ERRATA & AMENDMENTS
to the IWF Technical and
Competition Rules &
Regulations

Proposal to the IWF Executive Board meeting

Beijing, August 2013
TECHNICAL AND COMPETITION RULES

1.2 BODYWEIGHT CATEGORIES

1.2.1 There are eight (8) categories for junior men and senior men.

1.2.6 At IWF Events each Member Federation may enter a team of maximum ten (10) men and nine (9) women athletes but may only participate with a team of maximum eight (8) men and seven (7) women athletes. The maximum participating team of eight (8) and seven (7) must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

2.2. THE SNATCH

2.2.1 The barbell is centred horizontally on the competition platform. The athlete takes the start position behind the barbell by grabbing the barbell and bending at the knees. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward 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 upward the barbell should remain close to the body and may slide along the thighs.

2.3 THE CLEAN & JERK

2.3.1 The barbell is centred horizontally on the centre of the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body.

2.3.2 The second part, the Jerk:

The athlete must become motionless after the Clean and before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns...

c) if the barbell causes pain
d) to change the width of the grip

2.4 GENERAL RULE FOR ALL LIFTS

2.4.4 An athlete, who, for any reason cannot fully extend the elbow(s), must report/display this fact to all on-duty Referees as well as the Jury prior to the start of competition and may remind of this fact prior to the start of each lift when on the platform. This is the sole responsibility of the athlete.
3.1.3 WARM-UP AREA

- bathroom facilities (preferable)

3.3 SPORT EQUIPMENT

3.3.1.1 At Olympic Games, Youth Olympic Games, Continental, Regional and other Multisport Games, World, Continental and Regional Championships and FISU Events, only IWF-licensed sport equipment shall be used.

3.3.3 BARBELL

3.3.3.2 Bar

There are two (2) types of bars: men's and women's bars. Both types of bars must meet the following authorized specifications:

3.3.5 Athlete Bibs / Warm-up Pass

(Regulation)

3.3.6.17 The scoreboard must contain the following information for all athletes in the group being contested and for the top three (3) athletes from the previous groups, which must be displayed the entire time:

- final classification
- indication of the athlete called and the one to follow next

3.4.8.1 Team Classification; including team rankings, IWF/IOC codes,...

6.8.8 In Events where medals are given for Total only athletes having no valid lifts in the Snatch are eliminated from competition and cannot continue in the Clean & Jerk. Such athletes, as well as athletes having no valid lifts in the Clean & Jerk will not be allocated team classification points.

7.2.2 At IWF Events....
8 RECORDS

8.3 Youth athletes may set youth, junior and senior records.

8.4 Junior athletes may set junior and senior records.

8.5 Senior athletes may set senior records.

8.7 Olympic records may only be set at Olympic Games.

8.8 *Universiade records may only be set at the Universiades.*

8.9 Records must be ....
REGULATIONS

3 Additional discs shall be provided at the competition platform/stage:

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6 COMPETITION DISCS:

a) Diameter

- Discs ≥ 10 kg: 45 cm ± 0.1 cm tolerance
- Discs < 10 kg ≤ 45 cm ± 0.1 cm tolerance

b) Material

- Discs ≥ 10 kg: covered with rubber or plastic and coated on both sides with permanent colour
- Discs < 10 kg: may be made of metal or other IWF approved material

c) Tolerance

- Discs > 5 kg: from +0.1% to -0.05%
- Discs ≤ 5 kg: from +10 grams to -0 grams per part

d) Marking

- all discs must be clearly demarcated with the weight in kilograms

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3 ATHLETE BIBS:

- securely fastened with four pins (one on each corner) on leg of athlete's costume
- logos (Host Member Federation, NOC, sponsors, etc.) are acceptable; relevant manufacturers identification rules and regulations apply (See TCRR 4.8)

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4 WARM-UP PASSES:

- shall indicate gender, bodyweight category, group contested
- shall be constructed of cardstock or similar product

- affixed with a lanyard
- logos (IWF, host Member Federation, NOC, sponsors, etc.) are acceptable; relevant manufacturers identification rules and regulations apply (See TCRR 4.8)

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(REGULATION TO 3.3.6.14 – TIMING CLOCK)

- Provide automatic audible signal at ninety (90) seconds, at thirty (30) seconds and at zero (0)
(REGULATION TO 5.2 – WORLD CHAMPIONSHIPS)

6.5 Provide, free of charge, the facilities for the IWF Congress and the meetings of the Executive Board and the Committees, Verification of Final Entries, Technical Officials’ Meeting (pre-competition and mid-competition). Facilities include: meeting room(s), interpreters, audio visual equipment and technology, signage, *appropriate* seating, head table, coffee, refreshments, pens, paper, etc.