

Medical Committee Meeting _10 September 2025_ WWC Forde

All Members present

Chairman: Dr. Fathi Masmoudi

Members Dr. Seza Tchobanian

Dr. Victor Carpio

Dr. Wei Li

Dr. Yu Mi Kim

Dr. Wutichai Isara

Present Online: Dr. Norouzi Fashkami

Dr. Ahmed Al Ahmari

Dr. Georgios Tsikouris

Dr. Oriana Sarmiento

Dr. Lisimoni Kami

Mr. President Jaloud, Mr. GS José Quinones, Ms. Ursula Papandrea and Mr. Achilleas Tsogas (CEO) attended the first part of the meeting. They thanked the Members for their work and reminded how important the medical advice is for the athletes' best interests and safety.

Minutes of previous meeting were unanimously approved.

Role of the Medical Committee & Athlete Welfare

- The Medical Committee (MC) reaffirmed its role in working **in the best interests of athletes and the organization**.
- Medical advice was emphasized as **essential and non-negotiable** in decision-making.
- Concerns were raised about **competition schedules starting too early**, particularly in relation to:
 - Insufficient sleep
 - Dehydration and mineral loss
 - Limited recovery time following weigh-in (often only one hour)

- No immediate decision on weigh-in timing; further consideration required.

Medical Guidelines

- Proposal to consolidate **all medical guidelines into a single document**.
- Discussion on strengthening medical authority in the By-laws, including:
 - Authority to stop competition
 - Clear parameters for medical decision-making
- Medical guidelines to be **mandatory for Local Organizing Committees (LOCs)**.
- Minimum medical service requirements agreed, including:
 - Ambulance presence (non-negotiable)
 - Stretcher availability
 - Hospital coordination in advance
- LOC Medical Guidelines expected to be ready for **2026 IWF events**.

Injury Reporting & Research

- Proposal to:
 - Create a centralized **medical reporting platform**
 - Include bodyweight categories and standardized injury details
 - Separate initial diagnosis from follow-up information
- Suggestions included:
 - Injury photos and videos
 - Specific injury categories (e.g. syncope)
 - Inclusion of imaging results (X-ray, MRI)
- Clarification of responsibility:
 - Competition doctor must receive medical results
 - Athletes over 18 may also receive results
 - Documentation window up to six months
- Interest in developing a **research section** within the MC to analyze injury and disease data.
- Platform development targeted for **next year**.

Weigh-in Timing & Comparative Sports Review

- Presentation by Dr. Dogan comparing weigh-in practices:
 - Boxing / Wrestling: day before
 - Judo: day before + random second weigh-in (+5% tolerance)
 - Taekwondo: similar to judo, no tolerance
 - Weightlifting: 2 hours before competition
- Medical discussion highlighted:
 - Risks of dehydration and rapid weight loss
 - Differences between combat sports and strength sports
 - Limited evidence specific to weightlifting
- Diverging views:
 - Some members supported extending weigh-in time to 3+ hours
 - Others cautioned against changes without sport-specific evidence
- Consensus:
 - No definitive decision at this stage
 - Maintain current rules pending **new research over the next 2–3 years**

There was a presentation on **Elbow injuries for the Weightlifters**- Elbow dislocation a serious injury – by Dr. Georgios Tsikouris

Next Steps

- Members to submit governance and medical proposals within **two weeks**
- Continued research and data collection on injuries and weigh-in effects
- Further discussion on transgender policy and weigh-in timing
- Preparation of consolidated medical guidelines and injury reporting platform