affixed to the stage
- have two restraining bars affixed to the stage; restraining bars must:
    - ✓ measure five hundred (500) cm in length
    - ✓ measure a maximum twenty (20) cm high
    - ✓ measure a maximum twenty (20) cm wide
    - ✓ be safely secured to the front of the stage a minimum two hundred fifty (250) cm from the edge of the competition platform
    - ✓ be safely secured to the rear of the stage a minimum two hundred (200) cm from the edge of the competition platform

REGULATION TO 3.3.2 – PLATFORM

1. The **competition platform** must be:

- level
- square
- measure four hundred (400) cm on each side
- manufactured or constructed of hardwood, either solid or laminated; using a maximum of twenty (20) tongue and groove hardwood planks
- hardwood planks must be attached together by a minimum of three (3) steel rods
- ten (10) cm high; (if positioned on a stage, the platform must exceed ten (10) cm above the stage)
- ten (10) cm demarcation; (if surrounding floor is similar colouring, top edge of the platform must have a different colour demarcating the edge of the platform)

2 The **training** / **warm-up platform** must:

- measure three hundred (300) cm wide by two hundred fifty (250) to three hundred (300) cm in length
- be made of any non-slip material surface
- numbered, starting at one (1)

REGULATION TO 3.3.3 - BARBELL

1 Composition of a men's barbell set – 190kg

- 1 x 20kg bar
- 2 x 25kg discs
- 2 x 20kg discs
- 2 x 15kg discs
- 2 x 10kg discs
- 2 x 5 kg discs
- 2 x 2.5kg discs
- 2 x 2 kg discs
- 2 x 1.5kg discs
- 2 x 1kg discs
- 2 x 0.5kg discs
- 2 x collars 2.5kg

2 Composition of a women's barbell set – 185kg

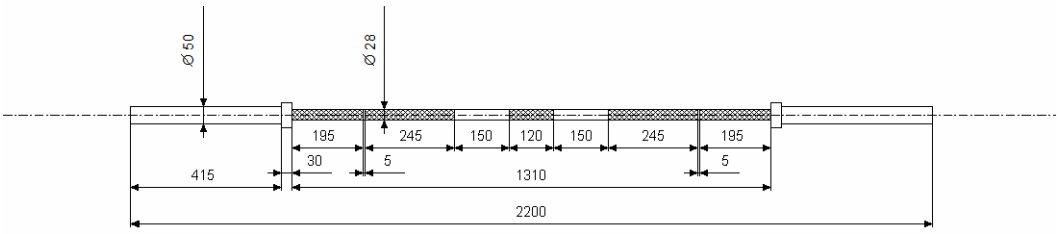
- 1 x 15kg bar
- 2 x 25kg discs
- 2 x 20kg discs
- 2 x 15kg discs
- 2 x 10kg discs
- 2 x 5 kg discs
- 2 x 2.5kg discs
- 2 x 2 kg discs
- 2 x 1.5kg discs
- 2 x 1kg discs
- 2 x 0.5kg discs
- 2 x collars 2.5kg

3 Additional discs required shall be provided at the competition platform / stage:

- one (1) set of full size discs [forty-five (45) cm] of 5 kg
- one (1) set of full size discs [forty-five (45) cm] of 2.5 kg

4

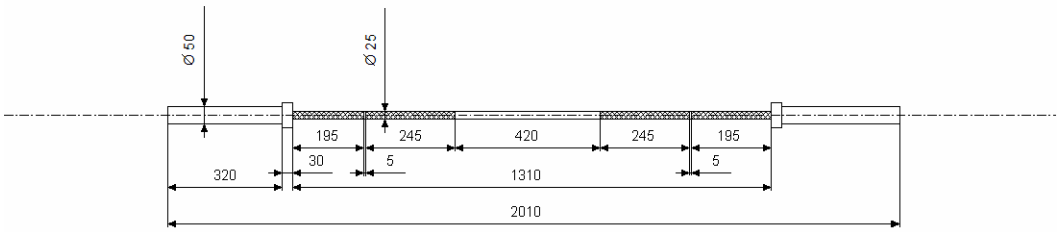
Men's bar



- manufactured from chromed steel
- machined with knurling in grip section
- weight = 20 kgs
- length = 220 cm
- outer ends (sleeves) = 5 cm diameter / 41.5 cm long
- grip section = 2.8 cm diameter / 131 cm long
- 2 grip sections = 44.5 cm with non-knurled 0.5 cm strip 19.5 cm from inner sleeve
- centre knurling = 12 cm long
- demarcated with blue identification marking at each end and the centre of the bar
- tolerance = from +0.1% to -0.05%

5

Women's bar



- manufactured from chromed steel
- machined with knurling in grip section
- weight = 15 kgs
- length = 201 cm
- outer ends (sleeves) = 5 cm diameter / 32 cm long
- grip section = 2.5 cm diameter / 131 cm long
- 2 grip sections spaced 42 cm apart with non-knurled 0.5 cm strip 19.5 cm from inner sleeve
- demarcated with yellow identification marking at each end and in centre of the bar
- tolerance = from +0.1% to -0.05%

6 Competition discs:

- diameter = 45 cm with ± 0.1 cm tolerance
- 45 cm discs = covered with rubber or plastic and coated on both sides with permanent colour
- discs lighter than 10 kg may be made of metal or other IWF approved material
- tolerance = discs more than 5 kg from +0.1% to -0.05%
- tolerance = discs 5 kg or less from +10 grams to -0 grams per part
- all discs must be clearly demarcated with the weight in kilograms

7 Training discs:

- tolerance = from +0.8% to -0.8%
- manufactured in colours with corresponding weight listed in TCRR 3.3.3.6
- may be manufactured in black with corresponding coloured rims and demarcated with "Training"

8 Collars:

- manufactured from chromed steel
- hole = 5 cm diameter
- may be designed for either outside loading or inside loading for 2 kg or less
- tolerance = from +10 grams to -0 grams per part

Tolerance Chart

WEIGHT	COMPETITION		TRAINING	
Bar kg	**Min. kg**	**Max. kg**	**Min. kg**	**Max. kg**
20	19.9900	20.0200	N / A	N / A
15	14.9925	15.0150	N / A	N / A
Disc kg				
25	24.9875	25.0250	24.800 kg	25.200 kg
20	19.9900	20.0200	19.840 kg	20.160 kg
15	14.9925	15.0150	14.880 kg	15.120 kg
10	9.9950	10.0100	9.920 kg	10.080 kg
5	5.0000	5.0100	4.960 kg	5.040 kg
2.5	2.5000	2.5100	2.480 kg	2.520 kg
2	2.0000	2.0100	1.984 kg	2.016 kg
1.5	1.5000	1.5100	1.488 kg	1.512 kg
1	1.0000	1.0100	0.992 kg	1.008 kg
0.5	0.5000	0.5100	0.496 kg	0.504 kg
Collar kg				
2.5	2.5000	2.5100	N / A	N / A

-0.05% / +0.1%

-0 g / +10 g

-0.8% / +0.8%

REGULATION TO 3.3.3.11 – LOADING CHART

Men's barbell

26	0.5, collar
27	1, collar
28	1.5, collar
29	2, collar
30	**2.5, collar**
31	2.5, .5, collar
32	2.5, 1, collar
33	2.5, 1.5, collar
34	2.5, 2, Collar
35	5, collar
36	5, .5, collar
37	5, 1, collar
38	5, 1.5, collar
39	5, 2, collar
40	**5, 2.5, collar**
41	5, 2.5, .5, collar
42	5, 2.5, 1, collar
43	5, 2.5, 1.5, collar
44	5, 2.5, 2, collar
45	10, collar
46	10, .5, collar
47	10, 1, collar
48	10, 1 .5, collar
49	10, 2, collar
50	**10, 2.5, collar**
51	10, 2.5, .5, collar
52	10, 2.5, 1, collar
53	10, 2.5, 1.5, collar
54	10, 2.5, 2, collar
55	15, collar
56	15, .5, collar
57	15, 1, collar
58	15, 1.5, collar
59	15, 2, collar
60	**15, 2.5, collar**
61	15, 2.5, .5, collar
62	15, 2.5, 1, collar
63	15, 2.5, 1 .5, collar
64	15, 2.5, 2, collar
65	20, collar
66	20, .5, collar
67	20, 1, collar
68	20, 1.5, collar
69	20, 2, collar
70	**20, 2.5, collar**
71	20, 2.5, .5, collar
72	20, 2.5, 1, collar
73	20, 2.5, 1.5, collar
74	20, 2.5, 2, collar
75	25, collar
76	25, .5, collar
77	25, 1, collar
78	25, 1.5, collar
79	25, 2, collar
80	**25, 2.5, collar**
81	25, 2.5, .5, collar
82	25, 2.5, 1, collar
83	25, 2.5, 1.5, collar
84	25, 2.5, 2, collar

85	25, 5, collar
86	25, 5, .5, collar
87	25, 5, 1, collar
88	25, 5, 1.5, collar
89	25, 5, 2, collar
90	**25, 5, 2.5, collar**
91	25, 5, 2.5, .5, collar
92	25, 5, 2.5, 1, collar
93	25, 5, 2.5, 1.5, collar
94	25, 5, 2.5, 2, collar
95	25, 10, collar
96	25, 10, .5, collar
97	25, 10, 1, collar
98	25, 10, 1.5, collar
99	25, 10, 2, collar
100	**25, 10, 2 .5, collar**
101	25, 10, 2.5, .5, collar
102	25, 10, 2.5, 1, collar
103	25, 10, 2 .5, 1.5, collar
104	25, 10, 2.5, 2, collar
105	25, 15, collar
106	25, 15, .5, collar
107	25, 15, 1, collar
108	25, 15, 1.5, collar
109	25, 15, 2, collar
110	**25, 15, 2.5, collar**
111	25, 15, 2.5, .5, collar
112	25, 15, 2 .5, 1, collar
113	25, 15, 2 .5, 1 .5, collar
114	25, 15, 2 .5, 2, collar
115	25, 20, collar
116	25, 20, .5, collar
117	25, 20, 1, collar
118	25, 20, 1 .5, collar
119	25, 20, 2, collar
120	**25, 20, 2 .5, collar**
121	25, 20, 2 .5, .5, collar
122	25, 20, 2 .5, 1, collar
123	25, 20, 2.5, 1.5, collar
124	25, 20, 2.5, 2, collar
125	25, 25, collar
126	25, 25, .5, collar
127	25, 25, 1, collar
128	25, 25, 1.5, collar
129	25, 25, 2, collar
130	**25, 25, 2.5, collar**
131	25, 25, 2.5, .5, collar
132	25, 25, 2.5, 1, collar
133	25, 25, 2.5, 1.5, collar
134	25, 25, 2.5, 2, collar
135	25, 25, 5, collar
136	25, 25, 5, .5, collar
137	25, 25, 5, 1, collar
138	25, 25, 5, 1.5, collar
139	25, 25, 5, 2, collar
140	**25, 25, 5, 2.5, collar**
141	25, 25, 5, 2.5, .5, collar
142	25, 25, 5, 2.5, 1, collar
143	25, 25, 5, 2.5, 1.5, collar

144	25, 25, 5, 2.5, 2, collar
145	25, 25, 10, collar
146	25, 25, 10, .5, collar
147	25, 25, 10, 1, collar
148	25, 25, 10, 1.5, collar
149	25, 25, 10, 2, collar
150	**25, 25, 10, 2.5, collar**
151	25, 25, 10, 2.5, .5, collar
152	25, 25, 10, 2.5, 1, collar
153	25, 25, 10, 2.5, 1.5, collar
154	25, 25, 10, 2.5, 2, collar
155	25, 25, 15, collar
156	25, 25, 15, .5, collar
157	25, 25, 15, 1, collar
158	25, 25, 15, 1.5, collar
159	25, 25, 15, 2, collar
160	**25, 25, 15, 2.5, collar**
161	25, 25, 15, 2.5, .5, collar
162	25, 25, 15, 2.5, 1, collar
163	25, 25, 15, 2.5, 1.5, collar
164	25, 25, 15, 2.5, 2, collar
165	25, 25, 20, collar
166	25, 25, 20, .5, collar
167	25, 25, 20, 1, collar
168	25, 25, 20, 1.5, collar
169	25, 25, 20, 2, collar
170	**25, 25, 20, 2.5, collar**
171	25, 25, 20, 2.5, .5, collar
172	25, 25, 20, 2.5, 1, collar
173	25, 25, 20, 2.5, 1.5, collar
174	25, 25, 20, 2.5, 2, collar
175	25, 25, 25, collar
176	25, 25, 25, .5, collar
177	25, 25, 25, 1, collar
178	25, 25, 25, 1.5, collar
179	25, 25, 25, 2, collar
180	**25, 25, 25, 2.5, collar**
181	25, 25, 25, 2.5, .5, collar
182	25, 25, 25, 2.5, 1, collar
183	25, 25, 25, 2.5, 1.5, collar
184	25, 25, 25, 2.5, 2, collar
185	25, 25, 25, 5, collar
186	25, 25, 25, 5, .5, collar
187	25, 25, 25, 5, 1, collar
188	25, 25, 25, 5, 1 .5, collar
189	25, 25, 25, 5, 2, collar
190	**25, 25, 25, 5, 2.5, collar**
191	25, 25, 25, 5, 2.5, .5, collar
192	25, 25, 25, 5, 2.5, 1, collar
193	25, 25, 25, 5, 2.5, 1.5, collar
194	25, 25, 25, 5, 2.5, 2, collar
195	25, 25, 25, 10, collar
196	25, 25, 25, 10, .5, collar
197	25, 25, 25, 10, 1, collar
198	25, 25, 25, 10, 1.5, collar
199	25, 25, 25, 10, 2, collar
200	**25, 25, 25, 10, 2.5, collar**
201	25, 25, 25, 10, 2.5, .5, collar
202	25, 25, 25, 10, 2.5, 1, collar
203	25, 25, 25, 10, 2.5, 1.5, collar
204	25, 25, 25, 10, 2.5, 2, collar
205	25, 25, 25, 15, collar
206	25, 25, 25, 15, .5, collar
207	25, 25, 25, 15, 1, collar

208	25, 25, 25, 15, 1.5, collar
209	25, 25, 25, 15, 2, collar
210	**25, 25, 25, 15, 2.5, collar**
211	25, 25, 25, 15, 2.5, .5, collar
212	25, 25, 25, 15, 2.5, 1, collar
213	25, 25, 25, 15, 2.5, 1.5, collar
214	25, 25, 25, 15, 2.5, 2, collar
215	25, 25, 25, 20, collar
216	25, 25, 25, 20, .5, collar
217	25, 25, 25, 20, 1, collar
218	25, 25, 25, 20, 1.5, collar
219	25, 25, 25, 20, 2, collar
220	**25, 25, 25, 20, 2.5, collar**
221	25, 25, 25, 20, 2.5, .5, collar
222	25, 25, 25, 20, 2.5, 1, collar
223	25, 25, 25, 20, 2.5, 1.5, collar
224	25, 25, 25, 20, 2.5, 2, collar
225	25, 25, 25, 25, collar
226	25, 25, 25, 25, .5, collar
227	25, 25, 25, 25, 1, collar
228	25, 25, 25, 25, 1.5, collar
229	25, 25, 25, 25, 2, collar
230	**25, 25, 25, 25, 2.5, collar**
231	25, 25, 25, 25, 2.5, .5, collar
232	25, 25, 25, 25, 2.5, 1, collar
233	25, 25, 25, 25, 2.5, 1.5, collar
234	25, 25, 25, 25, 2.5, 2, collar
235	25, 25, 25, 25, 5, collar
236	25, 25, 25, 25, 5, .5, collar
237	25, 25, 25, 25, 5, 1, collar
238	25, 25, 25, 25, 5, 1.5, collar
239	25, 25, 25, 25, 5, 2, collar
240	**25, 25, 25, 25, 5, 2.5, collar**
241	25, 25, 25, 25, 5, 2.5, .5, collar
242	25, 25, 25, 25, 5, 2.5, 1, collar
243	25, 25, 25, 25, 5, 2.5, 1.5, collar
244	25, 25, 25, 25, 5, 2.5, 2, collar
245	25, 25, 25, 25, 10, collar
246	25, 25, 25, 25, 10, .5, collar
247	25, 25, 25, 25, 10, 1, collar
248	25, 25, 25, 25, 10, 1.5, collar
249	25, 25, 25, 25, 10, 2, collar
250	**25, 25, 25, 25, 10, 2.5, collar**
251	25, 25, 25, 25, 10, 2.5, .5, collar
252	25, 25, 25, 25, 10, 2.5, 1, collar
253	25, 25, 25, 25, 10, 2.5, 1.5, collar
254	25, 25, 25, 25, 10, 2.5, 2, collar
255	25, 25, 25, 25, 15, collar
256	25, 25, 25, 25, 15, .5, collar
257	25, 25, 25, 25, 15, 1, collar
258	25, 25, 25, 25, 15, 1.5, collar
259	25, 25, 25, 25, 15, 2, collar
260	**25, 25, 25, 25, 15, 2.5, collar**
261	25, 25, 25, 25, 15, 2.5, .5, collar
262	25, 25, 25, 25, 15, 2.5, 1, collar
263	25, 25, 25, 25, 15, 2.5, 1.5, collar
264	25, 25, 25, 25, 15, 2.5, 2, collar
265	25, 25, 25, 25, 20, collar
266	25, 25, 25, 25, 20, .5, collar
267	25, 25, 25, 25, 20, 1, collar
268	25, 25, 25, 25, 20, 1.5, collar
269	25, 25, 25, 25, 20, 2, collar
270	**25, 25, 25, 25, 20, 2.5, collar**

Women's barbell

21	0.5, collar
22	1, collar
23	1.5, collar
24	2, collar
25	2.5, collar
26	2.5, .5, collar
27	2.5, 1, collar
28	2.5, 1.5, collar
29	2.5, 2, Collar
30	**5, collar**
31	5, .5, collar
32	5, 1, collar
33	5, 1.5, collar
34	5, 2, collar
35	5, 2.5, collar
36	5, 2.5, .5, collar
37	5, 2.5, 1, collar
38	5, 2.5, 1.5, collar
39	5, 2.5, 2, collar
40	**10, collar**
41	10, .5, collar
42	10, 1, collar
43	10, 1 .5, collar
44	10, 2, collar
45	10, 2.5, collar
46	10, 2.5, .5, collar
47	10, 2.5, 1, collar
48	10, 2.5, 1.5, collar
49	10, 2.5, 2, collar
50	**15, collar**
51	15, .5, collar
52	15, 1, collar
53	15, 1.5, collar
54	15, 2, collar
55	15, 2.5, collar
56	15, 2.5, .5, collar
57	15, 2.5, 1, collar
58	15, 2.5, 1 .5, collar
59	15, 2.5, 2, collar
60	**20, collar**
61	20, .5, collar
62	20, 1, collar
63	20, 1.5, collar
64	20, 2, collar
65	20, 2.5, collar
66	20, 2.5, .5, collar
67	20, 2.5, 1, collar
68	20, 2.5, 1.5, collar
69	20, 2.5, 2, collar
70	**25, collar**
71	25, .5, collar
72	25, 1, collar
73	25, 1.5, collar
74	25, 2, collar
75	25, 2.5, collar
76	25, 2.5, .5, collar
77	25, 2.5, 1, collar
78	25, 2.5, 1.5, collar
79	25, 2.5, 2, collar
80	**25, 5, collar**
81	25, 5, .5, collar
82	25, 5, 1, collar

83	25, 5, 1.5, collar
84	25, 5, 2, collar
85	25, 5, 2.5, collar
86	25, 5, 2.5, .5, collar
87	25, 5, 2.5, 1, collar
88	25, 5, 2.5, 1.5, collar
89	25, 5, 2.5, 2, collar
90	**25, 10, collar**
91	25, 10, .5, collar
92	25, 10, 1, collar
93	25, 10, 1.5, collar
94	25, 10, 2, collar
95	25, 10, 2 .5, collar
96	25, 10, 2.5, .5, collar
97	25, 10, 2.5, 1, collar
98	25, 10, 2 .5, 1.5, collar
99	25, 10, 2.5, 2, collar
100	**25, 15, collar**
101	25, 15, .5, collar
102	25, 15, 1, collar
103	25, 15, 1.5, collar
104	25, 15, 2, collar
105	25, 15, 2.5, collar
106	25, 15, 2.5, .5, collar
107	25, 15, 2 .5, 1, collar
108	25, 15, 2 .5, 1 .5, collar
109	25, 15, 2 .5, 2, collar
110	**25, 20, collar**
111	25, 20, .5, collar
112	25, 20, 1, collar
113	25, 20, 1 .5, collar
114	25, 20, 2, collar
115	25, 20, 2 .5, collar
116	25, 20, 2 .5, .5, collar
117	25, 20, 2 .5, 1, collar
118	25, 20, 2.5, 1.5, collar
119	25, 20, 2.5, 2, collar
120	**25, 25, collar**
121	25, 25, .5, collar
122	25, 25, 1, collar
123	25, 25, 1.5, collar
124	25, 25, 2, collar
125	25, 25, 2.5, collar
126	25, 25, 2.5, .5, collar
127	25, 25, 2.5, 1, collar
128	25, 25, 2.5, 1.5, collar
129	25, 25, 2.5, 2, collar
130	**25, 25, 5, collar**
131	25, 25, 5, .5, collar
132	25, 25, 5, 1, collar
133	25, 25, 5, 1.5, collar
134	25, 25, 5, 2, collar
135	25, 25, 5, 2.5, collar
136	25, 25, 5, 2.5, .5, collar
137	25, 25, 5, 2.5, 1, collar
138	25, 25, 5, 2.5, 1.5, collar
139	25, 25, 5, 2.5, 2, collar
140	**25, 25, 10, collar**
141	25, 25, 10, .5, collar
142	25, 25, 10, 1, collar
143	25, 25, 10, 1.5, collar
144	25, 25, 10, 2, collar

145	25, 25, 10, 2.5, collar
146	25, 25, 10, 2.5, .5, collar
147	25, 25, 10, 2.5, 1, collar
148	25, 25, 10, 2.5, 1.5, collar
149	25, 25, 10, 2.5, 2, collar
150	**25, 25, 15, collar**
151	25, 25, 15, .5, collar
152	25, 25, 15, 1, collar
153	25, 25, 15, 1.5, collar
154	25, 25, 15, 2, collar
155	25, 25, 15, 2.5, collar
156	25, 25, 15, 2.5, .5, collar
157	25, 25, 15, 2.5, 1, collar
158	25, 25, 15, 2.5, 1.5, collar
159	25, 25, 15, 2.5, 2, collar
160	**25, 25, 20, collar**
161	25, 25, 20, .5, collar
162	25, 25, 20, 1, collar
163	25, 25, 20, 1.5, collar
164	25, 25, 20, 2, collar
165	25, 25, 20, 2.5, collar
166	25, 25, 20, 2.5, .5, collar
167	25, 25, 20, 2.5, 1, collar
168	25, 25, 20, 2.5, 1.5, collar
169	25, 25, 20, 2.5, 2, collar
170	**25, 25, 25, collar**
171	25, 25, 25, .5, collar
172	25, 25, 25, 1, collar
173	25, 25, 25, 1.5, collar
174	25, 25, 25, 2, collar
175	25, 25, 25, 2.5, collar
176	25, 25, 25, 2.5, .5, collar
177	25, 25, 25, 2.5, 1, collar
178	25, 25, 25, 2.5, 1.5, collar
179	25, 25, 25, 2.5, 2, collar
180	**25, 25, 25, 5, collar**
181	25, 25, 25, 5, .5, collar
182	25, 25, 25, 5, 1, collar
183	25, 25, 25, 5, 1 .5, collar
184	25, 25, 25, 5, 2, collar
185	25, 25, 25, 5, 2.5, collar
186	25, 25, 25, 5, 2.5, .5, collar
187	25, 25, 25, 5, 2.5, 1, collar
188	25, 25, 25, 5, 2.5, 1.5, collar
189	25, 25, 25, 5, 2.5, 2, collar
190	**25, 25, 25, 10, collar**
191	25, 25, 25, 10, .5, collar

192	25, 25, 25, 10, 1, collar
193	25, 25, 25, 10, 1.5, collar
194	25, 25, 25, 10, 2, collar
195	25, 25, 25, 10, 2.5, collar
196	25, 25, 25, 10, 2.5, .5, collar
197	25, 25, 25, 10, 2.5, 1, collar
198	25, 25, 25, 10, 2.5, 1.5, collar
199	25, 25, 25, 10, 2.5, 2, collar
200	**25, 25, 25, 15, collar**
201	25, 25, 25, 15, .5, collar
202	25, 25, 25, 15, 1, collar
203	25, 25, 25, 15, 1.5, collar
204	25, 25, 25, 15, 2, collar
205	25, 25, 25, 15, 2.5, collar
206	25, 25, 25, 15, 2.5, .5, collar
207	25, 25, 25, 15, 2.5, 1, collar
208	25, 25, 25, 15, 2.5, 1.5, collar
209	25, 25, 25, 15, 2.5, 2, collar
210	**25, 25, 25, 20, collar**
211	25, 25, 25, 20, .5, collar
212	25, 25, 25, 20, 1, collar
213	25, 25, 25, 20, 1.5, collar
214	25, 25, 25, 20, 2, collar
215	25, 25, 25, 20, 2.5, collar
216	25, 25, 25, 20, 2.5, .5, collar
217	25, 25, 25, 20, 2.5, 1, collar
218	25, 25, 25, 20, 2.5, 1.5, collar
219	25, 25, 25, 20, 2.5, 2, collar
220	**25, 25, 25, 25, collar**
221	25, 25, 25, 25, .5, collar
222	25, 25, 25, 25, 1, collar
223	25, 25, 25, 25, 1.5, collar
224	25, 25, 25, 25, 2, collar
225	25, 25, 25, 25, 2.5, collar
226	25, 25, 25, 25, 2.5, .5, collar
227	25, 25, 25, 25, 2.5, 1, collar
228	25, 25, 25, 25, 2.5, 1.5, collar
229	25, 25, 25, 25, 2.5, 2, collar
230	**25, 25, 25, 25, 5, collar**
231	25, 25, 25, 25, 5, .5, collar
232	25, 25, 25, 25, 5, 1, collar
233	25, 25, 25, 25, 5, 1.5, collar
234	25, 25, 25, 25, 5, 2, collar
235	25, 25, 25, 25, 5, 2.5, collar

REGULATION TO 3.3.4 – SCALES

1 Scales must:

- be electronic; with display and/or printout or both
- capacity = weigh up to 200 kg
- precision = 10 grams minimum
- minimum three (3) scales – official scale, test scale and training venue scale
- certified by local authorities within three (3) months from start of the Event
- Olympic Games, Youth Olympic Games – scales must be calibrated daily

REGULATION TO 3.3.5 – ATHLETE BIBS / WARM-UP PASSES

The host Member Federation / Organising Committee must supply a sufficient amount of athlete bibs and safety pins.

1 Athlete bibs must be:

- minimum 100 cm²
- maximum 150 cm²
- bib background and text may be any colour
- text size and colour must be clear, concise and legible from a distance
- start numbers range from 1 to 18, as required
- new start numbers are issued for each group
- securely fastened with four pins (one on each corner) on leg of athletes' costume
- logos (IWF, Host Member Federation, sponsors, etc) are acceptable; relevant manufacturers identification rules and regulations apply (See TCRR 4.8)

The host Member Federation / Organising Committee must supply a sufficient amount of warm-up passes.

2 Warm-up passes must be:

- constructed of cardstock or similar product
- background and text may be any colour
- assorted and/or different colours for each group
- text size and colour must be clear, concise and legible from a distance
- affixed with a lanyard
- logos (IWF, Member Federations, NOC, sponsors, etc) are acceptable; relevant manufacturers identification rules and regulations apply (See TCRR 4.8)

REGULATION TO 3.3.6.1 – REFEREE LIGHT SYSTEM

1 There is one (1) control box for each of the three (3) Referees. Each control box is equipped with:

- two (2) push buttons; one (1) white and one (1) red
- one (1) warning indicator light
- warning indicator sound

2 One (1) apparatus giving a visual and audible “Down” signal is placed on a stand in front of the competition platform / stage, one hundred (100) cm either side of the Centre Referee. The apparatus must be a minimum of 50 cm in height from the competition platform / stage.

3 Two (2) or more sets of Referee “decision lights” equipped with three (3) red and three (3) white lights, showing the Referees' decisions to the athletes and the audience in the competition area and one (1) set in the Warm-up area.

4 A control panel placed on the Jury table, equipped with three (3) red and three (3) white lights that light up instantly when the Referees press the button. The panel are also equipped with a signalling device that may be used to call any or all the Referees to the Jury table.

REGULATION TO 3.3.6.12 - JURY CONTROL UNIT

1 This device is equipped with five (5) green lights five (5) white lights and five (5) red lights. Each Jury member has a device with a red and white button. When the Jury members press either one (1) of the buttons, the green light illuminates. The white and red Jury decision lights illuminate only when all Jury members have given their decision. The Jury Control Unit is not programmed with a three (3) second window to change a decision.

REGULATION TO 3.3.6.14 - TIMING CLOCK

1 An accurate time measuring device, either electronic or digital, must be equipped with the following characteristics:

a) Operate continuously up to a maximum of fifteen (15) minutes
b) Indicate minimum intervals of one (1) second
c) Provide automatic audible signals at ninety (90) seconds and at thirty (30) seconds

2 The elapsed time must be displayed simultaneously in three (3) separate locations within the FOP:

- one (1) element in the warm-up area
- one (1) element facing the audience
- one (1) element facing the competing athlete

REGULATION TO 5.1 - IWF EVENTS

The following listed regulations are applicable conditions which pertain to all relevant IWF Events.

1 IWF Calendar Events

- International competitions
- Event Regulation authorised by the IWF in advance
- IWF Technical and Competition Rules & Regulations compliant
- Only International Technical Officials serving
- IWF Anti-Doping Policy compliant
- Results to be distributed to the IWF
    - published on IWF website
    - included in the IWF Ranking Lists

2 IWF Grand Prix / IWF World Cup

- All above IWF Calendar Events' conditions applicable
- Event and special conditions to be approved by the IWF
- Application of approved/licensed sport equipment
- Application of IWF TIS
- Fee for the IWF (amount TBC)
- Prize Money (amount TBC)
- IWF appointed ITOs (number TBC)
- Invitation of IWF Delegate
- Free services for participants – travel, accommodation, meals (optional)
- TV broadcast (optional)

3 IWF Continental Olympic Qualification Events

- All above IWF Calendar Events' conditions applicable
- Implementation of Special Anti-Doping Fee
- Application of approved/licensed equipment
- Application of IWF TIS
- Invitation of IWF Delegate
- Appointment of Category 1 ITOs

4 IWF World Championships

Fully covered by IWF TCRR 5.2

Events not directly controlled by the IWF:

5 Continental Championships

- All above IWF Calendar Events' conditions applicable
- Application of IWF approved/licensed sport equipment

6 Multisport Games

- All above IWF Calendar Events' conditions applicable
- Application of IWF approved/licensed equipment
- Invitation of IWF Delegate(s)
- IWF approved ITOs (to be coordinated in conjunction with the Continental / Regional Federations, if applicable)

REGULATION TO 5.2 - WORLD CHAMPIONSHIPS

The following regulation applies to all World Championships (Youth, Junior and Senior) unless otherwise stated.

1 The IWF is the rights holder of the World Championships properties; only Member Federations have the right to bid for an Event. Member Federations are encouraged to partner with local sport, tourism, or government agencies during the bid process and hosting, if successful.

2 Bids to host/organise World Championships must be made in writing sixty (60) days prior to the IWF Executive Board meeting scheduled to decide on the relevant Championship allocation. The IWF Secretariat sends an Event Hosting Questionnaire upon request from the interested Member Federation or authorised representative. The completed Questionnaire is returned to the IWF Secretariat for evaluation.

3 The allocation of the World Championships is decided by the IWF Executive Board.

4 Following the allocation of the World Championships, the IWF and the host Member Federation sign a Hosting Agreement stating the main obligations and conditions for the organisation of the Championships, based on the submitted Questionnaire.

5 The duration of the World Championships, unless otherwise decided by the IWF Executive Board, are as follows:

- Senior World Championships = not less than eight (8) competition days
- Junior World Championships = not less than seven (7) competition days
- Youth World Championships = competition days; as decided by the IWF Executive Board

6 **Responsibilities – host Member Federation / Organising Committee**

The host Member Federation / Organising Committee must adhere to the following financial responsibilities and conditions:

6.1 Offer all participants, at a daily fixed rate in the approved currency, the following:

- accommodation and meals
- local transportation
- access and participation in competition and training
- access and participation in official meetings
- closing banquet
- other related technical services

Upon allocation of the Event by IWF Executive Board, a fixed daily rate is approved and with assurance that the services provided are commensurate with the prices indicated.

Note 1: Each IWF Executive Board member is entitled to a single room if he/she is a Technical Official for the entire duration of the World Championships. If he/she participates only in the meetings, this condition applies only for the duration of the meetings. If he/she has to pay for the room, only the basic (double room) rate must be paid to the host Member Federation / Organising Committee.

Note 2: Each delegation is entitled to one (1) single room for the delegation leader at basic (double room) rate. The delegation may decide who should be accommodated in the single room.

Note 3: If the team's composition is an odd number in each gender (e.g. 5 women and 7 men) the alone-remaining athlete cannot be forced to share a room with a participant from another Member Federation, nor another member of their own Member Federation. In this situation, a single room must be provided at the double-room rate.

6.2 Provide transportation and training facilities for participants at least four days before the beginning of the Championships.

6.3 Provide free accommodation and meals, during the competitions days plus two days, for up to forty-five (45) selected Technical Officials. The number of Technical Officials is decided by and taking into consideration the number of competition days, the number and type of World Championships organised as well as other considerations and dependant on an agreement between the IWF and the host Member Federation / Organising Committee.

If the IWF Executive Board and Committee meetings are held in conjunction with the World Championships, for those selected Technical Officials who are members of the Board and/or the Committees, free accommodation is provided for the competition days plus five days. To benefit from the above, the Technical Officials or Doctors on Duty must be present and available for the entirety of the Championships.

All participants must pay for any additional days.

6.4 Guarantee in writing that the prices of accommodation quoted six (6) months prior to the World Championships will not increase, unless authorised by the IWF.

6.5 Provide, free of charge, the facilities for the IWF Congress and the meetings of the Executive Board and the Committees, Verification of Final Entries, Technical Officials' Meeting (pre-competition and mid-competition), Calendar Conference. Facilities includes: meeting room(s), interpreters, audio visual equipment and technology, signage, theatre style seating, head table, coffee, refreshments, pens, paper, etc.

6.6 Provide, free of charge, the technical organisation and all relevant technical requirements including; sport equipment, venue and spaces with adequate furnishings, technical and operational staff, first aid / first responders, refreshments, etc) for all groups and training for the World Championships, as required by the relevant IWF TCRR.

6.7 Accommodate the Technical, Medical and Coaching & Research Committees Chairpersons free of charge, for all competition days plus five days, when they are not among the appointed Technical Officials.

6.8 Provide, free of charge, business class return travel, accommodation and meals for all competition days plus six (6) days for the IWF President and the General Secretary. Provide economy class return travel, accommodation and meals for five (5) members of the IWF Secretariat and the appointed IWF Press Delegate.

6.9 Provide venues with appropriate technical and technological facilities for the IWF Secretariat to host meetings, courses and the Congress throughout the World Championships.

6.10 If required, pay full costs of travel, accommodation and meals, for the following technical visits to evaluate the host Federation / Organising Committee preparation:

- Youth World Championships – one (1) technical visit
- Junior World Championships - two (2) technical visits
- Senior World Championships – three (3) technical visits

6.11 Provide commemorative medals and diplomas to all athletes and other accredited / registered delegates of the Championships.

6.12 The host Federation / Organising Committee shall appoint a sufficient number of National Technical Officials to arrange, under the supervision of the Competition Director and/or the President of the Jury, the orderly progress of the competition.

6.13 Provide each athlete and other registered/accredited delegates with primary medical care in relation to any illness or injury that may occur.

6.13.1 First Responders with appropriate first response equipment must be stationed at the venue during the competition and training hours.

6.13.2 A First Response / Medical room must be provided at the venue containing basic medical equipment; such as, bandages, ice, pain medication, and any necessary facilities for the examination and initial treatment of the injured or ill athlete and other registered/accredited delegates.

6.13.3 Throughout the entire period of the World Championships, primary medical care must be available at any time to all registered/accredited delegates. The costs of any primary medical service are borne entirely by the host Federation / Organising Committee in respect only to treatment provided to athletes and other registered/accredited delegates.

The host Federation / Organising Committee is entitled to reimbursement of any cost incurred for providing such medical services, via the regulated authorities.

6.13.4 If any doubt exists as to the chronic nature of any illness or injury that occurs during a World Championship, the appropriate primary medical care must be initially provided and then, if further investigation or treatment is required, it is performed at the discretion of the host Member Federation / Organising Committee medical staff in consultation with the IWF Medical Committee Chairperson or a designated person.

6.13.5 The above procedure is recommended by the IWF Executive Board to all Continental and Regional Federations for application at their events.

6.14 Attain acceptable comprehensive health/medical/hospital insurance policies for the World Championships and provide a certified copy of indemnity to the IWF Secretariat prior to the commencement of the Championships.

7 Responsibilities - participating Member Federations:

7.1 The participating delegations must accept the accommodation offered by the host Member Federation / Organising Committee, at the cost indicated in the Competition Regulation. The amount is coordinated with the approval of the IWF and must be commensurate with the standard of the services provided.

7.2 Pay the host Federation / Organising Committee an Entry Fee of two hundred US dollars (USD 200) for each member of the delegation. The USD 200 Entry Fee per delegate is divided evenly (USD 100 each) between the host Federation / Organising Committee and the IWF Anti-Doping Fund.

7.3 The IWF President, General Secretary, IWF Committee Chairpersons and IWF Secretariat, selected Technical Officials, IWF Press Delegate and the accredited media do not pay the USD 200 Entry Fee.

7.4 IWF Executive Board or IWF Committee members and the Member Federation Congress delegates who only attend their respective meetings are also exempt from paying the USD200 Entry Fee. If those Officers or delegates continue to stay at the Championship after the Congress these persons cannot enjoy any privileges associated with registration/accreditation; such as transportation, entry to the competition or any social events unless they pay the Entry Fee.

7.5 Member Federations participating in the World Championships do so at their own risk. All participating Federations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness and in case of accidents or damages.

REGULATION TO 6.4 – WEIGH-IN

1 Weigh-in is conducted in a room equipped with the following items:

- the official scale; situated in a privately screened area
- Start List, posted at the entrance of the weigh-in room
- Weigh-in List
- Athlete's Cards
- Team Officials warm-up passes
- stationary kit/supplies
- athlete start number bibs & safety pins
- sufficient amount of table and chairs for the Weigh-in Secretariat
- Team Officials numbered stickers (optional)
- athlete passes, if required
- container to store athlete accreditation for anti-doping control, if required

2 The Weigh-in Secretariat consists of:

- Competition Secretary(s)
- on-duty Referees
- Assistant Competition Secretary(s) (optional)
- Weigh-in Official(s) (optional)
- Assistant Weigh-in Official(s) (optional)

3 Each athlete for all groups must be weighed in the presence of two Referees. Both of the Referees must be the same gender as the athlete.

4 Both Referees verify the athlete's bodyweight and provide it to the Competition Secretary (CS) by way of a handwritten note or electronic print-out. The CS records the athlete's bodyweight on the Athlete's Card and Weigh-in List.

5 One authorised Team Official may accompany the athlete during weigh-in. If the Team Official is not of the same gender as the athlete they must stay outside the area where the official scale is situated.

6 The athlete's bodyweight must be manually recorded exactly as handwritten or as stated on the electronic print-out, if available.

7 The athletes are called one at a time into the weigh-in room, according to the progression of the athlete's lot number. Athletes not present when their name is called will be weighed at the end of the weigh-in sequence.

8 When different bodyweight categories are combined in one group, the sequence of the weigh-in shall be category-by-category, with the lower category to be weighed before the higher categories.

9 Athletes must provide proof of identity by presenting their passport or identity card to the CS. The CS must verify the athlete's nationality.

For the Olympic Games and Youth Olympic Games, the IOC / OCOG supplied athlete accreditation card is sufficient proof of identity. Athletes are not required to bring their passport or identity card to weigh-in.

For all other Multisport Games, the Competition Director, in conjunction with the Technical Delegate, if appointed, will determine the proof of identity requirements.

Athletes and Team Officials will be duly advised by way of the Event Regulation and/or during the VFE Meeting.

10 Athletes may be weighed in either completely undressed or in undergarments (articles of the athlete outfit: costume, unitard, shorts and T-shirt are not considered as undergarments). Athletes must not wear shoes or socks or any other footwear during weigh-in.

The Competition Secretary and other members of the Weigh-in Secretariat are suitably screened from the actual weigh-in process.

11 Athletes with prosthetic limb(s) must be weighed with the prosthetic limb(s). The weight of the athlete, while wearing the prosthesis, is considered to be the athlete's bodyweight.

12 Athletes are entitled to wear jewellery, hair adornments and religious head gear during weigh-in. Athletes must not wear watches during weigh-in.

13 The weigh-in room must be presented in and provided with proper hygienic conditions. Disinfectant / antiseptic cleanser and cloths should be made available to wipe the scale, if desired/required.

14 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.

15 An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he/she is officially entered, is excluded from the competition of the Event. The athlete is still entitled to receive privileges of an accredited participant; such as training, transportation, social events, etc.

16 During weigh-in, the Team Official or athlete must sign the Athlete's Card to confirm the athletes' registered bodyweight; and to declare the starting attempts in both the Snatch and Clean & Jerk, with reference to TCRR 6.6.5.

Any subsequent changes to the declared starting attempts are considered part of the two (2) allocated weight changes.

17 The Protocol is made available to all concerned parties, as soon as possible upon the completion of the weigh-in.

18 Once the athlete has weighed within the officially entered bodyweight category, accompanying Team Officials are provided with Warm-up Passes. Only Team Officials with Warm-up Passes are allowed access to the warm-up area.

The following allocations refer to each group:

- one (1) athlete – three (3) passes
- two (2) athletes – four (4) passes
- any additional athlete (for combined categories/Events) – two (2) passes per athlete

19 If required, the CS monitors the secure collection of athlete accreditations and the distribution of athlete passes for anti-doping control requirements.

20 Upon the completion of weigh-in, the athlete is assigned an athlete start number. The athlete with the lowest lot number is assigned the start number of 1; from there, all athletes in sequence of lot number are assigned start numbers in numerical order. When more bodyweight categories are contested in one competition, in the allocation of start numbers the progression of lot numbers is considered category by category, with the lower category to be taken before the higher categories.
Example:

Start Number	Lot Number	Bodyweight	Name
1	3	55.50	AAAAA Aaaaa
2	27	55.00	BBBBB Bbbbb
3	54	56.00	CCCCC Ccccc
4	8	61.55	DDDDD Ddddd
5	19	62.00	EEEEE Eeeee
6	142	61.04	FFFFF Fffff

Athlete start number bibs are assigned according to the athlete start number and are distributed in the warm-up area thirty (30) minutes prior to the start of the competition.

Athlete start number bibs are affixed with pins to the athletes' costume. The placement of the bib on side of the leg or hip is determined by the venue layout and the position of the Competition Management table.

Correspondingly numbered stickers may also be distributed to the Team Officials for ease of identification for the Chief Marshal.

Athlete start numbers also correspond to the assigned warm-up platforms. In the case of more athletes than warm-up platforms, Team Officials and Technical Officials are expected to work in cooperation to find a suitable arrangement. If cooperation does not occur, the Competition Director, in consultation with the President of the Jury will determine the assignment of warm-up platforms.

REGULATION TO 6.5 – INTRODUCTION

1 If an athlete is not present for the introduction of athletes, he/she will be requested to explain his/her absence to the President of the Jury, who in consultation with the Competition Director will determine appropriate warning or further action.

2. After the introduction of athletes, the Technical Officials are introduced in the following order:

- Centre Referee
- Side Referees
- Reserve Referee
- Chief Marshal
- Timekeeper(s)
- Technical Controller(s)
- Doctor(s) on Duty
- Jury

3 If a TO is not present for the TO introduction, he/she will be requested to explain his/her absence to the President of the Jury, who in consultation with the IWF President will determine appropriate warning or further action.

4 All TOs are introduced from the competition platform/stage, except for the Jury. Upon completion of the other TOs, the Jury members are introduced from the Jury table with the President of the Jury being introduced first and the other Jury members as noted on Protocol.

5 All TOs must wear their IWF jacket and remove their accreditation during introduction, unless otherwise advised by the President of the Jury.

REGULATION TO 6.6.5 – 15/20 KILO RULE

1 Rule (6.6.5) applies at all IWF Events unless otherwise stated.

2 Examples:

2.1 Example: A female athlete enters a competition with a verified Entry Total of 200kg. The total weight of the first attempts in the Snatch and Clean & Jerk must not be less than 185kg (such as, 85kg and 100kg; 77kg and 108kg or any other combination).

2.2 Example: A male athlete enters a competition with a verified Entry Total of 255kg. The total weight of the first attempts in the Snatch and Clean & Jerk must not be less than 235kg (such as, 95kg and 140kg; 104kg and 131kg or any other combination).

3 Procedure for Application of 15/20 Kilo Rule:

The Competition Secretary and Referees (Weigh-in Secretariat) are the first point of contact for the correct application of the 15/20 Kilo Rule during weigh-in.

The following TOs are responsible for the supervision of Entry Totals and starting attempts following the publication of the Protocol:

- Chief Marshal and other Marshals
- Technical Controller in the warm-up area
- Competition Management operators
- Competition Director
- Jury

In all cases, any athlete / Team Official who refuses to comply with the directive of the Jury or designated TO is eliminated from the competition.

Note: The responsibility to comply with the Entry Totals and all relevant TCRR rests entirely with the athletes / Team Officials.

4 If the starting weights do not respect the 15/20Kg Rule, any of the above mentioned TOs must immediately advise the athlete / Team Official concerned to make the required changes.

5 If an athlete's first attempt in the Snatch is lighter than required by the 15/20 Kilo Rule, the athlete / Team Official must be advised by the Chief Marshal or Technical Controller in the warm-up area that the first attempt in the Clean & Jerk must be increased in order to comply with the Rule.

6 If the athlete / Team Official does not make the necessary change for the first Clean & Jerk and refuses to do so, the athlete is eliminated from the competition immediately upon refusal.

7 If the 15/20 Kilo Rule is not respected by the athlete / Team Official and goes unnoticed by all TOs and the athlete takes attempts, whether successful or not, and the error is noticed only after the execution of the lifts, any or all such Clean and Jerk attempts not in compliance with the Rule will be rendered as “No lift”.

The athlete / Team Official will be compelled to nominate a weight on the barbell in accordance with the sequence and the 15/20 Kilo Rule, as long as it is within their three (3) attempts in the Clean & Jerk. No additional attempts will be granted.

8 If the athlete / Team Official does not respect the 15/20 Kilo Rule and the non-compliance is noticed by the TOs at the completion of the competition, the athlete's Total will not be valid and will therefore be deleted from the Final Results by order of the Jury.

REGULATION TO 6.6.6 – CALLING ORDER & REGULATION TO 6.8 – CLASSIFICATION

The calling order is the progression of the competition which determines when an athlete is called to perform their attempt.

The classification of athletes determines the athletes ranking in their specific bodyweight category.

Example: 56 kg Men's Group A and Group B

When bodyweight categories are divided into groups; the order of competing groups is in reverse alphabetical. (i.e.: Group C competes first, Group B second and Group A last)

Note: *The numbers in brackets below indicate the calling order.*

Group B

Lot No.	Name	BW	Snatch					Clean & Jerk					Total	Rank
			1	2	3	Result	Rank	1	2	3	Result	Rank		
100	A	55.00	~~100~~ (4)	~~100~~ (9)	100 (11)	**100**	**10.**	~~120~~ (6)	~~120~~ (9)	120 (12)	**120**	**6.**	**220**	**7.**
101	B	56.00	~~95~~ (3)	~~100~~ (8)	---	**---**	**--**	---	---	---	**---**	**--**	**---**	**--**
102	C	55.00	~~100~~ (5)	100 (10)	~~105~~ (15)	**100**	**7.**	~~120~~ (7)	120 (10)	~~125~~ (14)	**120**	**4.**	**220**	**5.**
103	D	56.00	90 (1)	100 (7)	105 (14)	**105**	**3.**	~~115~~ (2)	~~115~~ (4)	115 (5)	**115**	**10.**	**220**	**9.**
104	E	56.00	~~94~~ (2)	101 (12)	~~105~~ (16)	**101**	**4.**	110 (1)	115 (3)	120 (11)	**120**	**7.**	**221**	**1.**
105	F	55.00	100 (6)	~~101~~ (13)	~~105~~ (17)	**100**	**5.**	120 (8)	~~125~~ (13)	~~125~~ (15)	**120**	**1.**	**220**	**2.**

Group A

Lot No.	Name	BW	Snatch					Clean & Jerk					Total	Rank
			1	2	3	Result	Rank	1	2	3	Result	Rank		
200	G	55.00	~~91~~ (3)	~~95~~ (6)	100 (12)	**100**	**9.**	~~115~~ (3)	~~116~~ (8)	120 (12)	**120**	**5.**	**220**	**6.**
201	H	55.00	~~100~~ (7)	100 (10)	~~105~~ (16)	**100**	**8.**	~~115~~ (4)	120 (10)	~~125~~ (14)	**120**	**3.**	**220**	**4.**
202	I	56.00	90 (2)	95 (5)	105 (15)	**105**	**2.**	~~114~~ (2)	~~115~~ (6)	115 (7)	**115**	**9.**	**220**	**8.**
203	J	55.00	85 (1)	94 (4)	105 (14)	**105**	**1.**	---	---	---	**---**	**--**	**---**	**--**
204	K	56.00	~~100~~ (8)	100 (11)	~~105~~ (17)	**100**	**11.**	110 (1)	115 (5)	120 (11)	**120**	**8.**	**220**	**10.**
205	L	55.00	100 (9)	~~103~~ (13)	~~105~~ (18)	**100**	**6.**	120 (9)	~~125~~ (13)	~~125~~ (15)	**120**	**2.**	**220**	**3.**

REGULATION TO 6.9 – VICTORY CEREMONY

Upon the conclusion of the competition of each category, a Victory Ceremony is held according to the following procedure:

1 A podium with places for the three (3) medal winners is placed on the competition platform.

2 All the medal winners, the medal bearers and the officials presenting the medals march in and take their place on the stage. The medal winners line up behind the podium.

3 The Speaker introduces the official(s) presenting the medals. The IWF President presents the medals but may delegate this duty to another IWF official or to a person representing the host Federation or sponsor. Medals are presented for the Snatch, the Clean & Jerk and for the Total, in this order.

4 Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Snatch. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).

5 The Speaker introduces the official presenting the medals if these persons are not the same as for the Snatch. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Clean and Jerk. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).

6 The Speaker introduces the officials presenting the medals if these persons are not the same as for the two lifts. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners for the Total. The athletes mount the podium to receive their medal.

7 After the Total medals have been presented, while the medallists are standing on the podium, the champion's national anthem is played and the national flags of the three winners are raised.

8 The medal bearers, the athletes and the officials march out.

9 The Victory Ceremony is carried out in due solemnity, the marching in and out done with musical accompaniment.

10 During the Victory Ceremony, medal winners cannot carry or use electronic devices onto the podium and cannot be accompanied by any other persons.

11 Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

REGULATION TO 7.3 – PROMOTION OF TECHNICAL OFFICIALS

1 All new Technical Official cards, either Category 1 or 2 or Certificate of Duty, cost USD200 (two hundred US dollars).

2 For each Olympiad, the following licence fees apply:

- Category 1 = USD200 (two (2) hundred US dollars)
- Category 2 = USD100 (one (1) hundred US dollars)
- Certificate of Duty = USD50 (fifty (50) US dollars)

3 A written request with appropriate payment of fees must be submitted to the IWF Secretariat in order to receive new and/or renewed cards and licences.

4 All new TO cards must be paid together with the licence fee.

5 Only the IWF is authorised to issue international TO cards and licences. An IWF-issued sticker placed on the last page of the TO card is the considered the licence and identifies the holder as having a valid licence.

6 The date of registration for a new Category 1 and 2 Technical Official is the date of his/her practical or written examination, whichever is last.

7 Each TO card contains space for recording all international Events worked by the holder. Either the IWF President, IWF General Secretary, President of the Jury or the Competition Director may record the entries in English.

8 At the discretion of the IWF Technical Committee members, Continental Technical Committee members or other authorised individuals an Examination Panel is assembled for practical examinations.

The Examination Panel must consist of three (3) Category 1 Technical Officials who may all be from the same Member Federation. Examiners must sit separate from each other to enable independent marking.

9 When a Referee Light System is used, up to three (3) Referees (Centre and two (2) Side Referees) may be examined simultaneously, otherwise, if a Referee Light System is not available or functioning, due to technical difficulties, only the Centre Referee may be examined.

10 The Examination Panel record their marks using the Protocol sheet as a score sheet.

11 The name of the candidate(s) and their Member Federation are entered to correspond with their position at the competition platform / stage, (i.e. the Referee at the left is number 1, the Centre Referee is number 2 and the Referee on the right is number 3). The Examination Panel sign their name, date and indicate their Member Federation.

12 Candidates must referee at least one hundred (100) attempts, including both completed and uncompleted attempts.

13 The Examiners first mark at the top of each space on the protocol is their own opinion of each lift.

A / indicates a “Good lift” and an **X** indicates “No lift”. Underneath the mark, and using the same signs, Examiners mark the decisions given by the three (3) Referees.

<u>Example</u>: / = white light **X** = red light

/
/ / / = all three have given a correct decision

X
XXX = all three have given a correct decision

X
X / **X** = the Centre Referee has given an incorrect decision

X
/ **X X** = Referee Number 1 has given an incorrect decision

14 When only the Centre Referee is examined and he/she gives an incorrect signal (e.g. a signal too fast or too slow) the Examiners mark this with an **X**, plus the letter **S** below to indicate the incorrect signal. The candidate can thereby commit two (2) faults during one (1) attempt. Both these faults are shown on the protocol.

15 The Examiners mark with an **O** every attempt which is not completed by the athletes.

16 If a candidate gives an incorrect decision during an uncompleted lift, the examiners mark with an **X** instead of an **O** and give the number of the error.

17 The results of each candidate are calculated from the completed attempts.

18 The original protocol and written exams are sent to the IWF Secretariat to register the candidates’ examination results.

19 The IWF Secretariat transmits the results to each candidate through the candidate’s Member Federation. The successful candidate(s) also receive their Category 1 card and licence via their Member Federation.

20 For TOs who already hold a valid Category 2 licence for the given Olympiad are promoted to Category 1, the Category 1 TO licence must be purchased for USD200, in order to receive the new Category 1 card.

Any requests for Technical Official promotions processed in the last year of any given Olympiad, a pro rata license fee of 50USD is applied.

21 Candidates who fail either practical or written must wait at least six (6) months before taking the examinations again.

REGULATION TO 7.5 – JURY

Decision making process for attempts with loading errors:

1 If the barbell is loaded to a lighter weight than the one requested by the athlete, the athlete may, if he/she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg, or refuse it. If he/she refuses the attempt, the athlete is granted an additional attempt with the weight originally requested.

2 If the barbell is loaded to a weight which is not a multiple of 1 kg and the lift is successful, the athlete may accept the attempt at the next lower weight which is a multiple of 1 kg, or refuse it. If the athlete refuses the attempt, he/she is granted an additional attempt with the weight originally requested.

3 If the barbell is loaded to a heavier weight than the one requested by the athlete, the athlete may, if he/she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg. If the attempt is not successful or if the barbell is not a multiple of 1 kg, the athlete is automatically granted an additional attempt with the weight originally requested.

REGULATION TO 7.9 – CHIEF MARSHAL

1 The Technical Officials allocated to monitor the Athletes' Cards are called Marshals. The IWF appoints the Chief Marshal(s) and the host Member Federation / Organising Committee appoint Assistant Marshals.

The Athlete's Card is used to record the weight of each athlete's declaration and attempt throughout the competition as well as any other modifications as approved by the IWF TCRR. Each respective Team Official / athlete must initial each entry.

2 The host Member Federation / Organising Committee shall appoint a sufficient number of National Technical Officials (NTOs) to assist, under the supervision of the IWF appointed Chief Marshal, the Competition Director and/or the President of the Jury, the orderly progress of the competition using authorised Athletes Cards.

3 Marshals supervise the declarations and changes of the requested weight made by the athletes / Team Officials for each attempt. The declarations / changes are immediately communicated to the Competition Management who informs the Speaker to make the appropriate announcement.

4 Communication between the Marshals and the Competition Management is carried out by means of an intercom or direct dial telephone system or any other approved communication method.

5 The Marshals' table must be open thirty (30) minutes prior to the start of introduction of athletes.

REGULATION TO 7 – ADDITIONAL SUPPORTING STAFF

1 FOP LIAISON

For IWF Events with broadcast and/or sport production, a Technical Official may be appointed to liaise with FOP sport production functions; such as lighting, music, Victory Ceremony, Mixed Zone, etc. This role, when used, is referred to as the FOP Liaison and is highly recommended within the Games and major Events' environment.

2 LOADERS / DECONTAMINATION ATTENDANTS

Loaders are sport specific volunteers / staff who manage the loading of the barbell under the direction of the Speaker and Technical Controller.

The duties of the Loaders are as follows:

- Load the barbell in accordance with TCRR and as directed by the Speaker
- Check the bar after each attempt for blood; advise TC and Decontamination Attendants (DA) immediately for cleaning
- Manage or act as a privacy barrier for injured athletes; assist the Doctor(s) on Duty, if requested
- Clean the bar and the competition platform /stage as required and/or as directed by the Technical Controller during and after competition
- Prepare the medal podium for the Victory Ceremony at the conclusion of the competition
- Unload the barbell and return the discs to the weight racks

Decontamination Attendants are sport specific volunteers / staff who manage the cleaning of the barbell under the direction of the Technical Controller.

The duties of the Decontamination Attendants are as follows:

- Safely remove blood and other contaminants from the bar and competition platform, as required and/or as directed by the TC
- Ensure the safe disposal of contaminated materials in accordance with applicable policy
- Clean the bar with antiseptic at the conclusion of each competition
- Assist Loaders, if required, to manage or act as a privacy barrier for injured athletes; assist Doctor(s) on Duty, if requested

Note: Decontamination Attendants must respect universal precautions by wearing gloves in the performance of their duties.

REGULATION TO 9 – CEREMONIES

9.1 OPENING CEREMONY

Before the beginning of World Championships, an Opening Ceremony is held according to the following procedure:

9.1.1 All participating national teams, or appointed team members, march in in the alphabetical order of the organising country, the host country closing the parade.

9.1.2 The flag-bearers of each national team form a semi-circle on the stage.

9.1.3 The guests of honour march in and take their position on the stage.

9.1.4 The guest of honour of the host Federation makes a speech.

9.1.5 The President of the host Federation makes a speech.

9.1.6 The IWF President replies to the speeches and declares the Championships open.

9.1.7 The national flag of the host Federation and the flag of the IWF are raised while the national anthem of the host Federation is played.

9.1.8 The guests of honour followed by the delegations leave the stage.

9.1.9 An entertainment program provided by the host Federation may follow the Ceremony.

9.2 CLOSING CEREMONY

At the conclusion of World Championships, a Closing Ceremony is held, in accordance with the following procotol:

9.2.1 The delegates of the participating teams march in and take their position on the stage.

9.3.2 The flag bearers of the participating teams form a semi-circle.

9.3.3 The guests of honour march in and take their position on the stage.

9.3.4 The President of the host Federation makes a speech.

9.3.5 The IWF President replies to the speech and declares the Championships closed.

9.3.6 The national flag of the host Federation and the IWF flag are lowered while the national anthem of the host Federation is played.

9.3.7 The IWF flag is brought to the President.

9.3.8 The IWF flag is presented to the organisers of the next World Championships.

9.3.9 The guests of honour followed by the team representatives leave the stage.

9.3.10 Subject to arrangements made between the Organising Committee and the IWF, the presentation of the Team Trophies may be held in conjunction with the Closing Ceremony or at a separate Closing function.

GLOSSARY

ALS	Advanced Life Support
CD	Competition Director
cm	centimetre(s)
CS	Competition Secretary
DA	Decontamination Attendant
ED	Event Delegate
FISU	International University Sports Federation
FOP	Field of Play
IOC	International Olympic Committee
ITO	International Technical Official
IWF	International Weightlifting Federation
kg	kilogram
Kilo	kilogram
MF	Member Federation
NOC	National Olympic Committee
NTO	National Technical Official
OCOG	Organising Committee of Olympic Games
TC	Technical Controller
TCRR	Technical and Competition Rules & Regulations
TD	Technical Delegate
Team Official	coach, assistant coach, physiotherapist, team doctor, manager, team leader
TIS	Technology and Information System
TO	Technical Official
VFE	Verification of Final Entries
YOG	Youth Olympic Games