

ANNEX

IWF TCRR MODIFICATIONS AS OF 05 NOVEMBER 2025

1.2 BODYWEIGHT CATEGORIES (Regulation)

1.2.1 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	94 kg
7	110 kg
8	+110 kg

From 01 August 2026

1	60 kg
2	65 kg
3	70 kg
4	75 kg
5	85 kg
6	95 kg
7	110 kg
8	+110 kg

1.2.2 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

From 01 August 2026

1	49 kg
2	53 kg
3	57 kg
4	61 kg

- 5 69 kg
- 6 77 kg
- 7 86 kg
- 8 +86 kg

1.2.3 There are eight (8) bodyweight categories for Youth men. All competitions under IWF TCRR must be held in the following categories and sequence.

- 1 56 kg
- 2 60 kg
- 3 65 kg
- 4 71 kg
- 5 79 kg
- 6 88 kg
- 7 94 kg
- 8 +94 kg

From 01 August 2026

- 1 55 kg
- 2 60 kg
- 3 65 kg
- 4 70 kg
- 5 75 kg
- 6 85 kg
- 7 95 kg
- 8 +95 kg

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

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

From 01 August 2026

- 1 45 kg
- 2 49 kg
- 3 53 kg
- 4 57 kg
- 5 61 kg
- 6 69 kg
- 7 77 kg
- 8 +77 kg

1.2.5

Olympic Games Los Angeles 2028 bodyweight categories:

~~To be defined later by the IOC.~~

Men

1	65 kg
2	75 kg
3	85 kg
4	95 kg
5	110 kg
6	+110 kg

Women

1	53 kg
2	61 kg
3	69 kg
4	77 kg
5	86 kg
6	+86 kg

2.1

GENERAL

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

- a) The Snatch
- b) The Clean & Jerk

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

The Total

The Total result is the sum of an athlete's best Snatch and best Clean & Jerk results.

A Total result is only achieved if the athlete is successful with at least one Snatch and one Clean & Jerk.

Athletes will still receive a classification for the individual lifts, - Snatch and Clean & Jerk - even if no Total is achieved, in events where medals or rankings are awarded separately for these lifts.

In events where medals are awarded for the Total result only, athletes who fail all Snatch attempts are eliminated and cannot continue to the Clean & Jerk, and no Total result is registered.

To compete

An athlete is deemed to have competed only if they attempt at least one lift on the competition platform in the Snatch or in the Clean & Jerk, whether successful or unsuccessful.

In Total-only events, if they attempt at least one Snatch, whether successful or unsuccessful.