

ANNEX

IWF TCRR MODIFICATIONS AS OF 17 MARCH 2025

1.2.1 There are ten (10) bodyweight categories for Junior men and Senior men. All competitions under IWF Technical and Competition Rules & Regulations (TCRR) must be held in the following categories and sequence:

- 1 55 kg
- 2 61 kg
- 3 67 kg
- 4 73 kg
- 5 81 kg
- 6 89 kg
- 7 96 kg
- 8 102 kg
- 9 109 kg
- 10 +109 kg

From 01 June 2025

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

- 1 60 kg
- 2 65 kg
- 3 71 kg
- 4 79 kg
- 5 88 kg
- 6 98 kg
- 7 110 kg
- 8 +110 kg

1.2.2 There are ten (10) bodyweight categories for Junior women and Senior women. All competitions under IWF TCRR must be held in the following categories and sequence:

- 1 45 kg
- 2 49 kg
- 3 55 kg
- 4 59 kg
- 5 64 kg
- 6 71 kg
- 7 76 kg
- 8 81 kg
- 9 87 kg
- 10 +87 kg

From 01 June 2025

There are **eight (8)** bodyweight categories for Junior women and Senior women. All competitions under IWF TCRR must be held in the following categories and sequence:

1	48 kg
2	53 kg
3	58 kg
4	63 kg
5	69 kg
6	77 kg
7	86 kg
8	+86 kg

1.2.3

There are ten (10) bodyweight categories for Youth men. All competitions under IWF TCRR must be held in the following categories and sequence, except for the Youth Olympic Games, which are subject to special stipulations.

1	49 kg
2	55 kg
3	61 kg
4	67 kg
5	73 kg
6	81 kg
7	89 kg
8	96 kg
9	102 kg
10	+102 kg

From 01 June 2025

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

1	56 kg
2	60 kg
3	65 kg
4	71 kg
5	79 kg
6	88 kg
7	98 kg
8	+98 kg

1.2.4

There are ten (10) bodyweight categories for Youth women. All competitions under IWF TCRR must be held in the following categories and sequence, except for the Youth Olympic Games, which are subject to special stipulations.

1	40 kg
2	45 kg
3	49 kg

4	55 kg
5	59 kg
6	64 kg
7	71 kg
8	76 kg
9	81 kg
10	+81 kg

From 01 June 2025

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

1	44 kg
2	48 kg
3	53 kg
4	58 kg
5	63 kg
6	69 kg
7	77 kg
8	+77 kg

1.2.5

Olympic Games **Los Angeles 2028** bodyweight Categories:

~~Men:~~

1	61 kg
2	73 kg
3	89 kg
4	102 kg
5	+102 kg

~~Women:~~

1	49 kg
2	59 kg
3	71 kg
4	81 kg
5	+81 kg

To be defined later by the IOC.

1.2.7

At IWF Events each Member Federation may enter a team of maximum twenty (20) men and twenty (20) women or twice as many as the number of bodyweight categories on the program of the event in each gender. However, a team may participate with maximum ten (10) men and ten (10) women or equaling the number of bodyweight categories on the program of the event, in each gender, whichever is less. The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

Exceptions:

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

From 01 June 2025

At IWF Events each Member Federation may enter a team of maximum **sixteen (16)** men and **sixteen (16)** women or twice as many as the number of bodyweight categories on the program of the event in each gender. However, a team may participate with maximum **eight (8)** men and **eight (8)** women or equaling the number of bodyweight categories on the program of the event, in each gender, whichever is less. The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

Exceptions:

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

3.4.2.2 Maximum number of athletes allowed on the Preliminary Entry Form are twenty (20) men and twenty (20) women or twice as many as the number of bodyweight categories on the program of the event in each gender.

The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

From 01 June 2025

Maximum number of athletes allowed on the Preliminary Entry Form are **sixteen (16)** men and **sixteen (16)** women or twice as many as the number of bodyweight categories on the program of the event in each gender.

The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

3.4.2.3 Maximum number of athletes allowed on the Final Entry Form are twelve (12) men and twelve (12) women or equaling the number of bodyweight categories on the program plus two (2) in each gender, whichever is less; this consists of a maximum number of participating athletes plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form. Only athlete(s) from the Preliminary Entry Form can be included into the Final Entry Form.

From 01 June 2025

Maximum number of athletes allowed on the Final Entry Form are **ten (10) men** and **ten (10)** women or equaling the number of bodyweight categories on the program plus two (2) in each gender, whichever is less; this consists of a maximum number of participating athletes plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form. Only athlete(s) from the Preliminary Entry Form can be included into the Final Entry Form.

- 3.4.3.2** Maximum ten (10) men and ten (10) women (full team per gender), or equaling the number of bodyweight categories on the program whichever is less, shall remain on the Verification Form, with a maximum of two (2) athletes per bodyweight category, unless events of different age groups are held together.

From 01 June 2025

Maximum **eight (8)** men and **eight (8)** women (full team per gender), or equaling the number of bodyweight categories on the program whichever is less, shall remain on the Verification Form, with a maximum of two (2) athletes per bodyweight category, unless events of different age groups are held together.

7.5.7

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

~~When VPT is in use to reverse the decision after the VPT replay a majority is required amongst the Jury members.~~

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

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

When VPT is in use:

5 Members Jury

The Jury takes action when the decision of the majority of the Jury differs from the decision of the Referees.

If the decision of the Jury members differs from that of the Referees' decision, and the Jury members who differ are in majority, the Jury reviews the VPT and

may call the Referees in question to seek an explanation. If the explanation is accepted, and the Jury is in majority no action is taken. If the explanation is not accepted and the Jury is in majority the Referees' decision will be reversed.

Such decision and its reasons must be communicated to the Speaker, Athlete/Team Official concerned and Marshal via the Technical Controller or any other TO, as directed by the Jury President, and announced by the Speaker.

3 Members Jury

The Jury takes action when the unanimous decision of the Jury differs from the decision of the Referees.

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

Such decision and its reasons must be communicated to the Speaker, Athlete/Team Official concerned and Marshal via the Technical Controller or any other TO, as directed by the Jury President, and announced by the Speaker.

When VPT is not in use:

3 or 5 Members Jury

The Jury takes action when the unanimous decision of the Jury differs from the decision of the Referees.

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

Such decision and its reasons must be communicated to the Speaker, Athlete/Team Official concerned and Marshal via the Technical Controller or any other TO, as directed by the Jury President, and announced by the Speaker.

Regulation to 3.3.3 / Barbell

- 4** MEN'S BAR / Rim diameter = minimum 7.3 cm, maximum 8.0 8.5 cm
- 5** WOMEN'S BAR / Rim diameter = minimum 6.3 cm, maximum 7.5 8.0 cm

Regulation to 6.4 / Weigh-In

10 Athletes must be weighed in their weightlifting costume that they will be competing in. Athletes must not wear shoes or socks or any other footwear during weigh-in. If an athlete ~~is over~~ weighs 250 grams or more than their officially entered bodyweight category, 250 grams ~~can be~~ is deducted from the weight shown on the scales to allow for the weight of the costume. Following the deduction, if the athlete is still heavier the athlete must shed the extra weight till the officially entered bodyweight is reached. If the correct weight is not reached before the end of weigh-in period, the athlete will be eliminated from the competition.

If an athlete weighs in the correct weight or less than their officially entered bodyweight category, 250 grams is deducted from the weight shown on the scales to allow for the weight of the costume, meaning the athlete is no longer entitled to maintain the entry for the category chosen, unless the athlete gains that weight before the end of the weigh-in period. If the correct weight is not reached before the end of weigh-in period, the athlete will be eliminated from the competition. ~~If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.~~

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