

DECLARATION & UNDERTAKING

I, the undersigned (*Athlete/Team Official/Technical Official*), being fully aware of and understanding the contents of this declaration & undertaking, accept the following terms and conditions as condition to my participation to IWF competitions and to the validity of results I may obtain in these competitions:

1. As part of my general obligations as participant to IWF competitions, I shall at all times abide by the IWF rules and regulations and in particular and without limitation, with all applicable provisions the IWF Competition Rules and the IWF Antidoping Rules.
2. I further hereby specifically confirm to have read and understood the Policy Concerning Participation in IWF Events of Participants with a Russian or Belarusian passport, including Athletes, Team Officials and Technical Officials, last amended on 18 February 2026 (hereinafter the "Policy").
3. I hereby confirm that I understand and accept that, in view of the extraordinary circumstances resulting from the war in Ukraine, my eligibility to participate and the validity of my corresponding entry in IWF competitions through my national federation is specifically subject to the conditions set forth in the Policy.
4. I do hereby expressly confirm that at the time of the execution of this declaration no exclusion criteria set forth in art. 1 of the Policy applies to me. I undertake to continue to abstain from expressing any support to the war and will immediately and voluntarily notify any relevant change in my activities that occurs after the date of this declaration.
5. I undertake to duly and fully cooperate with any process of verification performed pursuant to art. 3 of the Policy. I understand and accept that adverse inferences may be drawn from failure to fully cooperate with the verification process, notably through refusal to answer and/or to provide evidence.
6. I hereby understand and accept that my participation to any IWF competition will be subject to the requirements set forth in article 7 of the Policy and I undertake to fully abide thereby.

This Declaration and the Policy are subject to Swiss Law and any dispute in connection therewith shall be exclusively and finally decided by the Court of Arbitration for Sport in Lausanne after exhaustion of internal remedies (proceedings in front of the Ethics and Disciplinary Commission pursuant to articles 3 and 9 of the Policy).

Name: _____

Function: _____ [to be specified: Athlete, Team Official or Technical Official]

Date: _____ **Signature:** _____

The _____ Weightlifting Federation hereby confirms that the present Declaration & Undertaking is executed by the above-mentioned Participant and its contents are truthful, complete and correct.

Place, Date: _____ **Federation Seal:** _____

Signature: _____ **Name and title in Print:** _____