



EUROPEAN WEIGHTLIFTING  
FEDERATION



**EUROPEAN  
WEIGHTLIFTING  
CHAMPIONSHIPS**  
SOFIA 2024

# REGULATIONS



## INVITATION

*Dear President and General Secretary of the European Weightlifting Federation member states,*

*Athletes and officials,*

I hope this letter finds you well. It is with genuine excitement and a sense of honor that we reach out to invite you and your incredible athletes to the upcoming European Weightlifting Championships. This event is not just another competition—it serves as the crucial Olympic qualification for the Games that are ahead of us.

We thank the members of the executive board of the EWF for their support and trust in allowing us to host the 2024 European Championships.

The championships will take place February 12-20, 2024, in “Arena Sofia” in the capital of Bulgaria, Sofia.

This year holds particular significance as we celebrate the 55th anniversary of the European Weightlifting Federation, a milestone that speaks volumes about the enduring history and legacy of weightlifting in Europe. It is a celebration of the passion and dedication that have shaped our sport. Notably, Bulgaria, with the esteemed Vasil Ivanov Valev counted among its founding members, played a pivotal role in laying the foundation of the federation.

The very roots of weightlifting in Bulgaria are deeply intertwined with the sport itself. Today, as the Bulgarian Weightlifting Federation steps back into the limelight, we are eager to present not just a competition but an experience—a showcase of the best our sport has to offer.

Rest assured, our commitment goes beyond the competition itself. From top-notch facilities to warm hospitality, Sofia stands ready to welcome you to an event that we hope will leave a lasting impression—one that extends far beyond the competition arena.

We genuinely look forward to your presence at the European Weightlifting Championships in Sofia, Bulgaria. We will be honored when you join us to celebrate not just the history and excellence of our sport, but also the shared passion that unites us all.

Warm regards,

*Aref Majid*

*President of the Bulgarian Weightlifting Federation*



## 1. KEY DATES

### 102<sup>nd</sup> EUROPEAN WEIGHTLIFTING CHAMPIONSHIPS

Sofia, BULGARIA

February 12-20, 2024

2024 EWF Congress, EWF Executive Board and Committees meetings, Competition	
<b>Whereabouts information of Athletes wishing to compete at European championships must be properly submitted three months before the European championships and throughout the whole competition</b>	<b>12 November 2023</b>
Proposed motions and other items of business of Congress should be sent.  No motions and items submitted after that time will be included in the Congress Agenda.	20 November 2023
<b>Preliminary Entries</b>  <b>Max 10 Main Athletes for female</b> <b>Max 10 Reserve Athletes for female</b> <b>Max 10 Main Athletes for male</b> <b>Max 10 Reserve Athletes for male</b>	<b>08-12 December 2023</b>
<b>Technical Official's nomination</b>	<b>08-12 December 2023</b>
<b>Information about selected Technical Officials</b>	<b>20 December 2023</b>
<b>Final Entries</b>  <b>Max 10 Main Athletes for female</b> <b>Max 2 Reserve Athletes for female</b> <b>Max 10 Main Athletes for male</b> <b>Max 2 Reserve Athletes for male</b>	<b>10-12 January 2024</b>
EWF sends to the Member Federations and the Officers the Agenda, the reports, and other relevant documents.	11 January 2024
Team receives Invoices	13-15 January 2024



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Team Payment by bank transfer	16-20 January 2024
<b>Online Final Verification</b>  <b>Max 10 Main Athletes for female</b> <b>Max 10 Main Athletes for male</b> <b>Max two athletes for each category</b>	<b>from 07 February 2024</b> <b>(08:00 CET)</b>  <b>to 8 February 2024</b> <b>(20:00 CET)</b>
Arrival day for EWF EB members	09 February 2024
Selected Technical Officials' arrival day	10 February 2024
EWF Committees' Meetings	10 February 2024 09:00-12:00 Local time
EWF Executive Board Meeting	10 February 2024 14:00-18:00 Local time
Publishing Start book	11 February 2024
EWF Congress Registration Marinela Hotel, Sofia	11 February 2024 08:00-08:30 Local time
<b>EWF Congress</b>  <b>Marinela Hotel, Sofia</b>	<b>11 February 2024</b>  <b>08:30-13:00 LOCAL TIME</b>
ITOs meeting in Competition Hall Test event: - Television Rehearsal & Full Competition Systems Test - Simulated competition with 5 local lifters & Technical Officials - Athletes Presentation, Medal Ceremony & Flag Raising	11 February 2024  TBC
Anti-doping & Fair Play Seminar	11 February 2024 17:00-18:30 Local time
<b>First day of the Competition:</b>	<b>12 February 2024</b>
Opening Ceremony Award Ceremony 2023 The Best European Weightlifter	12 February 2024  21:00-22:00 LOCAL TIME (TBC)
Halfway meeting for Technical Officials	16 February 2024
<b>Last day of the Competition:</b>	<b>20 February 2024</b>



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Departure day	21 February 2024

## 2. ACCOMMODATION AND FEES

Teams Hotel:	<b>Marinela, Novotel</b>
Technical Officials' Hotel:	<b>Novotel</b>
EB Members, Meetings, and Congress Hotel:	<b>Marinela</b>

Marinela Hotel	Novotel Hotel
Address: 1407 Sofia, 100 James Burchier Blvd website: hotel-marinela.com	Address: 1784 Sofia 115 "Tsarigradsko shose" Blvd website: novotel.accor.com

Accommodation prices:	
Single room:	160 € / per person / per night
Double room:	125 € / per person / per night

Check-in: 13.00, Check-out: 12.00

The minimum stay in a hotel for the participants in the competition is four (4) nights.

**The ACCREDITATION CENTRE is located at the Hotel Marinela.**

**Accreditation Fee:** 200 € per person.

**IWF Special Anti-Doping Fee:** 100 USD, paid by athletes only.

**Transportation fee:** 20 € per person, Sofia International Airport - Hotel – Sofia International Airport.



Payment must be made by bank transfer and any bank charges for transfers or other transactions are the responsibility of the Member Federation.

<b>Details of the Bulgaria Weightlifting Federation bank:</b>	
The Bank: Post Bank	
Address: Sofia 1000 "Vasil Levski" Blvd 75	
SWIFT Code: BPBIBGSF	
Account Holder: Bulgarian Weightlifting Federation	
Account Holder Address: Sofia 1407 "Atanas Dukov" Str. 75	
Account Number: BG91 BPBI 7942 1425 1369 01	Account Number: BG91 BPBI 7942 1425 1369 01
<b>Currency: EUR</b>	<b>Currency: USD</b>
IBAN*	IBAN*

Payments made in Euro (€) currency - Accommodation, Accreditation Fee, Transportation Fee.

Payments made in US DOLLAR (USD, US\$) currency -IWF Special Anti-Doping Fee

Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Local Organizing Committee 10 days before the first competition day, the delegation must pay to the Local Organizing Committee, previously to the accreditation, the charge of "No-Show" per person. The charge is equal to the Accommodation Fee per person / per day.

If one or more participants are delayed one or more days, the delegation must pay for all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form on 12/01/2024 should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel, however, this cannot be guaranteed.



Cancellations will not be accepted after 29/01/2024 and no refunds will be given.

### **3. MEDIA**

All media participants must be approved in advance. No Accreditation fee is required.

Media Accreditation requests shall be submitted via e-mail to the Bulgaria Weightlifting Federation and EWF.

*The EWF and Bulgaria Weightlifting Federation pay special attention to Media representatives interested in the most important EWF continental competition and weightlifting, in general. In this sense, the Organizing Committee is considering extending the possibility of overnight accommodation in other hotels with more advantageous financial conditions for accredited Media Representatives.*

In case of any questions, please contact:

[sofia2024@abv.bg](mailto:sofia2024@abv.bg)

[media@ewf.sport](mailto:media@ewf.sport)

### **4. COMPETITION AND TRAINING VENUE**

Competition hall name: Arena Sofia, 1 Asen Yordanov Blvd, Sofia

Training hall name: Arena Sofia, 1 Asen Yordanov Blvd, Sofia

Shuttles will be available for transportation between hotels and the competition/training hall.

### **5. ELIGIBILITY**

Participating athletes must be 15 years of age and over (year of birth 2009 or earlier).

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules & the Olympic Qualification System whereabouts information of the Athletes shall be submitted at a minimum of three months prior to the Event (by 12 November 2023).

If you have any problems submitting your Whereabouts, please contact IMMEDIATELY [iwf@ita.sport](mailto:iwf@ita.sport)



All Athletes participating are recommended to complete the WADA ADeL online course for Athletes before competing.

The following link will take you to the course: <https://adel.wada-ama.org/>

Athletes and support personnel (coaches, team physicians) must register on the site, watch the videos, and pass the quiz at the end to earn the certificate, much as they did with the IWF ILiftClean platform.

Please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) if athletes and athlete support personnel (coaches, team doctors, etc.) have any issues with the registration procedure.

## **6. COMPETITION RULES**

The Championships will be held according to the current IWF Technical and Competition Rules & Regulations (IWF TCRR).

ZKC will be used in competitions as well as in training.

## **7. DOPING CONTROL**

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

## **8. INSURANCE**

Participating Federations must accept full moral and financial responsibility for their respective delegations.

Before departing their homeland, all participants must be covered by their respective Federations for travel and accident/injury/illness.

## **9. EVENT CATEGORIES AND AWARDS**

**Women: 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg, +87 kg**

**Men: 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg, +109 kg**



Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category. Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF Team Classification.

Diplomas will be awarded to all participants.

## 10. VISAS

Participants who require a visa to enter Bulgaria must complete the Visa Application Form and return it together with passport copies before December 12<sup>th</sup>, 2023, to e-mail:

[sofia2024@abv.bg](mailto:sofia2024@abv.bg)

The Local Organizing Committee will supply visa invitation letters to all Federations / Associations free of charge if they provide all the required documents in time.

LOC cannot guarantee the visa invitation letter if participants send their documents later than the deadline.

## 11. TERMS AND CONDITIONS OF PARTICIPATING

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with EWF / IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), and EWF / IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the EWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by EWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of EWF / LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the EWF and/or LOC shall have no responsibility for any loss or damage of this property;
- Should irrevocably release EWF & LOC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event;
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;



- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food, and transportation payment prior to use of any LOC or EWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;

All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the LOC.

All participating federations and their members agree that any material recorded during the competition in which they are located may be used for EWF promotional purposes without compensation.

## 12.PILOT PROGRAM - COACH LICENCE

The IWF International Coach Licence Pilot program will remain in operation for the European Championships in Sofia. We respectfully ask that all EWF Federation coaches taking part in these championships register on the EWF Coach Licence Database.

Lead coaches for each group will receive different Coach warm up room accreditation passes.

Further Coach Licence information or coach licence application forms please email to [crsc@ewf.sport](mailto:crsc@ewf.sport)

## 13.FURTHER INFORMATION

<p>Bulgaria Weightlifting Federation          LOC Director          Anna-Maria TOMOVA          Tel.: +359 889563957 (WhatsApp)</p> <p>Marin MILASHKI, Executive Board member          Tel.: +359899875981 (WhatsApp)</p> <p>e-mail:  <a href="mailto:sofia2024@abv.bg">sofia2024@abv.bg</a></p>	<p>European Weightlifting Federation          EWF General Secretary          Dr. Milan MIHAJLOVIC</p> <p>Tel: +381 63 287 263 (WhatsApp)          e-mail:  <a href="mailto:secretariat@ewf.sport">secretariat@ewf.sport</a></p>
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## PRELIMINARY TIMETABLE

All times are in local 'Sofia' time = CET + 1 = GMT + 2

COMPETITION			
<b>1<sup>st</sup> Competition Day</b>			
<b>12.02.2024.</b>	13:00	<b>Women</b>	<b>SE 55C 45B 49B</b>
	15:30	<b>Women</b>	<b>SE 45A</b>
	18:00	<b>Women</b>	<b>SE 49A</b>
	20:00	<b>Opening Ceremony Award Ceremony: 2023 The Best European Weightlifter</b>	
<b>2<sup>nd</sup> Competition Day</b>			
<b>13.02.2024.</b>	09:00	<b>Women</b>	<b>SE 55B</b>
	12:00	<b>Men</b>	<b>SE 55B 61B</b>
	14:00	<b>Men</b>	<b>SE 55A</b>
	17:00	<b>Women</b>	<b>SE 55A</b>
	20:00	<b>Men</b>	<b>SE 61A</b>
<b>3<sup>rd</sup> Competition Day</b>			
<b>14.02.2024.</b>	10:00	<b>Women</b>	<b>SE 59B</b>
	13:00	<b>Men</b>	<b>SE 67B</b>
	17:00	<b>Women</b>	<b>SE 59A</b>
	20:00	<b>Men</b>	<b>SE 67A</b>
<b>4<sup>th</sup> Competition Day</b>			



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15.02.2024.			
	10:00	Women	SE 64B
	13:00	Men	SE 73B
	17:00	Women	SE 64A
	20:00	Men	SE 73A
5 <sup>th</sup> Competition Day			
16.02.2024.			
	09:00	Women	SE 71C
	11:00	Women	SE 71B
	14:00	Men	SE 81B
	17:00	Women	SE 71A
	20:00	Men	SE 81A
6 <sup>th</sup> Competition Day			
17.02.2024.			
	10:00	Women	SE 76B
	12:00	Men	SE 89B
	17:00	Men	SE 89A
	20:00	Women	SE 76A
7 <sup>th</sup> Competition Day			
18.02.2024.			
	09:00	Women	SE 81B
	11:00	Men	SE 96B
	14:00	Men	SE 102B
	17:00	Women	SE 81A
	20:00	Men	SE 96A



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<b>8<sup>th</sup> Competition Day</b>			
<b>19.02.2024.</b>	09:00	<b>Men</b>	<b>SE 109B</b>
	11:00	<b>Women</b>	<b>SE 87B +87B</b>
	14:00	<b>Men</b>	<b>SE 102A</b>
	17:00	<b>Men</b>	<b>SE 109A</b>
	20:00	<b>Women</b>	<b>SE 87A</b>
<b>9<sup>th</sup> Competition Day</b>			
<b>20.02.2024.</b>	10:00	<b>Men</b>	<b>SE +109B</b>
	13:00	<b>Women</b>	<b>SE +87A</b>
	16:00	<b>Men</b>	<b>SE +109A</b>
	19:30	<b>Closing Ceremony</b>	
<b>21.02.2024.</b>		<b>Departure</b>	

*Please note: The competition schedule is subject to change after the verification of final entries.*