

# 2009~2012 舉重技術及比賽規則

中華民國舉重協會行政組 翻譯

舉重技術規則正本由國際舉重總會組織留存，並以英文出版，如英文版有所抵觸，以英文版為主。  
(如中文譯本發生疑義，應以英文版本為主。)

## 1 比賽內容

### 1.1 兩式舉法

1.1.1 在舉重運動中，國際舉重總會(IWF)承認兩式舉法，必須按下列順序實施：

a)抓舉 b)挺舉

1.1.2 兩式舉法必須以雙手為之。

1.1.3 每式舉法只允許試舉三次。

### 1.2 參賽人員

1.2.1 舉重運動為男性及女性籌辦比賽，按其體重依本規則所訂量級實施比賽

1.2.2 在各項活動中，國際舉重總會認可的三種年齡組別：

i)青少年組：迄至17歲以下(包括17歲者)。

ii)青年男女組：20歲以下及包括20歲者。

iii)社會男女組。

註1：上列所有年齡量級均以選手出生年曆計算。

註2：參加世界錦標賽、世界青年錦標賽、世界大學舉重錦標賽及其他國際公開比賽之男、女子組最低年齡為15歲

註3：參加奧運會之男子、女子組最低年齡為16歲。

註4：參加青少年奧運會年齡為16歲及17歲。

註5：參加青少年舉重錦標賽選手，最低年齡為13歲。

### 1.3 體重級數

1.3.1 男子社會組和青年組按其體重分八級。凡依國際舉重總會規則舉行之比賽，必須按照以下量級進行：

1- 56 kg 2- 62 kg 3- 69 kg 4- 77 kg 5- 85 kg 6- 94 kg 7- 105 kg 8- +105 kg

1.3.2 女子社會組和青年組按其體重分為七級。凡依國際舉重總會規則舉行之比賽，必須按照以下量級進行：

1- 48 kg 2- 53 kg 3- 58 kg 4- 63 kg 5- 69 kg 6- 75 kg 7- +75 kg

1.3.3 青少年男子(童)組：

1- 50 kg 2- 56 kg 3- 62 kg 4- 69 kg 5- 77 kg 6- 85 kg 7- 94 kg 8- +94 kg

青少年女子(童)組：

1- 44 kg 2- 48 kg 3- 53 kg 4- 58 kg 5- 63 kg 6- 69 kg 7- +69 kg

1.3.4 國際舉重總會競賽及其他比賽每一個國家得報名一隊最多男子選手10名及女子選手9名，但是參加比賽一隊最多男子選手8名及女子選手7名，每量級至多2名選手參賽。奧運會的參賽方式，依規則之5.3點實施。

1.3.5 在任何比賽中，一名選手只能參加一個量級的比賽。

## 2 兩式舉法

### 2.1 抓舉

2.1.1 槓鈴應水平置於選手兩腿前方。選手掌心向下握，以一連貫動作將槓鈴拉離地面，至兩臂完全伸直於頭頂以上，其間得前後分腿(分腿式)或屈動雙腿(下蹲式)。舉重時，槓鈴應以一連續動作沿著身體上拉。除兩足外，身體之任何其他部分，不得觸地。重量舉起後至保持最後不動姿勢，必須臂和腿伸直，兩腳站立在同一條線上，直到裁判員發出信號後，始得將槓鈴放回舉重臺。無論採用分腿式或下蹲式，選手可在他自己時間內自回復直立姿勢，並將兩腳站立在同一條線上，使

與其軀體及槓鈴之平面平行。一俟選手身體各部分均已完全靜止後，裁判員應即發出信號。

## **2.2 挺舉**

### **2.2.1 第一部分，上搏：**

槓鈴應水平放置於選手兩腿前方。掌心向下握，以一連貫動作，自地面將槓鈴提至肩膀時，其間得使用分腿式或下蹲式。作此連續動作時，槓鈴可沿大腿和膝蓋滑行。槓鈴未到最後位置前，不可觸及胸部。然後槓鈴停放在鎖骨上或乳頭上方的胸部或全屈之雙臂上。開始上挺前，將兩足收回至同一條線上兩腿伸直。選手可在他自己時間內自行回復直立姿勢，並將兩腳放在同一條線上，與其軀體及槓鈴之平面平行。

### **2.2.2 第二部分，上挺：**

選手彎屈雙腿並伸展雙腿和雙臂，藉以將槓鈴上舉至兩臂完全垂直伸展。將兩腳收回至同一條線上，並將兩臂和兩腿伸直，等待裁判員的信號後，將槓鈴放回舉重台上。俟選手身體各部分完全靜止後，裁判員即發出信號。

#### **重要注意事項：**

選手可在上搏後及上挺前調整槓鈴的位置。切勿誤會，它並不意味在任何情況時，承認選手有額外的上挺試舉，但允許選手：

- a)收回姆指或「非鉤握法」，如果他正使用這種方法。
- b)如因槓鈴放置太高而妨礙呼吸或引起疼痛，可將槓落放在兩肩上。
- c)改變握距。

## **2.3 各式舉重通則**

- 2.3.1 准許使用「鉤握法」的技術。握槓時，大姆指末節為同一手之其他手指所覆蓋。
- 2.3.2 在各式舉重中，任何已將槓鈴拉至兩膝高度而未完成之試舉，裁判員必須視為「失敗」。
- 2.3.3 在裁判員發出放下槓之信號後，選手必須從身體前方將槓鈴放下，不得有意或任其意外地摔落。但當槓鈴已低至肩膀以下，則可鬆握。
- 2.3.4 倘若選手因肘部解剖上的缺陷致無法完全伸展手臂，他必須於比賽前將實情告知三位裁判員及審判委員。
- 2.3.5 採用下蹲式抓舉或下蹲式上搏時，選手可藉身體搖擺扭動動作幫助回復直立姿勢。
- 2.3.6 禁止大腿使用滑脂、油、水、滑石粉或任何類似的潤滑劑。選手抵達比賽台前不被允許在大腿上有任何附加物。如選手使用潤滑劑，將被命令加以清除。於進行清除時，計時鐘繼續進行。
- 2.3.7 在雙手、大腿等部位，允許使用白堊（碳酸鎂）。

## **2.4 各式舉重姿勢之違規動作**

- 2.4.1 從懸垂姿勢拉舉者。
- 2.4.2 除兩足外，身體任何部分觸地者。
- 2.4.3 在完成舉重時，雙臂伸展不平均或未完全者。
- 2.4.4 在伸展雙臂時，有停頓現象者。
- 2.4.5 以推舉動作，完成舉重者。
- 2.4.6 回復直立姿勢時，雙臂有屈伸現象者。
- 2.4.7 試舉時，身體任何部分觸及舉重台以外的地區者。
- 2.4.8 在裁判員發出信號前，將槓鈴放回舉重台者。
- 2.4.9 在裁判員發出信號後，將槓鈴摔落者。
- 2.4.10 兩足未能站於槓鈴與軀幹平面平行的直線上完成動作者。
- 2.4.11 未能將整個槓鈴放回舉重台者，即整個槓鈴必須先觸及舉重台。

2.4.12 試舉開始時未面對中央裁判。

## **2.5 抓舉違規動作**

2.5.1 槓鈴上舉時，有停頓現象者。

2.5.2 於完成上舉時，槓鈴觸及選手頭部者。

## **2.6 上擡違規動作**

2.6.1 在翻轉雙肘前，置槓鈴於胸部者。

2.6.2 肘或上臂觸及大腿或膝部者。

## **2.7 上挺違規動作**

2.7.1 任何明顯上挺而未完成的動作者，包括軀幹下降或膝蓋彎曲。

2.7.2 凡故意搖擺槓鈴以獲得利益者。開始上挺前，選手和槓鈴必須完全保持靜止狀態。

## **3 設備、器材及文件**

### **3.1 比賽台及檯子(競賽區域)**

3.1.1 試舉需在比賽台上完成。

3.1.2 比賽台須為正方形，每邊長4公尺，且同水平高度。圍繞比賽台的地板有相似或相同的顏色，比賽台上四周須有至少15公分的不同顏色線條。

3.1.3 比賽台可由木材、塑膠或任何固體材料製成，並覆有防滑材料。

3.1.4 比賽台高度不得高於150公釐。

3.1.5 圍繞在比賽台外需增加一公尺的平坦、空間，無障礙物包含鐵片。

3.1.6 檯子的面積至少10x10公尺，自比賽台頂點計算最高一公尺，測量標準依裁判及審判位置計。附上標準尺寸階梯。

3.1.7 當比賽台放置於檯子上，需設有合宜、安全地與比賽台相似寬度的阻擋桿，位置於比賽台前緣至少2.5公尺及後邊緣2公尺，唯盡可能靠近前緣及後邊緣。阻擋桿小於200公釐高、200公釐寬。

3.1.8 白堊(碳酸鎂)及樹脂需放於選手進場側檯子之上；在檯子旁為加重員準備槓軸清理材料及工具。

### **3.2 熱身區域**

為了讓選手準備比賽，在接近比賽台，必須提供選手一熱身運動區域。此區域依選手數必須設有有相當數量的熱身台，並將其編號，槓鈴、白堊等。除此之外，它應有下列裝置：

- 播音器與報告員之麥克風相連通。
- 成績揭示牌顯示抽籤號碼順序之選手姓名、體重、與唱名至舉重台前選手所要求之重量。
- 值勤醫師之席位。
- 在比賽區域內，有操作計時器之顯示器。
- 顯示前台比賽狀況之攝影螢幕。

### **3.3 其他設備**

3.3.1 國際舉重總會賽會，在比賽場地需提供以下額外設備：

- 選手休息區域
- 急救室
- 禁藥控制場所
- 新聞中心
- 貴賓及技術職員室
- 國際舉重總會辦公室
- 過磅室及試磅室
- 三溫暖
- 訓練場(可能位於不同地點)





示給選手和觀眾知悉裁判員的判決。

- d)一座以上之控制板，裝置3個紅燈及3個白燈，當裁判員適時按壓電鈕，能瞬間發亮。控制板裝於審判委員席上，也備有能發出信號的裝置，以用於呼叫任何一個或全部裁判員到審判委員席。

### 3.6.2 系統操作

3.6.2.1 一次試舉，三位裁判員均有同等之裁判權利。

3.6.2.2 依照相關規則，每位裁判員必須按白燈發出「放下」信號當成功試舉，或紅燈為失敗試舉。

3.6.2.3 裁判員判定「成功試舉」立即按下控制箱白色按鈕。

3.6.2.4 裁判員判定「失敗試舉」立即按下控制箱紅色按鈕。裁判員看到錯誤或執行一次試舉中失敗，必須立即按紅燈。

3.6.2.5 二位裁判員做出相同判決，發出「放下」信號與聲音讓選手將槓鈴放回比賽台。

3.6.2.6 一位裁判員按下白鈕，另一位裁判員按下紅燈，第三位裁判員未按燈時，第三位裁判可以聽到由控制箱發出催促他速作判決的間歇性的信號。當第二個白燈或二個紅燈，發自三位裁判員中的二位，而「放下」信號已可看見和聽見時，則以間歇性信號提醒第三位裁判員速作判決。

3.6.2.7 三位裁判做出判決後三秒，判決燈顯亮，分別表示三位裁判之個別決定。此信號維持至少三秒。

3.6.2.8 看到及可聽到的「放下」信號後，「判決燈」顯示前，裁判員有三秒鐘時間更改判決。例如，遇到選手完成整個舉重動作成功，但掉落槓鈴，裁判員已按白鈕，應改按紅鈕以顯示紅色「判決燈」，若此時已來不及改判燈號，則裁判員必須立刻舉起桌上之紅旗，來表示他們的判決改變為「失敗」。

3.6.2.9 當「放下」信號及裁判之判決燈已顯示，選手尚未放下槓鈴，中央裁判必須以口頭及手勢告知選手放下槓鈴。

3.6.2.10 壯年組舉重比賽時，裁判員應使用自由決定權。

### 3.7 審判委員監督系統

比賽時，審判委員透過控制箱監督裁判員的判決。裁判員按下個人專用的裁判燈時，監督系統的燈同時亮起。判決的快、慢或是沒有判決，可採立即或更進一步行動加以查明。審判委員召集人得以按下適當按鈕，發出請求信號，召喚其中一位裁判員至審判委員席。

### 3.8 磅秤

3.8.1 國際舉重總會賽會，磅秤必須能稱重至200公斤，並精確到至少10公克以內。

3.8.2 世界錦標賽、奧林匹克運動會及其他重要的國際比賽，在過磅室附近必須備有第二個相同的磅秤(試磅磅秤)，讓選手檢視他們的體重。

3.8.3 磅秤是設備的一部分，須由當地機構認證合格，隨附磅秤證明書，距比賽日期不得超過三個月。

### 3.9 計時鐘

3.9.1 正式國際舉重總會比賽，必須使用倒數式電動或電子計時器。這種計時器必須有下列特性：

a)連續倒數15分鐘。

b)指出1秒之間隔。

c)選手規定時間結束前90秒及30秒，發出一可聽到之信號。

3.9.2 比賽進行的時間倒數之電子計時器，必須同時顯示於比賽區域及熱身運動區域。一個面對觀眾、一個放置在比賽舉重台面對選手、一個在選手熱身運動。

### 3.10 試舉揭示牌

試舉揭示牌需包括下列資訊：

- 姓名(姓、名)
- 國際舉重總會/國際奧林匹克委員會國名代號
- 過磅體重
- 試舉次數
- 試舉序號

### 3.11 成績揭示牌

成績揭示牌必須設在比賽區域能引人注意之位置，俾能記錄及顯示一個量級比賽過程及結果。成績揭示牌包含組/場比賽所有參賽人員資訊，並能夠顯示整場比賽資訊。

- 試舉序號
- 選手姓名試舉序號順序
- 出生年份(如果可能，出生日期)
- 體重
- 國際舉重總會/國際奧林匹克委員會國名代號
- 三次抓舉試舉
- 三次挺舉試舉
- 總和
- 最後名次

### 3.12 紀錄顯示

紀錄必須顯示在比賽區域內。資訊必須適用在整場比賽，當新紀錄產生時，必須能夠立即更新。

### 3.13 影像螢幕

給觀眾訊息，必須在比賽場地及熱身室提供影像螢幕。

### 3.14 比賽正式文件

#### 3.14.1 出賽名單包含：

- 時間表指出比賽日期及時間、分組、技術職員分組
- 技術職員表及其分組
- 每一場比賽出賽名單包含抽籤號碼、姓名、出生日期、國際舉重總會/國際奧林匹克委員會國名代號、報名總和

#### 3.14.2 過磅表

每一場比賽發出，內容需包含所有參賽人員資訊如下：

- 抽籤號碼、姓名、出生日期、國際舉重總會/國際奧林匹克委員會國名代號、報名總和、選手體重
- 抓舉及挺舉第一次試舉重量
- 參與過磅技術職員簽名

過磅後盡速將過磅表送交相關人員

#### 3.14.3 選手卡

每一場比賽發出，表格記錄包括選手試舉序號、姓名、國際總會/國際奧會國家代號、出生日期、體重、體重分級及組別。用以記錄選手於比賽中每一次試舉重量，包括規則允許之更改重量。每一個提報教練必須簽名。

#### 3.14.4 紀錄表

本表格不論手寫式或電腦印表皆為比賽結果正式文件，包含試舉序號、抽籤號碼、姓名、出生日期、國際總會/國際奧會國名代號、體重、所有試舉、成績及破紀錄。並必須由競賽秘書/指導員及審判委員召集人確認與簽字為準。紀錄手冊為備用資料所有比賽必須由指定人員保管。

#### 3.14.5 最後成績冊

最後成績組資料得以電子或數位型式(CD,DVD)於賽會結束時交付與會代表，內容須包含

- 團體成績包含名次、國際總會/國際奧會國家代號、團體分數及選手數。
- 每一個體重分級抓舉、挺舉及總和成績，包含名次、姓名、出生日期、國際舉總/國際奧會國家代碼、體重、試舉及成績。
- 新紀錄包含體重分級、姓名、出生日期、國際舉總/國際奧會國家代碼、紀錄重量。

## **4 選手裝備**

### **4.1 舉重衣**

4.1.1 必須穿著外表雅觀、符合下列標準之服裝：

- 可以是一件或二件式，著於選手之軀體上。
- 必須緊身式。
- 必須無領式。
- 顏色不限。
- 不得覆蓋手肘。
- 不得覆蓋膝蓋。

4.1.2 T恤可穿在舉重衣內，袖長不可覆蓋手肘，T恤必須無領。緊身衣或自由車褲可穿在舉重衣內或外，但不可覆蓋在膝蓋。

4.1.3 T恤及運動短褲不得取代舉重衣。

4.1.4 比賽中，選手可穿著他們代表之協會所發行/核准之制服。為此目的，頒獎典禮亦包括在比賽內。

4.1.5 可穿襪子，但不得超過膝蓋，同時也不得覆蓋在禁止範圍的繃帶上。

### **4.2 舉重鞋**

4.2.1 為保護足部，選手必須著運動鞋(稱舉重鞋/靴)，使其在舉重台上獲得穩定姿勢。

4.2.2 舉重鞋在製作上，除4.2.1.款規定外，不得給予選手不公平利益或其他扶助。

4.2.3 鞋背准許繫著鞋帶。

4.2.4 覆蓋鞋跟之部分，可予以增厚。

4.2.5 鞋之最大高度，准許鞋底頂部至鞋之最高處為130公釐。

4.2.6 鞋底之設計不得超過鞋之任何點5公釐。

4.2.7 鞋可由任何材質或組合材質製成。

4.2.8 鞋底之最高或最底度不加限制。

4.2.9 鞋之型式不嚴格限制。

### **4.3 舉重皮帶**

4.3.1 皮帶最寬處為120公釐。

4.3.2 皮帶不得繫於選手服裝內。

### **4.4 繃帶、膠帶及貼布**

4.4.1 繃帶、膠帶及貼布得用於腕部、膝部、手部。膠帶與貼布可被套在手指及大姆指。

4.4.2 繃帶可為紗布、醫用繃帶或皮革。一件式彈性繃帶或橡膠護膝，需可活動自如，亦可著於膝部。唯後者不得以任何方式加厚。

4.4.3 繃帶覆於腕部之皮膚表面最大寬度為100公釐。

4.4.4 繃帶覆於膝部之皮膚表面最大寬度為300公釐。

4.4.5 繃帶長度不加限制。

4.4.6 准許用貼布和繃帶，包著手部內外之表面。但膠布或繃帶得縛緊在腕部但不得於槓鈴。

4.4.7 准許手指包貼布，但不得突出於指尖。

4.4.8 為了保護手掌，可被允許戴用無指手套；如體操專用護套，自由車手專用手套。

這些護套僅可套至各手指的第一關節，若手指使用貼布，貼布與手套間必須有可見的間隔。

4.4.9 不准使用繃帶或替代品於下列身體部份：

a)肘部。 b)軀幹。 c)腿部。 d)脛部。 e)手臂。

如在比賽中有受傷，比賽醫生得以在選手身體有流血處紮繃。

4.4.10 紮在身體上任何部位之繃帶，限同一樣式。

4.4.11 舉重衣與繃帶之間必須要有可見的間隔。

4.5 舉重選手服裝的每一個配備，國際舉重總會允許製造商及/或他們的贊助商在上面（依據規則10.4），奧林匹克運動會以國際奧林匹克委員會製造商標規定的為優先。

## 5 比賽

### 5.1 國際舉重總會賽會

5.1.1 世界錦標賽、奧林匹克運動會、洲際、綜合運動會及其他國際舉重總會賽會舉重比賽之籌備，必須在國際舉重總會管理及完全依循其憲章、技術及比賽規則下執行。國際舉重總會手冊內世界錦標賽規定亦適用。

5.1.2 籌備協會必須保證無條件讓所有國際舉重總會會員國參加。

5.1.3 國際舉重總會賽會所有比賽在國際舉重總會承認的體重分級內必須包含個別兩式舉法(抓舉及挺舉)。

5.1.4 世界錦標賽及奧林匹克運動會前後三十天不舉行主要國際賽會。

### 5.2 世界錦標賽

5.2.1 世界錦標賽除了夏季奧運會年外，每年舉行。

世界青年錦標賽每年舉行。

世界青少年錦標賽除了夏季青少年奧運會年外，每年舉行。

5.2.2 僅有國際舉重總會確認具資格之選手得參賽世界錦標賽。

5.2.3 每一個體重分級抓舉、挺舉及總和前三名頒發金牌、銀牌及銅牌。

5.2.4 申辦世界錦標賽須於執行委員會開會決議前六十天提出書面申請。國際舉重總會秘書處寄申請表(問卷調查)給申請之候選單位。完整的調查表需送回國際舉重總會秘書處。

5.2.5 國際舉重總會執行委員會決定世界錦標賽配置。

5.2.6 世界錦標賽配置後，國際舉重總會及主辦協會依據申請調查表簽署有關於主要款項及條件之協議。

5.2.7 世界錦標賽比賽天數不得少於八日、世界青年錦標賽不得少於七日。

### 5.2.8 財務負擔-主辦協會/籌備委員會會

5.2.8.1 提供參賽人員每日膳宿及隨時便利的當地交通、比賽資料、參與正式會議、訓練、閉幕典禮及其他一般技術服務。每日費用需由國際舉重總會同意，視提供之服務與費用之同量性。

註1：世界錦標賽擔任技術職員之執行委員享有賽會期間單人房膳宿。若僅參加會議之執行委員，上述條件僅提供於會議期間。僅支付基本雙人房費率給籌委會若執行委員必須另行負擔。

註2：代表隊領隊享有膳宿單人房支付基本(雙人房)費率，代表隊得自行決定使用該單人房之人選。

註3：若參賽隊伍組成每一個性別人數是單數(例如：女性五位、男性七位)，單獨的選手不得強迫與其他國家選手共享一個房間，這單獨的案例需提供單人房並以雙人房費率計。

5.2.8.2 至少於錦標賽開始前四天提供接泊及訓練場地。

5.2.8.3 提供最多45位被遴選之技術職員(裁判、審判委員、技術管制員、值勤醫生、競賽

秘書及監卡長)免費膳宿於比賽天數外加二天。技術職員人數依比賽天數決定之，世界錦標賽籌辦的數量與類型及其他考量依據國際舉重總會及主辦協會/籌備委員會協議。若國際舉重總會執行委員會及委員會合併於世界錦標賽辦理，被遴選技術職員為執行委員或委員會委員，提供其比賽天數外加五天免費膳宿。因上述優渥條件，技術職員必須全程參與錦標賽。上述額外天數需自行付費。

- 5.2.8.4 世界錦標賽前六個月報價之膳宿費用不得增加。
- 5.2.8.5 提供年會、執行委員會、委員會、最後名單確認、技術職員會議(二次)、行事曆會議免費設備(包含會議室、翻譯、技術設備、咖啡及茶點等)。
- 5.2.8.6 依國際舉重總會相關規定，世界錦標賽比賽與訓練提供免費技術編制與附屬設備(器材、大廳及房間備有足夠設備、技術人員、急救護理、茶點等)，包含
  - 比賽場地
  - 熱身區域
  - 選手休息區域
  - 急救室
  - 禁藥控制基地
  - 新聞中心
  - 貴賓及技術職員室
  - 國際舉重總會秘書處辦公室
  - 過磅室
  - 三溫暖
  - 訓練場地
- 5.2.8.7 世界錦標賽合宜的綜合健康/醫藥/醫療保險。
- 5.2.8.8 若國際舉重總會技術委員會、醫藥委員會及科研委員會召集人未遴選為技術職員，提供比賽天數外加五日免費膳宿。
- 5.2.8.9 國際舉重總會會長及秘書長往返商務艙機票及比賽天數外加六天免費膳宿，以及五名秘書處人員、任命之A.I.P.S.代表往返經濟艙機票。
- 5.2.8.10 世界錦標賽提供國際舉重總會秘書處基地、適當設備之場地及技術設備，做為會議及年會使用。
- 5.2.8.11 若需要，提供世界青少年錦標賽一位技術參訪、世界青年錦標賽二位技術參訪及世界錦標賽期間三位技術參訪以檢視及評估準備情形。
- 5.2.8.12 錦標賽參加職員紀念章及證明。
- 5.2.9 **財務負擔-參加協會**
- 5.2.9.1 參賽代表隊必須接受籌委會提供競賽規程內載明費用之膳宿。總數必須與國際舉重總會協調並與服務標準相量。
- 5.2.9.2 每一位代表隊成員支付給主辦協會/籌備委員會報名費二百元美金，此費用中一百元美金保留給籌備委員會，一百元美金支付給國際舉重總會做為反禁藥基金。
- 5.2.9.3 遴選之技術職員、國際舉重總會會長、秘書長、國際舉重總會委員會召集人及秘書處人員、AIPS代表及執照記者不需要支付報名費。執行委員會或是委員會成員以及年會代表僅出席該會議亦不需要支付報名費，年會後這些成員不再享有優待例如接泊、參加比賽及運動設施或其他社交活動。
- 5.2.9.4 國家協會參加世界錦標賽自身存在於風險內。協會必須為他們的代表承擔有關健康及意外與傷害發生道德上與財務上之責任。

### 5.3 奧林匹克運動會

- 5.3.1 奧林匹克運動會開幕前24個月及國際舉重總會執行委員會、國際奧林匹克委員會、運動會籌備委員會間會議後，國際舉重總會需提供下列資訊給國家總會：
  - 比賽項目

- 賽程表
  - 選手參賽規範(奧林匹克資格賽規則)
  - 奧林匹克參賽選手報名條件
- 5.3.2 奧林匹克舉重比賽時間由國際奧林匹克委員會、OCOG(奧林匹克運動會籌備委員會)及國際舉重總會同意，適當的比賽天數包含合宜時之休息日。
- 5.3.3 國家奧林匹克委員會依據資格賽取得人數報名參賽，每個體重量級最多二名選手依據資格賽規則。
- 5.3.4 每個體重量級總和前三名頒給奧運金牌、銀牌及銅牌。
- 5.3.5 執行委員會為奧林匹克運動會指派兩位技術代表，其任務為協調及協助奧林匹克運動會舉重比賽的技術組織。參訪奧林匹克運動會舉辦城市代表人數彈性的由奧林匹克運動會籌委會與國際舉重總會協議之。
- 5.3.6 奧林匹克運動會前六個月執行委員會自國家協會提送之候選人名單任命其技術職員，被任命之技術職員不得為其國家奧林匹克代表隊成員。
- 5.4 青少年奧林匹克運動會**
- 5.4.1 參賽年齡為十六及十七歲。
- 5.4.2 青少年奧運量級：  
青少男組：56kg、62kg、69kg、77kg、85kg、+85kg  
青少女組：48kg、53kg、58kg、63kg、+63kg
- 5.4.3 青少年奧林匹克運動會舉重比賽時間由國際奧林匹克委員會、OCOG(奧林匹克運動會籌備委員會)及國際舉重總會同意適當的比賽天數。
- 5.4.4 資格賽制度由國際舉重總會及國際奧林匹克委員會與國家協會/國家奧林匹克委員會協商於青少年奧運會前制定。
- 5.4.5 國家奧林匹克委員會依相關資格賽取得參賽人數報名參賽。
- 5.4.6 每個量級總和前三名頒發金牌、銀牌及銅牌。
- 5.5 奧林匹克運動會之外的綜合運動會
- 5.5.1 國際舉重總會應至少在比賽開始前二年被告知，以備同意設備及技術之組織。國際舉重總會之技術代表必須做初次的檢驗。交通、住宿及餐食費用由籌備協會/委員會負擔之。
- 5.5.2 運動會舉重比賽之競賽規程及賽程表必須在公布前提交國際舉重總會同意之。競賽規程需備有英文版及其他籌備委員會認定必要之語言。
- 5.5.3 國際舉重總會檢驗器材設備並同意與洲際、地區總會及/或運動會籌備委員共同協議出舉重比賽之審判委員及裁判。國際舉重總會代表必須在比賽開始前有足夠的時間確認器材設備適用，並且依據國際舉重總會規則實施。
- 5.5.4 國際舉重總會可能由會長、秘書長或者是經由會長及秘書長商議指派之代表出席。國際舉重總會代表擔任審判委員會召集人、審判委員或是競賽秘書任何一個經考量最適任之職務。
- 5.5.5 籌備委員會必須負擔是項運動會國際舉重總會代表之交通及膳宿費用。
- 5.5.6 各量級抓舉、挺舉與總和前三名頒發金牌、銀牌及銅牌，除非籌備委員會及國際舉重總會特殊的安排。
- 5.6 世界大學舉重錦標賽
- 5.6.1 世界大學舉重錦標賽偶數年由國際大學運動總會(FISU)監督/控制，依據國際大學運動總會相關規定及規則，由國際大學運動總會會員國籌辦。
- 5.6.2 國際舉重總會由任命代表出席。
- 5.6.3 運動特性及技術觀點籌備錦標賽，凡在適用情況下，國際舉重總會技術及競賽規則需被遵循。
- 5.6.4 資格是根據 FISU 的規則資格結合國際舉重總會憲章，技術和競賽規則。

5.6.5 國際舉重總會在諮詢的角色上應參與分配，籌備和進行的錦標賽。

5.6.7 鼓勵所屬國家舉重協會投入錦標賽組織。

5.6.8 與籌委會同意之賽程，並需有適當的技術職員數協助比賽進行。

## 5.7 世界大學運動會

5.7.1 夏季世界大學運動會舉重比賽在國際大學運動總會監督下基數年舉行，依據FISU及國際舉重總會世界大學運動會相關規定實施，詳細的結論與內容由兩個籌委會同意。

## 6 國際舉重總會賽會過程

6.1 賽前程序-報名

6.1.1 訂定之國際舉重總會賽會前四個月，籌辦國家總會需將國際舉重總會賽會競賽規程寄給國際舉重總會所有會員協會、執行委員會及各委員會委員。

6.1.2 競賽規程包含下列資訊：

- a) 國際舉重總會賽會實際日期，包含詳細的賽程及相關活動。
- b) 比賽地點及資料
- c) 膳宿及財務條件
- d) 媒體註冊表
- e) 初次及最後報名表格及選手資料
- f) 其他必要的資訊

6.1.3 參賽者僅得經由其所屬之國家協會報名。初次報名表包含姓名、出生日期、量級及選手實際比賽總和(報名總和)，隨隊職員姓名及職稱，此份表格必須在年會/技術會議前六十天回傳給主辦協會/籌備委員會，副本國際舉重總會。初次報名表最多女子選手九名、男子選手十名(詳見附件案例)

6.1.4 最後報名表包含姓名、出生日期、量級及選手實際比賽總和(報名總和)，隨隊職員姓名及職稱，此份表格必須在年會/技術會議前十四天傳真電子郵件傳送給籌備委員會，副本給國際舉重總會。最後報名表最多女子選手九名、男子選手十名。籌備委員會依據國家協會最後報名表上姓名於簽署之飯店預定膳宿。若任何預定之飯店未使用，相關協會需支付給籌委會取消預定期間的所有費用。

6.1.5 最後報名表需經由國際舉重總會確認。未確認、不完整及/或不正確的最後報名表不被接受。未列於最後報名表之選手不得參加錦標賽。

6.1.6 國際舉重總會賽會前之年會/技術會議之前有最後報名確認，每一位代表隊接到一份表格，並得以

- 修正姓名的拼音
  - 修正出生日期
  - 修改體重量級
  - 修改報名總和
- 惟，不允許替補選手。

最後報名確認最多女子選手七名、男子選手八名，每個量級最多二名。額外的選手需刪除。

當此表格被確認、簽名並繳回後，報名被視為是最後，即不能做任何修改。

代表隊若未參加最後名單確認即視最後報名表資料為最後報名。

6.1.7 比賽中之任何一級數之選手，將被比賽執行長/秘書分配至2或數個組別。此項分組標準，依據確認後最後報名之報名總和。

6.1.8 若二位或更多選手報名總和相同，選手依抽籤號碼被分至不同組別(例如：選手抽籤號碼小者分配至A組、抽籤號碼大者分配至B組)，報名總和之提出規則6.5.7列為考量。

6.1.9 在技術職員會議前或進行中，任命之技術職員及值勤醫師做賽會的分組

## 6.2 抽籤

6.2.1 最後名單確認後，大會自動將每一報名之選手做隨機抽籤決定抽籤號碼，此號碼在整個比賽過程使用。

6.2.2 抽籤號碼決定過磅之順序、試舉之順序，亦決定選手組別。

## 6.3 過磅

6.3.1 每一場比賽於賽前二個小時過磅，並持續一小時。

6.3.2 正式過磅在下列裝置之場所舉行：

- 比賽正式磅秤
- 比賽需用之表格及筆等
- 秘書處使用之桌椅。

6.3.3 各場比賽的每一位選手過磅時，至少二名任命之裁判員及競賽秘書在場。選手所屬代表隊一名職員在場。

6.3.4 過磅時，裁判員確認體重，競賽秘書紀錄。

6.3.5 體重須依讀出重量記載。

6.3.6 體重一覽表僅能於所有選手皆已完成過磅後，始可公布。

6.3.7 選手依抽籤號碼順序陸續叫入過磅室。當依試舉號碼輪到他/她過磅時，而該選手不在場，他/她將在最後過磅。

6.3.8 不同量級合在同一組，過磅須依量級進行。

6.3.9 選手須呈護照或識別卡給競賽秘書，以證明其身份。

6.3.10 選手可裸體或穿內衣褲，但必須在與其同性別裁判在場時過磅。競賽秘書若為異性時，適當地遮蔽實際的過磅過程。

6.3.11 過磅室需提供適當的保健設施。

6.3.12 選手於該量級體重限制內，僅能過磅一次；在過磅時間內，只有重於或輕於該級別重量者，允許重覆回到過磅室調整體重，不需依排序。

6.3.13 選手於過磅時間內，若未符合其原報名之重量級別，將被取消比賽之資格。

6.3.14 過磅時，每一位選手之教練須在選手卡上簽名，並確認體重及依據規則6.5.7填寫第一次抓舉及挺舉試舉重量。

6.3.15 選手過磅後，立即發給教練或選手比賽熱身區的3名陪同教練通行證。同一國家有兩位選手參賽，第二位選手過磅後加發額外一張通行證。持有通行證之隊職員，始可獲准進入熱身區域。通行證每一場比賽發出，僅發證賽會得更改，過磅時由競賽秘書發出，以辨識熱身區及比賽場地之隊職員。同一個量級不同組別之通行證須以顏色區別。

6.3.16 選手過磅完，依據抽籤號碼發給試舉序號布，必須貼縫在選手比賽服上。每一場比賽發出一組新的號碼(從1開始)。

## 6.4 介紹

6.4.1 每一個體重量級或組別在比賽開始前十五分鐘依下列進行介紹：

- a) 每量級或組別選手依抽籤號碼介紹，介紹後一同離開舞台。
- b) 介紹賽會職員
  - 裁判
  - 技術管制員
  - 值勤醫師
  - 審判委員

註1：上述人員配合行進音樂一同出場接受介紹，並同時退場。審判委員於比賽開始前在審判委員席接受介紹。

註2：若選手未出席介紹，需向審判委員解釋缺席的原因，審判委員會給予適當的警告或進一步處理。

## 6.5 比賽進行

- 6.5.1 在競賽執行長的監督下，主辦單位應任命足夠之職員，使比賽順利進行。爲了達成此目的，這些職員需使用選手卡，選手卡須有足夠的空白處填寫二式舉法的三次試舉。這些職員稱爲監卡員，資深監卡員被稱爲監卡長，在世錦賽及奧運會上，監卡長必須諳英文會話及擁有一級裁判證，由國際舉重總會任命之。
- 6.5.2 監卡員監督每一選手或教練改變每一試舉所需重量正確寫在卡片上。重量更改立即向技術控制員/競賽管理溝通，由技術控制員/競賽管理通知報告員，俾便作正確之宣告。監卡作業需借用對講機或電話系統或任何溝通設備來完成暖身區與技術控制員/競賽管理的聯繫。
- 6.5.3 槓鈴係漸次加重，由重量最低之選手先行試舉。經宣布加重於槓鈴上的重量不能減少。因此選手或其教練必須留意重量之漸次增加，並準備試舉其所要求之重量。
- 6.5.4 槓鈴的重量爲1公斤的倍數。
- 6.5.5 選手成功試舉後自動增加重量爲至少1公斤。
- 6.5.6 男子組比賽之試舉最低重量爲26.0公斤，即槓軸(20公斤)、槓鎖與兩片0.5公斤之鐵片重量。女子組比賽之試舉最低重量爲21.0公斤，即槓軸(15公斤)、槓鎖與兩片0.5公斤之鐵片重量。
- 6.5.7 抓舉與挺舉開始試舉重量總和男子組不得低於報名總和20公斤、女子組不得低於報名總和15公斤。此規則之監控與實行權責於過磅時在競賽秘書及裁判；於比賽中於監卡長、技術管制員及審判委員。此規則除非有特別宣布否則應實施。  
例：一個男子選手報名總和爲200公斤。第一次抓舉試舉與第一次挺舉試舉總和任何情況下，不得低於180公斤(80公斤及100公斤；70公斤及110公斤或其他組合)。若本規則未被遵循，審判委員得將選手逐退出比賽。
- 6.5.8 唱名順序：當唱名選手試舉，依優先順序有四個要件
- 1.槓鈴重量(自輕者開始)
  - 2.試舉次數(自低者開始)
  - 3.連續/先前試舉順序(較早試舉選手爲先)
  - 4.選手抽籤號碼(自低者開始)
- 見附件唱名順序案例。
- 6.5.9 從播報選手姓名至開始試舉之間的時限爲一分鐘(60秒)。30秒後，發出警示聲。當選手連續試舉時，可擁有二分鐘(120秒)時限進行連續試舉。(例外請見6.5.15)。時限開始30秒時及時限結束前30秒，發出警示聲。倘若在允許時間結束時，選手仍未將槓鈴舉離舉重台進行試舉，則由三位裁判員宣判此次試舉「失敗」。計時開始於視報告員宣布試舉或槓鈴加重完成，孰者爲後。
- 6.5.10 報告員播報之重量，必須立即顯示於試舉揭示牌。
- 6.5.11 倘選手希望增加或減少其原先選擇之重量，則本人或其教練必須於最後唱名前，通知監卡員。
- 6.5.12 最後唱名是在允許時間終了前30秒，計時鐘發出之信號。
- 6.5.13 第一次試舉前或二次試舉之間教練/選手必須在選手卡上通知及簽署下一個試舉重量，並且得有二次更改機會。若最後唱名(30秒)前，教練/選手未執行上述動作，選手依自動增加重量唱名。當選手進行連續試舉時(時間2分鐘)，唱名後，選手/教練必須要在開始計時的前30秒提出重量要求，即便該重量是自動增加之重量，未提要求重量者，喪失二次更改重量的機會，則該選手必須以自動增加之重量試舉。
- 6.5.14 當選手要求改變重量，且比較重的重量仍爲下一位出場者時，計時鐘應於改變重量時停止，俟重量變更完成後，計時鐘繼續開動直到規定時限爲止。當選手要求改變重量，而於另一位選手後出場時，則於下一次試舉時獲得正常之60秒時限。

- 6.5.15 若連續試舉之甲選手更改重量，而唱名乙選手並開始計時，乙選手亦要求更改重量，結果再唱名甲選手，甲選手試舉時間為1分鐘。
- 6.5.16 選手經正式宣布取消比賽資格後，不得重回比賽。
- 6.5.17 倘遇槓鈴重量裝錯或報告員報錯時，審判委員應：  
例1：  
槓鈴重量低於選手所要求之重量，倘試舉已成功，且槓鈴為1.0公斤之倍數時，選手可接受此試舉；亦可拒絕接受此試舉。倘他/她拒絕接受此試舉，選手可獲准另行試舉其原先要求之重量。  
例2：  
如槓鈴重量非為1.0公斤之倍數，且試舉成功，選手可接受僅次於該重量之下之1.0公斤倍數之重量成績。  
例3：  
當槓鈴重量高於選手所要求之重量倘試舉已成功，且槓鈴重量為1.0公斤之倍數時，選手可接受此試舉。倘試舉失敗，或槓鈴重量非為1.0公斤之倍數，選手自動地獲准另行試舉原先要求之重量。  
例4：  
當試舉失敗發生，因槓鈴兩端重量不同，或試舉進行時槓鈴發生變化或舉重台紊亂，由於選手或他/她的教練之要求，審判委員准許給予另行試舉。  
例5：  
當報告員報錯之重量低於或高於選手所要求之重量，審判委員必須依重量裝錯辦理。  
例6：  
在某些比賽中，選手因不必候留舉重台附近，以致不能跟隨其他選手試舉重量之遞增，當輪及其正常試舉時，而報告員竟未唱其名字之情形下同樣須將槓鈴重量減輕，至選手正常輪流試舉時之重量。
- 6.5.18 在兩個人或兩個國家間的國際對抗賽，依不同級別進行之比賽，選手可採交替方式出賽。選手應由選擇較輕之重量者先舉，且此一順序須在這特殊比賽中一直維持。
- 6.5.19 比賽在舉重台或賽台上進行時，除審判委員、執法裁判、報告員、技術委員及獲准的隊職員(參閱技術規則6.3.15)與比賽該級或該組選手外，一律不准進入比賽區域內。
- 6.6 休息**
- 6.6.1 抓舉比賽後休息十分鐘讓選手熱身準備挺舉比賽。
- 6.6.2 審判委員長為了比賽時程，需適時宣佈縮短或是延長休息時間，這個改變必須宣布。
- 6.7 選手與團體名次**
- 6.7.1 對個人舉重在抓舉、挺舉及總和(最佳抓舉及最佳挺舉成績合計)之優勝選手，可獲得冠軍頭銜。凡遵照國際舉重總會規則，在正式比賽中之兩式舉法及總和成績獲得第一名、第二名與第三名之選手，分別頒給金牌、銀牌與銅牌。
- 6.7.2 計算個別抓舉與挺舉名次應以下列因素為考量：  
1.最佳成績-高者為先；若相同，則  
2.體重-低者為先；若相同，則  
3.最佳成績試舉次數-小者為先；若相同，則  
4.先前試舉重量-小者為先；若相同，則  
5.抽籤號碼-小者為先。
- 6.7.3 計算個別總和名次應以下列因素為考量：

- 1.最佳成績-高者為先；若相同，則
- 2.體重-低者為先；若相同，則
- 3.挺舉成績-小者為先；若相同，則
- 4.最佳成績試舉次數-小者為先；若相同，則
- 5.先前試舉重量-小者為先；若相同，則
- 6.抽籤號碼-小者為先。

6.7.4 世界及洲際錦標賽以及依據國際舉重總會規則實施之賽會，團體名次由每位選手依下列給分表所得分數加總計算：

第1名	28分	第2名	25分	第3名	23分
第4名	22分	第5名	21分	第6名	20分
第7名	19分	第8名	18分	第9名	17分
第10名	16分	第11名	15分	第12名	14分
第13名	13分	第14名	12分	第15名	11分
第16名	10分	第17名	9分	第18名	8分
第19名	7分	第20名	6分	第21名	5分
第22名	4分	第23名	3分	第24名	2分
第25名	1分				

6.7.5 世界錦標賽及依據國際舉重總會規則實施之賽會，團體得分依據抓舉、挺舉及總和排名所得分數為團體名次。

6.7.6 若二個或更多隊伍團體得分相同，獲得較多較好名次之隊伍排名在前。

6.7.7 抓舉無成績，不能取消選手參加錦標賽之資格。允許他/她繼續參加挺舉比賽。選手有資格爭取挺舉名次，惟無總和成績，然而其獲得分數可作為團體計分。當比賽僅頒發總和成績時，若抓舉無成績，取消選手資格。

6.7.8 選手抓舉成功；但挺舉為零時，則有資格在抓舉中排名，惟無總和成績。以他/她在抓舉名次所得分數，作為團體計分。

## 7 賽會職員

### 7.1 基本規定

7.1.1 任命適當的技術人員數於賽會執法。國際舉重總會賽會遴選之技術職員不得於比賽期間為教練一員或任何協助選手的角色。

7.1.2 國際舉重總會賽會需有下列技術職員

- 競賽秘書/競賽指導
- 審判委員
- 技術管制員
- 裁判員
- 計時員
- 監卡長

7.1.3 亦任命值勤醫師。

7.1.4 技術職員需穿著國際舉重總會裁判服裝：深藍色外套、藍白相間襯衫、國際舉重總會領帶(女性領巾)、米白色長褲(女性米白色裙子或長褲)、深色襪子、黑色鞋子、國際舉重總會裁判金屬徽章別在外套左側外翻的領子上。只佩帶國際舉重總會徽章，因為這些職員代表國際總會。遇天氣炎熱時，若審判委員召集人許可，可不穿外套。獵裝當國際舉重總會決定穿著時，技術職員需遵從。在奧運會及其他綜合運動會穿著由籌備委員會會提供之服裝。

7.1.5 技術職員依其職責必須在其工作開始前三十分鐘到達各所屬場館。

### 7.2 競賽秘書/指導

7.2.1 所有賽會任命一位競賽秘書/指導。該員負責比賽圓滿進行，工作任務須與審判委

員及技術管制員密切合作。

競賽秘書/指導職責如下：

- 7.2.2 查核選手名單，若有需要將選手依據參賽國家最後報名確認提報之最佳總和加以分組。
- 7.2.3 若非電子抽籤，年會時，監督抽籤作業進行。
- 7.2.4 監督過磅過程，並分配過磅室職員工作。
- 7.2.5 依試舉順序監督比賽之進行，包含操作競賽管理系統及發出正式文件。
- 7.2.6 監督比賽中創造新世界及奧林匹克紀錄之登錄情形。
- 7.2.7 監督與執行規則6.5.7。
- 7.3 審判委員
  - 7.3.1 審判委員之職責在確保技術規則得以切實遵照使用。
  - 7.3.2 所有審判委員，須擁有一級裁判證。
  - 7.3.3 所有審判委員必須來自不同國家選出。  
註：如果允許審判委員每一組一名女子委員。
  - 7.3.4 國際舉重總會賽會審判委員由三名或五名組成，其中一人為審判委員召集人。任命二名預備委員。
  - 7.3.5 比賽進行中，裁判員因故經過第一次警告後，其所作判決仍然證明其不能勝任工作者，經審判委員一致票決可撤換之。裁判員執法之公平是無庸置疑，然而，因無心而造成判決錯誤，如此案例該裁判員可被允許解釋他/她的判決理由。
  - 7.3.6 審判委員於比賽全部過程中觀察裁判員執法情形，以特定表格提出他們之意見。審判委員召集人於比賽後收集表格整理出報告，交給技術委員會召集人或秘書長。
  - 7.3.7 裁判的判決被大多數審判委員判定技術上錯誤，審判委員經討論後一致同意時，有權更改裁判的判決。  
此項決定及理由須經由審判委員召集人指示技術管制員或其他職員通知選手/教練及由播報員宣布。
  - 7.3.8 適用於上一規則，審判委員需使用在桌上的判決設備。  
上述設備裝設有五組綠色、五組白色、五組紅色紅外線發光二極體(以下稱LED)。每位審判委員有一組紅色及白色按鈕的儀器，當審判委員按下任何一個按鈕，綠色LED會亮起，白色及紅色LED會在審判委員做出判決時亮起。  
審判委員不得試圖影響其他審判委員之判決。
  - 7.3.9 比賽過程中，監督與執行規則6.5.7。
  - 7.3.10 審判委員席必須設於對觀察比賽有良好視野處。審判委員席設置於中間與其中一的側邊裁判間距離舉重10公尺內。候補委員不得坐在審判委員席上，彼等僅在應邀接替原先五位委員之一時，方可入座。
  - 7.3.11 審判委員必須待在原執行任務之位置至頒獎典禮結束，並且裁判亦如此。
  - 7.3.12 一支專線電話，直接連接在審判委員召集人與播報員之間。
- 7.4 技術管制員
  - 7.4.1 應指派技術管制員協助競賽秘書/競賽指導監督比賽之進行。彼等與任命之裁判員共同執行比賽之職務。
  - 7.4.2 世界錦標賽及奧林匹克運動會，技術管制員必須是國際一級裁判。  
註：如果允許技術管制員每一組一名女子成員。
  - 7.4.3 世界錦標賽及奧林匹克運動會每一個量級比賽任命二位技術管制員。其他國際舉重總會賽會，國際舉重總會正式代表任命合宜的技術管制員數。  
技術管制員職責如下：
  - 7.4.4 檢查舉重台、槓鈴、磅秤、電子裁判燈號系統、計時鐘、熱身區域以及其他比賽

設施。

- 7.4.5 確認裁判員著規定制服。
- 7.4.6 比賽前，把國際裁判證放審判委員召集人面前，並於比賽後收回裁判證。
- 7.4.7 比賽前，檢查選手之裝備，必要時強制執行規則。當選手之裝備必須做修正，或者潤滑油必須除去，且已呼叫該選手姓名時，應用規則第2.3.6.條。
- 7.4.8 比賽過程中，確認在比賽地區及熱身區域，僅可有正式認可職員人數陪伴選手。
- 7.4.9 確認當選手在舉重台上，在舉重台區域內不得有看見任何其他人包括技術管制員，(此區域為觀眾及/或電視攝影機之視域)。
- 7.4.10 比賽進行時，注意成績揭示板上的資訊是否正確(正確的選手、試舉、重量、比賽的時間、紀錄等)，在報告員完成唱名後，允許選手上舉重台比賽。
- 7.4.11 控制槓鈴及舉重台之整潔。
- 7.4.12 若有需要，協助反禁藥委員會及過磅團隊工作。
- 7.4.13 監督與執行規則6.5.7。

## **7.5 裁判員**

- 7.5.1 每一場比賽，裁判員之主要工作，必須專心於判決選手所表現之舉重動作，每位國際裁判員必須持有由國際舉重總會發給的裁判證。
- 7.5.2 國際裁判分為兩級：
  - a)二級：擔任國家錦標賽、國際比賽、區域運動會及洲錦標賽之裁判工作。
  - b)一級：擔任上述提及之錦標賽與比賽以及奧林匹克運動會、世界錦標賽裁判員。他們也可擔任國際審判委員。
- 7.5.3 **裁判證**  
應各國家協會之要求，國際舉重總會所發給之裁判證書，有效期間為奧林匹克周期，至奧運會後次年。未持有有效證書之裁判員，在其國家以外之地區，不能執行裁判員職務。
- 7.5.4 貼紙貼在裁判證最後一頁以有效期限茲證明。
- 7.5.5 國際舉重總會僅註冊有證書之裁判員。
- 7.5.6 一個奧林匹克運動會期間，國際一級裁判證書費為美金200元，二級裁判證書費為美金100元。
- 7.5.7 新證(不論是一級或二級)費用美金200元。
- 7.5.8 費用必須於申請之同時繳付。
- 7.5.9 新裁判證之費用必須與裁判證費用一起繳付。
- 7.5.10 新的二級裁判其註冊日期為考試之日。
- 7.5.11 裁判證均含有空頁，以供記載持有者所執法之國際性比賽。此等記載欄可由國際舉重總會會長、國際舉重總會秘書長、審判委員召集人、競賽指導/秘書或裁判員所屬國家協會秘書填寫之。

## **賽會裁判員**

- 7.5.12 國際舉重總會規則下實施之賽會，比賽/場次任命三位裁判(一位中央裁判、二位側裁判)及一位預備裁判。  
註：如果允許裁判每一組一名女子裁判。
- 7.5.13 比賽前，裁判員必須由競賽秘書/指導的帶領下監督，並與技術管制員共同合作：
  - 必需的比賽設備準備妥當。
  - 所有選手在他們量級所規定時間限制範圍內過磅。
- 7.5.14 比賽前，裁判員必須將其國際裁判證，放在審判委員召集人面前。
- 7.5.15 中央裁判桌邊需離舉重台邊中央四公尺處。兩邊裁判員，坐在與主裁判同一直線上，相隔三至四公尺遠之處。
- 7.5.16 比賽進行中，裁判員必須確認：

- 槓鈴重量與報告員所宣報的重量一致。
- 執行試舉時，除選手外，無人握持槓鈴。
- 僅選手本人或加重員可在舉重台將槓鈴移至新位置。禁止教練移動、調整或清潔槓鈴。倘選手將槓鈴移至有礙裁判員視線之處，裁判員可移動至能正確觀察舉重動作位置處，隨後即回座施發信號。
- 監督與執行規則6.5.7。

- 7.5.17 裁判員必須發放信號以表示其對舉重之判決。“成功”按白燈；“失敗”按紅燈。有二個或三個白燈亮之舉重動作視為“成功”，有二個或三個紅燈亮之舉重動作則視為“失敗”。
- 7.5.18 電子裁判燈號系統故障或比賽場地無該系統，中央裁判須在各式舉重動作結束時，一俟選手全身呈完全靜止狀態，且雙足站立於同一直線上，即刻發出將槓鈴放回舉重台之信號。此信號必須可看見亦可聽見，即中央裁判應喊「放下」，同時手臂向下揮動。
- 7.5.19 在電子系統失靈及比賽場地無該系統，可用紅色及白色小旗代替裁判燈。每位裁判員以舉起適當小旗表示其判決。
- 7.5.20 當電子裁判燈號系統未被使用時，倘兩位側裁判之一看見有嚴重錯誤發生時，他應舉臂喚起對此錯誤加以注意。倘為另一側裁判或中央裁判認可，即構成多數意見，中央裁判應即停止舉重動作，並發出信號使選手將槓鈴放回舉重台。
- 7.5.21 比賽未任命技術管制員時，裁判員必須執行技術管制員之職責。(見規則7.4)。
- 7.5.22 裁判員比賽期間是執法，禁絕發表任何評論。
- 7.5.23 比賽期間，裁判員不得企圖影響其他裁判員之判決。
- 7.5.24 比賽結束後，裁判員必須：
- 若產生新紀錄簽署之。
  - 從審判委員席上取回已由審判委員會召集人簽名和紀錄之個人裁判證。
  - 留置裁判席上至頒獎典禮結束。

#### **世界錦標賽及奧林匹克運動會之裁判員**

- 7.5.25 不得遴選兩位同國籍之裁判員執法於同一組別。
- 7.5.26 國家協會可於世界錦標賽前三個月，至多推薦兩位國際一級裁判員，於世界錦標賽中執法。國際舉重總會執行委員及技術委員會從推薦之裁判員名單中，選出將於世界錦標賽執法之裁判員。技術職員遴選之人數，由國際舉重總會依其對錦標賽確實賽程之了解而定。國家協會將會被通知已獲任命及未獲任命之裁判員。視情況需要，國際舉重總會有權於提名名單外，自會員國中任命其他技術職員，其國家協會亦被告知。競賽秘書/指導於比賽前，依世界錦標賽之各量級或各組賽程表，將遴選之技術職員分配級別或組別。
- 7.5.27 奧林匹克運動會之技術職員，應由國際舉重總會執行委員會於奧運會比賽開始前六個月，就各國家協會所推薦名單(各協會最多2名)遴選之。

#### **裁判員之晉級**

- 7.5.28 晉級為國際裁判候選人之必要條件如下：
- a) 必須擔任國家級裁判員至少五年。
  - b) 由其國家協會推薦。
  - c) 對於國際舉重總會技術及比賽規則完全了解。
  - d) 經國際舉重總會或由國際舉重總會認可之國家協會所舉辦之術科考試合格。
  - e) 必須經常在技術委員會授權之筆試測驗，至少獲得85分方可。
- 7.5.29 裁判員欲自二級升為一級，必須按照國際舉重總會規則舉行之比賽(非壯年組)過程中在三位一級裁判之前，證明其裁判能力。另外應試者需通過筆試；係由技術委員會在經過一段期間即隨時準備及修訂之考卷。

## 國際一級裁判考試條件

- 7.5.30 應試者必須擔任國際二級裁判至少兩年。
- 7.5.31 應試者得於洲際錦標賽、區域運動會、國際比賽、國際對抗賽、國家錦標賽中接受考試。
- 7.5.32 考試委員之三位委員可由同一國籍者擔任。
- 7.5.33 各考試委員須座位分開，並獨自評判應試者成績，不得諮詢其他考試委員。
- 7.5.34 當使用電子裁判燈號系統時，三位裁判員可一起接受考試；否則僅有中央裁判受試。
- 7.5.35 考試委員會應使用比賽用成績表，紀錄其所評判之成績。
- 7.5.36 應試者之姓名與國籍註載於與其在舉重台所坐位置相稱之處，即左側之裁判員為一號，中央裁判為二號。右側之裁判員為三號。考試委員亦應簽署其姓名及國籍。
- 7.5.37 選手姓名應依相同順序，註載於所有考試委員之成績表上，俾所作符號相符合。
- 7.5.38 應試者必須至少判決一百次試舉，包括失敗及成功之試舉在內。
- 7.5.39 考試委員應先在成績表上每一空格頂端畫一符號，以表示其個人對每次舉重之意見。/表示成功，X表示失敗。考試委員將三位裁判員所作判決，以符號標示在自己所作符號下端，且使用相同之符號。
- 例：/ = 白燈 X = 紅燈  
/  
/// = 三位裁判員均判決正確。  
X  
XXX = 三位裁判員均判決正確。  
X  
X / X = 中央裁判之判決錯誤。  
/ X X = 一號裁判之判決錯誤。
- 7.5.40 當僅中央裁判接受考試時，而他發出不正確信號，例如發出信號放下槓鈴的時間太早或是太慢，考試委員必須畫 X 並在其下書寫字母S，以表示不正確信號。應試者可能因而一次試舉中犯錯兩次。這兩次錯誤均應標示於成績表上。
- 7.5.41 對每一位選手未完成之試舉，考試委員畫一個「O」 例如：抓舉或上擗時摔落槓鈴，完成上挺之動作失敗等。
- 7.5.42 倘應試者在一未完成試舉中，作出不正確判決，考試委員畫「X」 代替「O」 並註明錯誤次數。
- 7.5.43 每一應試者之考試成績，應由已完成之試舉結算之。他必須術科成績獲得至少有百分九十五準確度及筆試成績達百分之九十之標準，方可晉升為一級裁判。
- 7.5.44 無任意更改和添加之原始成績表，送交給國際舉重總會秘書處，從而計算應試者所得術科考試之百分率成績。
- 7.5.45 國際舉重總會秘書處，應透過應試者國家協會，將考試成績通知應試者，也經由其國家協會發給一級裁判證及證書。
- 7.5.46 及格應試者之晉升日期，為其參加考試之日期。
- 7.5.47 即便裁判員已有有效之二級裁判證，於奧林匹克運動會期間晉級為一級裁判，仍需支付200元美金以購買國際一級新證。
- 7.5.48 未及格之應試者，至少必須等待六個月，方准再次應試。

## 7.6 計時員

- 7.6.1 依國舉重總會規則之下所有比賽，籌備會必須指派一名計時員。
- 7.6.2 奧運會的計時員須擁有國際一級裁判證，世界錦標賽的計時員須有合格國際裁判證者。洲際綜合運動會或其他國際賽事之計時員，須持有合格國際或國家裁判證者。
- 7.6.3 計時員之職責如下：

- 7.6.4 依據規則比賽選手被唱名至開始試舉期間操作計時工作。
- 7.6.5 每一次試舉的開始，設定及開始計時鐘一分鐘(60秒)或二分鐘(120秒)。計時開始於報告員完成試舉唱名或槓鈴完成加重，視孰為後。
- 7.6.6 當選手將槓鈴舉起離開舉重台時，立即停止計時。
- 7.6.7 重新開始計時，若槓鈴高度未高於膝蓋。
- 7.6.8 計時員(他/她)為了正確執行工作，必須與報告員與審判委員召集人密切合作。
- 7.7 監卡長**
- 7.7.1 監卡長的主要工作在於依據相關技術與比賽規則接受或拒絕教練/選手試舉重量修改，以及透過點對點對講機與競賽秘書席溝通要求試舉資訊。
- 7.7.2 世界錦標賽與奧運會，監卡長必須為諳英語擁有國際一級裁判證者，由國際舉重總會指派之。
- 7.8 報告員**
- 7.8.1 任命一至多名報告員。其職責在於做正確報告讓比賽順利進行。內容包括
- 唱名至舉重台之選手的姓名
  - 國家名稱
  - 槓鈴重量
  - 試舉次數。
- 7.8.2 報告員亦預先通知下一位出賽選手。助理報告員的工作是將來自監卡長更改的重量傳達給正執事的報告員完成正確的播報。
- 7.8.3 報告員依據規則6.4進行介紹，以及比賽相關播報。
- 7.8.4 時間及比賽過程允許，做公開的播報。
- 7.8.5 依據規則9.2進行頒獎典禮。
- 7.8.6 比賽若無使用電腦設備，報告員必須為國際裁判。
- 7.9 值勤醫師**
- 7.9.1 奧林匹克運動會、世界錦標賽及其他主要國際比賽，每一場比賽任命醫師為值勤醫師。
- 值勤醫師有下列之職務：
- 7.9.2 自過磅至比賽結束務必親自在比賽現場。
- 7.9.3 徹底熟悉並使用藥物設備，若有需要協助反禁藥控制。
- 7.9.4 在受傷或疾病發生情況下，準備給予醫療服務；與各隊隊醫合作，並與教練職員及選手商量，受傷後，繼續參加比賽之可能性。
- 7.9.5 比賽時依規則，讓選手使用額外膠帶或繃帶。
- 7.9.6 在世界錦標賽，必須有兩位醫師在同一時間值勤。如有必要，亦請隊醫加入協助值勤醫師。假如有醫療上需要，選手應同意值勤醫師照料。
- 7.9.7 奧林匹克運動會，唯有國際舉重總會任命的醫師，始能於比賽擔任工作。每一量級有兩位醫師。
- 國際舉重總會賽會責任範圍**
- 7.9.8 任命之值勤醫師責任範圍在比賽場地，即FOP及熱身區域。
- 7.9.9 若有意外或受傷，值勤醫師評估情形及決定與當地醫療體系或隊醫進一步治療的必要性。若無隊醫，則由值勤醫師提供協助或轉送至當地醫療體系。
- 7.9.10 值勤醫師的工作範圍不包括比賽會場外。
- 7.9.11 為確認此項工作，在比賽開始前，值勤醫師必須與當地醫療體系聯繫，一起使用當地醫療系統手術設備。
- 8 世界紀錄**
- 8.1 國際舉重總會分別承認男子八個量級、女子七個量級之抓舉、挺舉、總和的世界、世界青年及世界青少年紀錄及奧運紀錄。

- 8.2 青少年選手得創造青少年紀錄、青年紀錄及社會組世界紀錄。青年選手得創造青年紀錄與社會組世界紀錄。社會組選手得創造社會組世界紀錄。
- 8.3 世界紀錄僅於國際舉重總會行事曆上的比賽中被締造。
- 8.4 奧運紀錄僅於奧運會比賽時締造。
- 8.5 新世界紀錄之認定，僅在選手通過禁藥檢驗之後方可。
- 8.6 世界紀錄之創造必須由三位國際裁判執法。
- 8.7 登錄為新紀錄必須符合下列條件：
- a) 個別試舉之新紀錄需超過原紀錄至少1.0公斤，方屬有效。
  - b) 紀錄需載於成績表內，並包含下列資訊
    - 選手姓名及選手國家國際舉重總會/國際奧林匹克委員會國家代號。
    - 選手體重。
    - 選手生日(日/月/年)。
    - 槓鈴重量。
    - 比賽量級。
    - 比賽名稱。
    - 破紀錄地點及日期。

## **9 典禮**

### **9.1 開幕典禮**

在世界錦標賽開始之前，須依下列程序舉行：

- 9.1.1 全體與賽國家代表隊或被指派代表隊隊員，以籌備比賽國家之文字字母的順序入場。主辦國最後進場。
- 9.1.2 各國家代表隊的掌旗者，在台上圍成一半圓。
- 9.1.3 受邀貴賓入場並安排至貴賓席上。
- 9.1.4 籌備協會之貴賓致詞。
- 9.1.5 籌辦協會會長致詞。
- 9.1.6 國際舉重總會會長致詞並宣布比賽開始。
- 9.1.7 當演奏籌辦國國歌時，同時升起籌辦協會國旗及國際舉重總會會旗。
- 9.1.8 受邀貴賓、各國代表隊退場。
- 9.1.9 在開幕典禮後，得由籌備單位安排娛興節目。

### **9.2 頒獎典禮**

在世界錦標賽各量級比賽結束後，依下列程序舉行頒獎典禮：

- 9.2.1 舉重台中央放置三個獲獎牌之頒獎台。
- 9.2.2 所有獲得獎牌選手，持獎牌盤之大會工作人員及頒獎人進場。所有獲獎選手均站立於頒獎臺後。
- 9.2.3 報告員介紹頒獎人，國際舉重總會會長頒發獎牌，亦可由其他國際舉重總會職員或籌辦國或贊助廠商代表來頒獎。由銅牌開始頒發，報告員依序宣布抓舉前三名選手姓名、國名及抓舉獲獎成績。每位獲獎選手聽到唱名時，即向前接受獎牌，等金、銀、銅牌頒獎後回位。(此時不升國旗或唱國歌)
- 9.2.4 報告員介紹另一位頒獎人，若此非原抓舉頒獎人。由銅牌開始頒發，報告員依序宣布挺舉前三名選手姓名、國名及挺舉獲獎成績。每位獲獎選手聽到唱名時，即向前接受獎牌，等金、銀、銅牌頒獎後回位。(此時不升國旗或唱國歌)
- 9.2.5 報告員介紹另一位頒獎人，若非原抓舉、挺舉的頒獎人。由銅牌開始頒發，總和頒獎時，報告員依序宣布前三名選手姓名、國名及總和獲獎成績。每位獲獎選手聽到唱名時，即出列站在頒獎台上接受頒獎。
- 9.2.6 總和獎牌頒發完成，受獎人站在頒獎台上，大會即演奏獲得總和金牌選手國家之國歌，同時升起前三名選手國家之國旗。

- 9.2.7 持獎牌盤之大會工作人員，得獎選手及頒獎人退場。
- 9.2.8 國際舉重總會會長可指派一位或二位其他人員，陪同主持頒獎。
- 9.2.9 頒獎典禮要在適度莊嚴儀式下舉行，入場及退場要有音樂伴奏。
- 9.2.10 頒獎典禮進行中獲獎選手不得攜帶電子設備至頒獎台，亦不得由他人陪同。
- 9.2.11 參加頒獎典禮者不得利用其為政治、種族或宗教宣傳之途。

### **9.3 閉幕典禮**

在世界錦標賽結束時，依下列程序舉辦閉幕典禮：

- 9.3.1 全體與賽代表隊進場就位
- 9.3.2 全體與賽代表隊之掌旗者上台圍成一半圓。
- 9.3.3 受邀貴賓進場入席。
- 9.3.4 籌辦國會長致詞。
- 9.3.5 國際舉重總會會長致詞並宣佈比賽結束。
- 9.3.6 當演奏籌辦國國歌時，同時降下籌辦國國旗及國際舉重總會會旗。
- 9.3.7 國際舉總會旗交還至國際舉總會長手上。
- 9.3.8 由會長將國際舉重總會會旗遞交下一屆世界錦標賽籌辦國。
- 9.3.9 貴賓、各代表隊退場。
- 9.3.10 由籌備單位與國際舉重總會協同主持閉幕典禮。團體獎盃之頒發與閉幕典禮合併辦理或是一個分開的閉幕儀式。

### **10 電視轉播及廣告**

- 10.1 國際舉重總會乃是世界錦標賽及其他由國際舉重總會籌辦及管理之各類比賽之電視轉播、行銷、網路轉播(線上轉播)、賽會紀錄影片及廣告權及多媒體範疇的獨家所有權人。
- 10.2 取得上述權利或是上述部分的權利，須向國際舉重總會付費。金額由會長及秘書長決定之。
- 10.3 世界錦標賽電視轉播權，行銷及贊助收益依合約平分給承辦協會/籌備委員會及國際舉重總會。
- 10.4 製造商識別：世界錦標賽及國際舉重總會賽會，選手服裝上之每一個裝備，國際舉重總會允許裝備：
  - a) 生產製造商的識別(商標，名稱或兩者結合)及/或是
  - b) 商業贊助者的識別(商標，名稱或兩者結合)最大500平方公分。製造商特殊設計圖案不在此申請測量的考量中。超過500平方公分大小視為廣告，另適用相關規定。
- 10.5 奧林匹克運動會，以國際奧林匹克委員會製造商識別相關規則為優先。
- 11 選手及代表之初步醫療照護
- 11.1 世界錦標賽籌備委員會及其他國際舉重總會賽會必須提供每一位選手及代表可能發生之病痛及傷害，初步的醫療照護。

為達上述目的，比賽及訓練時間於場地內需部署一位醫師、一位助手及一輛救護車。一間提供有基本重要醫療器材、繃帶、藥品及給傷患檢驗及最初診療必要設備之醫療室。
- 11.2 整個錦標賽期間，初步醫療照護必須能隨時提供給所有參賽人員。初步醫療服務之費用由是項錦標賽籌備委員會負擔，並僅提供給是項錦標賽之選手及代表。若選手或是代表在出國前已投保適當之健康保險，籌備委員會透過其代表協會，安排提供此類醫療服務退回費用。
- 11.3 若錦標賽期間任何慢性病痛或受傷發生，必須要提供適當之初步醫療照顧，由籌備委員會醫師斟酌需要進一步調查或治療。視需要，得與籌備委員會醫療委員會

及/或國際舉重總會醫藥委員會成員商議之。

11.4 上述程序由國際舉重總會向洲際舉總會醫藥委員會建議使用於錦標賽中。



# TECHNICAL AND COMPETITION RULES



# 1 PROGRAM OF THE COMPETITION

## 1.1 THE TWO LIFTS

1.1.1 In the sport of weightlifting the IWF recognises two lifts which must be executed in the following sequence:

- a) The Snatch
- b) The Clean and Jerk.

1.1.2 Both lifts must be executed with two hands.

1.1.3 A maximum of three (3) attempts is allowed in each lift.

## 1.2 PARTICIPANTS

1.2.1 In the sport of weightlifting, competitions are organised for men and women. The athletes compete in the categories specified in the rules, according to their bodyweight.

1.2.2 In its activities, the IWF recognises three age groups:

- i) YOUTH: up to and including seventeen (17) years of age.
- ii) JUNIOR: up to and including twenty (20) years of age.
- iii) SENIOR

*Note 1:* All age groups are calculated in the athlete's year of birth.

**Note 2:** The minimum age for participation in the Senior World, Junior World and World University Championships and other open international events for men and women is fifteen (15).

**Note 3:** The minimum age for participation in the Olympic Games, for men and women is sixteen (16).

**Note 4:** Participation age for Youth Olympic Games is sixteen (16) and seventeen (17).

**Note 5:** The minimum age for participation in the Youth events is thirteen (13).

### 1.3.

#### **BODYWEIGHT CATEGORIES**

#### 1.3.1

There are eight (8) categories for men and junior men. All competitions under IWF rules must be held in the following categories and sequence:

- 1 – 56 kg
- 2 – 62 kg
- 3 – 69 kg
- 4 – 77 kg
- 5 – 85 kg
- 6 – 94 kg
- 7 – 105 kg
- 8 – +105 kg

#### 1.3.2

There are seven (7) categories for women and junior women. All competitions under IWF rules must be held in the following categories and sequence:

- 1 – 48 kg
- 2 – 53 kg
- 3 – 58 kg
- 4 – 63 kg
- 5 – 69 kg
- 6 – 75 kg
- 7 – +75 kg

1.3.3 There are eight categories for youth men (boys):

- 1 – 50 kg
- 2 – 56 kg
- 3 – 62 kg
- 4 – 69 kg
- 5 – 77 kg
- 6 – 85 kg
- 7 – 94 kg
- 8 – +94 kg

There are seven categories for youth women (girls):

- 1 – 44 kg
- 2 – 48 kg
- 3 – 53 kg
- 4 – 58 kg
- 5 – 63 kg
- 6 – 69 kg
- 7 – +69 kg

1.3.4 At IWF Events and other competitions each country may enter a team of maximum ten (10) men and nine (9) women athletes but may participate with a team of maximum eight (8) men and seven (7) women athletes only, spread over the different categories with a maximum of two (2) athletes per category. For the Olympic Games Rule 5.3 applies.

1.3.5 During any competition, an athlete may not compete in more than one category.

## 2 THE TWO LIFTS

### 2.1 THE SNATCH

#### 2.1.1

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. No part of the body other than the feet may touch the platform during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the Referees give the signal to replace the barbell on the platform. The lifter may recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The Referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

### 2.2 THE CLEAN AND JERK

#### 2.2.1

The first part, the Clean:

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

### 2.2.2 The second part, the Jerk:

The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended, and waits for the Referees' signal to replace the barbell on the platform. The Referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

#### IMPORTANT REMARK:

After the Clean and before the Jerk, the lifter may adjust the position of the barbell. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to:

- a) withdraw the thumbs or "unhook" if this method is used,
- b) lower the barbell in order to let it rest on the shoulders if the barbell is placed too high and impedes the breathing or causes pain,
- c) change the width of the grip.

## 2.3

### GENERAL RULES FOR ALL LIFTS

#### 2.3.1

The technique known as "hooking" is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell.

#### 2.3.2

In all lifts, the Referees must count as "No lift" any unfinished attempt in which the barbell has reached the height of the knees.

#### 2.3.3

After the Referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. The grip on the barbell may be released when it has passed the level of the shoulders.

- 2.3.4 A competitor, who cannot fully extend the elbow due to an anatomical deformation, must report this fact to the three Referees and the Jury before the start of the competition.
- 2.3.5 When snatching or cleaning in the squat style, the lifter may help the recovery by making swinging and rocking movements of the body.
- 2.3.6 The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.
- 2.3.7 The use of chalk (magnesium) on the hands, thighs, etc., is permitted.

## **2.4 INCORRECT MOVEMENTS AND POSITIONS FOR ALL LIFTS**

- 2.4.1 Pulling from the hang.
- 2.4.2 Touching the platform with any part of the body other than the feet.
- 2.4.3 Uneven or incomplete extension of the arms, at the finish of the lift.
- 2.4.4 Pause during the extension of the arms.
- 2.4.5 Finishing with a press-out.
- 2.4.6 Bending and extending the elbows during the recovery.
- 2.4.7 Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.
- 2.4.8 Replacing the barbell on the platform before the Referees' signal.



- 2.4.9 Dropping the barbell after the Referees' signal.
- 2.4.10 Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- 2.4.11 Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform.
- 2.4.12 Not facing the Centre Referee at the beginning of a lift.
- 2.5 INCORRECT MOVEMENTS FOR THE SNATCH**
- 2.5.1 Pause during the lifting of the barbell.
- 2.5.2 Touching the head of the lifter with the bar.
- 2.6 INCORRECT MOVEMENTS FOR THE CLEAN**
- 2.6.1 Placing the bar on the chest before turning the elbows.
- 2.6.2 Touching the thighs or the knees with the elbows or the upper arms.
- 2.7 INCORRECT MOVEMENTS FOR THE JERK**
- 2.7.1 Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees.
- 2.7.2 Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.



### 3 FACILITIES, EQUIPMENT AND DOCUMENTS

#### 3.1 COMPETITION PLATFORM AND STAGE (FIELD OF PLAY)

- 3.1.1 All lifts must be executed on the competition platform.
- 3.1.2 The platform must be square, level and measuring four (4) metres on each side. When the floor surrounding the platform has similar or same colouring, the top edge of the platform must have a different coloured line of at least 150 mm.
- 3.1.3 The platform may be made of wood, plastic or any solid material and may be covered with a non-slippery material.
- 3.1.4 The platform shall not be higher than 150 mm.
- 3.1.5 A clear area measuring one (1) metre surrounding the platform is compulsory. This area must be flat and free from any obstacle including discs.
- 3.1.6 The dimensions of the stage must be minimum ten (10) x ten (10) m, the height of the top of the platform must be maximum one (1) m, measured from the level where the Referees' and Jury seats are placed. Standard size steps must be attached to the stage.
- 3.1.7 When the platform is placed on a stage, restraining bars at least the width of the platform must be suitably and safely fixed to the stage, at minimum two and half (2.5) metres from the front edge of the platform, and two (2) metres from the rear edge, but as close as possible to the front and rear edges of the stage. The restraining bars must be maximum two-hundred (200) mm high and maximum two-hundred (200) mm wide.
- 3.1.8 Chalk and resin must be provided on the stage, near the platform on the athlete entry side; bar cleaning disinfectant and tools must be provided next to the stage for the loaders.



- 3.1.9 A stretcher must be provided near the stage for the transport of an injured athlete.

### 3.2 **WARM-UP AREA**

In order to prepare themselves for their competition, the competitors must be provided with a warm-up area located in close proximity to the competition area. The warm-up area has to be equipped with an appropriate number of platforms, which must be numbered, barbells, chalk, etc. in relation to the number of competitors. In addition, it has to be equipped with the following equipment:

- Loudspeakers linked with the Speaker's microphone
- A scoreboard showing the names of the competitors in the order of the lot numbers, their respective body-weight and the weight they have requested before being called to the platform
- A table for the Doctor on Duty
- A display of the timing clock operating in the competition area
- Video replay screen(s) showing the activity on the competition platform.

### 3.3 **OTHER FACILITIES**

- 3.3.1 At IWF Events, the following additional facilities must be provided at the competition venue:

- Athletes' Rest area
- First aid room
- Doping control premises
- Press centre
- VIP and Technical Officials' room
- IWF Offices
- Weigh-in room and Test Weigh-in room
- Sauna
- Training venue (may be at a different location)

**3.4****EQUIPMENT**

- 3.4.1 At IWF Events, Olympic Games, Continental, Regional and other Games, Continental and Regional Championships, as well as any other competition decided by the Executive Board, only approved/licensed barbells, platforms and technology and information equipment may be used. The Executive Board decides about the conditions of the approval.
- 3.4.2 Manufacturers applying for, and receiving the IWF licence must pay a fee relevant to a given Olympiad. A condition of granting an IWF licence is full compliance with the IWF quality requirements.
- 3.4.3 For the Olympic Games, the Executive Board selects the make of the barbell and platform from among the IWF licensed companies.
- 3.4.4 Technology and Information equipment includes:
- Competition Management Software
  - Scoreboard
  - Attempt board
  - Referee lights system
  - Jury control unit
  - Timing clock
  - Scale
- 3.4.5 The application of the IWF Technology and Information System (TIS) is obligatory at World Championships, World University Championships, Grand Prix and Continental Olympic Qualification Events.
- 3.4.6 The application of technologies holding an IWF licence is obligatory in Continental Championships, Continental, Regional and other Multisport Games (e.g. Commonwealth, Mediterranean, South-East-Asian, South-American, Pan-Arab, etc.), and Regional Championships.

**3.5****BARBELL**

## 3.5.1

Only barbells meeting IWF specifications and approval may be used in weightlifting competitions under its jurisdiction.

## 3.5.2

The barbell consists of the following parts:

- i) the bar
- ii) the discs
- iii) the collars

## 3.5.2.1

- i) The bar

The men's bar weighs 20 kg and the women's bar weighs 15 kg and must meet the specifications on the diagrams in the Annex No.2.

## 3.5.2.2

- ii) The discs

The discs must meet the following specifications:

- a) Must be of the following weights and colours:

25 kg	red
20 kg	blue
15 kg	yellow
10 kg	green
5 kg	white
2.5 kg	red
2 kg	blue
1.5 kg	yellow
1 kg	green
0.5 kg	white

- b)

The diameter of the largest discs: 450 mm with a tolerance of  $\pm 1$  mm

- c)

The 450 mm discs must be covered with rubber or plastic and coated on both sides with permanent colours or painted at least on the surface of the rim



d) The discs lighter than ten (10) kg may be made of metal or other material as approved.

e) All the discs must have a clear indication of their weight.

### 3.5.2.3 iii) The Collars

In order to secure the discs to the bar, each bar must be equipped with two collars weighing 2.5 kg each for men and women.

Note: Such collars can be designed to allow for 'outside loading'.

3.5.3 Tolerance for Competition Bars and Discs: on the nominal weight of each component weighing more than 5 kg it must be from +0.1% to -0.05%. On parts weighing 5 kg or less, the tolerance must be from +10 grammes to -0 grammes per part.

Tolerance for Training Discs: on the nominal weight of each component it must be from +0.8% to -0.8% (Refer to Table on Tolerances in Annex No.3.)

Training Discs must be manufactured in colours conforming to those as Competition Discs, or in black with conforming colour rims. Such Discs are to be marked as "Training".

3.5.4 Competition Bars must be used on stage, warm-up area and training hall. Competition Discs are to be used on stage and in the warm-up area. Training Discs may be used in the training hall.

3.5.5 The bar must be loaded with the largest and heaviest discs inside and the smaller ones in descending order of weight towards the outside. They must be placed in such a way that the Referees can read the weight of each disc. They must be secured on the bar by means of the collars.

### 3.5.6 Markings on the bars:

Weightlifting bars must have coloured identification markings to facilitate their recognition. The men's bar must have blue markings and the women's bar yellow markings. These colours correspond to those of the 20 kg and 15 kg discs.

## **3.6 ELECTRONIC REFEREE LIGHT SYSTEM**

### 3.6.1 ELEMENTS OF THE SYSTEM

The electronic Referee light system consists of the following components:

- a) One control box for each of the three (3) Referees. These control boxes are equipped with two (2) push buttons, one white and one red and one signalling device.
- b) One apparatus giving a visual and audible "Down" signal placed on a stand in front of the competition platform at a height of minimum 500 mm from the platform.
- c) Two (2) or more sets of Referees "decision lights" equipped with three (3) red and three (3) white lights, horizontally placed, showing the Referees' decisions to the competitors and the audience.
- d) One or more control panels equipped with three (3) red and three (3) white lights that light up instantly when the Referees press the appropriate button. These control panels, placed on the Jury table, are also equipped with a signalling device that may be used to call any or all the Referees to the Jury table.

### 3.6.2 OPERATION OF THE SYSTEM

- 3.6.2.1 The three (3) Referees have equal rights of decision and adjudication on a lift.



- 3.6.2.2 Each of the Referees must give the “Down” signal by pressing the white button for a “Good lift” or the red button for “No lift”, according to the relevant rules.
- 3.6.2.3 As soon as the Referee has judged a lift “Good lift”, he/she immediately presses the white button on the control box.
- 3.6.2.4 As soon as the Referee has judged a lift “No lift”, he/she immediately presses the red button on the control box. A Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.
- 3.6.2.5 As soon as two (2) of the Referees have given identical decisions, a visual and audible “Down” signal is given to the competitor to replace the barbell on the platform.
- 3.6.2.6 Should one of the Referees press the white button and another press the red button while the third Referee does not press any, the latter hears an intermittent audible signal coming from the control box urging him/her to give his/her decision. Also, when any two (2) white lights or two (2) red lights have been given by two (2) of the three (3) Referees and the “Down” signal has been seen and heard, then the third Referee is reminded to give his/her decision by the intermittent audible signal.
- 3.6.2.7 Three (3) seconds after all the three Referees have given their decision, the “Decision lights” light up, indicating the individual decision of the Referees by corresponding colours (red or white). These lights remain lit for a minimum of three (3) seconds.
- 3.6.2.8 After the visible and audible “Down” signal and before the decision lights operate, the Referees have three (3) seconds to reverse their decision, e.g. after a completed good lift the athlete drops the barbell, the Referees have to press the red button and the red “decision lights” light up indicating “No lift”. If it is too late to change the colour of the lights,

the Referees must raise their small red flag to indicate this change.

3.6.2.9 When the “Down” signal has been given and the “Decision lights” are on and the competitor does not lower the barbell, the centre Referee must say “Down” and signal the athlete to replace the barbell.

3.6.2.10 At Masters competitions, Referees should use discretionary powers.

### **3.7 JURY MONITORING**

During the competition, the Jury members monitor the work of the Referees through the control panel. Every decision by the Referees may be verified as the lights on the control panel light up instantly when the Referees press the appropriate button. Slow, fast or no decision may be identified for immediate or further action. Should the Jury President want to call one of the Referees to the table; this may be done by pressing the appropriate button, which gives an audible signal to the Referee in question.

### **3.8 SCALES**

3.8.1 At IWF Events the scales must have the capacity to weigh up to 200 kg and be precise to a minimum of 10 grams.

3.8.2 At World Championships, Olympic Games and other important international competitions, a second identical scale (test scale) must be placed near the weigh-in room to permit the competitors to check their bodyweight.

3.8.3 Scales form part of the equipment requirements and must be certified by local authorities. The scale certificate must not be older than three (3) months at the date of the competition.

**3.9****TIMING CLOCK**

## 3.9.1

At official IWF competitions, an electric or electronic timing clock must be used in countdown mode. This accurate time measuring device must have the following characteristics:

- a) Operate continuously up to a minimum of fifteen (15) minutes in countdown mode
- b) Indicate minimum intervals of one (1) second
- c) Give an automatic audible signal at ninety (90) and at thirty (30) seconds before the end of the lifter's allocated time.

## 3.9.2

The elapsed time has to be displayed simultaneously in the competition and warm-up areas, one element facing the audience, one element facing the competitor on the platform and one element in the warm-up area.

**3.10****ATTEMPT BOARD**

The following information must be displayed on the attempt board:

- Name (Family name followed by given name)
- IWF/IOC country code
- Weight to be taken
- Attempt number
- Start number

**3.11****SCOREBOARD**

A scoreboard has to be set up at a prominent place in the competition area in order to record and display the progress and the results of a specific category as it happens. The scoreboard contains the following informa-

tion for all participants in the group/session contested, which must be displayed throughout the entire competition:

- the start number
- the name of each competitor in progressive order according to the start numbers
- the year of birth (if possible, the date of birth)
- the bodyweight
- the IWF/IOC country code
- the three attempts on the Snatch
- the three attempts on the Clean and Jerk
- the Total
- the final classification.

### 3.12

#### **RECORD DISPLAY**

The records of the category contested must be displayed in the competition area. The information on the records must be available throughout the entire competition and must be updated immediately when a new record is set.

### 3.13

#### **VIDEO SCREEN(S)**

For the information of the audience, video screen(s) must be provided in the competition area and in the warm-up room.

### 3.14

#### **OFFICIAL DOCUMENTS OF THE COMPETITION**

#### 3.14.1

The Start List Package including:

- Timetable, indicating the date and time of competitions, groups, Technical Officials' assignment



- List of Technical Officials and their group allocation
- Start Lists for each competition, including lot number, name, date of birth, IWF/IOC country code, Entry Total

#### 3.14.2 The Weigh-in List:

Issued for each competition, this list must contain the following information of all participants:

- Lot Number, name, date of birth, IWF/IOC country code, Entry Total, bodyweight of the competitors
- the first attempts in Snatch and in Clean and Jerk
- signatures of Technical Officials attending the weigh-in

The Weigh-in List must be made available to all concerned as soon as possible after the weigh-in.

#### 3.14.3 The Competitor's Card:

Issued for each competitor, this document contains the competitor's start number, name, IWF/IOC country code, date of birth, bodyweight, bodyweight category and group, Entry Total. It is used to record the weight of each attempt during the competition, with the eventual modifications as allowed by the rules. The coach must sign against each entry.

#### 3.14.4 The Protocol:

This form, either handwritten or a computer printout, is the official document certifying the results of each competition including Start number, Lot number, name, date of birth, IWF/IOC country code, bodyweight, all attempts and results, records broken. It has to be verified in detail for accuracy and signed by the Competition Secretary/Director and the President of the Jury.

As a back-up document, a manual Protocol must be kept by an appointed person at all competitions.

#### 3.14.5 Final Results Package:

This document, which can also be in electronic/digital format (CD, DVD), distributed to the delegations at the end of the Event, must contain:

- Team Classification, including team rankings, IWF/IOC country codes, classification points, number of athletes
- Results of Snatch, clean & jerk and total in each bodyweight category, including ranking, name, date of birth, IWF/IOC country code, bodyweight, attempts and result
- New records, including bodyweight category, name, date of birth, IWF/IOC country code, record weight

## 4 **OUTFIT OF THE COMPETITORS**

### 4.1 **COSTUME**

4.1.1 Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

The costume:

- may be one-piece or two pieces but must cover the trunk of the competitor;
- must be close fitting;
- must be collar-less;
- may be of any colour;



- must not cover the elbows;
- must not cover the knees.

- 4.1.2 A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collarless. Close-fitting leotard / cycling trunks may be worn under or over the costume. They must not cover the knees.
- 4.1.3 A T-shirt and trunks may not be worn instead of the costume.
- 4.1.4 At competitions, the athletes participate in the uniform clothing issued / approved by their Federation. For this purpose, the Victory Ceremony is considered part of the competition.
- 4.1.5 Socks may be worn, but they must not go higher than below the knees and must not cover any bandages on forbidden areas.

## **4.2 WEIGHTLIFTING FOOTWEAR**

- 4.2.1 The competitors must wear sport footwear (called weightlifting shoes / boots) to protect their feet and give them stability and a firm stance on the competition platform.
- 4.2.2 Weightlifting footwear must be made in such a way that they do not give the athlete an unfair advantage or additional support other than what is specified in 4.2.1.
- 4.2.3 A strap over the instep is permitted.
- 4.2.4 The part of the footwear that covers the heel may be reinforced.
- 4.2.5 The maximum height permitted on the upper part of the footwear, measured from the top of the sole, is 130 mm.

- 4.2.6 The sole must not extend from the footwear by more than 5 mm at any point.
- 4.2.7 The footwear may be made of any material or combination of materials.
- 4.2.8 There is no minimum or maximum height of the soles.
- 4.2.9 There are no restrictions in regards of the shape of the footwear.
- 4.3 BELT**
- 4.3.1 The maximum width of the belt may not exceed 120 mm.
- 4.3.2 No belt may be worn under the competitor's costume.
- 4.4 BANDAGES, TAPES AND PLASTERS**
- 4.4.1 Bandages, tapes or plasters may be worn on the wrists, the knees and the hands. Tape or plasters may be worn on the fingers or the thumbs.
- 4.4.2 The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberised kneecap, which allows free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way.
- 4.4.3 On the wrists, the bandages must not cover more than 100 mm of skin.
- 4.4.4 On the knees, the bandages must not cover more than 300 mm of skin.
- 4.4.5 There is no limit to the length of the bandages.
- 4.4.6 The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar.



- 4.4.7 Plasters on the fingers are allowed but must not protrude in front of the fingertips.
- 4.4.8 In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cycling gloves. These gloves may cover only the first phalanx of the fingers. If plasters are worn on the fingers, there has to be a visible separation between the plasters and the glove.
- 4.4.9 No bandages or substitutes are allowed on the following parts of the body:
- a) the elbows
  - b) the trunk
  - c) the thighs
  - d) the shins
  - e) the arms
- In the event of an injury, the Doctor on Duty may apply plasters on any bleeding part of the body.
- 4.4.10 Only one type of bandage may be worn or authorised on any part of the body.
- 4.4.11 There has to be a visible separation between the costume and the bandage(s).
- 4.5 On each piece of equipment of the weightlifters' outfit, the IWF allows the identification of the manufacturer and/or their sponsor in accordance with Rule 10.4. At Olympic Games, the IOC Manufacturers' Identification rules prevail.

## 5 COMPETITIONS

### 5.1 IWF EVENTS

5.1.1 Weightlifting competitions at World Championships, Olympic Games, Continental, Multisport Games and other IWF Events must be organised under IWF supervision and carried out in full conformity with its Constitution, Technical and Competition Rules. The stipulations of the IWF Manual for World Championships are also to be adhered to, wherever applicable.

5.1.2 Organising Federations must guarantee unconditional entry to all participants from all eligible IWF affiliated countries.

5.1.3 Competitions of all IWF Events must include the two individual lifts (Snatch and Clean and Jerk) in all the bodyweight categories recognised by the IWF.

5.1.4 No major international competition may be organised within thirty (30) days before and thirty (30) days after the World Championships or Olympic Games.

### 5.2 WORLD CHAMPIONSHIPS

5.2.1 World Championships are held every year, except in Summer Olympic years.

Junior World Championships are held every year. Youth World Championships may be organised every year, except in the years of the Summer Youth Olympic Games.

5.2.2 At World Championships, only those athletes whose eligibility is confirmed by the IWF may participate.

5.2.3 Gold, silver and bronze medals are awarded respectively to the first three places for the Snatch, the Clean and Jerk and the Total in each of the bodyweight categories.



- 5.2.4 Applications to organise World Championships must be made in writing sixty (60) days prior to the Executive Board meeting which is to decide on the allocations. The IWF Secretariat sends an application form (Questionnaire) upon request to the candidates. The completed Questionnaire must be returned to the IWF Secretariat.
- 5.2.5 The allocation of the World Championships is decided by the IWF Executive Board.
- 5.2.6 Following the allocation of the World Championships, the IWF and the host Federation conclude an Agreement pertaining to the main obligations and conditions of the organisation of the Championships, based on the application Questionnaire.
- 5.2.7 World Championships are carried out in not less than eight (8) competition days, Junior Championships not less than seven (7) days. The number of competition days for Youth World Championships is to be decided by the Executive Board.
- 5.2.8 **Financial responsibilities – host Federation / Organising Committee:**
- 5.2.8.1 Offers the participants accommodation and full board at a daily rate to be fixed and the currency to be used, as well as local transportation, access to the competitions, participation in official meetings, training, closing banquet and other usual technical services. The daily rate must be approved by the IWF, which must see that the services provided are commensurate with the price indicated.

*Note 1:* Each Executive Board member is entitled to a single room if he or she is a technical official for the entire duration of the World Championships. If he or she participates only in the meetings, this condition applies only for the duration of the meetings.

If this member has to pay for the room, only the basic (double room) rate must be paid to the Organising Committee.

**Note 2:** Each delegation is entitled to one single room for the delegation leader at basic (double room) rate. The delegation can decide who should be accommodated in a single room.

**Note 3:** If the team's composition is an odd number in each gender (e.g. 5 women and 7 men) the alone-remaining athlete cannot be forced to share a room with an athlete from another country, and in this case alone, a single room must be provided at the double-room rate.

5.2.8.2 Provides transportation and training facilities for participants at least four (4) days before the beginning of the Championships.

5.2.8.3 Provides free accommodation and board, during the competitions days plus two (2) days, for up to forty-five (45) selected Technical Officials, (Referees, Jury members, Technical Controllers, Doctors on Duty, Competition Secretary and Chief Marshal). The number of Technical Officials is decided taking into consideration the number of competition days, the number and type of World Championships organised and other considerations, and depends on an agreement between the IWF and the host Federation / Organising Committee. If the IWF Executive Board and Committee meetings are held in conjunction with the World Championships, to those selected Technical Officials who are members of the Board or/and the Committees, free accommodation is provided for the competition days plus five (5) days. To benefit from the above, the Technical Officials must be present and available for the complete Championships. The participants must pay for additional days.

- 5.2.8.4 Guarantees that the prices of accommodation quoted six (6) months prior to the World Championships will not increase.
- 5.2.8.5 Provides, free of charge, the facilities for the Congress and the meetings of the Executive Board and the Committees, Verification of Final Entries, Technical Officials' Meeting (twice), Calendar Conference (including meeting room, interpreters, technical facilities, coffee, refreshments, etc.).
- 5.2.8.6 Provides, free of charge, the technical organisation and all pertaining facilities (equipment, hall and rooms with adequate furnishing, technical staff, first aid, refreshments, etc.) for the competitions and training for the World Championships, as required by the relevant IWF rules, including:
- Competition venue
  - Warm-up area
  - Athletes' Rest area
  - First aid room
  - Doping control premises
  - Press centre
  - VIP and Technical Officials' room
  - IWF Secretariat Offices
  - Weigh-in room
  - Sauna
  - Training venue
- 5.2.8.7 Takes out acceptable comprehensive health / medical / hospital insurance policies for the Championships.

- 5.2.8.8 Accommodates, free of charge for the competition days plus five (5) days the Chairpersons of the IWF Technical, Medical and Coaching and Research Committees, when they are not among the appointed Technical Officials.
- 5.2.8.9 Provides, free of charge, business class return travel, accommodation and board for the competition days plus six (6) days for the IWF President, the General Secretary, and economy class return travel, accommodation and board for five (5) members of the Secretariat and the appointed Press Delegate.
- 5.2.8.10 Provides premises, venues with appropriate facilities and technical facilities for the IWF Secretariat, for the meetings and Congress, and for the World Championships.
- 5.2.8.11 If required, pays full costs for travel, accommodation and board, for one (1) technical visit for the Youth World Championships, two (2) technical visits for the Junior World Championships and three (3) technical visits prior to the World Championships, to check and evaluate their preparation.
- 5.2.8.12 Provides commemorative medals and diplomas to all official participants of the Championships.
- 5.2.9 **Financial responsibilities – participating Federations:**
- 5.2.9.1 The participating delegations must accept the accommodation offered by the Organising Committee, at the cost indicated in the Regulation. The amount must be coordinated with the IWF and must be commensurate with the standard of the services provided.
- 5.2.9.2 Pay the host Federation / Organising Committee an Entry Fee of US\$200 (Two Hundred US dollars) for each delegation member. US\$100 (One Hundred US dollars) of this fee remains with the Organising Committee and US\$100 (One Hundred US dollars) is paid to the IWF as part of the Anti-Doping Fund.



5.2.9.3 The selected Technical Officials, the IWF President, General Secretary, the IWF Committee Chairpersons and Secretariat members, the Press Delegate and the licensed journalists do not have to pay the Entry Fee. The Executive Board or Committee members and the Congress delegates who only attend their respective meetings are also exempted from paying the Entry Fee, but after the Congress these persons cannot enjoy the privileges associated with accreditation such as transportation, entry to the competitions and sport facilities or any social events.

5.2.9.4 National Federations participating in the World Championships do so at their own risk. The Federations must undertake full moral and financial responsibility for their delegates regarding their health and in case of accidents or damages.

### **5.3 OLYMPIC GAMES**

5.3.1 At least twenty four (24) months before the opening of the Olympic Games and after consultation between the IWF Executive Board, the IOC and the Games Organising Committee, the IWF shall communicate the following information to the National Federations:

- the program of the competitions;
- the schedule of the competitions;
- the participation criteria for the competitors (Olympic Qualification Regulation);
- the entry conditions for Olympic competitors.

5.3.2 The Olympic weightlifting competitions are held in a period to be agreed between the IOC, the OCOG and the IWF, on a suitable number of competition days, with rest day(s) included, whenever convenient.

- 5.3.3 A NOC may enter the number of athletes to the Olympic Games in accordance with the qualification achieved, with a maximum of two (2) competitors per bodyweight category in accordance with the respective Qualification Regulation.
- 5.3.4 Olympic gold, silver and bronze medals are awarded respectively to the first three places for the Total in each of the bodyweight categories.
- 5.3.5 The IWF Executive Board appoints two (2) Technical Delegates for the Olympic Games, whose task is to coordinate and help with the technical organisation of the Olympic Weightlifting Competitions. The number of Technical Delegate visits at the Games city is fixed in an agreement between the OCOG and the IWF.
- 5.3.6 Six (6) months prior to the Olympic Games, the Executive Board appoints the Technical Officials for the Games, from the list of candidates submitted by the National Federations. Appointed Technical Officials may not be members of their national Olympic team.

#### **5.4 YOUTH OLYMPIC GAMES**

- 5.4.1 Competitors aged sixteen (16) and seventeen (17) are eligible to participate.
- 5.4.2 Youth Olympic Games categories:

Boys: 56 kg  
62 kg  
69 kg  
77 kg  
85 kg  
+85 kg

Girls: 48 kg  
53 kg  
58 kg  
63 kg  
+63 kg

- 5.4.3 Youth Olympic Games weightlifting competitions are held in a period to be agreed between the IOC, the OCOG and the IWF; on a suitable number of competition days.
- 5.4.4 The Qualification System must be elaborated between the IWF and the IOC and communicated to the National Federations/NOCs in due time prior to the Youth Olympic Games.
- 5.4.5 A NOC may enter the number of athletes to the Olympic Games according to the qualification achieved within the respective Qualification System.
- 5.4.6 Gold, silver and bronze medals are awarded respectively to the first three places for the Total in each of the body-weight categories.

## **5.5 MULTISPORT GAMES OTHER THAN OLYMPICS**

- 5.5.1 At least two (2) years before the opening of the Games, the IWF must be advised in order to approve the proposed facilities and technical organisation. An IWF Technical Delegate has to make a preliminary inspection. Travel, accommodation and board expenses are paid by the organising Federation / committee.
- 5.5.2 The Regulation of the weightlifting competitions of the Games and the scheduled program must be submitted to the IWF for approval before publication. The Regulation must be supplied in English and, additionally, in any other language the Organising Committee deems it to be necessary.

- 5.5.3 The IWF checks all the facilities and approves the Jury members and the Referees for the weightlifting competitions in consultation with the Continental, Regional Federation concerned and / or the Games organisers. The IWF representative must be present sufficiently in advance before the opening of the Games to ensure that the facilities are adequate and that the IWF Rules are being followed.
- 5.5.4 The IWF may be represented either by the President, the General Secretary, or by a delegate appointed by the President and the General Secretary in consultation. The IWF representative assumes the position of President of the Jury, Jury member or Competition Secretary, whichever is considered to be the most appropriate.
- 5.5.5 The Organising Committee must pay the travel accommodation and board expenses of the IWF delegate at the Games.
- 5.5.6 Gold, silver and bronze medals are awarded respectively to the first three places for the Snatch, the Clean and Jerk and the Total in each of the bodyweight categories, unless otherwise specified and arranged between the Organising Committee and the IWF.
- 5.6 WORLD UNIVERSITY CHAMPIONSHIPS**
- 5.6.1 World University Weightlifting Championships are organised in even years under the auspices/control of the FISU (International University Sport Federation), under the relevant FISU Rules and Regulations, upon allocation by FISU to a FISU National Member Organisation.
- 5.6.2 The IWF is represented by an IWF Delegate appointed to each World University Championships.

- 5.6.3 In all aspects of the sport-specific and technical organisation of the competitions, the IWF Technical and Competition Rules must be respected, wherever applicable.
- 5.6.4 Eligibility is in accordance with the FISU Rules on Eligibility in combination with the IWF Constitution, Technical and Competition Rules.
- 5.6.5 The IWF shall be involved in the allocation, the preparation and the running of the Championships in a consultative capacity.
- 5.6.6 The involvement of the respective National Weightlifting Federation in the organisation of the Championships is encouraged.
- 5.6.7 Subject to agreement with the Organising Committee, a suitable number of Technical Officials shall be appointed to assist the Championships.

## **5.7 UNIVERSIADE**

- 5.7.1 Weightlifting competitions at the (Summer) Universiade (FISU Games), organised in odd years under the auspices of the FISU (International University Sport Federation), are carried out in accordance with the relevant FISU-IWF Regulations for the Universiade sports, elaborated in consultation and subject to approval by both organisations.

## **6 PROCEEDINGS OF AN IWF EVENT**

### **6.1 PRE-COMPETITION PROCEDURES - ENTRIES**

- 6.1.1 Latest four (4) months before the date set for the IWF Event, the organising Federation sends the IWF Event Regulation to all the IWF affiliated Federations, the Executive Board and the Committee members.

- 6.1.2 The Regulation contains the following information:
- a) the exact date of the IWF Event, with a detailed program of the competitions and related activities;
  - b) the competition venue and its access;
  - c) the accommodation offered and the financial conditions;
  - d) the press accreditation forms;
  - e) the preliminary entry and final entry forms and athletes' profiles.
  - f) any other pertinent information.
- 6.1.3 Participants may only be officially entered by their respective affiliated National Federation. A Preliminary Entry form, which includes the names, the date of birth, the category and the actual performance of the competitors in the Total (Entry Total), the names of the accompanying officials and their function, must be returned to the host Federation / Organising Committee with a copy to the IWF not later than sixty (60) days before the Congress/Technical Conference. Maximum nine (9) women and ten (10) men athletes can be included on the Preliminary Entry Form. (Refer to Sample Forms in the *Manual for Organisers of IWF Events*.)
- 6.1.4 The Final Entry form, which includes the names, the date of birth, the category and the actual performance of the competitors in the Total (Entry Total), the names of the accompanying officials and their function, must be sent by fax or e-mail to the Organising Committee with a copy to the IWF not later than fourteen (14) days before the Congress/Technical Conference. Maximum nine (9) women and ten (10) men athletes can be included on the Final Entry Form.

The Organising Federations shall be entitled to use the names entered by each National Federation on the Final Entry Forms to reserve hotel accommodation at one of the official designated hotels. Should any of the reserved hotel rooms be unused, the respective Federations shall be liable to pay to the organiser a cancellation fee for the entire duration of each reservation.

6.1.5 Final Entry Forms must be confirmed by the IWF. Unconfirmed, incomplete and/or incorrect Entry Forms shall not be accepted. Athletes not listed on the Final Entry form cannot take part in the Championships.

6.1.6 Before the Congress / Technical Conference preceding the IWF Event, there shall be a Verification of Final Entries, when each delegation receives a form on which they may do the following:

- correct the spelling of the name
- correct the date of birth
- modify the bodyweight category
- modify the Entry Total.

However, substitution of lifters is not allowed.

Maximum seven (7) women and eight (8) men shall remain on the verified Final Entry, with a maximum of two (2) per bodyweight category. Additional athlete(s) must be deleted.

When this form is verified, signed and returned, the entries are considered final, i.e. there cannot be any modification. Delegations not attending the Verification of Final Entries accept the data according to the Final Entry Form as final.

6.1.7 In any category, during the competition, the athletes may be divided into two (2) or more groups by the Competition Director and/or Secretary. The allocation into the groups will follow the verification of the final entries in accordance with the stated Entry Totals.

6.1.8 If two (2) or more athletes have the same Entry Total, athletes may be allocated into different groups according to their Lot Number (E.g. athlete with lower Lot Number goes to Group A, athlete with higher Lot Number to Group B.) When providing the Entry Totals, Rule 6.5.7 must be taken into consideration.

6.1.9 Before, or at the Technical Officials' meeting, the appointed Technical Officials and Doctors on Duty are assigned to the competitions.

## **6.2 DRAWING OF LOTS**

6.2.1 After the Verification of Final Entries a randomly generated lot number is drawn for each entered competitor. The athletes retain this number throughout the competition.

6.2.2 The lot number decides on the order of the weigh-in and the order of lifting during the course of the competition as well as the allocation of competitors into groups.

## **6.3 WEIGH-IN**

6.3.1 The weigh-in of each competition begins two (2) hours before the start of the competition and lasts one hour.

6.3.2 The official weigh-in takes place in a room equipped with the following:

- The official scale of the competition
- The necessary competition forms, pens, etc.
- A table and chairs for the secretariat.



- 6.3.3 Each competitor of a specific competition must be weighed in the presence of at least two (2) of the appointed Referees and the Competition Secretary. One official from the lifter's team may be present.
- 6.3.4 The Referees verify the bodyweight, which is recorded by the Competition Secretary.
- 6.3.5 Bodyweights must be recorded exactly as read.
- 6.3.6 The bodyweight list may only be published after all the competitors have been weighed.
- 6.3.7 The competitors are called one by one into the weigh-in room, according to the progression of their lot number. Competitors not present when it is their turn to be weighed will be weighed at the end of the sequence.
- 6.3.8 When groups from different bodyweight categories are combined in one competition, the sequence of the weigh-in shall be category-by-category.
- 6.3.9 Competitors must prove their identity by presenting their passport or identity card to the Competition Secretary.
- 6.3.10 The competitors are weighed naked or in underwear, in the presence of Referees of their respective sex. The Competition Secretary, if of the opposite sex, will be suitably screened from the actual weigh-in process.
- 6.3.11 In the weigh-in room proper hygienic conditions must be provided.
- 6.3.12 A competitor who is within the weight of the category in which he or she is entered is weighed only once. A competitor who is under or over the limit may return to the weigh-in as many times as necessary to make the weight and does not have to follow the sequence.

- 6.3.13 A competitor who, within the time allocated for the weigh-in, fails to make the bodyweight of the category in which he or she is officially entered is excluded from the actual competitions.
- 6.3.14 During the weigh-in, the coach of each competitor must sign on the competitor's card the confirmation of the bodyweight registered; and enter and sign the first attempts in Snatch and Clean and Jerk, with consideration to Rule 6.5.7.
- 6.3.15 As soon as the competitor has weighed within the category, the coach or lifter will be given three (3) passes for accompanying coaches for the warm-up area. When there are two competitors from the same country, one (1) additional pass will be given after the second lifter has weighed in. The persons who have been issued with passes are the only ones permitted to enter the warm-up area. Passes are issued for each specific competition. These passes, valid only for the specific competition for which they are issued, are distributed at the weigh-in by the Competition Secretary, to identify the authorised team officials to be in the warm-up and competition areas. Passes for different groups in each category must be of different colour.
- 6.3.16 At the end of the weigh-in, and corresponding to his/her lot number, each competitor is given a start number (bib), which must be worn on the costume. A new set of start numbers (starting from 1) is issued for each competition.

#### **6.4 PRESENTATIONS**

- 6.4.1 Fifteen (15) minutes before the start of the competition of each bodyweight category or group, the following presentations will be made:
- a) The competitors of the category or group are presented in the order of the lots drawn; after the presentation, they leave the stage together



b) The Technical Officials of the competition are then presented:

- the Referees
- the Technical Controller(s)
- the Doctor(s) on Duty
- the Jury Members
- the Chief Marshal

*Note 1:* The above-mentioned persons appear at the presentation together and leave together, to appropriate marching music. The Jury members are presented at their respective working location in the competition area during the pause, before the beginning of the competition.

*Note 2:* Should any competitor not be present for the formal introduction, he/she will be requested to explain his/her absence to the Jury, which will determine appropriate warning or further action.

## 6.5

### 6.5.1

#### **COURSE OF THE COMPETITION**

The competition organisers have to appoint a sufficient number of officials to arrange, under the supervision of the Competition Director, the orderly progress of the competition. For this purpose, they have to use the competitor's cards that have spaces for the three attempts in the two lifts. These officials are called marshals and the senior marshal is called the Chief Marshal. At World Championships and Olympic Games, the Chief Marshal must be English speaking international category 1 Referee, appointed by the IWF.

### 6.5.2

The marshals supervise the changes made by the lifters or coaches in respect of the weight required for each attempt.

The changes are immediately communicated to the Technical Operator/Competition Management who informs the Speaker to make the appropriate announcement. The marshalling may be carried out by means of an intercom or telephone system, or any other approved communication method between the warm-up area and the Technical Operator/Competition Management.

- 6.5.3 The barbell is loaded in progression, the competitor taking the lowest weight lifting first. Once the announced weight is loaded on the barbell, and the clock has started, it cannot be reduced. The competitors or their coach must therefore observe the progression of the loading and be ready to make their attempt at the weight they have chosen.
- 6.5.4 The weight of the barbell must always be a multiple of one (1) kg.
- 6.5.5 The automatic progression after any successful attempt for the same athlete must be a minimum of one (1) kg.
- 6.5.6 The minimum weight that can be lifted in a competition for men is twenty-six (26)kg, i.e. the bar (20kg) and collars loaded with two 0.5kg discs. The minimum weight that can be lifted in a competition for women is twenty-one (21)kg, i.e. the bar (15kg) and collars loaded with two 0.5kg discs.
- 6.5.7 The aggregate weight of the starting attempts in the Snatch and the Clean and Jerk cannot be less than twenty (20) kg below the announced Entry Total for the male competition, and less than fifteen (15) kg below the announced Entry Total for the female competition. The monitoring and implementation of this rule is the responsibility of the Competition Secretary and the Referees at the weigh-in; and of the Chief Marshal, the Technical Controllers and the Jury during the competition. This rule shall apply unless otherwise stated.



**Example:** A male athlete enters a competition with an announced Entry Total of 200kg. The total weight of the first attempts in the Snatch and Clean and Jerk must not, in any case, be less than 180kg (80kg and 100kg, 70kg and 110kg or any other combination). If this rule is not adhered to, the Jury can exclude the athlete from the competition.

6.5.8 Order of calling: There are four (4) factors to consider in the following priority, when calling the competitors in sequence to take their attempts:

1. The weight of the barbell (lighter weight first)
2. The number of the attempt (lower number first)
3. The sequence/order of the previous attempt(s) (the athlete who lifted earlier comes first)
4. The lot number of the competitor (lower first)

See Example for Calling Order in the Annex No.4.

6.5.9 One minute (60 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt. After 30 seconds, a warning signal sounds. When a competitor attempts two lifts in succession, he or she is allowed two minutes (120 seconds) for the succeeding attempt. (For exception see 6.5.15). Thirty (30) seconds after the start of the allocated time and thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the competitor has not raised the barbell from the platform to make the attempt, this attempt is declared “No lift” by the three Referees. The start of the time has to be at the completion of the announcement of the attempt by the Speaker or the completion of the loading of the bar, whichever is the last.

- 6.5.10 The weight announced by the Speaker must be immediately displayed on the attempt board.
- 6.5.11 When a competitor wishes to increase or decrease the weight originally selected, the competitor or his or her coach must notify the marshals before the final call.
- 6.5.12 The final call is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.
- 6.5.13 Before the first attempt or between two attempts coaches/athletes have to notify and sign the next attempt on the competition card and may change it twice. If the coach/athlete fails to do so before the final call (30 seconds), the athlete will be called according to the automatic progression. Where a competitor is taking consecutive attempts (2 minutes allocated time), the competitor/coach must declare the next attempt within the first thirty (30) seconds after being called, even if it is the automatic increment. Failure to do so will forfeit the two changes allowed. The lifter will then have to take the automatic increment.
- 6.5.14 When a competitor asks for a change of weight and still has to take this heavier weight next, the clock is stopped while the weight is changed. After the change has been completed, the clock continues to run until the end of the allocated time. When a competitor asks for a change and, in doing so, follows another competitor, the normal one minute (60 seconds) applies for the next attempt.
- 6.5.15 In case a request by an athlete taking consecutive attempts changes the order and another athlete is called whose time starts running, but he/she too asks for a change, as a result of which athlete No.1 (originally called) is called again, he/she shall be granted only one (1) minute.



6.5.16 Competitors cannot re-enter the competition if an official announcement has been made that the competitor has withdrawn from the competition.

6.5.17 When there has been an error in loading the barbell or when the Speaker makes an incorrect announcement, the Jury takes the following decision:

***Example 1:***

When the barbell is loaded to a lighter weight than the one requested by the competitor, the competitor may, if he or she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0kg, or refuse it. If he or she refuses the attempt, the competitor is granted an additional attempt with the weight originally requested.

***Example 2:***

When the barbell is loaded to a weight which is not a multiple of 1.0 kg and the lift is successful, the competitor may accept the attempt at the value of the next lower value of 1.0 kg.

***Example 3:***

When the barbell is loaded to a heavier weight than the one requested by the competitor, the competitor may if he or she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0 kg. If the attempt is not successful or if the barbell is not a multiple of 1.0 kg, the competitor is automatically granted an additional attempt with the weight originally requested.

***Example 4:***

When a lift is failed because the barbell is not equally loaded, or because the barbell is changed during the lift or

the platform is disarranged, the Jury may grant an additional attempt at the request of the lifter or his/her coach.

**Example 5:**

When the Speaker makes a mistake in announcing a weight lighter or heavier than the one requested by a competitor, the Jury must take the same decision as for errors in loading.

**Example 6:**

In certain competitions, when the competitors are not obliged to remain near the platform, therefore finding it impossible to follow the progress of the other competitors, the weight must be similarly reduced when the Speaker omits to call a competitor at the time he or she would have normally taken his or her attempt.

6.5.18 In an international match between two individuals or between two nations contested in separate categories, the competitors may lift alternately. The competitor taking the lighter weight lifts first and that order is maintained throughout that particular lift.

6.5.19 During any competition organised on a platform or stage, nobody other than the members of the Jury, the officiating Referees, the Speakers, the technical officials, authorised team officials (see 6.3.15) and the competitors of the specific category or group are allowed in the competition area.

**6.6 BREAK**

6.6.1 There is a ten (10) minute break after the Snatch competition to allow the competitors to warm up for the Clean and Jerk.

6.6.2 The Jury in its discretion may shorten or extend the break period. In this case, an appropriate announcement must be made.

**6.7****CLASSIFICATION OF ATHLETES AND TEAMS**

## 6.7.1

The title of champion is awarded for individual lifts on the Snatch, the Clean and Jerk as well as for the Total (the aggregate of the best Snatch and the best Clean and Jerk results). The competitors who have won first, second and third place in the two lifts and in the Total in official competitions under IWF rules are awarded gold, silver and bronze medals, respectively.

## 6.7.2

To calculate the individual ranking in Snatch and in Clean and Jerk the following factors in the following order must be considered:

1. best result – higher first; if identical, then:
2. bodyweight – lower first; if identical, then:
3. best result's attempt number – smaller first; if identical, then:
4. previous attempt(s) – smaller first; if identical, then:
5. Lot number – smaller first

## 6.7.3

To calculate the individual ranking in Total the following factors in the following order must be considered:

1. best result – higher first; if identical, then:
  2. bodyweight – lower first; if identical, then:
  3. best Clean and Jerk result – smaller first; if identical, then:
  4. best result's attempt number – smaller first; if identical, then:
  5. previous attempt(s) – smaller first; if identical, then:
  6. Lot number – smaller first
- (See Annex No. 5)



## 6.7.4

At World and Continental Championships and in competitions under IWF Rules, the classification of the teams is calculated by adding the points allocated to each competitor according to the following scale:

1 <sup>st</sup> place	28 points
2 <sup>nd</sup> place	25 points
3 <sup>rd</sup> place	23 points
4 <sup>th</sup> place	22 points
5 <sup>th</sup> place	21 points
6 <sup>th</sup> place	20 points
7 <sup>th</sup> place	19 points
8 <sup>th</sup> place	18 points
9 <sup>th</sup> place	17 points
10 <sup>th</sup> place	16 points
11 <sup>th</sup> place	15 points
12 <sup>th</sup> place	14 points
13 <sup>th</sup> place	13 points
14 <sup>th</sup> place	12 points
15 <sup>th</sup> place	11 points
16 <sup>th</sup> place	10 points
17 <sup>th</sup> place	9 points
18 <sup>th</sup> place	8 points
19 <sup>th</sup> place	7 points
20 <sup>th</sup> place	6 points
21 <sup>st</sup> place	5 points
22 <sup>nd</sup> place	4 points
23 <sup>rd</sup> place	3 points
24 <sup>th</sup> place	2 points
25 <sup>th</sup> place	1 point

## 6.7.5

At World Championships and in competitions under IWF Rules team points according to the ranking in Snatch and Clean and Jerk as well as in the Total will be allocated to each team for the Team classification.

- 6.7.6 When two (2) or more teams have the same points in the Team Classification, the team with more of the higher places must be ranked higher.
- 6.7.7 No valid lifts in the Snatch do not eliminate competitors from the championships. They are allowed to continue in the Clean and Jerk. If successful, they receive points for their team classification according to the place obtained in the Clean and Jerk but do not receive points for the Total. Where medals are given on Total only, the lifter shall be eliminated if all Snatches have failed.
- 6.7.8 Competitors who have been successful in the Snatch but have a zero in the Clean and Jerk receive points for their team classification according to the place obtained in the Snatch but do not receive points for the Total.

## 7 OFFICIALS OF THE COMPETITION

### 7.1 GENERAL PROVISIONS:

- 7.1.1 A suitable number of Technical Officials must be appointed to work at each competition. Technical Officials selected to work at IWF Events must not be involved in coaching or assisting any athletes during these competitions.
- 7.1.2 At IWF Events the following Technical Officials must be serving:
- Competition Secretary / Competition Director
  - Jury
  - Technical Controllers
  - Referees
  - Timekeeper
  - Chief Marshal

- 7.1.3 Doctor(s) on Duty must also be appointed.
- 7.1.4 Technical Officials must wear the official IWF Referee Uniform: dark blue jacket, striped blue and white shirt, IWF tie (or scarf for women), beige trousers (beige skirt or trousers for women) dark socks, black shoes and the IWF Referee metal badge on the left lapel of the jacket. Only the IWF badge may be worn because these officials represent the International Federation. In very hot weather and subject to the authorisation of the Jury President, the jacket may be removed. The official Safari Uniform must be worn when directed by the IWF. At Olympic Games and at other multisport Games, only the uniform issued by the Organising Committee is worn.
- 7.1.5 Technical Officials must be present at their respective assigned positions / working locations latest thirty (30) minutes prior to their duty.
- 7.2 COMPETITION SECRETARY/DIRECTOR**
- 7.2.1 For all weightlifting competitions, a Competition Secretary / Competition Director is appointed. The Competition Secretary / Competition Director is in control of the progress of the competition and attends to his/her task in close cooperation with the Jury and the Technical Controllers.
- The duties of the Competition Secretary / Competition Director are as follows:*
- 7.2.2 Verify the lists of the competitors and divide them into groups if necessary, according to the best results supplied by the participating Federations following the verification of final entries.
- 7.2.3 Supervise the drawing of lots at the Congress if not done electronically.



- 7.2.4 Supervise the weigh-ins and allocate the duties of the officials in the weigh-in room.
- 7.2.5 Supervise the order of lifting in accordance with the sequence of the competition, including the operation of the competition management system and the issue of the official documents.
- 7.2.6 Supervise the registration of new World and Olympic records set up during the competitions.
- 7.2.7 Monitor and enforce Rule 6.5.7.

### **7.3 THE JURY**

- 7.3.1 The function of the Jury is to ensure that the Technical and Competition Rules are being followed and applied.
- 7.3.2 All Jury members must be category 1 Referees.
- 7.3.3 All Jury members must be from different countries.
- Note: Whenever possible, a female member must be appointed in each Jury group.
- 7.3.4 At IWF Events the Juries are composed of three (3) or five (5) members each, one of them being the President. Two (2) reserves may also be appointed.
- 7.3.5 During the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Referee whose decisions prove him or her to be incompetent. The impartiality of the Referees is not to be doubted, however, a mistake in refereeing may occur involuntarily. In such an event, the Referee is allowed to explain his or her decision.
- 7.3.6 After observing the work of the Referees throughout the competition, the Jury members may highlight any special occurrences by way of report on the prescribed form. The President of the Jury will deliver such reports to the Chairman of the Technical Committee or to the General Secretary.

- 7.3.7 The Jury, in unanimity and after discussion, has the power to reverse a decision when the Referees' decision has been judged on majority by the Jury to be technically incorrect. Such decision and its reason must be communicated to the athlete/coach concerned through the Technical Controller or any other Official, as directed by the President of the Jury, and announced to the public by the Speaker.
- 7.3.8 In order to apply the above rule, the Jury members have to give their decision on each lift using the equipment located on the Jury table. This device is equipped with 5 green LEDs (Light Emitting Diodes), 5 white LEDs and 5 red LEDs. Each Jury member has a piece of apparatus with a red and white push button. When the Jury members press either one of the buttons, the green led lights up. The white and red decision LEDs light up only when all the Jury members have given their decision. No Jury member must attempt to influence the decision of the other Members of the Jury.
- 7.3.9 During the competition, the Jury must monitor and enforce Rule 6.5.7.
- 7.3.10 The Jury must be located in a place where the view of the competition is clear and unobstructed. The Jury table must be placed at maximum ten (10) metres from the centre of the platform, between the Centre and one of the Side Referees. Reserve members may not sit at the Jury table. They may take their place only when called upon to replace one of the original five members.
- 7.3.11 The Jury members must remain in their respective place for the Victory Ceremony. They must also make sure that the Referees remain in their respective positions.
- 7.3.12 A direct automatic telephone hook-up must be set up between the Jury President and the Competition Management.



## **7.4 TECHNICAL CONTROLLERS**

7.4.1 Technical Controllers are appointed to assist the Competition Secretary / Competition Director in the supervision of the running of the competition. They attend to their duties with the Referees appointed for the competition.

7.4.2 At World Championships and Olympic Games, the Technical Controllers must be international category 1 Referees.

Note: Whenever possible, a female Technical Controller must be appointed in each Technical Controller group.

7.4.3 At World Championships and Olympic Games two (2) Technical Controllers are appointed per category. At other IWF Events, the IWF's official delegate appoints a suitable number of Technical Controllers.

THE DUTIES OF THE TECHNICAL CONTROLLERS ARE AS FOLLOWS:

7.4.4 Check the competition platform, the barbell, the scales, the electronic Referee light system, the timing clock, the warm-up area and the other facilities of the competition.

7.4.5 Ensure that the Referees wear the correct uniform.

7.4.6 Before the competition, place their international Referee card on the Jury table in front of the President and collect it at the end of the competition.

7.4.7 Before the competition, inspect the outfits of the competitors and enforce the rules when necessary. When a correction has to be made on the athlete's outfit or a lubricant has to be removed and the athlete has already been called, rule 2.3.6 applies.

7.4.8 During the course of the competition ensure that only the accredited number of officials accompany the athletes in the competition and warm-up areas.

- 7.4.9 Ensure that while the athlete is on the stage, nobody, including the Technical Controller is seen in that area (in view of the audience and / or TV cameras).
- 7.4.10 During the course of the competition checks the information of the scoreboard (correct lifter, attempt, weight, time, records) and allows lifters to go on stage once the announcements are complete.
- 7.4.11 Control the cleaning of the bar and the platform.
- 7.4.12 Assist the Anti-Doping Commission and the Weigh-in team, if requested.
- 7.4.13 Monitor and enforce Rule 6.5.7.

## **7.5 REFEREES**

- 7.5.1 In every competition, Referees must concentrate on the main task of adjudicating the lifts performed by the athletes. All international Referees must hold a valid Referee card issued by the IWF.
- 7.5.2 International Referees are classified in two categories:
- a) **Category 2:** These persons may referee at national championships, international tournaments, Regional Games and continental championships.
- b) **Category 1:** These persons may referee at the above-mentioned championships and tournaments, as well as at Olympic Games and World Championships. They may also serve on an international Jury.
- 7.5.3 **Referee licence:**
- At the request of the National Federations, the IWF issues Referee licences valid for each Olympiad, up to the end of the next Olympic year. Referees who do not hold a valid licence cannot officiate in international events.



- 7.5.4 A sticker placed on the last page of the Referee card identifies a valid licence.
- 7.5.5 The IWF registers the licensed Referees.
- 7.5.6 For an Olympiad, the licence fee for an international category 1 card is US\$200 (two hundred US dollars) and for a category 2 card, US\$100 (One hundred US dollars).
- 7.5.7 Any new card (either category 1 or 2) costs US\$200 (Two Hundred US dollars).
- 7.5.8 Payment for the fees must accompany the request.
- 7.5.9 Any new card must be paid for together with the licence.
- 7.5.10 The date of registration of the new category 2 Referees is the date of their examination.
- 7.5.11 Each Referee card contains space for recording all the international events refereed by the holder. The IWF President, the IWF General Secretary, the president of the Jury, the Competition Director/Secretary or the secretary of the holder's National Federation may write these entries.

#### **REFEREES AT COMPETITION**

- 7.5.12 At competitions held under IWF rules, three (3) Referees (a Centre Referee and two [2] Side Referees) and one Reserve Referee are appointed for each competition/ session.
- Note:* Whenever possible, a female Referee must be appointed in each Referee group.
- 7.5.13 Before the competition, the Referees must ascertain under the guidance of the Competition Secretary/Director, and in collaboration with the Technical Controller(s):
- That the necessary competition equipment is in order

- That all competitors weigh in within the limits of their category during the allocated time.
- 7.5.14 Before the competition, the Referees must place their international Referee card on the Jury table in front of the President.
- 7.5.15 The Centre Referee must be seated four (4) metres (measured from the front) of the platform to the rear of the Referee's table, and in line with its centre. The Side Referees must be seated on the same line as the Centre Referee, three (3) to four (4) metres apart.
- 7.5.16 During the competition, the Referees must ensure:
- That the weight of the barbell corresponds with the weight announced by the Speaker
  - That nobody but the lifter handles the barbell during the execution of a lift.
  - That only the lifter or the loaders move the barbell to a new position on the platform. It is forbidden for a coach to move, adjust or clean the barbell. If the lifter moves the barbell to a position where the view of the Referee is impaired, the Referees concerned may move to a position where the lift can be observed correctly. After, the Referees return to their place to give the signal and the decision.
  - That Rule 6.5.7 is enforced.
- 7.5.17 The Referees must indicate their judgment of the lift by giving signals. "Good lift" - white light; "No lift" - red light. A lift is "Good lift" with two or three white lights; a lift is "No lift" with two or three red lights.



- 7.5.18 When there is a breakdown of the Electronic Referee Light System or at competitions where it is not available, the Centre Referee gives the signal to replace the barbell on the platform at the conclusion of each lift, as soon as the lifter becomes motionless in all parts of the body and has both feet on the same line. This signal must be both audible and visible, i.e. the Centre Referee must say “Down” and at the same time motion downwards with the arm.
- 7.5.19 In the event of a failure of the electronic system and in competitions where no Electronic Referee Light System is available, small red and white flags can substitute the lights. The Referees announce their decision by raising the appropriate flag.
- 7.5.20 When the Electronic Referee Light System is not being used, should one of the Side Referees see a serious fault during the execution of a lift, he or she raises an arm to call attention to the fault. If there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift and signals to the lifter to lower the barbell to the platform.
- 7.5.21 In a competition at which no Technical Controller is appointed, the Referees must perform the duties of the Technical Controller (see 7.4).
- 7.5.22 During the competition that they are called upon to adjudicate, the Referees must abstain from any comments.
- 7.5.23 During the competition, a Referee must not attempt to influence the decisions of the other Referees.
- 7.5.24 After the competition, the Referees must:
- Sign the record protocols if any
  - Collect from the Jury table their respective Referee card, signed and noted by the President of the Jury

- Remain in their respective place during the Victory Ceremony.

### **REFEREES AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES**

- 7.5.25 Two Referees from the same nation cannot be selected to adjudicate in the same group.
- 7.5.26 Three (3) months prior to the World Championships, each National Federation may submit a maximum of two (2) category 1 Referees to officiate at these Championships. The IWF Executive Board and the Technical Committee select from the proposed list of names those who will officiate. The number of Technical Officials to be selected is determined by the IWF in the knowledge of the exact program of the Championships. The National Federations are advised of the appointment or non-appointment of their Referees. If and when the need arises and at its absolute discretion, the IWF reserves the right to appoint other Officials, outside of the nominated ones, from any member country. Appointed Technical Officials and their National Federations will be duly advised. The Competition Secretary/Director assigns the selected Technical Officials to the specific categories or groups at the site of the World Championships, before the start of the competitions.
- 7.5.27 For the Olympic Games, Technical Officials are selected six (6) months before the start of the Games by the IWF Executive Board, from the list of the candidates submitted by the National Federations (maximum of two [2] officials per Federation).

### **PROMOTION OF REFEREES**

- 7.5.28 For a National Referee in order to be promoted to International Referee category 2 the following conditions are required. The candidate:



- a) must have served as National Referee at least five (5) years;
- b) must be proposed by the National Federation;
- c) must have a complete knowledge of the IWF Technical and Competition Rules;
- d) must prove his/her competence in a practical examination organised either by the IWF, or in an IWF approved examination organised by the National Federation;
- e) must obtain the marks of at least 85% in a written examination by means of the IWF Referees' Examination Questionnaire, prepared and revised by the Technical Committee from time to time.

**CONDITIONS FOR THE REFEREES' EXAMINATIONS  
TO CATEGORY 1:**

- 7.5.29 To be promoted from category 2 to category 1, Referees must prove their competence before three (3) category 1 Referees in the course of a competition held under IWF Rules (not Masters). In addition, the candidates must pass a written examination by means of the IWF Referees' Examination Questionnaire prepared and revised periodically by the Technical Committee. (See is this Handbook)
- 7.5.30 Candidates must have served at least two (2) years as category 2 Referees.
- 7.5.31 Candidates may be examined at IWF Events (except World Championships) or national championships.
- 7.5.32 The three (3) members of the examining committee may all be of the same country.
- 7.5.33 Each examiner sits separately from the others and marks the candidates independently, without consulting the other examiners.

- 7.5.34 When the Electronic Referee Light System is used, up to three (3) Referees may be examined simultaneously, otherwise only the Centre Referee can be examined.
- 7.5.35 The examiners record their marks using the score-sheet of the competition.
- 7.5.36 The name and the nationality of the candidate(s) are entered to correspond with their position at the platform, i.e. the Referee at the left is number 1, the Centre Referee is number 2 and the Referee on the right is number 3. The examiners also sign their name and indicate their nationality.
- 7.5.37 The names of the competitors are entered in the same order on all the score-sheets of the examining committee, so that all their marks coincide.
- 7.5.38 Candidates must Referee at least One Hundred (100) attempts. This includes uncompleted as well as completed attempts.
- 7.5.39 The examiners first mark at the top of each space on the score-sheet their own opinion of each lift. A / indicates a good lift and an X indicates a bad lift. Underneath the mark, and using the same signs, they mark the decisions given by the three Referees.
- Example:* / = white light                      X = red light  
/  
/// = all three have given a correct decision  
X  
XXX = all three have given a correct decision  
X  
X / X = the centre Referee has given an incorrect decision  
/ X X = Referee number 1 has given an incorrect decision
- 7.5.40 When only the Centre Referee is examined and he gives an incorrect signal, e.g. a signal too fast or too late to lower the barbell, the examiner must mark this with an X, plus



- the letter **S** below to indicate incorrect signal. A candidate can thereby commit two faults during one attempt and both these faults are shown on the score-sheet.
- 7.5.41 The examiners mark with an **O** every attempt, which is not completed by the competitors, e.g. dropping the bar in the Snatch, or Clean, failing to complete a Jerk, etc.
- 7.5.42 If a candidate gives an incorrect decision during an uncompleted lift, the examiners mark with an **X** instead of an **O** and give the number of the mistake.
- 7.5.43 The results of each candidate are calculated from the completed attempts. In order to be promoted to category 1, the candidates must obtain Ninety-Five (95)% in the practical exam and Ninety (90)% in the written exam.
- 7.5.44 The original mark-sheets, without any alteration or addition, are sent to the IWF Secretariat to calculate the percentage obtained by the candidates in their practical exam.
- 7.5.45 The IWF Secretariat transmits the results to each candidate through the candidate's National Federation. The successful candidates also receive their category 1 card and licence through their National Federation.
- 7.5.46 The date of the promotion of the successful candidate is the date on which the examination was taken.
- 7.5.47 Even if Referees already holding a valid Referee licence of category 2 for the given Olympiad are promoted to category 1, the category 1 Referee licence for US\$ 200 (Two Hundred US dollars) must be purchased in order to receive the new category 1 card.
- 7.5.48 Candidates who fail must wait at least six (6) months before taking the examinations again.



**7.6****TIMEKEEPER**

## 7.6.1

AT ALL COMPETITIONS HELD UNDER IWF RULES, THE ORGANISING COMMITTEE MUST APPOINT TIMEKEEPERS.

## 7.6.2

At Olympic Games the Timekeepers must be Category 1 international Referees. At World Championships the Timekeepers must be qualified international Referees. At other IWF Events the Timekeepers must be qualified international or national Referees.

## 7.6.3

The duties of the Timekeeper are as follows:

## 7.6.4

To operate the timing clock when the athletes are called to perform their attempts during the course of the competition, in accordance with the rules.

## 7.6.5

To set and start the clock at one minute (60 seconds) or two (2) minutes (120 seconds) at the beginning of each attempt. The time must be started the moment the Speaker has finished the announcement of the attempt or the barbell is loaded, whichever is the last.

## 7.6.6

To stop the clock immediately as the barbell is raised from the platform.

## 7.6.7

To restart the clock if the barbell has not reached the height of the knees.

## 7.6.8

In order to perform his/her duties properly, the Timekeeper works in close cooperation with the Speaker and the President of the Jury.

**7.7****CHIEF MARSHAL**

## 7.7.1

The Chief Marshal's main duty is to accept or refuse the modifications made by the coaches/athletes on the attempts to be taken, in accordance with the relevant Technical and Competition Rules; and to communicate the information about the requested attempts to the Competition Management table by means of a point-to-point intercom system.



7.7.2 At World Championships and Olympic Games, the Chief Marshal must be an English-speaking international category 1 Referee, appointed by the IWF.

## **7.8 SPEAKER(S)**

7.8.1 One or more Speakers must be appointed. Their duty is to make the appropriate announcements for the efficient running of the competition. This includes for each attempt:

- the name of the competitor called to the platform
- the country
- the weight of the barbell
- the number of the attempt

7.8.2 The Speaker also notifies the next competitor in advance. An assistant to the Speaker(s) may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.

7.8.3 The Speaker makes the Presentations in accordance with 6.4 and makes the required announcements regarding the course of the competition.

7.8.4 The Speaker, as time and the progress of the competition allow, may make announcements to inform the public.

7.8.5 The Speaker conducts the Victory Ceremonies in accordance with 9.2.

7.8.6 If no computerized competition technology is used, the Speaker must be an international Referee.

## **7.9 DOCTORS ON DUTY**

7.9.1 At Olympic Games, World Championships and other major international events, medical doctors are appointed to be Doctors on Duty during the competitions in each of the bodyweight categories.

**DOCTORS ON DUTY HAVE THE FOLLOWING TASKS:**

- 7.9.2 Be present at the competition venue from the weigh-in until the end of the competition.
- 7.9.3 Be familiar with and use the medical facilities and, if requested, assist in the anti-doping controls.
- 7.9.4 Be ready to render medical care in case of injury or illness; cooperate with team doctors and advise the coaches, officials and the athletes on the possibility of continuing the competition after an injury.
- 7.9.5 During the competition, authorise the application of additional plasters or bandages in accordance with the rules.
- 7.9.6 At World Championships, two (2) Doctors must be on duty at the same time. If necessary, team doctors may also be asked to assist the Doctors on Duty. If there is a medical need, the competitor shall agree to the Doctor on Duty attending him/her.
- 7.9.7 At Olympic Games, only IWF appointed doctors may work at the competitions as Doctors on Duty. Two (2) Doctors per competition are appointed.

**RANGES OF RESPONSIBILITIES AT IWF EVENTS:**

- 7.9.8 The appointed Doctors on Duty are responsible in the competition area, meaning the FOP and the warm-up area.
- 7.9.9 In case of an accident or injury, the Doctor on Duty has to assess the situation and decide if further treatment is necessary either by local medical authorities or by the team doctor. If no team doctor is available, it is up to the Doctor on Duty to provide assistance or to transfer treatment to the local authorities.



- 7.9.10 The responsibility of the Doctor on Duty ends outside the competition area.
- 7.9.11 To ensure these arrangements are in place, it is mandatory for a Doctor on Duty to contact the responsible local medical authorities and together with them survey the local medical facilities before the start of the competition.

## 8 WORLD RECORDS

- 8.1 The IWF recognises world, junior world, youth world and Olympic records in each of the eight (8) bodyweight categories for men and seven (7) categories for women in the Snatch, the Clean and Jerk and the Total.
- 8.2 Youth athletes may set youth, junior and senior world records. Junior athletes may set junior and senior world records. Senior athletes may set (senior) world records.
- 8.3 World records may only be set at events in the IWF Calendar.
- 8.4 Olympic records may be set only at the Olympic Games.
- 8.5 New world records are ratified only when the athletes successfully undergo an anti-doping test.
- 8.6 Three (3) international Referees must be officiating when a world record is set.
- 8.7 The following conditions have to be fulfilled for the registration of a new record:
- a) A record is only valid if it exceeds the previous one by a minimum of one (1) kg.
  - b) Records must be registered in the Protocol, including the following information:

- the name and IWF/IOC country code of the athlete
- the competitor's bodyweight
- the athlete's date of birth (dd/mm/yy).
- the weight of the barbell
- the bodyweight category
- the name of the competition
- the place and the date when the record is set

## 9 CEREMONIES

### 9.1 OPENING CEREMONY

*Before the beginning of World Championships, an Opening Ceremony is held according to the following procedure:*

- 9.1.1 All participating national teams, or appointed team members, march in in the alphabetical order of the organising country, the host country closing the parade.
- 9.1.2 The flag-bearers of each national team form a semi-circle on the stage.
- 9.1.3 The guests of honour march in and take their position on the stage.
- 9.1.4 The guest of honour of the host Federation makes a speech.
- 9.1.5 The President of the host Federation makes a speech.
- 9.1.6 The IWF President replies to the speeches and declares the Championships open.
- 9.1.7 The national flag of the host Federation and the flag of the IWF are raised while the national anthem of the host Federation is played.

## 113 TECHNICAL AND COMPETITION RULES

- 9.1.8 The guests of honour followed by the delegations leave the stage.
- 9.1.9 An entertainment program provided by the host Federation may follow the Ceremony.

## **9.2 VICTORY CEREMONY**

*At World Championships, at the conclusion of the competition of each category, a Victory Ceremony is held according to the following procedure:*

- 9.2.1 A podium with places for the three (3) medal winners is placed on the competition platform.
- 9.2.2 All the medal winners, the medal bearers and the officials presenting the medals march in and take their place on the stage. The medal winners line up behind the podium.
- 9.2.3 The Speaker introduces the official(s) presenting the medals. The IWF President presents the medals but may delegate this duty to another IWF official or to a person representing the host Federation or sponsor. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Snatch. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).
- 9.2.4 The Speaker introduces the official presenting the medals if these persons are not the same as for the Snatch. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Clean and Jerk. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).



- 9.2.5 The Speaker introduces the officials presenting the medals if these persons are not the same as for the two lifts. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners for the Total. The athletes mount the podium to receive their medal.
- 9.2.6 After the Total medals have been presented, while the medallists are standing on the podium, the champion's national anthem is played and the national flags of the three winners are raised.
- 9.2.7 The medal bearers, the athletes and the officials march out.
- 9.2.8 The IWF President may appoint one or two other persons to accompany him for the presentation.
- 9.2.9 The Victory Ceremony is carried out in due solemnity, the marching in and out done with musical accompaniment.
- 9.2.10 During the Victory Ceremony, medal winners cannot take electronic devices onto the podium and cannot be accompanied by any other persons.
- 9.2.11 Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

### **9.3 CLOSING CEREMONY**

*At the conclusion of World Championships, a Closing Ceremony is held, in accordance with the following protocol:*

- 9.3.1 The delegates of the participating teams march in and take their position on the stage.
- 9.3.2 The flag bearers of the participating teams form a semi-circle.
- 9.3.3 The guests of honour march in and take their position on the stage.
- 9.3.4 The President of the host Federation makes a speech.

## **115 TECHNICAL AND COMPETITION RULES**



- 9.3.5 The IWF President replies to the speech and declares the Championships closed.
- 9.3.6 The national flag of the host Federation and the IWF flag are lowered while the national anthem of the host Federation is played.
- 9.3.7 The IWF flag is brought to the President.
- 9.3.8 The IWF flag is presented to the organisers of the next World Championships.
- 9.3.9 The guests of honour followed by the team representatives leave the stage.
- 9.3.10 Subject to arrangements made between the Organising Committee and the IWF, the presentation of the Team Trophies may be held in conjunction with the Closing Ceremony or at a separate Closing function.

## 10 TELEVISION AND ADVERTISING

- 10.1 The IWF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post-event production of video recordings and advertising rights and all other multimedia coverage of the World Championships and other events organised and controlled by the IWF.
- 10.2 To obtain these rights or part of these rights, a fee must be paid to the IWF. The President and General Secretary decide the amount in consultation.
- 10.3 Television rights, marketing and sponsorship revenues for World Championships are apportioned according to the signed contract between the host Federation / Organising Committee and the IWF.

- 10.4 Manufacturer's identification: At World championships and Events organised by the IWF, on each piece of equipment of the weightlifter's outfit the IWF allows the application of
- a) the identification (logo, name or a combination of both) of the manufacturer of the product and/or
  - b) the identification of their commercial sponsor (logo, name or a combination of both in the total maximum size of 500 cm<sup>3</sup> per piece of equipment. Distinctive design patterns of a manufacturer are not considered for this measurement of the application. Anything exceeding this size is regarded as advertising and the relevant rules apply.
- 10.5 At Olympic Games, the IOC rules prevail regarding the manufacturer's identification.

## 11 PRIMARY MEDICAL CARE FOR COMPETITORS AND DELEGATES

- 11.1 The Organising Committees of World Championships and other IWF Events must provide each competitor and delegate with primary medical care in relation to any illness or injury that may occur. For this purpose, a doctor with an assistant and an ambulance car must be stationed at the venue during the competition and training hours. A medical room must be provided containing the basic important medical equipment, bandages, medicines and the necessary facilities for the examination and initial treatment of the patients.
- 11.2 Throughout the entire period of the Championships, primary medical care must be available at any time to all accredited participants. The costs of such primary medical

## 117 TECHNICAL AND COMPETITION RULES

service are borne by the Organising Committee of these particular Championships in respect only to treatment provided to competitors and the delegates.

If any competitor or delegate has been provided with appropriate health insurance coverage prior to leaving his or her country, the Organising Committee may arrange for reimbursement of any cost incurred for providing such medical services, through their respective National Federation.

- 11.3 If any doubt exists as to the chronic nature of any illness or injury that occurs during a Championship, the appropriate primary medical care must be initially provided and then, if further investigation or treatments are required, they are performed at the discretion of the Organising Committee doctor. If necessary, the latter can consult with other members of the Organising Medical Committee and/or the IWF Medical Committee members.

- 11.4 The above procedure is recommended by the IWF to the Continental Federation Medical Committees for application at their Championships.