

# Regolamento Tecnico Internazionale di Pesistica

*(Versione in Inglese)*

Quadriennio 2009 - 2012

Technical and Competition Rules

# TECHNICAL AND COMPETITION RULES

## 1 PROGRAM OF THE COMPETITION

### 1.1 THE TWO LIFTS

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

- a) The Snatch
- b) The Clean and Jerk.

1.1.2 Both lifts must be executed with two hands.

1.1.3 A maximum of three (3) attempts is allowed in each lift.

### 1.2 PARTICIPANTS

1.2.1 In the sport of weightlifting, competitions are organised for men and women. The athletes compete in the categories specified in the rules, according to their bodyweight.

1.2.2 In its activities, the IWF recognises three age groups:

- i) YOUTH: up to and including seventeen (17) years of age.
- ii) JUNIOR: up to and including twenty (20) years of age.
- iii) SENIOR

Note 1: All age groups are calculated in the athlete's year of birth.

Note 2: The minimum age for participation in the Senior World, Junior World and World University Championships and other open international events for men and women is fifteen (15).

Note 3: The minimum age for participation in the Olympic Games, for men and women is sixteen (16).

Note 4: Participation age for Youth Olympic Games is sixteen (16) and seventeen (17).

Note 5: The minimum age for participation in the Youth events is thirteen (13).

**1.3. BODYWEIGHT CATEGORIES**

1.3.1 There are eight (8) categories for men and junior men. All competitions under IWF rules 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

1.3.2 There are seven (7) categories for women and junior women. All competitions under IWF rules 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

1.3.3 There are eight categories for youth men (boys):

- 1- 50 kg
- 2- 56 kg
- 3- 62 kg
- 4- 69 kg
- 5- 77 kg
- 6- 85 kg
- 7- 94 kg
- 8- +94 kg

There are seven categories for youth women (girls):

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

1.3.4 At IWF Events and other competitions each country may enter a team of maximum ten (10) men and nine (9) women athletes but may participate with a team of maximum eight (8) men and seven (7) women athletes only, spread over the different categories with a maximum of two (2) athletes per category. For the Olympic Games Rule 5.3 applies.

1.3.5 During any competition, an athlete may not compete in more than one category.

## **2 THE TWO LIFTS**

### **2.1 THE SNATCH**

2.1.1 The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards 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, the barbell may slide along the thighs and the lap. No part of the body other than the feet may touch the platform during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the Referees give the signal to replace the barbell on the platform. The lifter may recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The Referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

### **2.2 THE CLEAN AND JERK**

2.2.1 The first part, the Clean:

The barbell is placed horizontally in front of the lifter's legs. It 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, the barbell may slide along the thighs and the lap. The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

2.2.2 The second part, the Jerk:

The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended, and waits for the Referees' signal to replace the barbell on the platform. The Referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

#### **IMPORTANT REMARK:**

After the Clean and before the Jerk, the lifter may adjust the position of the barbell. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to:

- a) withdraw the thumbs or "unhook" if this method is used,
- b) lower the barbell in order to let it rest on the shoulders if the barbell is placed too high and impedes the breathing or causes pain,
- c) change the width of the grip.

## 2.3 **GENERAL RULES FOR ALL LIFTS**

- 2.3.1 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.
- 2.3.2 In all lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.
- 2.3.3 After the Referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. The grip on the barbell may be released when it has passed the level of the shoulders.
- 2.3.4 A competitor, who cannot fully extend the elbow due to an anatomical deformation, must report this fact to the three Referees and the Jury before the start of the competition.
- 2.3.5 When snatching or cleaning in the squat style, the lifter may help the recovery by making swinging and rocking movements of the body.
- 2.3.6 The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.
- 2.3.7 The use of chalk (magnesium) on the hands, thighs, etc., is permitted.

## 2.4 **INCORRECT MOVEMENTS AND POSITIONS FOR ALL LIFTS**

- 2.4.1 Pulling from the hang.
- 2.4.2 Touching the platform with any part of the body other than the feet.
- 2.4.3 Uneven or incomplete extension of the arms, at the finish of the lift.
- 2.4.4 Pause during the extension of the arms.
- 2.4.5 Finishing with a press-out.
- 2.4.6 Bending and extending the elbows during the recovery.
- 2.4.7 Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.
- 2.4.8 Replacing the barbell on the platform before the Referees' signal.
- 2.4.9 Dropping the barbell after the Referees' signal.
- 2.4.10 Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- 2.4.11 Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform.
- 2.4.12 Not facing the Centre Referee at the beginning of a lift.

## **2.5 INCORRECT MOVEMENTS FOR THE SNATCH**

- 2.5.1 Pause during the lifting of the barbell.
- 2.5.2 Touching the head of the lifter with the bar.

## **2.6 INCORRECT MOVEMENTS FOR THE CLEAN**

- 2.6.1 Placing the bar on the chest before turning the elbows.
- 2.6.2 Touching the thighs or the knees with the elbows or the upper arms.

## **2.7 INCORRECT MOVEMENTS FOR THE JERK**

- 2.7.1 Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees.
- 2.7.2 Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.

# **3 FACILITIES, EQUIPMENT AND DOCUMENTS**

## **3.1 COMPETITION PLATFORM AND STAGE (FIELD OF PLAY)**

- 3.1.1 All lifts must be executed on the competition platform.
- 3.1.2 The platform must be square, level and measuring four (4) metres on each side. When the floor surrounding the platform has similar or same colouring, the top edge of the platform must have a different coloured line of at least 150 mm.
- 3.1.3 The platform may be made of wood, plastic or any solid material and may be covered with a non-slippery material.
- 3.1.4 The platform shall not be higher than 150 mm.
- 3.1.5 A clear area measuring one (1) metre surrounding the platform is compulsory. This area must be flat and free from any obstacle including discs.
- 3.1.6 The dimensions of the stage must be minimum ten (10) x ten (10) m, the height of the top of the platform must be maximum one (1) m, measured from the level where the Referees' and Jury seats are placed. Standard size steps must be attached to the stage.
- 3.1.7 When the platform is placed on a stage, restraining bars at least the width of the platform must be suitably and safely fixed to the stage, at minimum two and half (2.5) metres from the front edge of the platform, and two (2) metres from the rear edge, but as close as possible to the front and rear edges of the stage. The restraining bars must be maximum two-hundred (200) mm high and maximum two-hundred (200) mm wide.

3.1.8 Chalk and resin must be provided on the stage, near the platform on the athlete entry side; bar cleaning disinfectant and tools must be provided next to the stage for the loaders.

3.1.9 A stretcher must be provided near the stage for the transport of an injured athlete.

## **3.2 WARM-UP AREA**

In order to prepare themselves for their competition, the competitors must be provided with a warm-up area located in close proximity to the competition area. The warm-up area has to be equipped with an appropriate number of platforms, which must be numbered, barbells, chalk, etc. in relation to the number of competitors. In addition, it has to be equipped with the following equipment:

- Loudspeakers linked with the Speaker's microphone
- A scoreboard showing the names of the competitors in the order of the lot numbers, their respective bodyweight and the weight they have requested before being called to the platform
- A table for the Doctor on Duty
- A display of the timing clock operating in the competition area
- Video replay screen(s) showing the activity on the competition platform.

## **3.3 OTHER FACILITIES**

3.3.1 At IWF Events, the following additional facilities must be provided at the competition venue:

- Athletes' Rest area
- First aid room
- Doping control premises
- Press centre
- VIP and Technical Officials' room
- IWF Offices
- Weigh-in room and Test Weigh-in room
- Sauna
- Training venue (may be at a different location)

## **3.4 EQUIPMENT**

3.4.1 At IWF Events, Olympic Games, Continental, Regional and other Games, Continental and Regional Championships, as well as any other competition decided by the Executive Board, only approved/licensed barbells, platforms and technology and information equipment may be used. The Executive Board decides about the conditions of the approval.

3.4.2 Manufacturers applying for, and receiving the IWF licence must pay a fee relevant to a given Olympiad. A condition of granting an IWF licence is full compliance with the IWF quality requirements.

3.4.3 For the Olympic Games, the Executive Board selects the make of the barbell and platform from among the IWF licensed companies.

3.4.4 Technology and Information equipment includes:

- Competition Management Software

- Scoreboard
- Attempt board
- Referee lights system
- Jury control unit
- Timing clock
- Scale

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

3.4.6 The application of technologies holding an IWF licence is obligatory in Continental Championships, Continental, Regional and other Multisport Games (e.g. Commonwealth, Mediterranean, South-East-Asian, South-American, Pan-Arab, etc.), and Regional Championships.

### **3.5 BARBELL**

3.5.1 Only barbells meeting IWF specifications and approval may be used in weightlifting competitions under its jurisdiction.

3.5.2 The barbell consists of the following parts:

- i) the bar
- ii) the discs
- iii) the collars

3.5.2.1 i) The bar

The men's bar weighs 20 kg and the women's bar weighs 15 kg and must meet the specifications on the diagrams in the Annex No.2.

3.5.2.2 ii) The discs

The discs must meet the following specifications:

a) Must be of the following weights and colours:

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

b) The diameter of the largest discs: 450 mm with a tolerance of  $\pm 1$  mm

c) The 450 mm discs must be covered with rubber or plastic and coated on both sides with permanent colours or painted at least on the surface of the rim



- d) The discs lighter than ten (10) kg may be made of metal or other material as approved.
- e) All the discs must have a clear indication of their weight.

#### 3.5.2.3 iii) The Collars

In order to secure the discs to the bar, each bar must be equipped with two collars weighing 2.5 kg each for men and women.

Note: Such collars can be designed to allow for 'outside loading'.

- 3.5.3 Tolerance for Competition Bars and Discs: on the nominal weight of each component weighing more than 5 kg it must be from +0.1% to -0.05%. On parts weighing 5 kg or less, the tolerance must be from +10 gramms to -0 gramms per part.  
Tolerance for Training Discs: on the nominal weight of each component it must be from +0.8% to -0.8% (Refer to Table on Tolerances in Annex No.3.)  
Training Discs must be manufactured in colours conforming to those as Competition Discs, or in black with conforming colour rims. Such Discs are to be marked as "Training".

- 3.5.4 Competition Bars must be used on stage, warm-up area and training hall. Competition Discs are to be used on stage and in the warm-up area. Training Discs may be used in the training hall.

- 3.5.5 The bar must be loaded with the largest and heaviest discs inside and the smaller ones in descending order of weight towards the outside. They must be placed in such a way that the Referees can read the weight of each disc. They must be secured on the bar by means of the collars.

- 3.5.6 Markings on the bars:  
Weightlifting bars must have coloured identification markings to facilitate their recognition. The men's bar must have blue markings and the women's bar yellow markings. These colours correspond to those of the 20 kg and 15 kg discs.

### 3.6 **ELECTRONIC REFEREE LIGHT SYSTEM**

#### 3.6.1 **ELEMENTS OF THE SYSTEM**

The electronic Referee light system consists of the following components:

- a) One control box for each of the three (3) Referees. These control boxes are equipped with two (2) push buttons, one white and one red and one signalling device.
- b) One apparatus giving a visual and audible "Down" signal placed on a stand in front of the competition platform at a height of minimum 500 mm from the platform.
- c) Two (2) or more sets of Referees "decision lights" equipped with three (3) red and three (3) white lights, horizontally placed, showing the Referees' decisions to the competitors and the audience.
- d) One or more control panels equipped with three (3) red and three (3) white lights that light up instantly when the Referees press the

appropriate button. These control panels, placed on the Jury table, are also equipped with a signalling device that may be used to call any or all the Referees to the Jury table.

### 3.6.2 **OPERATION OF THE SYSTEM**

- 3.6.2.1 The three (3) Referees have equal rights of decision and adjudication on a lift.
- 3.6.2.2 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.
- 3.6.2.3 As soon as the Referee has judged a lift “Good lift”, he/she immediately presses the white button on the control box.
- 3.6.2.4 As soon as the Referee has judged a lift “No lift”, he/she immediately presses the red button on the control box. A Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.
- 3.6.2.5 As soon as two (2) of the Referees have given identical decisions, a visual and audible “Down” signal is given to the competitor to replace the barbell on the platform.
- 3.6.2.6 Should one of the Referees press the white button and another press the red button while the third Referee does not press any, the latter hears an intermittent audible signal coming from the control box urging him/her to give his/her decision. Also, when any 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, then the third Referee is reminded to give his/her decision by the intermittent audible signal.
- 3.6.2.7 Three (3) seconds after all the three Referees have given their decision, the “Decision lights” light up, indicating the individual decision of the Referees by corresponding colours (red or white). These lights remain lit for a minimum of three (3) seconds.
- 3.6.2.8 After the visible and audible “Down” signal and before the decision lights operate, the Referees have three (3) seconds to reverse their decision, e.g. after a completed good lift the athlete drops the barbell, the Referees have to press the red button and the red “decision lights” light up indicating “No lift”. If it is too late to change the colour of the lights, the Referees must raise their small red flag to indicate this change.
- 3.6.2.9 When the “Down” signal has been given and the “Decision lights” are on and the competitor does not lower the barbell, the centre Referee must say “Down” and signal the athlete to replace the barbell.
- 3.6.2.10 At Masters competitions, Referees should use discretionary powers.

### 3.7 **JURY MONITORING**

During the competition, the Jury members monitor the work of the Referees through the control panel. Every decision by the Referees may be verified as the lights on the control panel light up instantly when the Referees press the

appropriate button. Slow, fast or no decision may be identified for immediate or further action. Should the Jury President want to call one of the Referees to the table; this may be done by pressing the appropriate button, which gives an audible signal to the Referee in question.

### 3.8 **SCALES**

- 3.8.1 At IWF Events the scales must have the capacity to weigh up to 200 kg and be precise to a minimum of 10 grams.
- 3.8.2 At World Championships, Olympic Games and other important international competitions, a second identical scale (test scale) must be placed near the weigh-in room to permit the competitors to check their bodyweight.
- 3.8.3 Scales form part of the equipment requirements and must be certified by local authorities. The scale certificate must not be older than three (3) months at the date of the competition.

### 3.9 **TIMING CLOCK**

- 3.9.1 At official IWF competitions, an electric or electronic timing clock must be used in countdown mode. This accurate time measuring device must have the following characteristics:
- a) Operate continuously up to a minimum of fifteen (15) minutes in countdown mode
  - b) Indicate minimum intervals of one (1) second
  - c) Give an automatic audible signal at ninety (90) and at thirty (30) seconds before the end of the lifter's allocated time.
- 3.9.2 The elapsed time has to be displayed simultaneously in the competition and warm-up areas, one element facing the audience, one element facing the competitor on the platform and one element in the warm-up area.

### 3.10 **ATTEMPT BOARD**

The following information must be displayed on the attempt board:

- Name (Family name followed by given name)
- IWF/IOC country code
- Weight to be taken
- Attempt number
- Start number

### 3.11 **SCOREBOARD**

A scoreboard has to be set up at a prominent place in the competition area in order to record and display the progress and the results of a specific category as it happens. The scoreboard contains the following information for all participants in the group/session contested, which must be displayed throughout the entire competition:

- the start number

- the name of each competitor in progressive order according to the start numbers
- the year of birth (if possible, the date of birth)
- the bodyweight
- the IWF/IOC country code
- the three attempts on the Snatch
- the three attempts on the Clean and Jerk
- the Total
- the final classification.

### 3.12 **RECORD DISPLAY**

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

### 3.13 **VIDEO SCREEN(S)**

For the information of the audience, video screen(s) must be provided in the competition area and in the warm-up room.

### 3.14 **OFFICIAL DOCUMENTS OF THE COMPETITION**

#### 3.14.1 The Start List Package including:

- Timetable, indicating the date and time of competitions, groups, Technical Officials' assignment
- List of Technical Officials and their group allocation
- Start Lists for each competition, including lot number, name, date of birth, IWF/IOC country code, Entry Total

#### 3.14.2 The Weigh-in List:

Issued for each competition, this list must contain the following information of all participants:

- Lot Number, name, date of birth, IWF/IOC country code, Entry Total, bodyweight of the competitors
- the first attempts in Snatch and in Clean and Jerk
- signatures of Technical Officials attending the weigh-in

The Weigh-in List must be made available to all concerned as soon as possible after the weigh-in.

#### 3.14.3 The Competitor's Card:

Issued for each competitor, this document contains the competitor's start number, name, IWF/IOC country code, date of birth, bodyweight, bodyweight category and group, Entry Total. It is used to record the weight of each attempt during the competition, with the eventual modifications as allowed by the rules. The coach must sign against each entry.

#### 3.14.4 The Protocol:

This form, either handwritten or a computer printout, is the official document certifying the results of each competition including Start number, Lot number, name, date of birth, IWF/IOC country code, bodyweight, all attempts and results, records broken. It has to be verified in detail for accuracy and signed by the Competition Secretary/Director and the President of the Jury. As a back-up document, a manual Protocol must be kept by an appointed person at all competitions.

#### 3.14.5 Final Results Package:

This document, which can also be in electronic/digital format (CD, DVD), distributed to the delegations at the end of the Event, 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 country code, bodyweight, attempts and result
- New records, including bodyweight category, name, date of birth, IWF/IOC country code, record weight

## **4 OUTFIT OF THE COMPETITORS**

### **4.1 COSTUME**

#### 4.1.1 Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

The costume:

- may be one-piece or two pieces but must cover the trunk of the competitor;
- must be close fitting;
- must be collar-less;
- may be of any colour;
- must not cover the elbows;
- must not cover the knees.

#### 4.1.2 A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collarless. Close-fitting leotard / cycling trunks may be worn under or over the costume. They must not cover the knees.

#### 4.1.3 A T-shirt and trunks may not be worn instead of the costume.

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

#### 4.1.5 Socks may be worn, but they must not go higher than below the knees and must not cover any bandages on forbidden areas.

### **4.2 WEIGHTLIFTING FOOTWEAR**

- 4.2.1 The competitors must wear sport footwear (called weightlifting shoes / boots) to protect their feet and give them stability and a firm stance on the competition platform.
- 4.2.2 Weightlifting footwear must be made in such a way that they do not give the athlete an unfair advantage or additional support other than what is specified in 4.2.1.
- 4.2.3 A strap over the instep is permitted.
- 4.2.4 The part of the footwear that covers the heel may be reinforced.
- 4.2.5 The maximum height permitted on the upper part of the footwear, measured from the top of the sole, is 130 mm.
- 4.2.6 The sole must not extend from the footwear by more than 5 mm at any point.
- 4.2.7 The footwear may be made of any material or combination of materials.
- 4.2.8 There is no minimum or maximum height of the soles.
- 4.2.9 There are no restrictions in regards of the shape of the footwear.

#### 4.3 **BELT**

- 4.3.1 The maximum width of the belt may not exceed 120 mm.
- 4.3.2 No belt may be worn under the competitor's costume.

#### 4.4 **BANDAGES, TAPES AND PLASTERS**

- 4.4.1 Bandages, tapes or plasters may be worn on the wrists, the knees and the hands. Tape or plasters may be worn on the fingers or the thumbs.
- 4.4.2 The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberised kneecap, which allows free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way.
- 4.4.3 On the wrists, the bandages must not cover more than 100 mm of skin.
- 4.4.4 On the knees, the bandages must not cover more than 300 mm of skin.
- 4.4.5 There is no limit to the length of the bandages.
- 4.4.6 The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar.
- 4.4.7 Plasters on the fingers are allowed but must not protrude in front of the fingertips.
- 4.4.8 In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cycling gloves. These gloves may cover

only the first phalanx of the fingers. If plasters are worn on the fingers, there has to be a visible separation between the plasters and the glove.

4.4.9 No bandages or substitutes are allowed on the following parts of the body:

- a) the elbows
- b) the trunk
- c) the thighs
- d) the shins
- e) the arms

In the event of an injury, the Doctor on Duty may apply plasters on any bleeding part of the body.

4.4.10 Only one type of bandage may be worn or authorised on any part of the body.

4.4.11 There has to be a visible separation between the costume and the bandage(s).

4.5 On each piece of equipment of the weightlifters' outfit, the IWF allows the identification of the manufacturer and/or their sponsor in accordance with Rule 10.4. At Olympic Games, the IOC Manufacturers' Identification rules prevail.

## **5 COMPETITIONS**

### **5.1 IWF EVENTS**

5.1.1 Weightlifting competitions at World Championships, Olympic Games, Continental, Multisport Games and other IWF Events must be organised under IWF supervision and carried out in full conformity with its Constitution, Technical and Competition Rules. The stipulations of the IWF Manual for World Championships are also to be adhered to, wherever applicable.

5.1.2 Organising Federations must guarantee unconditional entry to all participants from all eligible IWF affiliated countries.

5.1.3 Competitions of all IWF Events must include the two individual lifts (Snatch and Clean and Jerk) in all the bodyweight categories recognised by the IWF.

5.1.4 No major international competition may be organised within thirty (30) days before and thirty (30) days after the World Championships or Olympic Games.

### **5.2 WORLD CHAMPIONSHIPS**

5.2.1 World Championships are held every year, except in Summer Olympic years. Junior World Championships are held every year. Youth World Championships may be organised every year, except in the years of the Summer Youth Olympic Games.

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

- 5.2.3 Gold, silver and bronze medals are awarded respectively to the first three places for the Snatch, the Clean and Jerk and the Total in each of the bodyweight categories.
- 5.2.4 Applications to organise World Championships must be made in writing sixty (60) days prior to the Executive Board meeting which is to decide on the allocations. The IWF Secretariat sends an application form (Questionnaire) upon request to the candidates. The completed Questionnaire must be returned to the IWF Secretariat.
- 5.2.5 The allocation of the World Championships is decided by the IWF Executive Board.
- 5.2.6 Following the allocation of the World Championships, the IWF and the host Federation conclude an Agreement pertaining to the main obligations and conditions of the organisation of the Championships, based on the application Questionnaire.
- 5.2.7 World Championships are carried out in not less than eight (8) competition days, Junior Championships not less than seven (7) days. The number of competition days for Youth World Championships is to be decided by the Executive Board.
- 5.2.8 **Financial responsibilities - host Federation / Organising Committee:**
- 5.2.8.1 Offers the participants accommodation and full board at a daily rate to be fixed and the currency to be used, as well as local transportation, access to the competitions, participation in official meetings, training, closing banquet and other usual technical services. The daily rate must be approved by the IWF, which must see that the services provided are commensurate with the price indicated.
- Note 1: Each Executive Board member is entitled to a single room if he or she is a technical official for the entire duration of the World Championships. If he or she participates only in the meetings, this condition applies only for the duration of the meetings. If this member has to pay for the room, only the basic (double room) rate must be paid to the Organising Committee.
- Note 2: Each delegation is entitled to one single room for the delegation leader at basic (double room) rate. The delegation can decide who should be accommodated in a 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 an athlete from another country, and in this case alone, a single room must be provided at the double-room rate.
- 5.2.8.2 Provides transportation and training facilities for participants at least four (4) days before the beginning of the Championships.
- 5.2.8.3 Provides free accommodation and board, during the competitions days plus two (2) days, for up to forty-five (45) selected Technical Officials, (Referees, Jury members, Technical Controllers, Doctors on Duty, Competition Secretary and Chief Marshal). The number of Technical Officials is decided



taking into consideration the number of competition days, the number and type of World Championships organised and other considerations, and depends on an agreement between the IWF and the host Federation / Organising Committee. If the IWF Executive Board and Committee meetings are held in conjunction with the World Championships, to those selected Technical Officials who are members of the Board or/and the Committees, free accommodation is provided for the competition days plus five (5) days. To benefit from the above, the Technical Officials must be present and available for the complete Championships. The participants must pay for additional days.

- 5.2.8.4 Guarantees that the prices of accommodation quoted six (6) months prior to the World Championships will not increase.
- 5.2.8.5 Provides, free of charge, the facilities for the Congress and the meetings of the Executive Board and the Committees, Verification of Final Entries, Technical Officials' Meeting (twice), Calendar Conference (including meeting room, interpreters, technical facilities, coffee, refreshments, etc.).
- 5.2.8.6 Provides, free of charge, the technical organisation and all pertaining facilities (equipment, hall and rooms with adequate furnishing, technical staff, first aid, refreshments, etc.) for the competitions and training for the World Championships, as required by the relevant IWF rules, including:
- Competition venue
  - Warm-up area
  - Athletes' Rest area
  - First aid room
  - Doping control premises
  - Press centre
  - VIP and Technical Officials' room
  - IWF Secretariat Offices
  - Weigh-in room
  - Sauna
  - Training venue
- 5.2.8.7 Takes out acceptable comprehensive health / medical / hospital insurance policies for the Championships.
- 5.2.8.8 Accommodates, free of charge for the competition days plus five (5) days the Chairpersons of the IWF Technical, Medical and Coaching and Research Committees, when they are not among the appointed Technical Officials.
- 5.2.8.9 Provides, free of charge, business class return travel, accommodation and board for the competition days plus six (6) days for the IWF President, the General Secretary, and economy class return travel, accommodation and board for five (5) members of the Secretariat and the appointed Press delegate.
- 5.2.8.10 Provides premises, venues with appropriate facilities and technical facilities for the IWF Secretariat, for the meetings and Congress, and for the World Championships.
- 5.2.8.11 If required, pays full costs for travel, accommodation and board, for one (1) technical visit for the Youth World Championships, two (2) technical visits for the Junior World Championships and three (3) technical visits prior to the World Championships, to check and evaluate their preparation.

5.2.8.12 Provides commemorative medals and diplomas to all official participants of the Championships.

### 5.2.9 **Financial responsibilities - participating Federations:**

5.2.9.1 The participating delegations must accept the accommodation offered by the Organising Committee, at the cost indicated in the Regulation. The amount must be coordinated with the IWF and must be commensurate with the standard of the services provided.

5.2.9.2 Pay the host Federation / Organising Committee an Entry Fee of US\$200 (Two Hundred US dollars) for each delegation member. US\$100 (One Hundred US dollars) of this fee remains with the Organising Committee and US\$100 (One Hundred US dollars) is paid to the IWF as part of the Anti-Doping Fund.

5.2.9.3 The selected Technical Officials, the IWF President, General Secretary, the IWF Committee Chairpersons and Secretariat members, the Press Delegate and the licensed journalists do not have to pay the Entry Fee. The Executive Board or Committee members and the Congress delegates who only attend their respective meetings are also exempted from paying the Entry Fee, but after the Congress these persons cannot enjoy the privileges associated with accreditation such as transportation, entry to the competitions and sport facilities or any social events.

5.2.9.4 National Federations participating in the World Championships do so at their own risk. The Federations must undertake full moral and financial responsibility for their delegates regarding their health and in case of accidents or damages.

## 5.3 **OLYMPIC GAMES**

5.3.1 At least twenty four (24) months before the opening of the Olympic Games and after consultation between the IWF Executive Board, the IOC and the Games Organising Committee, the IWF shall communicate the following information to the National Federations:

- the program of the competitions;
- the schedule of the competitions;
- the participation criteria for the competitors (Olympic Qualification Regulation);
- the entry conditions for Olympic competitors.

5.3.2 The Olympic weightlifting competitions are held in a period to be agreed between the IOC, the OCOG and the IWF, on a suitable number of competition days, with rest day(s) included, whenever convenient.

5.3.3 A NOC may enter the number of athletes to the Olympic Games in accordance with the qualification achieved, with a maximum of two (2) competitors per bodyweight category in accordance with the respective Qualification Regulation.

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

- 5.3.5 The IWF Executive Board appoints two (2) Technical Delegates for the Olympic Games, whose task is to co-ordinate and help with the technical organisation of the Olympic Weightlifting Competitions. The number of Technical Delegate visits at the Games city is fixed in an agreement between the OCOG and the IWF.
- 5.3.6 Six (6) months prior to the Olympic Games, the Executive Board appoints the Technical Officials for the Games, from the list of candidates submitted by the National Federations. Appointed Technical Officials may not be members of their national Olympic team.

#### **5.4 YOUTH OLYMPIC GAMES**

- 5.4.1 Competitors aged sixteen (16) and seventeen (17) are eligible to participate.

- 5.4.2 Youth Olympic Games categories:

Boys:

56 kg  
62 kg  
69 kg  
77 kg  
85 kg  
+85 kg

Girls:

48 kg  
53 kg  
58 kg  
63 kg  
+63 kg

- 5.4.3 Youth Olympic Games weightlifting competitions are held in a period to be agreed between the IOC, the OCOG and the IWF; on a suitable number of competition days.
- 5.4.4 The Qualification System must be elaborated between the IWF and the IOC and communicated to the National Federations/NOCs in due time prior to the Youth Olympic Games.
- 5.4.5 A NOC may enter the number of athletes to the Olympic Games according to the qualification achieved within the respective Qualification System.
- 5.4.6 Gold, silver and bronze medals are awarded respectively to the first three places for the Total in each of the bodyweight categories.

#### **5.5 MULTISPORT GAMES OTHER THAN OLYMPICS**

- 5.5.1 At least two (2) years before the opening of the Games, the IWF must be advised in order to approve the proposed facilities and technical organisation. An IWF Technical Delegate has to make a preliminary inspection. Travel, accommodation and board expenses are paid by the organising Federation / committee.

- 5.5.2 The Regulation of the weightlifting competitions of the Games and the scheduled program must be submitted to the IWF for approval before publication. The Regulation must be supplied in English and, additionally, in any other language the Organising Committee deems it to be necessary.
- 5.5.3 The IWF checks all the facilities and approves the Jury members and the Referees for the weightlifting competitions in consultation with the Continental, Regional Federation concerned and / or the Games organisers. The IWF representative must be present sufficiently in advance before the opening of the Games to ensure that the facilities are adequate and that the IWF Rules are being followed.
- 5.5.4 The IWF may be represented either by the President, the General Secretary, or by a delegate appointed by the President and the General Secretary in consultation. The IWF representative assumes the position of President of the Jury, Jury member or Competition Secretary, whichever is considered to be the most appropriate.
- 5.5.5 The Organising Committee must pay the travel accommodation and board expenses of the IWF delegate at the Games.
- 5.5.6 Gold, silver and bronze medals are awarded respectively to the first three places for the Snatch, the Clean and Jerk and the Total in each of the bodyweight categories, unless otherwise specified and arranged between the Organising Committee and the IWF.

## **5.6 WORLD UNIVERSITY CHAMPIONSHIPS**

- 5.6.1 World University Weightlifting Championships are organised in even years under the auspices/control of the FISU (International University Sport Federation), under the relevant FISU Rules and Regulations, upon allocation by FISU to a FISU National Member Organisation.
- 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 competitions, the IWF Technical and Competition Rules must be respected, wherever applicable.
- 5.6.4 Eligibility is in accordance with the FISU Rules on Eligibility in combination with the IWF Constitution, Technical and Competition Rules.
- 5.6.5 The IWF shall be involved in the allocation, the preparation and the running of the Championships in a consultative capacity.
- 5.6.6 The involvement of the respective National Weightlifting Federation in the organisation of the Championships is encouraged.
- 5.6.7 Subject to agreement with the Organising Committee, a suitable number of Technical Officials 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 the FISU (International University Sport Federation), are carried out in accordance with the relevant FISU-IWF Regulations for the Universiade sports, 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 Latest four (4) months before the date set for the IWF Event, the organising Federation sends the IWF Event Regulation to all the IWF affiliated Federations, the Executive Board and the Committee members.

- 6.1.2 The Regulation contains the following information:

- a) the exact date of the IWF Event, with a detailed program of the competitions and related activities;
- b) the competition venue and its access;
- c) the accommodation offered and the financial conditions;
- d) the press accreditation forms;
- e) the preliminary entry and final entry forms and athletes' profiles.
- f) any other pertinent information.

- 6.1.3 Participants may only be officially entered by their respective affiliated National Federation. A Preliminary Entry form, which includes the names, the date of birth, the category and the actual performance of the competitors in the Total (Entry Total), the names of the accompanying officials and their function, must be returned to the host Federation / Organising Committee with a copy to the IWF not later than sixty (60) days before the Congress/Technical Conference. Maximum nine (9) women and ten (10) men athletes can be included on the Preliminary Entry Form. (Refer to Sample Forms in the *Manual for Organisers of IWF Events*.)

- 6.1.4 The Final Entry form, which includes the names, the date of birth, the category and the actual performance of the competitors in the Total (Entry Total), the names of the accompanying officials and their function, must be sent by fax or e-mail to the Organising Committee with a copy to the IWF not later than fourteen (14) days before the Congress/Technical Conference. Maximum nine (9) women and ten (10) men athletes can be included on the Final Entry Form.

The Organising Federations shall be entitled to use the names entered by each National Federation on the Final Entry Forms to reserve hotel accommodation at one of the official designated hotels. Should any of the reserved hotel rooms be unused, the respective Federations shall be liable to pay to the organiser a cancellation fee for the entire duration of each reservation.

- 6.1.5 Final Entry Forms must be confirmed by the IWF. Unconfirmed, incomplete and/or incorrect Entry Forms shall not be accepted. Athletes not listed on the Final Entry form cannot take part in the Championships.

6.1.6 Before the Congress / Technical Conference preceding the IWF Event, there shall be a Verification of Final Entries, when each delegation receives a form on which they may do the following:

- correct the spelling of the name
- correct the date of birth
- modify the bodyweight category
- modify the Entry Total.

However, substitution of lifters is not allowed.

Maximum seven (7) women and eight (8) men shall remain on the verified Final Entry, with a maximum of two (2) per bodyweight category. Additional athlete(s) must be deleted.

When this form is verified, signed and returned, the entries are considered final, i.e. there cannot be any modification. Delegations not attending the Verification of Final Entries accept the data according to the Final Entry Form as final.

6.1.7 In any category, during the competition, the athletes may be divided into two (2) or more groups by the Competition Director and/or Secretary. The allocation into the groups will follow the verification of the final entries in accordance with the stated Entry Totals.

6.1.8 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 lower Lot Number goes to Group A, athlete with higher Lot Number to Group B.) When providing the Entry Totals, Rule 6.5.7 must be taken into consideration.

6.1.9 Before, or at the Technical Officials' meeting, the appointed Technical Officials and Doctors on Duty are assigned to the competitions.

## **6.2 DRAWING OF LOTS**

6.2.1 After the Verification of Final Entries ~~at the Technical Congress~~, a randomly generated lot number is drawn for each entered competitor. The athletes retain this number throughout the competition.

6.2.2 The lot number decides on the order of the weigh-in and the order of lifting during the course of the competition as well as the allocation of competitors into groups.

## **6.3 WEIGH-IN**

6.3.1 The weigh-in of each competition begins two (2) hours before the start of the competition and lasts one hour.

6.3.2 The official weigh-in takes place in a room equipped with the following:

- The official scale of the competition
- The necessary competition forms, pens, etc.
- A table and chairs for the secretariat.

6.3.3 Each competitor of a specific competition must be weighed in the presence of at least two (2) of the appointed Referees and the Competition Secretary. One official from the lifter's team may be present.

- 6.3.4 The Referees verify the bodyweight, which is recorded by the Competition Secretary.
- 6.3.5 Bodyweights must be recorded exactly as read.
- 6.3.6 The bodyweight list may only be published after all the competitors have been weighed.
- 6.3.7 The competitors are called one by one into the weigh-in room, according to the progression of their lot number. Competitors not present when it is their turn to be weighed will be weighed at the end of the sequence.
- 6.3.8 When groups from different bodyweight categories are combined in one competition, the sequence of the weigh-in shall be category-by-category.
- 6.3.9 Competitors must prove their identity by presenting their passport or identity card to the Competition Secretary.
- 6.3.10 The competitors are weighed naked or in underwear, in the presence of Referees of their respective sex. The Competition Secretary, if of the opposite sex, will be suitably screened from the actual weigh-in process.
- 6.3.11 In the weigh-in room proper hygienic conditions must be provided.
- 6.3.12 A competitor who is within the weight of the category in which he or she is entered is weighed only once. A competitor who is under or over the limit may return to the weigh-in as many times as necessary to make the weight and does not have to follow the sequence.
- 6.3.13 A competitor who, within the time allocated for the weigh-in, fails to make the bodyweight of the category in which he or she is officially entered is excluded from the actual competitions.
- 6.3.14 During the weigh-in, the coach of each competitor must sign on the competitor's card the confirmation of the bodyweight registered; and enter and sign the first attempts in Snatch and Clean and Jerk, with consideration to Rule 6.5.7.
- 6.3.15 As soon as the competitor has weighed within the category, the coach or lifter will be given three (3) passes for accompanying coaches for the warm-up area. When there are two competitors from the same country, one (1) additional pass will be given after the second lifter has weighed in. The persons who have been issued with passes are the only ones permitted to enter the warm-up area. Passes are issued for each specific competition. These passes, valid only for the specific competition for which they are issued, are distributed at the weigh-in by the Competition Secretary, to identify the authorised team officials to be in the warm-up and competition areas. Passes for different groups in each category must be of different colour.
- 6.3.16 At the end of the weigh-in, and corresponding to his/her lot number, each competitor is given a start number (bib), which must be worn on the costume. A new set of start numbers (starting from 1) is issued for each competition.

#### **6.4 PRESENTATIONS**

- 6.4.1 Fifteen (15) minutes before the start of the competition of each bodyweight category or group, the following presentations will be made:
- a) The competitors of the category or group are presented in the order of the lots drawn; after the presentation, they leave the stage together
  - b) The Technical Officials of the competition are then presented:
    - the Referees
    - the Technical Controller(s)
    - the Doctor(s) on Duty
    - the Jury Members
    - the Chief Marshal

Note 1: The above-mentioned persons appear at the presentation together and leave together, to appropriate marching music. The Jury members are presented at their respective working location in the competition area during the pause, before the beginning of the competition.

Note 2: Should any competitor not be present for the formal introduction, he/she will be requested to explain his/her absence to the Jury, which will determine appropriate warning or further action.

## **6.5 COURSE OF THE COMPETITION**

- 6.5.1 The competition organisers have to appoint a sufficient number of officials to arrange, under the supervision of the Competition Director, the orderly progress of the competition. For this purpose, they have to use the competitor's cards that have spaces for the three attempts in the two lifts. These officials are called marshals and the senior marshal is called the Chief Marshal. At World Championships and Olympic Games, the Chief Marshal must be English speaking international category 1 Referee, appointed by the IWF.
- 6.5.2 The marshals supervise the changes made by the lifters or coaches in respect of the weight required for each attempt. The changes are immediately communicated to the Technical Operator/Competition Management who informs the Speaker to make the appropriate announcement. The marshalling may be carried out by means of an intercom or telephone system, or any other approved communication method between the warm-up area and the Technical Operator/Competition Management.
- 6.5.3 The barbell is loaded in progression, the competitor taking the lowest weight lifting first. Once the announced weight is loaded on the barbell, and the clock has started, it cannot be reduced. The competitors or their coach must therefore observe the progression of the loading and be ready to make their attempt at the weight they have chosen.
- 6.5.4 The weight of the barbell must always be a multiple of one (1) kg.
- 6.5.5 The automatic progression after any successful attempt for the same athlete must be a minimum of one (1) kg.
- 6.5.6 The minimum weight that can be lifted in a competition for men is twenty-six (26)kg, i.e. the bar (20kg) and collars loaded with two 0.5kg discs. The



minimum weight that can be lifted in a competition for women is twenty-one (21)kg, i.e. the bar (15kg) and collars loaded with two 0.5kg discs.

- 6.5.7 The aggregate weight of the starting attempts in the Snatch and the Clean and Jerk cannot be less than twenty (20) kg below the announced Entry Total for the male competition, and less than fifteen (15) kg below the announced Entry Total for the female competition. The monitoring and implementation of this rule is the responsibility of the Competition Secretary and the Referees at the weigh-in; and of the Chief Marshal, the Technical Controllers and the Jury during the competition. This rule shall apply unless otherwise stated.

Example: A male athlete enters a competition with an announced Entry Total of 200kg. The total weight of the first attempts in the Snatch and Clean and Jerk must not, in any case, be less than 180kg (80kg and 100kg, 70kg and 110kg or any other combination). If this rule is not adhered to, the Jury can exclude the athlete from the competition.

- 6.5.8 Order of calling: There are four (4) factors to consider in the following priority, when calling the competitors in sequence to take their attempts:

1. The weight of the barbell (lighter weight first)
2. The number of the attempt (lower number first)
3. The sequence/order of the previous attempt(s) (the athlete who lifted earlier comes first)
4. The lot number of the competitor (lower first)

See Example for Calling Order in the Annex No.4.

- 6.5.9 One minute (60 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt. After 30 seconds, a warning signal sounds. When a competitor attempts two lifts in succession, he or she is allowed two minutes (120 seconds) for the succeeding attempt. (For exception see 6.5.15). 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 competitor has not raised the barbell from the platform to make the attempt, this attempt is declared "No lift" by the three Referees. The start of the time has to be at the completion of the announcement of the attempt by the Speaker or the completion of the loading of the bar, whichever is the last.

- 6.5.10 The weight announced by the Speaker must be immediately displayed on the attempt board.

- 6.5.11 When a competitor wishes to increase or decrease the weight originally selected, the competitor or his or her coach must notify the marshals before the final call.

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

- 6.5.13 Before the first attempt or between two attempts coaches/athletes have to notify and sign the next attempt on the competition card and may change it twice. If the coach/athlete fails to do so before the final call (30 seconds), the athlete will be called according to the automatic progression. Where a competitor is taking consecutive attempts (2 minutes allocated time), the competitor/coach 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 changes allowed. The lifter will then have to take the automatic increment.

- 6.5.14 When a competitor asks for a change of weight and still has to take this heavier weight next, the clock is stopped while the weight is changed. After the change has been completed, the clock continues to run until the end of the allocated time. When a competitor asks for a change and, in doing so, follows another competitor, the normal one minute (60 seconds) applies for the next attempt.
- 6.5.15 In case a request by an athlete taking consecutive attempts changes the order and another athlete is called whose time starts running, but he/she too asks for a change, as a result of which athlete No.1 (originally called) is called again, he/she shall be granted only one (1) minute.
- 6.5.16 Competitors cannot re-enter the competition if an official announcement has been made that the competitor has withdrawn from the competition.
- 6.5.17 When there has been an error in loading the barbell or when the Speaker makes an incorrect announcement, the Jury takes the following decision:

Example 1:

When the barbell is loaded to a lighter weight than the one requested by the competitor, the competitor may, if he or she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0kg, or refuse it. If he or she refuses the attempt, the competitor is granted an additional attempt with the weight originally requested.

Example 2:

When the barbell is loaded to a weight which is not a multiple of 1.0 kg and the lift is successful, the competitor may accept the attempt at the value of the next lower value of 1.0 kg.

Example 3:

When the barbell is loaded to a heavier weight than the one requested by the competitor, the competitor may if he or she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0 kg. If the attempt is not successful or if the barbell is not a multiple of 1.0 kg, the competitor is automatically granted an additional attempt with the weight originally requested.

Example 4:

When a lift is failed because the barbell is not equally loaded, or because the barbell is changed during the lift or the platform is disarranged, the Jury may grant an additional attempt at the request of the lifter or his/her coach.

Example 5:

When the Speaker makes a mistake in announcing a weight lighter or heavier than the one requested by a competitor, the Jury must take the same decision as for errors in loading.

Example 6:

In certain competitions, when the competitors are not obliged to remain near the platform, therefore finding it impossible to follow the progress of the other competitors, the weight must be similarly reduced when the Speaker omits to call a competitor at the time he or she would have normally taken his or her attempt.

- 6.5.18 In an international match between two individuals or between two nations contested in separate categories, the competitors may lift alternately. The competitor taking the lighter weight lifts first and that order is maintained throughout that particular lift.
- 6.5.19 During any competition organised on a platform or stage, nobody other than the members of the Jury, the officiating Referees, the Speakers, the technical officials, authorised team officials (see 6.3.15) and the competitors of the specific category or group are allowed in the competition area.

## **6.6 BREAK**

- 6.6.1 There is a ten (10) minute break after the Snatch competition to allow the competitors to warm up for the Clean and Jerk.
- 6.6.2 The Jury in its discretion may shorten or extend the break period. In this case, an appropriate announcement must be made.

## **6.7 CLASSIFICATION OF ATHLETES AND TEAMS**

- 6.7.1 The title of champion is awarded for individual lifts on the Snatch, the Clean and Jerk as well as for the Total (the aggregate of the best Snatch and the best Clean and Jerk results). The competitors who have won first, second and third place in the two lifts and in the Total in official competitions under IWF rules are awarded gold, silver and bronze medals, respectively.
- 6.7.2 To calculate the individual ranking in Snatch and in Clean and Jerk the following factors in the following order must be considered:
1. best result – higher first; if identical, then:
  2. bodyweight – lower first; if identical, then:
  3. best result's attempt number – smaller first; if identical, then:
  4. previous attempt(s) – smaller first; if identical, then:
  5. Lot number – smaller first
- 6.7.3 To calculate the individual ranking in Total the following factors in the following order must be considered:
1. best result – higher first; if identical, then:
  2. bodyweight – lower first; if identical, then:
  3. best Clean and Jerk result – smaller first; if identical, then:
  4. best result's attempt number – smaller first; if identical, then:
  5. previous attempt(s) – smaller first; if identical, then:
  6. Lot number – smaller first
- 6.7.4 At World and Continental Championships and in competitions under IWF Rules, the classification of the teams is calculated by adding the points allocated to each competitor according to the following scale:

1 <sup>st</sup> place	28 points
2 <sup>nd</sup> place	25 points
3 <sup>rd</sup> place	23 points
4 <sup>th</sup> place	22 points
5 <sup>th</sup> place	21 points
6 <sup>th</sup> place	20 points
7 <sup>th</sup> place	19 points

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

- 6.7.5 At World Championships and in competitions under IWF Rules team points according to the ranking in Snatch and Clean and Jerk as well as in the Total will be allocated to each team for the Team classification.
- 6.7.6 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.
- 6.7.7 No valid lifts in the Snatch do not eliminate competitors from the championships. They are allowed to continue in the Clean and Jerk. If successful, they receive points for their team classification according to the place obtained in the Clean and Jerk but do not receive points for the Total. Where medals are given on Total only, the lifter shall be eliminated if all Snatches have failed.
- 6.7.8 Competitors who have been successful in the Snatch but have a zero in the Clean and Jerk receive points for their team classification according to the place obtained in the Snatch but do not receive points for the Total.

## **7 OFFICIALS OF THE COMPETITION**

- 7.1 General provisions:
- 7.1.1 A suitable number of Technical Officials must be appointed to work at each competition. Technical Officials selected to work at IWF Events must not be involved in coaching or assisting any athletes during these competitions.
- 7.1.2 At IWF Events the following Technical Officials must be serving:
- Competition Secretary / Competition Director
  - Jury
  - Technical Controllers
  - Referees
  - Timekeeper
  - Chief Marshal
- 7.1.3 Doctor(s) on Duty must also be appointed.

- 7.1.4 Technical Officials must wear the official IWF Referee Uniform: dark blue jacket, striped blue and white shirt, IWF tie (or scarf for women), beige trousers (beige skirt or trousers for women) dark socks, black shoes and the IWF Referee metal badge on the left lapel of the jacket. Only the IWF badge may be worn because these officials represent the International Federation. In very hot weather and subject to the authorisation of the Jury President, the jacket may be removed. The official Safari Uniform must be worn when directed by the IWF. At Olympic Games and at other multisport Games, only the uniform issued by the Organising Committee is worn.
- 7.1.5 Technical Officials must be present at their respective assigned positions / working locations latest thirty (30) minutes prior to their duty.

## 7.2 **COMPETITION SECRETARY/DIRECTOR**

- 7.2.1 For all weightlifting competitions, a Competition Secretary / Competition Director is appointed. The Competition Secretary / 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 Controllers.

The duties of the Competition Secretary / Competition Director are as follows:

- 7.2.2 Verify the lists of the competitors and divide them into groups if necessary, according to the best results supplied by the participating Federations following the verification of final entries.
- 7.2.3 Supervise the drawing of lots at the Congress if not done electronically.
- 7.2.4 Supervise the weigh-ins and allocate the duties of the officials in the weigh-in room.
- 7.2.5 Supervise the order of lifting in accordance with the sequence of the competition, including the operation of the competition management system and the issue of the official documents.
- 7.2.6 Supervise the registration of new World and Olympic records set up during the competitions.
- 7.2.7 Monitor and enforce Rule 6.5.7.

## 7.3 **THE JURY**

- 7.3.1 The function of the Jury is to ensure that the Technical and Competition Rules are being followed and applied.
- 7.3.2 All Jury members must be category 1 Referees.
- 7.3.3 All Jury members must be from different countries.  
Note: Whenever possible, a female member must be appointed in each Jury group.

- 7.3.4 At IWF Events the Juries are composed of three (3) or five (5) members each, one of them being the President. Two (2) reserves may also be appointed.
- 7.3.5 During the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Referee whose decisions prove him or her to be incompetent. The impartiality of the Referees is not to be doubted, however, a mistake in refereeing may occur involuntarily. In such an event, the Referee is allowed to explain his or her decision.
- 7.3.6 After observing the work of the Referees throughout the competition, the Jury members may highlight any special occurrences by way of report on the prescribed form. The President of the Jury will deliver such reports to the Chairman of the Technical Committee or to the General Secretary.
- 7.3.7 The Jury, in unanimity and after discussion, has the power to reverse a decision when the Referees' decision has been judged on majority by the Jury to be technically incorrect. Such decision and its reason must be communicated to the athlete/coach concerned through the Technical Controller or any other Official, as directed by the President of the Jury, and announced to the public by the Speaker.
- 7.3.8 In order to apply the above rule, the Jury members have to give their decision on each lift using the equipment located on the Jury table. This device is equipped with 5 green LEDs (Light Emitting Diodes), 5 white LEDs and 5 red LEDs. Each Jury member has a piece of apparatus with a red and white push button. When the Jury members press either one of the buttons, the green led lights up. The white and red decision LEDs light up only when all the Jury members have given their decision. No Jury member must attempt to influence the decision of the other Members of the Jury.
- 7.3.9 During the competition, the Jury must monitor and enforce Rule 6.5.7.
- 7.3.10 The Jury must be located in a place where the view of the competition is clear and unobstructed. The Jury table must be placed at maximum ten (10) metres from the centre of the platform, between the Centre and one of the Side Referees. Reserve members may not sit at the Jury table. They may take their place only when called upon to replace one of the original five members.
- 7.3.11 The Jury members must remain in their respective place for the Victory Ceremony. They must also make sure that the Referees remain in their respective positions.
- 7.3.12 A direct automatic telephone hook-up must be set up between the Jury President and the Competition Management.

#### 7.4 **TECHNICAL CONTROLLERS**

- 7.4.1 Technical Controllers are appointed to assist the Competition Secretary / Competition Director in the supervision of the running of the competition. They attend to their duties with the Referees appointed for the competition.

7.4.2 At World Championships and Olympic Games, the Technical Controllers must be international category 1 Referees.  
Note: Whenever possible, a female Technical Controller must be appointed in each Technical Controller group.

7.4.3 At World Championships and Olympic Games two (2) Technical Controllers are appointed per category. At other IWF Events, the IWF's official delegate appoints a suitable number of Technical Controllers.

The duties of the Technical Controllers are as follows:

7.4.4 Check the competition platform, the barbell, the scales, the electronic Referee light system, the timing clock, the warm-up area and the other facilities of the competition.

7.4.5 Ensure that the Referees wear the correct uniform.

7.4.6 Before the competition, place their international Referee card on the Jury table in front of the President and collect it at the end of the competition.

7.4.7 Before the competition, inspect the outfits of the competitors and enforce the rules when necessary. When a correction has to be made on the athlete's outfit or a lubricant has to be removed and the athlete has already been called, rule 2.3.6 applies.

7.4.8 During the course of the competition ensure that only the accredited number of officials accompany the athletes in the competition and warm-up areas.

7.4.9 Ensure that while the athlete is on the stage, nobody, including the Technical Controller is seen in that area (in view of the audience and / or TV cameras).

7.4.10 During the course of the competition checks the information of the scoreboard (correct lifter, attempt, weight, time, records) and allows lifters to go on stage once the announcements are complete.

7.4.11 Control the cleaning of the bar and the platform.

7.4.12 Assist the Anti-Doping Commission and the Weigh-in team, if requested.

7.4.13 Monitor and enforce Rule 6.5.7.

## 7.5 **REFEREES**

7.5.1 In every competition, Referees must concentrate on the main task of adjudicating the lifts performed by the athletes. All international Referees must hold a valid Referee card issued by the IWF.

7.5.2 International Referees are classified in two categories:

- a) Category 2: These persons may referee at national championships, international tournaments, Regional Games and continental championships.
- b) Category 1: These persons may referee at the above-mentioned championships and tournaments, as well as at Olympic Games and World Championships. They may also serve on an international Jury.

7.5.3 Referee licence:

At the request of the National Federations, the IWF issues Referee licences valid for each Olympiad, up to the end of the next Olympic year. Referees who do not hold a valid licence cannot officiate in international events.

7.5.4 A sticker placed on the last page of the Referee card identifies a valid licence.

7.5.5 The IWF registers the licensed Referees.

7.5.6 For an Olympiad, the licence fee for an international category 1 card is US\$200 (two hundred US dollars) and for a category 2 card, US\$100 (One hundred US dollars).

7.5.7 Any new card (either category 1 or 2) costs US\$200 (Two Hundred US dollars).

7.5.8 Payment for the fees must accompany the request.

7.5.9 Any new card must be paid for together with the licence.

7.5.10 The date of registration of the new category 2 Referees is the date of their examination.

7.5.11 Each Referee card contains space for recording all the international events refereed by the holder. The IWF President, the IWF General Secretary, the president of the Jury, the Competition Director/Secretary or the secretary of the holder's National Federation may write these entries.

**REFEREES AT COMPETITION**

7.5.12 At competitions held under IWF rules, three (3) Referees (a Centre Referee and two [2] Side Referees) and one Reserve Referee are appointed for each competition/session.

Note: Whenever possible, a female Referee must be appointed in each Referee group.

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

- That the necessary competition equipment is in order
- That all competitors weigh in within the limits of their category during the allocated time.

7.5.14 Before the competition, the Referees must place their international Referee card on the Jury table in front of the President.

7.5.15 The Centre Referee must be seated four (4) metres (measured from the front) of the platform to the rear of the Referee's table, and in line with its centre. The Side Referees must be seated on the same line as the Centre Referee, three (3) to four (4) metres apart.

7.5.16 During the competition, the Referees must ensure:



- That the weight of the barbell corresponds with the weight announced by the Speaker
  - That nobody but the lifter handles the barbell during the execution of a lift.
  - That only the lifter or the loaders move the barbell to a new position on the platform. It is forbidden for a coach to move, adjust or clean the barbell. If the lifter moves the barbell to a position where the view of the Referee is impaired, the Referees concerned may move to a position where the lift can be observed correctly. After, the Referees return to their place to give the signal and the decision.
  - That Rule 6.5.7 is enforced.
- 7.5.17 The Referees must indicate their judgment of the lift by giving signals. “Good lift” - white light; “No lift” - red light. A lift is “Good lift” with two or three white lights; a lift is “No lift” with two or three red lights.
- 7.5.18 When there is a breakdown of the Electronic Referee Light System or at competitions where it is not available, the Centre Referee gives the signal to replace the barbell on the platform at the conclusion of each lift, as soon as the lifter becomes motionless in all parts of the body and has both feet on the same line. This 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.
- 7.5.19 In the event of a failure of the electronic system and in competitions where no Electronic Referee Light System is available, small red and white flags can substitute the lights. The Referees announce their decision by raising the appropriate flag.
- 7.5.20 When the Electronic Referee Light System is not being used, should one of the Side Referees see a serious fault during the execution of a lift, he or 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 lifter to lower the barbell to the platform.
- 7.5.21 In a competition at which no Technical Controller is appointed, the Referees must perform the duties of the Technical Controller (see 7.4).
- 7.5.22 During the competition that they are called upon to adjudicate, the Referees must abstain from any comments.
- 7.5.23 During the competition, a Referee must not attempt to influence the decisions of the other Referees.
- 7.5.24 After the competition, the Referees must:
- Sign the record protocols if any
  - Collect from the Jury table their respective Referee card, signed and noted by the President of the Jury
  - Remain in their respective place during the Victory Ceremony.

#### **REFEREES AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES**

- 7.5.25 Two Referees from the same nation cannot be selected to adjudicate in the same group.

- 7.5.26 Three (3) months prior to the World Championships, each National Federation may submit a maximum of two (2) category 1 Referees to officiate at these Championships. The IWF Executive Board and the Technical Committee select from the proposed list of names those who will officiate. The number of Technical Officials to be selected is determined by the IWF in the knowledge of the exact program of the Championships. The National Federations are advised of the appointment or non-appointment of their Referees. If and when the need arises and at its absolute discretion, the IWF reserves the right to appoint other Officials, outside of the nominated ones, from any member country. Appointed Technical Officials and their National Federations will be duly advised. The Competition Secretary/Director assigns the selected Technical Officials to the specific categories or groups at the site of the Word Championships, before the start of the competitions.
- 7.5.27 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 National Federations (maximum of two [2] officials per Federation).

#### **PROMOTION OF REFEREES**

- 7.5.28 For a National Referee in order to be promoted to International Referee category 2 the following conditions are required. The candidate:
- a) must have served as National Referee at least five (5) years;
  - b) must be proposed by the National Federation;
  - c) must have a complete knowledge of the IWF Technical and Competition Rules;
  - d) must prove his/her competence in a practical examination organised either by the IWF, or in an IWF approved examination organised by the National Federation;
  - e) must obtain the marks of at least 85% in a written examination by means of the IWF Referees' Examination Questionnaire, prepared and revised by the Technical Committee from time to time.

#### **Conditions for the Referees' examinations to category 1:**

- 7.5.29 To be promoted from category 2 to category 1, Referees must prove their competence before three (3) category 1 Referees in the course of a competition held under IWF Rules (not Masters). In addition, the candidates must pass a written examination by means of the IWF Referees' Examination Questionnaire prepared and revised periodically by the Technical Committee.
- 7.5.30 Candidates must have served at least two (2) years as category 2 Referees.
- 7.5.31 Candidates may be examined at IWF Events (except World Championships) or national championships.
- 7.5.32 The three (3) members of the examining committee may all be of the same country.
- 7.5.33 Each examiner sits separately from the others and marks the candidates independently, without consulting the other examiners.
- 7.5.34 When the Electronic Referee Light System is used, up to three (3) Referees may be examined simultaneously, otherwise only the Centre Referee can be examined.

- 7.5.35 The examiners record their marks using the score-sheet of the competition.
- 7.5.36 The name and the nationality of the candidate(s) are entered to correspond with their position at the platform, 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 examiners also sign their name and indicate their nationality.
- 7.5.37 The names of the competitors are entered in the same order on all the score-sheets of the examining committee, so that all their marks coincide.
- 7.5.38 Candidates must Referee at least One Hundred (100) attempts. This includes uncompleted as well as completed attempts.
- 7.5.39 The examiners first mark at the top of each space on the score-sheet their own opinion of each lift. A / indicates a good lift and an **X** indicates a bad lift. Underneath the mark, and using the same signs, they mark the decisions given by the three Referees.
- Example: / = 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** = Referee number 1 has given an incorrect decision
- 7.5.40 When only the Centre Referee is examined and he gives an incorrect signal, e.g. a signal too fast or too late to lower the barbell, the examiner must mark this with an **X**, plus the letter **S** below to indicate incorrect signal. A candidate can thereby commit two faults during one attempt and both these faults are shown on the score-sheet.
- 7.5.41 The examiners mark with an **O** every attempt, which is not completed by the competitors, e.g. dropping the bar in the Snatch, or Clean, failing to complete a Jerk, etc.
- 7.5.42 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 mistake.
- 7.5.43 The results of each candidate are calculated from the completed attempts. In order to be promoted to category 1, the candidates must obtain Ninety-Five (95)% in the practical exam and Ninety (90)% in the written exam.
- 7.5.44 The original mark-sheets, without any alteration or addition, are sent to the IWF Secretariat to calculate the percentage obtained by the candidates in their practical exam.
- 7.5.45 The IWF Secretariat transmits the results to each candidate through the candidate's National Federation. The successful candidates also receive their category 1 card and licence through their National Federation.

- 7.5.46 The date of the promotion of the successful candidate is the date on which the examination was taken.
- 7.5.47 Even if Referees already holding a valid Referee licence of category 2 for the given Olympiad are promoted to category 1, the category 1 Referee licence for US\$ 200 (Two Hundred US dollars) must be purchased in order to receive the new category 1 card.
- 7.5.48 Candidates who fail must wait at least six (6) months before taking the examinations again.

## **7.6 TIMEKEEPER**

- 7.6.1 At all competitions held under IWF rules, the Organising Committee must appoint Timekeepers.
- 7.6.2 At Olympic Games the Timekeepers must be Category 1 international Referees. At World Championships the Timekeepers must be qualified international Referees. At other IWF Events the Timekeepers must be qualified international or national Referees.
- 7.6.3 The duties of the Timekeeper are as follows:
- 7.6.4 To operate the timing clock when the athletes are called to perform their attempts during the course of the competition, in accordance with the rules.
- 7.6.5 To set and start the clock at one minute (60 seconds) or two (2) minutes (120 seconds) at the beginning of each attempt. The time must be started the moment the Speaker has finished the announcement of the attempt or the barbell is loaded, whichever is the last.
- 7.6.6 To stop the clock immediately as the barbell is raised from the platform.
- 7.6.7 To restart the clock if the barbell has not reached the height of the knees.
- 7.6.8 In order to perform his/her duties properly, the Timekeeper works in close cooperation with the Speaker and the President of the Jury.

## **7.7 CHIEF MARSHAL**

- 7.7.1 The Chief Marshal's main duty is to accept or refuse the modifications made by the coaches/athletes on the attempts to be taken, in accordance with the relevant Technical and Competition Rules; and to communicate the information about the requested attempts to the Competition Management table by means of a point-to-point intercom system.
- 7.7.2 At World Championships and Olympic Games, the Chief Marshal must be an English-speaking international category 1 Referee, appointed by the IWF.

## **7.8 SPEAKER(S)**

- 7.8.1 One or more Speakers must be appointed. Their duty is to make the appropriate announcements for the efficient running of the competition. This includes for each attempt:
- the name of the competitor called to the platform
  - the country
  - the weight of the barbell
  - the number of the attempt
- 7.8.2 The Speaker also notifies the next competitor in advance. An assistant to the Speaker(s) may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.
- 7.8.3 The Speaker makes the Presentations in accordance with 6.4 and makes the required announcements regarding the course of the competition.

- 7.8.4 The Speaker, as time and the progress of the competition allow, may make announcements to inform the public.
- 7.8.5 The Speaker conducts the Victory Ceremonies in accordance with 9.2.
- 7.8.6 If no computerized competition technology is used, the Speaker must be an international Referee.

## **7.9 DOCTORS ON DUTY**

- 7.9.1 At Olympic Games, World Championships and other major international events, medical doctors are appointed to be Doctors on Duty during the competitions in each of the bodyweight categories.

### Doctors on Duty have the following tasks:

- 7.9.2 Be present at the competition venue from the weigh-in until the end of the competition.
- 7.9.3 Be familiar with and use the medical facilities and, if requested, assist in the anti-doping controls.
- 7.9.4 Be ready to render medical care in case of injury or illness; cooperate with team doctors and advise the coaches, officials and the athletes on the possibility of continuing the competition after an injury.
- 7.9.5 During the competition, authorise the application of additional plasters or bandages in accordance with the rules.
- 7.9.6 At World Championships, two (2) Doctors must be on duty at the same time. If necessary, team doctors may also be asked to assist the Doctors on Duty. If there is a medical need, the competitor shall agree to the Doctor on Duty attending him/her.
- 7.9.7 At Olympic Games, only IWF appointed doctors may work at the competitions as Doctors on Duty. Two (2) Doctors per competition are appointed.

### Ranges of responsibilities at IWF Events:

- 7.9.8 The appointed Doctors on Duty are responsible in the competition area, meaning the FOP and the warm-up area.
- 7.9.9 In case of an accident or injury, the Doctor 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 on Duty to provide assistance or to transfer treatment to the local authorities.
- 7.9.10 The responsibility of the Doctor on Duty ends outside the competition area.
- 7.9.11 To ensure these arrangements are in place, it is mandatory for a Doctor on Duty to contact the responsible local medical authorities and together with them survey the local medical facilities before the start of the competition.

## **8 WORLD RECORDS**

- 8.1 The IWF recognises world, junior world, youth world and Olympic records in each of the eight (8) bodyweight categories for men and seven (7) categories for women in the Snatch, the Clean and Jerk and the Total.
- 8.2 Youth athletes may set youth, junior and senior world records. Junior athletes may set junior and senior world records. Senior athletes may set (senior) world records.
- 8.3 World records may only be set at events in the IWF Calendar.
- 8.4 Olympic records may be set only at the Olympic Games.
- 8.5 New world records are ratified only when the athletes successfully undergo an anti-doping test.
- 8.6 Three (3) international Referees must be officiating when a world record is set.
- 8.7 The following conditions have to be fulfilled for the registration of a new record:
- a) A record is only valid if it exceeds the previous one by a minimum of one (1) kg.
  - b) Records must be registered in the Protocol, including the following information:
    - the name and IWF/IOC country code of the athlete
    - the competitor's bodyweight
    - the athlete's date of birth (dd/mm/yy).
    - the weight of the barbell
    - the bodyweight category
    - the name of the competition
    - the place and the date when the record is set

## **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 VICTORY CEREMONY**

At World Championships, at the conclusion of the competition of each category, a Victory Ceremony is held according to the following procedure:

- 9.2.1 A podium with places for the three (3) medal winners is placed on the competition platform.
- 9.2.2 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.
- 9.2.3 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. 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).
- 9.2.4 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).
- 9.2.5 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.
- 9.2.6 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.
- 9.2.7 The medal bearers, the athletes and the officials march out.
- 9.2.8 The IWF President may appoint one or two other persons to accompany him for the presentation.
- 9.2.9 The Victory Ceremony is carried out in due solemnity, the marching in and out done with musical accompaniment.



- 9.2.10 During the Victory Ceremony, medal winners cannot take electronic devices onto the podium and cannot be accompanied by any other persons.
- 9.2.11 Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

### **9.3 CLOSING CEREMONY**

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

- 9.3.1 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.

### **10 TELEVISION AND ADVERTISING**

- 10.1 The IWF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post-event production of video recordings and advertising rights and all other multimedia coverage of the World Championships and other events organised and controlled by the IWF.
- 10.2 To obtain these rights or part of these rights, a fee must be paid to the IWF. The President and General Secretary decide the amount in consultation.
- 10.3 Television rights, marketing and sponsorship revenues for World Championships are apportioned according to the signed contract between the host Federation / Organising Committee and the IWF.
- 10.4 Manufacturer's identification: At World championships and Events organised by the IWF, on each piece of equipment of the weightlifter's outfit the IWF allows the application of

- a) the identification (logo, name or a combination of both) of the manufacturer of the product and/or
- b) the identification of their commercial sponsor (logo, name or a combination of both

in the total maximum size of 500 cm<sup>2</sup> per piece of equipment. Distinctive design patterns of a manufacturer are not considered for this measurement of the application. Anything exceeding this size is regarded as advertising and the relevant rules apply.

- 10.5 At Olympic Games, the IOC rules prevail regarding the manufacturer's identification.

## **11 PRIMARY MEDICAL CARE FOR COMPETITORS AND DELEGATES**

- 11.1 The Organising Committees of World Championships and other IWF Events must provide each competitor and delegate with primary medical care in relation to any illness or injury that may occur. For this purpose, a doctor with an assistant and an ambulance car must be stationed at the venue during the competition and training hours. A medical room must be provided containing the basic important medical equipment, bandages, medicines and the necessary facilities for the examination and initial treatment of the patients.
- 11.2 Throughout the entire period of the Championships, primary medical care must be available at any time to all accredited participants. The costs of such primary medical service are borne by the Organising Committee of these particular Championships in respect only to treatment provided to competitors and the delegates. If any competitor or delegate has been provided with appropriate health insurance coverage prior to leaving his or her country, the Organising Committee may arrange for reimbursement of any cost incurred for providing such medical services, through their respective National Federation.
- 11.3 If any doubt exists as to the chronic nature of any illness or injury that occurs during a Championship, the appropriate primary medical care must be initially provided and then, if further investigation or treatments are required, they are performed at the discretion of the Organising Committee doctor. If necessary, the latter can consult with other members of the Organising Medical Committee and/or the IWF Medical Committee members.
- 11.4 The above procedure is recommended by the IWF to the Continental Federation Medical Committees for application at their Championships.



# Technical and Competition Rules

## 2009 - 2012