

INVITATION

To the President/General Secretary
of IWF Affiliated National Weightlifting Federation/Association

Dear Weightlifting Family,

The Norwegian Weightlifting Federation has the honour to invite you to the 2025 IWF World Championships, which will take place in Førde, Norway, from October 2-11, 2025. This year, IWF celebrates its 120th anniversary, and I am honoured that under the leadership of President Mohammed Jalood, the IWF Executive Board gave us the trust to organise the IWF flagship event in this so special year.

The Championships will be staged in Førde, a city located in the nice west coast of Norway with its beautiful fjords. Host of the European weightlifting championships in 2016, Førde is probably the smallest city to ever host a world weightlifting championships. My dream is that all participants can live a spectacular and memorable experience, together with the thousands of spectators and volunteers ready to welcome the world in Førde. We are sure you will feel at home during your stay in Norway!

Norwegian weightlifting is very proud to have Solfrid Koanda as our number one weightlifting star. Her performance at the 2024 Olympics in Paris is a landmark in the Norwegian sport history, 52 years after Leif Jensen took our last gold medal in Olympic weightlifting. In 2026, we will be 80 years old, and we want to use these Championships to strengthen Norwegian weightlifting for the future.

We can assure you that we will do our very best to organise a superb event in excellent venues, providing exciting performances based on fair play, and hopefully memories and friendship connections for lifetime.

We are looking forward to seeing you all in Norway and Førde 2025 – welcome!

Kind regards,

Stian Grimseth
President of the Norwegian Weightlifting Federation

COMPETITION REGULATIONS



**IWF WORLD
CHAMPIONSHIPS
FØRDE 2025**

1. DATES & PLACE

02-11 October 2025, Forde, Norway

2. COMPETITION AND TRAINING VENUE

Competition Venue

“Fordehuset”, Angedalsvegen 5, 6800 Forde

Training Venue

“Forde vgs”, Naustdalsvegen 12, 6800 Forde

3. ACCOMMODATION

Accommodation will be at the following hotels:

A-CATEGORY

- Scandic Sunnfjord Hotell
- Forde Hotell
- Skei Hotell / Located ~40 min. from Forde, but includes the benefit of on-site training facilities

B-CATEGORY

- Forde Pensjonat
- Elvehagen Hotell
- Forde Gjestenhus og camping
- Jolstraholmen Camping
- Sunnfjord Folkehogskule Solvang

A minimum stay of 4 (four) nights is required for all participants.

NOTE: Check-in: 14.00 / Check-out: 12.00

4. FINANCIAL CONDITIONS

ACCOMMODATION FEE (with full board)

A-CATEGORY

Single room	USD 210 / person / night
Double room	USD 190 / person / night
Triple room	USD 175 / person / night
Quadruple room	USD 160 / person / night

Hotel accommodations will be assigned on a **first-come, first-served basis**, with **limited** availability of **single rooms**.

The Organizing Committee is offering a more economical lodging option; however, compared to the A-category, these accommodations may involve slightly longer travel times to the venue, a lower standard of facilities, or meals provided at a separate location.

B-CATEGORY

Single room	USD 190 / person / night
Double room	USD 165 / person / night
Triple room	USD 155 / person / night
Quadruple room	USD 145 / person / night

ENTRY FEE

Athletes:	USD 300 / athlete (incl. USD 100 IWF Special AD Fee)
Delegates & Team Officials:	USD 200 / person

TRANSPORTATION FEE

Bergen Airport (BGO):	USD 50 / person (2 ways)
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PAYMENT

Check-in: All participants should pay the relevant fees by bank transfer to the Local Organizing Committee.

All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full by the Local Organizing Committee (LOC).

No accommodation is guaranteed until full payment is received.

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 before 02 September 2025, the delegation must pay the charge of "No-Show" per person to the Local Organizing Committee. The charge is equal to the Accommodation Fee per person/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 until **02 September 2025** at the latest, 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 **02 September 2025**, and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

100% of the total payment (accommodation & entry fees) must be transferred by 02 September 2025 to the Bank Account of the Local Organizing Committee.

The countries unable to make wire transfers are required to submit a request to the IWF President and the IWF General Secretary to be allowed to pay in cash upon arrival.

Please contact your bank and keep in mind that the transfer will only be considered received once it has been duly credited to the LOC's bank account by the deadline.

We kindly ask that you send the bank statement confirming the bank transfer you made to the LOC's bank account to forde2025@iwf.sport.

Bank Account Name: VM VEKTLOFTING 2025 AS
Bank Account Number: 3707 01 33904
IBAN Number: NO6237070133904
Name of Bank: SPAREBANK 1 SOGN OG FJORDANE
BIC Code: SOFJNO22

For your security, always refer to the bank details provided in this document.

5. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Athletes must be registered via the **IWF Online Entry System**:

<https://mf.iwf.sport>

If you have any questions or difficulties, please contact IWF at competition@iwf.sport

PRELIMINARY ENTRIES

The preliminary entries must be uploaded into the IWF Online Entry System by no later than **02 July 2025**.

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

SIXTEEN (16) MEN and SIXTEEN (16) WOMEN

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT ADD NEW ATHLETE(S)
TO THE LIST AFTER 02 JULY 2025.**

FINAL ENTRIES

The final list of athletes must be confirmed in the IWF Online Entry System by no later than **02 September 2025**.

The Member Federation must select the final list of athletes from the preliminary entry (previously submitted by 02 July 2025):

Max. TEN (10) ATHLETES (8+2 RESERVE) / GENDER

THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE INCLUDED IN THE PRELIMINARY ENTRY.

No entries will be accepted without the full payment of fees.

The following documents must be returned by **02 September 2025** (by email):

- **Accommodation & Transportation Form**
- **Passport Copy & Photos for Accreditation**

All forms must be sent to forde2025@iwf.sport.

MEDIA

All international media representatives must be approved in advance by the IWF. Norwegian media applications are approved by the Forde 2025 Organising Committee. Applications should be submitted by **02 September 2025** via the link below:

<https://iwf.net/mediareg/>

In case of any questions, please contact IWF at pedro.adrega@iwf.sport

6. VISA

Participants requiring a visa to enter the Kingdom of Norway are strongly encouraged to initiate their visa application process at the earliest opportunity.

Please note that entry into Norway and the Schengen Area is governed by strict regulations and timelines. Failure to comply with these requirements in a timely manner will result in the inability to enter the country and, consequently, to attend the event.

The standard processing time for a Schengen visa is 15 calendar days from the date the application is submitted. However, this period can be extended to 30 days or even 60 days in complex cases, particularly during peak seasons or if the embassy requires additional information or documentation.

For further information, please refer to the following: <https://www.norway.no/>

Should you require any assistance or additional documentation to support your visa application, please do not hesitate to contact the LOC at forde2025@iwf.sport.

7. ACCREDITATION

The primary Accreditation Center will be located at the **Scandic Sunnfjord Hotell**.

8. FLAG & ANTHEM

Each Member Federation is responsible for bringing its national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation. The LOC/IWF cannot be held responsible for errors relating to the flag and anthem.

9. TRANSPORTATION

The LOC will offer a round-trip shuttle bus service between Bergen Airport (BGO) and the official accommodations for all participants, at a cost of USD 50 / person.

The Accommodation & Transportation Form must be provided by **02 September 2025**.

- The transportation form shall state which airline, flight number, and exact time each delegate will be arriving and departing. Any change in the travel schedule must be communicated well in advance, otherwise, the LOC cannot guarantee that it will be able to meet the new requests.
- Local shuttle bus service will be provided for all participants to get from/to the venues (accommodation, competition/training venue, meetings and any other official program).

10. COMPETITION REGULATION

The 2025 IWF World Championships will follow the IWF Technical and Competition Rules & Regulations ([IWF TCRR](#)).

11. TERMS AND CONDITIONS OF PARTICIPATION

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

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

12. ELIGIBILITY

Participating athletes must be 15 years of age and over (year of birth 2010 or earlier).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (**Q3 / by 02 July 2025 & Q4 / by 30 September 2025**).

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at iwf@ita.sport.

13. MF CATEGORIZATION RULE

As of 1 January 2024, the IWF's Member Federations are categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements for athletes to be eligible to compete at IWF events such as the IWF World Championships.

With the introduction of Articles 18.8, 18.9, and 18.10 to the IWF Anti-Doping Rules, **Category 'A' and 'B' Member Federations are required to ensure all athletes competing in the IWF World Championships are tested and educated in line with IWF's updated Anti-Doping Rules in order to be eligible to compete at the event.**

As an important note, the testing requirements apply ONLY to athletes who are not already in the IWF's Registered Testing Pool. The table at the end of the document you

can find on the link below shows the anti-doping requirements of the Member Federation based on the category assigned following the IWF's categorisation process.

https://iwf.sport/wp-content/uploads/downloads/2024/12/Categorisation-of-MFs-Operational-Guidelines_2025_FINAL.pdf

Please find here the document which includes the categorised Member Federations:

https://iwf.sport/wp-content/uploads/downloads/2025/01/250109-2025-List-of-Categorised-IWF-Member-Federations_FINAL_Updated-branding-1.pdf

In case you have questions, do not hesitate to contact us at: antidoping@iwf.sport

14. EVENT CATEGORIES

MEN (8): 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg
WOMEN (8): 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

15. AWARDS

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, based on the IWF Team Classification.

16. 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.

17. SPORT EQUIPMENT

IWF Official Barbell Supplier ELEIKO sport equipment will be used during the competition and training.

18. TRAINING CAMP

All participating teams will have the opportunity to join a pre-camp in Fårde before the championships. Should you be interested, please contact the LOC at forde2025@iwf.sport for further information.

19. INSURANCE

In accordance with IWF regulations, all participants must be insured by their respective Federations for travel, accidents, injuries, illnesses (including COVID-19), and medical expenses prior to departing from their hometown.

20. TEMPERATURE & ELECTRICITY INFORMATION

- The average Fårde temperature during the Championships will be approximately between 6 and 13 degrees Celsius.
- Electricity for Norway is associated with the standard Euro plug socket with two round prongs, type C and F.
- Norway operates on a 230V supply voltage and 50Hz.

21. COMMONWEALTH GAMES QUALIFICATION EVENT

The 2025 IWF World Championships serve as a qualification event for the 2026 Commonwealth Games in Glasgow.

As such, athletes from Commonwealth Sport Nations, including the Home Nations (England, Wales, Scotland, Northern Ireland), the Crown Dependencies (Guernsey, Jersey, and the Isle of Man), and the British Overseas Territories (BOTs) under the jurisdiction of British Weightlifting may participate, even if they don't represent an IWF Full Member Federation.

Their participation is solely for Commonwealth Games ranking purposes, and their results will not be included in the official 2025 IWF World Championships results.



2025 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



Contact details:

Norwegian Weightlifting Federation / Local Organizing Committee

Firdavegen 6, 6800 Forde, Norway

Phone & WhatsApp: +47 903 63 466

E-Mail: forde2025@iwf.sport

International Weightlifting Federation

Maison du Sport International, Av. de Rhodanie 54, Switzerland -1007, Lausanne

Phone: +41 21 601 3227

E-Mail: iwf@iwf.sport & competition@iwf.sport

PRELIMINARY TIMETABLE

18 SEPTEMBER / Thursday	12:00 CET	Verification of Final Entries ONLINE		
29 SEPTEMBER / Monday	OPENING OF TRAINING VENUE			
01 OCTOBER / Wednesday	TBC	Technical Officials' Meeting		
02 OCTOBER / Thursday	9:00	Women	53	C
	11:00	Men	60	C
	13:30	Women	48	C
	16:00	Women	48	B
	OPENING CEREMONY			
	19:30	Women	48	A
03 OCTOBER / Friday	8:00	Women	58	D
	10:00	Women	58	C
	12:00	Men	60	B
	14:30	Women	53	B
	17:00	Women	53	A
	19:30	Men	60	A
04 OCTOBER / Saturday	8:00	Women	63	D
	10:00	Men	65	C
	12:00	Men	65	B
	14:30	Women	58	B
	17:00	Men	65	A
	19:30	Women	58	A
	22:00	Women	63	C
05 OCTOBER / Sunday	8:00	Men	79	D
	10:00	Men	71	C
	12:00	Men	71	B
	14:30	Women	63	B
	17:00	Women	63	A
	19:30	Men	71	A
06 OCTOBER / Monday	8:00	Women	69	D
	10:00	Men	88	D
	12:00	Men	79	C
	14:30	Women	69	C
	17:00	Men	79	B
	19:30	Men	79	A

07 OCTOBER / Tuesday	8:00	Women	77	D
	10:00	Men	88	C
	12:00	Men	88	B
	14:30	Women	69	B
	17:00	Men	88	A
	19:30	Women	69	A
08 OCTOBER / Wednesday	10:00	Men	94	D
	12:00	Women	77	C
	14:30	Men	94	C
	17:00	Women	77	B
	19:30	Women	77	A
09 OCTOBER / Thursday	8:00	Men	110	D
	10:00	Women	86	C
	12:00	Women	86	B
	14:30	Men	94	B
	17:00	Women	86	A
	19:30	Men	94	A
10 OCTOBER / Friday	10:00	Men	110	C
	12:00	Men	110+	C
	14:30	Men	110	B
	17:00	Men	110+	B
	19:30	Men	110	A
11 OCTOBER / Saturday	9:00	Women	86+	C
	11:00	Women	86+	B
	13:30	Women	86+	A
	16:00	Men	110+	A
	<i>CLOSING CEREMONY</i>			

The competition schedule is subject to change following the final entry deadline and the verification of final entries.