

Athletes' Commission Meeting

Date: 05 January 2026

Present:

Forrester Osei (Chairman), Hidilyn Diaz, Maude Charron, Cyrille Tchatchet II, Fares Elbakh

Absent:

Luisa Peters, David Liti, Keydomar Vallenilla, Yasmin Stevens

Guests:

Pedro Sanchez (IWF Technical Committee Member), Achilleas Tsogas (IWF CEO), Zoltan Veres (IWF Secretariat), Timea Horvath (IWF Secretariat)

1. Opening Remarks

- Mr Osei welcomed the participants and wished everyone a Happy New Year.
- Mr Osei informed members that the main agenda item was the **new point system**.
- Mr Tsogas noted that the Athletes' Commission position should be provided by **31 January 2026**, and if supported, it will be submitted to the IWF Executive Board for decision.

2. New Point System

- Mr Pedro Sanchez presented the new point system and shared a presentation
- He explained that the formula was developed by two professors and considered:
 - differences between male and female athletes
 - different athlete sizes and bodyweights
- The dataset used included results from Norway, and was compared against Robi, Sinclair, and other point systems.
- Doping results were removed from the dataset used for calculations. 25 years of historical data was used, not only top results but broader result sets, to build the mathematical method.
- Mr Osei noted that it may be difficult to explain the new system to athletes who just want to lift in competition.
- Mr Veres stated that it is possible to compare an athlete's bodyweight category with historical data and offered access to an online calculation system.
- Mr Tsogas clarified that:
 - the IWF does not use Sinclair points at its events
 - the IWF currently uses Robi points
- Mr Osei requested that further supporting documentation be provided to help members understand and explain the system.

3. Weigh-in Time Modification

- Mr Osei confirmed that no new developments had been discussed since the previous meeting(s).
- Ms Charron noted that the CRC had also discussed the topic and expressed the view that weigh-in should remain on the same day as competition.
- Mr Elbakh stated that weight cutting is difficult and that more time between weigh-in and competition could help athletes.
- Ms Charron highlighted medical concerns that longer periods could encourage more extreme weight cuts, creating additional health risks.
 - She added that a 24-hour weigh-in would require an additional competition day, which may not be possible at smaller events.

- Mr Osei suggested that **3 hours** could be an ideal adjustment.
- Ms Diaz noted that any change must consider multiple factors and remain fair for all athletes.
- Mr Tchatchet II stated that fairness should consider the competition structure, including differences caused by lot number.

4. Belt Size

- Ms Charron asked whether any athletes had raised concerns regarding belt width.
- Mr Osei confirmed that he had not heard any complaints from athletes on this issue.

5. Oscillation

- Ms Charron raised the topic of oscillation.
- Mr Osei stated that in some countries it is used as a training technique.

6. Any other business

- Mr Osei asked members to send input regarding the new Athletes' Commission website.