

IWF Coaching and Research Committee
Hybrid meeting
18th December 2021



The Chair Mahmoud Mahgoub opened the Hybrid meeting with the majority of the CRC members present. The Athletes' Commission was represented by Mona de Lacey and the Chair of the EWF Coaching Research and Scientific Committee Colin Buckley was also invited.

The first topic discussed was the Olympic Bodyweight categories. The CRC members agreed unanimously to keep the existing 10 bodyweight categories as it is advantageous for the athletes. Then a discussion on the Olympic bodyweight categories was held and there were three proposals.

The heavyweight categories are youth categories and this caused some debate. The general view was that it is impossible to make everyone happy and someone will suffer no matter what decision is made.

The CRC supported the following categories:

Men: 61kg, 73kg, 89kg, 102kg, +102kg

Women: 49kg, 59kg, 71kg, 81kg, +81kg

Next on the agenda was the Paris 2024 Qualification System. The two opposing proposals were a two-year qualification from May 2022 to May 2024 and an 18-month qualification period from the fall (Sept / Oct / Nov) of 2022 to May 2024. The two-year qualification will include 5 competitions of which 4 best results count; as the 18-month qualification would include four competitions and three of the best competitions count. For both proposals it was agreed on that one must compete 2-3 times in the bodyweight category which one will compete at in the Olympic Games. It was proposed by the athletes that only weighing in to a category that one never competed in would not be acceptable any more, the actual qualification results (2-3 of them) must come from the same weight class that one will lift at in Paris.

Covid-issues in the future can also play a big part in the qualification. To fight doping all athletes qualifying for the Olympics must be registered in ADAMS during the whole qualification period, not just 3 months before the competition.

Dr Kyle Pierce presented an article Weightlifting for Children and Adolescents, a research completed by him, Dr. Michael Stone and Dr. Guy Hornsby earlier this year. The work is open for assessment for all until the end of January 2022, and the CRC complimented them on the work done. The link will be published on the IWF social media. The use of this study together with IOC

Athlete 365 material on resistance training for youth will be used as educational material in the future.

By request of coaches a proposal the IWF TCRR rule 6.6.3. was made about the automatic 1 kg raise after the first lift. Coaches have brought up the fact that it is very rarely that an athlete takes only 1 kg more for the next second lift once the first lift was successful, and it slows down the competition. Thus an automatic 2 kg raise was proposed. The new text which received unanimous support from the members will be forwarded to the IWF Technical Committee for review. It reads:

6.6.3 The automatic progression after any successful attempt for the same athlete is one (1) kg except after a successful first lift when it is two (2) kg. When regulations permit, the athlete can ask for a lower progression.

If the lift is unsuccessful the weight on the barbell automatically remains the same.

The last topic on the agenda was the Challenge Card. A change to the use of the Challenge Card was proposed so that there should be two Challenge Cards instead of one: one for yourself and the other for challenging another athlete. The rules would remain the same so that when a challenge is accepted by the jury, the coach receives the Challenge Card back; and if the challenge is lost, the card is lost. The addition of the new Challenge Card would increase transparency as anyone's actions can be challenged by others. Further evaluation will be needed as a pathway for the proposal was not discussed.

Although the discussions were heated at points, the members worked together to solve issues and make compromises. Other items about Coach Education, were moved to the next CRC meeting. Chair Mahmoud Mahgoub and Deputy Chair Karoliina Lundahl thanked the participants for good discussions.