

HAPPY BIRTHDAY IWF!

IWF leadership celebrates 120th anniversary in Lausanne

The IWF leadership was on June 10 in Lausanne (SUI), the city hosting the IWF Headquarters, for the celebration of the 120th anniversary of our International Federation. The top officials present in the Olympic Capital included the IWF President Mohammed Jalood, the IWF General Secretary José Quiñones, and the IWF Athletes Commission Chair Forrester Osei. The former IWF General Secretary Antonio Urso also attended the celebration.

On June 10, 1905, in the German city of Duisburg, four founding members – Denmark, Germany, Italy, and the Netherlands – created what would be the predecessor of the IWF. The first name of the world body in charge of governing weightlifting (and wrestling at the time) was “Amateur Athletic World Union”. Other nations slowly joined the new organisation, which had 16 members in 1913. In 1920, Weightlifting became the only sport governed by the Federation, and in 1972, the definitive name of ‘International Weightlifting Federation’ was adopted.

Presently, the IWF has 195 Member National Federations in the five continents and organises world competitions in Olympic weightlifting. At the Games, our Sport was already present in the first edition in 1896 – in Sydney 2000, the programme was open to women’s participation.

Present in Lausanne also for the ASOIF General Assembly and the 12th International Athletes Forum, the IWF officials were able to blow the candles of the IWF’s celebratory cake, exactly 120 years to the day after the foundation of our organisation.

MOHAMMED JALOOD, President:

“As one of the oldest international federations and a founding sport of the modern Olympic Games, we are very proud of our rich and prestigious 120-year history. While this is a privileged opportunity to celebrate the feats of our athletes and the hard work of the administrators that preceded us, these 120 years should be a moment to reflect on the future, so that weightlifting can continue inspiring thousands of young athletes in the five continents!”

Read more [here](#)



Forrester Osei (IWF AC Chair), Mohammed Jalood (IWF President), José Quiñones (IWF General Secretary), and Antonio Urso (former IWF General Secretary) celebrated the IWF’s 120th anniversary in Lausanne

IWF President attends the IOC President Handover Ceremony

The IWF President Mohammed Jalood was in Lausanne (SUI), for the President Handover Ceremony at the International Olympic Committee. Thomas Bach, IOC President since 2013, gave the symbolic keys of the Olympic House, to his successor, Kirsty Coventry, elected last March as the 10th President in the history of the IOC. Ms Coventry is a two-time Swimming Olympic champion, and is the first woman and African to lead the IOC since its foundation in 1894.

"Today is a day of gratitude. Today is a day of confidence. Today is a day of joy. There are many emotions I feel in this moment – but most of all, I feel gratitude. Gratitude, above all, to our beloved founder Pierre de Coubertin – whose body rests just a stone's throw from here, and whose heart lies in Ancient Olympia. To him we owe everything. I am sure he is watching us today from his Olympic heights, with that familiar smile, and that he feels content to see his – and our – Olympic Movement flourishing, true to his vision and more relevant than ever," considered Mr Bach.

The Ceremony taking place in the Olympic Day, the words of the outgoing IOC President highlighted the development of the Olympic Movement: *"The IOC continues to evolve. As the first female and first African to hold this position – and indeed the youngest IOC President since Pierre de Coubertin – Ms Kirsty Coventry reflects the truly global nature and the youthful, forward-looking spirit of our Olympic community."*

Read more [here](#)



Thomas Bach and his successor Kirsty Coventry

Busy week for the IWF leadership in Lausanne (SUI)

After being present in Lausanne (SUI) for the IOC President Handover and the celebration of the Olympic Day on June 23, the IWF President remained some more days in the Olympic Capital and had the opportunity to hold other several important meetings.

In the Olympic House, Mr Jalood, accompanied by IWF General Secretary José Quiñones and IWF CEO Achilleas Tsogas had fruitful discussions with Christophe Dubi, Olympic Games Executive Director, with outgoing IOC Sports Director Kit McConnell, with the new Sports Director Pierre Ducrey, and with the Sports Associate Director David Luckes.

The IWF President also met ASOIF (Association of Summer Olympic International Federations) in the Maison du Sport International (where the IWF Headquarters are located), being received by its Executive Director James Carr. On the side of institutional partners, the IWF leadership also had a working lunch with Benjamin Cohen, Director General of the International Testing Agency.

In Mies (close to Geneva), Mr Jalood, Mr Quiñones and Mr Tsogas were guided by the FIBA General Secretary Andreas Zagklis for a visit to the siege of the International Basketball Federation.

Still in Lausanne, the IWF delegation was invited to visit the FIVB (International Volleyball Federation) headquarters, being received at the highest level by the FIVB President Fabio Azevedo.

Read more [here](#)



IWF President and FIVB President Fabio Azevedo

IWF formally signs agreements with Eleiko and ZKC for 2025-2028

The IWF President Mohammed Jalood and the IWF General Secretary José Quiñones signed in Lausanne (SUI) the 'IWF Official Barbell Supplier Agreement' related with the partnership with manufacturers Eleiko and ZKC for the period 2025-2028. Under this contract, both companies will be entitled to have exclusive access to the following high-level events: Olympic Games & Youth Olympic Games; Qualification events to the Olympic Games and Youth Olympic Games; IWF World Championships, IWF Grand Prix and other IWF events. As two of the most respected and renowned barbell manufacturers in the world, Eleiko (Sweden) and ZKC (China) have been associated with the IWF for many years: two recent examples include the 2024 World Championships for the Swedish company, and the 2024 Paris Olympic Games for the Chinese partner. The 'Official Supplier' is the highest possible (Tier 1) agreement a manufacturer can establish with the IWF, and its rights are valid worldwide and without territorial limitation.

"We are very happy to establish these partnerships, with both Eleiko and ZKC. These two companies have a long and successful history in supporting our athletes and our Sport. Being in Tier 1, these manufacturers will benefit from an additional exposure and visibility, as they will be present in the most prestigious IWF events around the world. I thank Eleiko and ZKC for their support and engagement and I am sure our lifters will continue enjoying the high-quality of their barbell products," considered the IWF President Mohammed Jalood.

ELEIKO

ZKC

IAF gathers over 400 athlete representatives in Lausanne

More than 400 athlete representatives gathered for two days in Lausanne (SUI) for the 12th edition of the International Athletes Forum (IAF), hosted by the International Olympic Committee Athletes Commission. Forrester Osei, Chair of the IWF Athletes Commission was also in the Olympic capital to discuss many important topics related to the protagonists of the sports movement.

Items on the agenda included the Olympic Solidarity development programmes in the five continents, the support through the Worldwide Olympic Partners (TOP), the Athlete365 programme (reaching now over 200'000 Olympians, Paralympians, and respective entourage members), the career transition strategies put in place to ensure a smooth retirement from the competition, the focus on clean sport and athlete safeguarding, the mental health challenges, the athletes' representation throughout the sports movement (namely within International Federations and National Olympic Committees), the power of communication and the digital possibilities related to the use of social media channels, and the discussions around the Athletes' Rights and Responsibilities Declaration.

"It was a great Forum, allowing a lot of interaction and sharing of experiences around very important topics. It was also unexpectedly amazing to see that despite the differences among all our sports, we all face the same issues and challenges. Having this gathering, we can find solutions among ourselves," considered Mr Osei.

Read more [here](#)



Forrester Osei, IWF Athletes Commission Chair at the IAF 2025 had the occasion to meet IOC President Kirsty Coventry and former IOC President Thomas Bach (top photo)

IWF/ITA “Clean Sport Education Webinar” gathers 320 attendees online

The 2025 edition of the IWF/ITA “Clean Sport Education Seminar” gathered around 320 attendees online on June 24, including 162 athletes and 97 coaches in the five continents. Moderated by Armando Urban, a member of ITA’s Education Team, the participants in the webinar were welcomed by Cyrille Tchatchet, IWF Athlete Commission and WADA Athlete Council member, and Melody Exhenry, IWF Anti-Doping manager.

Throughout the one-hour seminar, several topics were presented: Anti-Doping Rule Violations, Strict Liability principle, Prohibited List, Supplements, Testing procedures, and Reporting. Besides the theoretical information, some practical cases were also made available.

The athlete’s approach was emphasised by Tchatchet, an Olympian lifter in Tokyo 2020 as part of the IOC Refugee Team. *“Education is of paramount importance in all these procedures. Mistakes are easy to happen, so the more we know about these matters, the more we can ensure we have the correct behaviour. I am now deeply involved in these topics, but earlier in my career, I would have liked to have more insights on anti-doping topics,”* considered Mr Tchatchet.

From the International Testing Agency side, Mr Urban especially stressed out the risks of having an anti-doping rule violation (ADRV) associated with the intake of supplements, with ITA clearly defending a food-first approach to cover and provide all necessary nutrients athletes need during training and competition. The ITA lecturer was also very clear on the many risks the ingestion of prohibited substances may have on the lifters’ health.

These periodical webinars complete the IWF/ITA educational programme in this area – on our main yearly events, in-person seminars are organised and an information booth is also available during the competition.



Cyrille Tchatchet

World Standards established for new IWF bodyweight categories

Following the implementation of new bodyweight categories from June 1, 2025 the IWF is pleased to announce the World Standards for the Snatch, Clean & Jerk and Total in each of those categories.

In order to guarantee these World Standards are consistent, fair and credible, a technical approach was established and rigorous mathematical formulas were used.

As a general principle, valid for all bodyweight categories in both genders and age groups, a 97% ratio was applied to the existing World Records of the previous bodyweight categories.

The rationale behind this value is that the World Standards must remain at the same time high enough to maintain the ‘prestige’ of this top-level performances, but somehow achievable in a reasonable lapse of time.

This fine balance is regarded as the appropriate approach in order to maintain the sport’s integrity while supporting future growth. It is also an understandable and straightforward concept, easy to be explained and enforced within the weightlifting community, media and fans following the Sport.

The complete explanation of the principles as well as the new World Standard charts can be found [here](#)

