



2026 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



INVITATION

To the President/General Secretary
of IWF Member Federations

Greetings to all members of the global weightlifting community! On behalf of the Chinese Weightlifting Association, I extend my sincere greetings and warmest welcome to each of you. We cordially invite you to Ningbo, China, to take part in the 2026 IWF World Championships, to be held from October 27 to November 8, 2026.

As the oriental starting port of the ancient Maritime Silk Road, Ningbo boasts a profound millennium-long cultural heritage and vibrant modern vitality. It enjoys mild and pleasant autumn weather in October. Having hosted numerous top-tier international competitions, the city is fully equipped with comprehensive professional event support to deliver a comfortable and seamless experience for all participants. During the competition, you may also wander along the Sanjiang Rivers, appreciate the time-honored culture of Tianyi Pavilion and the unique coastal Jiangnan charm.

Weightlifting embodies the perfect combination of strength and perseverance. Serving as the first qualification event for the Los Angeles 2028 Olympic Games, this World Championships will provide a grand platform for weightlifters worldwide to challenge themselves and push to the limit. We are ready to deliver you a superb event in excellent venues, strengthening communication and cooperation around the world through our sport, creating lasting memories and friendships.

We look forward to welcoming you to China and Ningbo to attend the 2026 IWF World Championships

Warm regards,

President of the Chinese Weightlifting Association

A handwritten signature in black ink, appearing to read "Zhan Xugang", is written over a light blue horizontal line.

Zhan Xugang



**2026 IWF WORLD CHAMPIONSHIPS
COMPETITION REGULATIONS**



COMPETITION REGULATIONS

**IWF WORLD
CHAMPIONSHIPS
NINGBO 2026 CHINA**



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SUMMARY OF DEADLINES

DEADLINES	ACTIONS TO BE UNDERTAKEN BY THE MEMBER FEDERATIONS
27 July 2026	Preliminary entries of athletes to be uploaded to the IWF E-Entry System
	Athletes' Whereabouts information to be submitted (Q3 2026)
27 August 2026	Submission of the Visa Invitation Application Form and passport copy(ies)
	Application of media representatives
27 September 2026	Final entries of athletes and coaches to be confirmed in the IWF E-Entry System
	Submission of accommodation & transportation details
	Submission of passport copy(ies) and accreditation photo(s)
	Declaration of "No-Show" (otherwise the applicable charges will apply)
	Accommodation & entry fees to be transferred to the LOC's bank account
30 September 2026	Athletes' Whereabouts information to be submitted (Q4 2026)
13 October 2026 (12:00 / Noon CET)	Verification of final entries to be completed in the IWF E-Entry System



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1. DATES & PLACE

27 October - 08 November 2026, Ningbo, China

2. COMPETITION AND TRAINING VENUE

Competition and Training Venue

Ningbo Olympic Sports Center Gymnasium, 1280 Yunfei Road, Jiangbei District

3. ACCOMMODATION

Accommodation will be at the following hotels:

- **Shangri-La Hotel, Ningbo** / Designated for the IWF Officials/Delegates
- **BTG-Nanyuan Grand Land Hotels and Resorts, Ningbo**
- **Nanyuan Wanghai Hotel, Ningbo**
- **The QUBE Hotel Ningbo North**

A minimum stay of 4 (four) nights is required for all participants.

NOTE: Check-in: 14.00 / Check-out: 12.00

4. FINANCIAL CONDITIONS

ACCOMMODATION FEE (with full board)

Single room	USD 180 / person / night
Double room	USD 160 / person / night
Triple room	USD 140 / person / night

Hotel accommodations will be assigned on a **first-come, first-served basis**, with **limited availability of triple rooms**.

ENTRY FEE

Athletes:	USD 300 / athlete (incl. USD 100 IWF Special AD Fee)
Delegates & Team Officials:	USD 200 / person

PAYMENT

Check-in: All participants should pay the relevant fees by bank transfer to the Local Organizing Committee.



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All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full by the Local Organizing Committee (LOC).

No accommodation is guaranteed until full payment is received.

Hotel "No-Show" charges: If one or more members of a delegation do not arrive on the date specified in the Accommodation & Transportation details submitted through the IWF E-Entry System, and the LOC has not been informed of the change before **27 September 2026**, the delegation shall be required to pay a "No-Show" charge for each absent person to the LOC. The charge shall be equal to the applicable Accommodation Fee per person/day.

If one or more participants arrive one or more days later than the arrival date indicated in the Accommodation & Transportation details submitted through the IWF E-Entry System, the delegation shall remain liable for the Accommodation Fees for the entire period originally requested.

Until **27 September 2026**, Member Federations may update their Accommodation & Transportation details through the IWF E-Entry System. Should additional hotel rooms be required, the LOC will make every effort to accommodate the additional delegation members in the same hotel; however, this cannot be guaranteed.

Cancellations will not be accepted after **27 September 2026**, and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

100% of the total payment (accommodation & entry fees) must be transferred to the LOC Bank Account by 27 September 2026.

The countries unable to make wire transfers are required to submit a request to the IWF President and the IWF General Secretary to be allowed to pay in cash upon arrival.

Please contact your bank and keep in mind that the transfer will only be considered received once it has been duly credited to the LOC's bank account by the deadline.

We kindly ask that you send the bank statement confirming the bank transfer you made to the LOC's bank account to ningbo2026@iwf.sport.



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Bank Account Name: NINGBO OLYMPIC SPORTS CENTER OPERATION
MANAGEMENT CO., LTD
Bank Account Address: NO.345 NINGDONG ROAD, YINZHOU, DISTRICT,
P.R.CHINA, 315042
Bank Account Number: 86011110001292542
Name of the Bank: BANK OF NINGBO
SWIFT/BIC Code: BKNBCN2N

For your security, always refer to the bank details provided in this document.

5. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Athletes must be registered via the **IWF E-Entry System**:

<https://mf.iwf.sport>

If you have any questions or difficulties, please contact IWF at competition@iwf.sport

PRELIMINARY ENTRIES

The preliminary entries must be submitted via the IWF E-Entry System by no later than **27 July 2026**.

- Each Member Federation must submit its Preliminary Entry (Long List) with a maximum of:

SIXTEEN (16) MEN & SIXTEEN (16) WOMEN

**AFTER 27 JULY 2026, NO ADDITIONAL ATHLETES MAY BE ADDED TO THE
PRELIMINARY ENTRY LIST.**

FINAL ENTRIES

The final list of athletes must be confirmed via the IWF E-Entry System no later than **27 September 2026**.

- Each Member Federation must select its Final Entry exclusively from the Preliminary Entry previously submitted by 27 July 2026, with a maximum of:

Max. TEN (10) ATHLETES (8+2 RESERVE) / GENDER

NO ENTRIES WILL BE ACCEPTED WITHOUT THE FULL PAYMENT OF FEES.



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INTERNATIONAL COACH LICENCE

All coaches from participating Member Federations must be registered in the IWF International Coach Licence (ICL) database.

All coaches must be included in the Final Entry Form.

If a coach is not registered in the ICL database, the IWF will notify the relevant Member Federation and require that the coach be registered without delay or removed from the Final Entry Form.

If you have any questions about the ICL database registration, contact us at coachinglicence@iwf.sport.

ACCREDITATION

Accreditation shall be completed through the **IWF E-Entry System**.

The accreditation module of the IWF E-Entry System will become available after **27 July 2026**.

By the **Final Entry deadline (27 September 2026)**, each Member Federation must complete the accreditation details for all members of its delegation (athletes and officials) in the IWF E-Entry System, including:

- **Accommodation & Transportation details;**
- **Uploading a valid passport copy; and**
- **Uploading a recent colour passport-style photograph.**

Member Federations are responsible for ensuring that all required information and documents are submitted before the deadline.

Please note that accreditation cards will be issued only after all required information has been submitted through the IWF E-Entry System and all applicable Accommodation and Entry Fees have been paid in full. Accreditation will be valid only for the dates indicated on the accreditation card.

MEDIA

All international media representatives must be approved in advance by the IWF.

Applications for international media accreditation must be submitted to Mr. Pedro Adrega, IWF Communications Manager, at pedro.adrega@iwf.sport no later than **27 August 2026**.



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6. VISA

In order to enter China, foreigners shall apply to the visa-issuing authorities stationed abroad for a visa, except as otherwise provided for in the Exit and Entry Administration Law of the People's Republic of China. Details of those countries which have the mutual visa exemption can be checked through the following link:

https://cs.mfa.gov.cn/wgrlh/lhqz/lhqzjjs/202510/t20251023_11739051.shtml

Foreigners who apply for visas shall submit their passports or other international travel documents, as well as information on specific application matters, to the visa-issuing authorities stationed abroad. They shall go through relevant formalities and accept interviews in accordance with the requirements of the visa-issuing authorities stationed abroad.

The following documents must be returned as soon as possible and **not later than 27 August 2026** to ningbo2026@iwf.sport

- **Visa Invitation Application Form; and**
- **Passport Copy(ies).**

IMPORTANT NOTE: The invitation letter for a visa will be processed in a minimum of two weeks. To ensure your visa application, your passports should have at least six months of validity remaining from the date of your entry or departure to or from China.

The LOC cannot guarantee the issuance of invitation letters for participants who submit their visa applications after the above deadline.

7. ACCREDITATION

Accreditation will take place at the official accreditation centre, located at the check-in desk of each delegation's designated hotel upon arrival. In addition, a temporary accreditation centre will be available at the competition venue to provide accreditation-related services.

8. TRANSPORTATION

The LOC will offer a round-trip shuttle bus service between Hangzhou Xiaoshan International Airport (HGH) or Ningbo Lishe International Airport (NGB) and the official accommodations for all participants.

Accommodation & Transportation details must be submitted by **27 September 2026** through the **IWF E-Entry System**.



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- Each Member Federation must provide the airline, flight number, and the exact arrival and departure date and time for each delegate in the IWF E-Entry System.
- Any changes to the travel schedule must be communicated well in advance. Otherwise, the Local Organising Committee (LOC) cannot guarantee that the revised requests can be accommodated.
- Local shuttle bus services will be provided for all participants between the official accommodation, the competition/training venue, meeting venues, and other official event locations.

9. COMPETITION REGULATION

The 2026 IWF World Championships will follow the IWF Technical and Competition Rules & Regulations ([IWF TCRR](#)).

10. TERMS AND CONDITIONS OF PARTICIPATION

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), & IWF Policies;
- Abide by all reasonable directions given by the IWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by IWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of IWF / LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the IWF and/or LOC shall have no responsibility for any loss or damage of this property;
- Should irrevocably release IWF & LOC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event;
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any LOC or IWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;



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- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the LOC.
- The Participants may be filmed, photographed, identified and/or otherwise recorded during the Event. The resulting filmed, photographed or recorded image (together with the Participant's name, likeness, voice and performance) may be used and/or distributed in any format (including by reproducing, distributing, communicating to the public and making it available), in any content and through any media, format, without compensation (financial or otherwise).
- The Participants may take or record still and moving images and/or sounds within the perimeter of all the Venues for his/her personal, private, non-commercial and non-promotional use. The use of video footage (moving images) of the competition is subject to the acquisition of media rights. Therefore, the publication (live or delayed) of video footage of the event is strictly prohibited if those rights are not acquired before the competition.

11. ELIGIBILITY

Participating athletes must be 15 years of age and over (year of birth 2011 or earlier).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules, Whereabouts information of the athletes shall be submitted at a minimum of three (3) months prior to the event (Q3 / by 27 July 2026 & Q4 / by 30 September 2026).

In case you and/or your Athletes encounter any difficulties related to Whereabouts submission, please report it IMMEDIATELY at iwf@ita.sport.

12. MF CATEGORISATION RULE

As of 1 January 2024, the IWF's Member Federations are categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements for athletes to be eligible to compete at IWF events such as the IWF World Championships.

With the introduction of Articles 18.8, 18.9, and 18.10 to the IWF Anti-Doping Rules, **Category 'A' and 'B' Member Federations are required to ensure all athletes competing in the IWF World Championships are tested and educated in line with IWF's updated Anti-Doping Rules in order to be eligible to compete at the event.**

As an important note, the testing requirements apply ONLY to athletes who are not already in the IWF's Registered Testing Pool.



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The table at the end of the document you can find on the link below shows the anti-doping requirements of the Member Federation based on the category assigned following the IWF's categorisation process:

- [2026 Guidelines for categorisation of Member Federations](#)

Please find here the document which includes the categorised Member Federations:

- [2026 List of categorised Member Federations](#)

In case you have questions, do not hesitate to contact us at: antidoping@iwf.sport

13. EVENT CATEGORIES

MEN (8): 60kg, 65kg, 70kg, 75kg, 85kg, 95kg, 110kg, +110kg
WOMEN (8): 49kg, 53kg, 57kg, 61kg, 69kg, 77kg, 86kg, +86kg

14. AWARDS

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.

Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, based on the IWF Team Classification.

15. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

16. SPORT EQUIPMENT

IWF Official Barbell Supplier ZKC sport equipment will be used during the competition and training.

17. TRAINING CAMP

All participating teams will have the opportunity to join a pre-camp in Jiangshan, Zhejiang Province, before the championships. Should you be interested, please refer to the regulation of the training camp in the attached document and contact the Organising Committee at trainingcamp2026@163.com for any further information.



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18. INSURANCE

In accordance with IWF regulations, all participants must be insured by their respective Federations for travel, accidents, injuries, illnesses, and medical expenses prior to departing from their hometown.

19. TEMPERATURE & ELECTRICITY INFORMATION

- The average temperature in Ningbo during the Championships will be approximately between 10 and 23 degrees Celsius.
- Standard power sockets in China are Type A (two flat pins) and Type I (three flat pins - the Chinese national standard). Please note that European-style round-pin plugs (Type C/E/F) are NOT compatible with Chinese sockets. We recommend bringing a universal travel adapter for your convenience.
- Electricity in China operates at a supply voltage of 220V and a frequency of 50Hz.

Contact details:

Chinese Weightlifting Association / Local Organizing Committee

No. 1280, Yunfei Road, Jiangbei District, Ningbo City, Zhejiang Province, Ningbo Olympic Sports Center Gymnasium, People's Republic of China

Phone: +86 574 8709 8507

E-Mail: ningbo2026@iwf.sport & chinaweightlifting@sports.cn

International Weightlifting Federation

Maison du Sport International, Av. de Rhodanie 54, Switzerland -1007, Lausanne

Phone: +41 21 601 3227

E-Mail: iwf@iwf.sport & competition@iwf.sport



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PRELIMINARY TIMETABLE

13 OCTOBER / Tuesday	12:00 CET	Verification of Final Entries ONLINE		
24 OCTOBER / Saturday	OPENING OF TRAINING VENUE			
	TBC	IWF Committees Meetings		
25 OCTOBER / Sunday	TBC	IWF Executive Board Meeting		
26 OCTOBER / Monday	TBC	IWF Congress		
	TBC	Technical Officials' Meeting		
27 OCTOBER / Tuesday	9:00	Men	60	C
	11:00	Women	49	B
	13:30	Men	60	B
	16:00	Men	60	A
	OPENING CEREMONY			
	19:30	Women	49	A
28 OCTOBER / Wednesday	9:00	Women	53	D
	11:30	Men	65	D
	14:00	Men	65	C
	16:30	Men	65	B
	19:00	Men	65	A
29 OCTOBER / Thursday	9:00	Women	57	D
	11:30	Men	70	C
	14:00	Women	53	C
	16:30	Women	53	B
	19:00	Women	53	A
30 OCTOBER / Friday	9:00	Women	57	C
	11:30	Women	57	B
	14:00	Men	70	B
	16:30	Women	57	A
	19:00	Men	70	A
31 OCTOBER / Saturday	9:00	Men	75	E
	11:30	Men	75	D
	14:00	Men	75	C
	16:30	Men	75	B
	19:00	Men	75	A
01 NOVEMBER / Sunday	9:00	Women	61	E
	11:30	Women	61	D
	14:00	Women	61	C
	16:30	Women	61	B
	19:00	Women	61	A



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02 NOVEMBER / Monday	9:00	Men	85	E
	11:30	Men	85	D
	14:00	Men	85	C
	16:30	Men	85	B
	19:00	Men	85	A
03 NOVEMBER / Tuesday	9:00	Women	69	E
	11:30	Women	69	D
	14:00	Women	69	C
	16:30	Women	69	B
	19:00	Women	69	A
04 NOVEMBER / Wednesday	9:00	Men	95	E
	11:30	Men	95	D
	14:00	Men	95	C
	16:30	Men	95	B
	19:00	Men	95	A
05 NOVEMBER / Thursday	9:00	Women	77	E
	11:30	Women	77	D
	14:00	Women	77	C
	16:30	Women	77	B
	19:00	Women	77	A
06 NOVEMBER / Friday	9:00	Men	110	D
	11:30	Men	110	C
	14:00	Women	86	C
	16:30	Men	110	B
	19:00	Men	110	A
07 NOVEMBER / Saturday	9:00	Men	110+	D
	11:30	Men	110+	C
	14:00	Women	86	B
	16:30	Men	110+	B
	19:00	Women	86	A
08 NOVEMBER / Sunday	9:00	Women	86+	C
	11:30	Women	86+	B
	14:00	Men	110+	A
	16:30	Women	86+	A
	CLOSING CEREMONY			

The competition schedule is subject to change after the final entry deadline & after the verification of final entries.