

ANNEX

IWF TCRR MODIFICATIONS AS OF

01 JUNE 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 94 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 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 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 98 kg 94 kg
- 8 +98 kg +94 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:

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

1.2.7

At IWF Events, each Member Federation may enter a team of a maximum of 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 a maximum of 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 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

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

According to the IWF Licensing Programme, there are two (2) tiers of approved Suppliers.

The Official Supplier/1st tier and the Certified suppliers/2nd tier.

Below is the list of events and suppliers which can be used:

OFFICIAL SUPPLIER

IWF weightlifting events

- Olympic Games & Youth Olympic Games
- Qualification events for the Olympic Games and Youth Olympic Games
- IWF World Championships, IWF Grand Prix and other IWF events
- Continental and Regional Championships
- Continental, Regional and other Multisport Games
- Any other weightlifting events

CERTIFIED SUPPLIER

Weightlifting events

- Continental and Regional Championships (except for the qualification events of the Olympic Games or the Youth Olympic Games)
- Continental, Regional and other Multisport Games (except for the Olympic Games, the Youth Olympic Games and the qualification events thereof)
- Any other regional or national weightlifting events

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

3.3.1.3 For IWF-organised events (such as World Championships, Grand Prix, and Olympic qualification events), the sport equipment used in both the competition and warm-up areas must be new and supplied by an IWF Official Supplier. Sport equipment from the same supplier must also be used in the training area, although previously used equipment is permitted.

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.

5.2.2.3 IWF World (Senior) Championships are held every year with ten (10) eight (8) bodyweight categories per gender. In the years of the Olympic Games, the IWF may hold the World (Senior) Championships.

6.2.5

Maximum ~~ten (10)~~ **eight (8)** men and ~~ten (10)~~ **eight (8)** women, or equaling the number of 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. All additional athlete(s) must be deleted.