

# IWF Coaching and Research Committee

Dec.8, 2025

Online



Mr. Krol welcomed all members and specially welcomed IWF President and IWF General Secretary.

Mr. Jalood said with the General Secretary and Athletes Commission Chair, they attended the WADA Global Conference. Mr. Quinones said the WADA Conference was very good and next year there will be regional forums. He emphasized that IWF needs from the coaches and this committee to remain a clean sport. Mr. Krol confirmed that the Committee contributes to clean sport. Mr. Tsogas shared information that the ASOIF ASDEG group is focusing on how AI can support education and coaches.

Mr. Krol said the Technical Committee asked the CRC's opinion about the weigh-in time modification and the 'Belt rule'. Mr. Krol thanked Mr. Ferrari for the detailed research that he prepared for the Forde meeting. Mr. Krol informed already Mr. Sam Coffa, TC Chair that the CRC respects the AC's opinion, not to change the weigh-in time. In case a change is still needed, the suggestion is to have it on same day as the competition. Mr. Krol emphasized that the AC's and athletes' opinion is the most important.

Mr. Krol mentioned the request of the Technical Committee about relaxation of the rule compelling athletes to use a belt in competition measuring no wider than 12 cm. Ms. Calvino said she spoke to a lot of heavy weightlifters, and they are happy with the dimensions of the belts that they lift now. Some of them said if it was any wider, it probably would not be as comfortable for them. It was questioned if this could result in different size belts for the different bodyweight categories and then open the door for the knee sleeves and wrist straps, too.

The modification of the Technical and Competition Rules and Regulations in order to underline the importance of the coaching licence and the presence of the coaches in the warm up area during the competition. The introduction of lead coach and Support Personnel pass is suggested, checked by the Technical Controller. The document has been shared with the members in advance. All present CRC members agreed, therefore the document will be sent to the TC Chair.

Mr. Krol said a very high number of coaches registered to the International Coaching Licence. From January 2026 education activities are planned and to launch the Virtual Library. Mr. Buckley said at the moment there are over 800 registered coaches. He gave some information about the certificates and cards.

Mr. Krol invited Mr. Tom Erik Jorung from the Western Norway University to share the findings of the surveys that were done during the IWF World Championships in Forde. Two surveys were carried out, one about the experience and another about athletes' training before the World Championships. Mr. Jorung thanked for the invitation and shared the findings of the surveys. The overall experience of the event was great. Accommodation, training hall, food, transportation were well rated. Mr. Jorung asked the members if they feel the same that it was a great event. Mr. Krol replied yes, he heard good feedback.

No any other business point was raised. Mr. Krol wished Happy Holiday to everyone and closed the meeting.