

MINUTES

IWF Medical Committee Meeting – Manama (BRN), December 1, 2024

Present:

Dr Fathi Masmoudi, Chair
Dr Wei Li
Dr Zurab Kakhbrishvili
Dr Seza Tchobanian
Dr Dogan Atlihan
Dr Yu Mi Kim
Dr Georgios Tsikouris (online)
Dr Mark Lavallee (online)

Absent:

Dr Dado Medic
Dr Viridiana Silva
Dr Rafael Romero

With 8 members present and 3 absent, the quorum is met.

Guests:

IWF President Mohammed Jalood, IWF General Secretary Antonio Urso and IWF CEO Achilleas Tsogas

Minutes of previous meeting

The minutes of the previous MC meeting, held on March 28, 2024 in Phuket (THA) were unanimously approved.

Welcome by the IWF President

Mr Jalood thanked all the members for their presence and wished them a fruitful time in Manama.

He then urged the MC members to reflect on the existing IWF Gender Identity policy. The President's priority is to defend the women's rights in the sport, by avoiding unpleasant situations as the ones occurred at the Paris Olympic Games (in another sport).

Therefore, he defended a clearer definition of the gender identity in our guidelines.

He was supported by the IWF Secretary General, who also affirmed that biological/scientific criteria should be primarily used. Being a strength sport, a grey zone on this matter is not recommended. Mr Urso considered that introducing transgender athletes in a women's competition is an "offence to women".

Finally, Mr Tsogas also underlined that this is the right moment to seek clarification on this matter, so that we can avoid communicational challenges in our Sport.

Recommendation for the IWF Gender Identity Policy

After a lengthy discussion on this matter, largely abiding by the President's comments, the Committee voted on a recommendation proposed by the Chair:

- **In case of doubt, a karyotype test (indicating the person's chromosomes) should be requested to clearly determine the gender of the athlete**

The recommendation, to be included in the IWF Gender Identity policy, was unanimously approved and is to be submitted to the IWF Executive Board (meeting on December 2-3, also in Bahrain).

If the principle is approved, Dr Tchobanian and Dr Lavalée will liaise with the IWF First Vice-President Ursula Papandrea to include this recommendation in the above-mentioned Policy.

Presentation: The treatment for suprascapular nerve release for high level weightlifters with multi-directional shoulder instability (MDI) – by Dr Georgios Tsikouris

After this presentation, the IWF President asked the MC members to prepare some material to be used at the launch of the Coaching Licence programme, in 2025. Mr Jalood's suggestion is that doctors prepare a document (that is easily understandable) highlighting the main injuries that can occur during a weightlifting competition and some basic emergency procedures that can be deployed by the coaches before the arrival of medical assistance.

The Committee fully agreed with this suggestion and will prepare the necessary educational material.

Presentation: The impact of rapid weight changes: Health risks and performance implications in weightlifting – by Dr Zurab Kakhabrishvili

Without any further business, the Chair thanked the members for their valuable contribution to the success of the meeting.