



CONSTITUTION

1.1**NAME AND PRINCIPLES**

1.1.1

The INTERNATIONAL WEIGHTLIFTING FEDERATION hereinafter called “IWF” is a permanent organisation founded in 1905. The Federation is composed of the affiliated National Federations governing the sport of weightlifting on the basis of one federation per country.

1.1.2

The IWF is the controlling body of the sport of weightlifting.

1.1.3

The IWF is a non-profit organisation controlled by Paragraph 60 and further of the Swiss Civil Code. It is a legal entity. Its members and officials do not bear any liability for its actions.

1.2**OBJECTIVES**

The objectives of the IWF are the following:

1.2.1

Organise, control and develop the sport of weightlifting on an international scale.

1.2.2

Promote friendship and cooperation among the National Federations and the athletes from all countries.

1.2.3

Assist the National Federations in their activities.

1.2.4

Resolve disputes that may arise within the sport between its affiliated National, Continental and / or Regional Federations and this as the highest authority in weightlifting.



- 1.2.5 Set up the rules of weightlifting.
- 1.2.6 Control and regulate all organised international weightlifting events.
- 1.2.7 Supervise the activities of continental and regional federations according to the IWF Constitution, Technical and Competition Rules.
- 1.2.8 Record and verify world and Olympic records.

2 EMBLEM AND FLAG

2.1 EMBLEM

2.1.1 The emblem of the IWF consists of the following elements:

- The terrestrial globe with its meridians and parallels. On the right of the globe, a hand holds a barbell with three discs on which the letters IWF are inscribed.
- A laurel wreath surrounds the globe.
- The globe and laurel wreath are placed in two concentric circles between which is written: INTERNATIONAL WEIGHTLIFTING FEDERATION – FOUNDED 1905

2.1.2 The colours of the emblem are:

BLUE: for the globe

GOLD: for the hand, the barbell and the wreath

BLACK: for the meridians, the parallels, the circles, the letters IWF and the text

2.2 FLAG

2.2.1 The flag of the IWF is the emblem on a white background.



2.3

AUTHORISATION

2.3.1

The IWF emblem must not be used without the IWF's authorisation.

2.3.2

Only the IWF may authorise the fabrication of its emblem, badges, medals, etc.

3

GENERAL PROVISIONS

3.1

The IWF is recognised by the International Olympic Committee (IOC), the General Association of International Sport Federations (GAISF), the Association of Summer Olympic International Federations (ASOIF) and the Association of National Olympic Committees (ANOC) as the sole controlling body for international weightlifting.

3.2

In its activities, the IWF follows the Olympic ideal and principles.

3.3

All political and religious discussions or demonstrations are forbidden within the IWF.

3.4

The IWF supports all initiatives by weightlifters for peace and understanding.

3.5

No distinction is made between continents, countries or individuals for reasons of race, colour, gender, religion or politics.

4

OFFICIAL LANGUAGES OF THE IWF

4.1

The official languages of the IWF are Arabic, English, French, German, Russian and Spanish. English is the working language. Representatives from any of the affiliated countries may speak in their mother tongue, translated in English by an interpreter.

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4.2 All the publications and reports of the IWF are in English. The proceedings of the meetings of the Executive Board and the Committees are held in English. Members must be able to participate in English or provide an interpreter.

4.3 The organisers of the IWF Congresses have to provide facilities and interpreters for simultaneous translation in the official languages of the IWF and, when applicable, in their own language.

5 IWF BODIES

5.1 The IWF is composed of the following bodies:

- the Congress
- the Executive Board
- the Committees

6 CONGRESS

6.1 IWF CONGRESS

6.1.1 The highest power within the IWF is the IWF Congress.

6.1.2 At least one IWF Congress is organised every year in conjunction with the World and/or Junior World Championships.

6.1.3 The IWF Congress is composed of the delegations of the IWF affiliated Federations. Only the Federations that have paid the membership fees for the current year and have no arrears may participate and vote at the Congress. Each member country may be represented by two (2) delegates but is entitled to only one vote. The delegates must be citi-



zens of the country they represent. One delegate can represent only one country at a time.

- 6.1.4 Each delegate must present a proof of appointment by the respective National Federation. Voting by proxy is not permitted.
- 6.1.5 Before the opening of the Congress, a commission made up of three (3) persons verifies the credentials of all the delegates.
- 6.1.6 The presence of the President and the General Secretary is compulsory at all Congresses.
- 6.1.7 Only items on the agenda may be discussed at the Congress.
- 6.1.8 The following items must be on the agenda:
- Ratification of the affiliation of new members
 - Approval of the annual reports on the activities of
 - the President and the General Secretary
 - the Chairmen of the Committees
 - the Chairmen of the Commissions
 - Approval of the Annual Financial Report and Balance Sheet
 - Approval of the Auditors' Report
 - Approval of the Anti-Doping Reports
 - Filling of vacancies on the Executive Board and the Committees
 - Information on the preparation of the forthcoming World Championships and Games



- Information about modifications of Technical and Competition Rules approved by the Executive Board
- Awards, honours and distinctions
- Technical information concerning the World Championships
- Presentations by sponsors and appointed individuals
- Other questions of importance concerning the sport of weightlifting

6.1.9 To be valid, a decision of the Congress must be adopted by a majority of the delegations present and voting. The decision shall include the date from which the decision operates.

To be valid, a decision of the Congress on any of the following matters must be adopted by a vote of at least two thirds (2/3rd) of the delegations present and voting:

- Modification of the Constitution
- Ratification of the affiliation of new member federations.
- Ratification of the amendments to the IWF Anti-Doping Policy

6.1.10 The President decides the number and the duration of the speeches allowed to the delegates.

6.1.11 The sessions of the IWF Congresses are private and closed.

6.1.12 The disciplinary decisions of the Congress are final and there can be no appeal at a subsequent Congress.

6.1.13 In case two or more IWF Congresses are held within a year, the Executive Board designates the one where the various annual reports must be presented.



- 6.1.14 Deadlines (to be counted from the day of the Congress):
- 90 days prior: IWF Secretariat shall send invitations to the National Federations and Committees
 - 60 days prior: National Federations shall send to the IWF Secretariat proposals for inclusion on the Agenda. No item submitted after that time will be included on the Agenda.
 - 30 days prior: IWF Secretariat shall send to the National Federations and Committees the Agenda, the reports and other pertaining documents

6.2 ELECTORAL CONGRESS

6.2.1 Following each Summer Olympic Games, but not later than 31 May of the following year, the IWF holds its Electoral Congress. The Executive Board decides on its date and location.

6.2.2 All the stipulations under 6.1 apply to the Electoral Congress, unless otherwise specified hereunder.

6.2.3 In addition to the agenda of the IWF Congress, the Electoral Congress decides on the following:

- Election of the members of the Executive Board and the Committees
- Modification of the IWF Constitution, Technical and Competition Rules

6.2.4 The Electoral Congress may last up to two (2) working days.

6.2.5 The National Federations, the Continental Federations and the elected Committee members may send proposals for the modification of the Constitution, the Technical and Competition Rules to the IWF Secretariat before the date specified by the Executive Board.



6.2.6

Deadlines (to be counted from the 1st day of the Electoral Congress):

- One hundred and fifty (150) days prior: the IWF shall send invitations to the National Federations and calls for candidatures
- Ninety (90) days prior: the National Federations shall send proposals to the Agenda to the IWF Secretariat
- Ninety (90) days prior: Candidatures must be received by the IWF from the National Federations
- Thirty (30) days prior: the IWF shall send to the National Federations the Agenda, the reports, the list of candidates, the draft of the proposed changes to the Constitution, Technical and Competition Rules and other relevant documents.

6.3

EXTRAORDINARY CONGRESS

6.3.1

If requested in writing by a minimum of 20% of the affiliated National Federations, the Executive Board must convene an Extraordinary Congress to be held within sixty (60) days after receiving the request.

6.3.2

Stipulations under 6.1 apply to the Extraordinary Congress, wherever applicable.

7

EXECUTIVE BOARD OF THE IWF —

7.1

COMPOSITION OF THE EXECUTIVE BOARD

7.1.1

Elected members:

- The President
- The General Secretary Treasurer



- Six (6) Vice Presidents
- Eight (8) Members. Six (6) of its Members are elected by the Congress; the remaining two (2) Members are selected by the Executive Board.

7.1.2 Co-opted Members:

- The Presidents of the Continental Federations.

7.1.3 Appointed members:

- Assistant Secretary:

An Assistant Secretary may be appointed subject to a joint recommendation of the President and the General Secretary. The Assistant Secretary is a member of the Executive Board without voting right.

- When deemed necessary, the Executive Board may make special appointments provided that the National Federation of the person(s) concerned agrees with the appointment. The basic selection criterion is that the appointee must have an expertise in the area which he/she is being appointed and must have a continuous history of serving the IWF on the Executive Board or the Committees. An Appointed Member has no voting right.

7.1.4 A country may have only one representative with voting power on the Executive Board, the elected member enjoying priority.

7.1.5 Two members from the same country cannot be elected to the Executive Board.

7.2 ROLE AND FUNCTIONING OF THE EXECUTIVE BOARD

7.2.1 The Executive Board administers the IWF. The Executive Board decides on all matters concerning the sport of



weightlifting and its organisation, including financial matters, in the best interest of the sport. It is also responsible for ensuring adequate personnel and facilities for the efficient operation of the Federation.

- 7.2.2 The Executive Board must meet at least once a year.
- 7.2.3 The sittings of the Executive Board are private.
- 7.2.4 Attendance at the meetings is compulsory for its members. Members unable to attend must inform the IWF Secretariat prior to the meeting, and give the reasons for their absence.
- 7.2.5 The Executive Board has the power to suspend members who, without valid reasons, have been absent from two consecutive Board meetings.
- 7.2.6 Minutes of the meeting of the Executive Board are kept and copies must be sent to all members.
- 7.2.7 The Executive Board has the authority to modify the Technical and Competition Rules. Such changes or modifications must be put before the following Congress for final ratification.
- 7.2.8 The Executive Board has the power to adopt by-laws which will be binding on all National Federations and come into effect on the date decided by the Executive Board.
- 7.2.9 All decisions by the Executive Board must include the effective date.
- 7.2.10 For the World Championships, the Executive Board and the Technical Committee select the Technical Officials, and the Executive Board approves the nomination of the Doctors on duty who have been selected by the Medical Committee.



- 7.2.11 The Executive Board has the right to appoint special commissions to attend to specific tasks, within its own powers.
- 7.2.12 Within ninety (90) days from the election day of the Electoral Congress, the newly elected Executive Board selects
- the two (2) remaining Members to the Executive Board
 - the four (4) remaining Members to each of the Committees and makes its appointments to the various positions in accordance with the Constitution.
- The Executive Board may select to the foregoing positions only persons nominated as candidates to the respective positions by their National Federation or under 9.1.5.
- 7.2.13 The Executive Board selects and allocates the World Championships.
- 7.2.14 The Executive Board approves the dates and the location of the Electoral Congress.
- 7.2.15 The Executive Board will authorise the conduct of the IWF Masters Committee as elected from time to time to ensure the worldwide coordination of masters' weightlifting. The Executive Board will appoint one of the Executive Board members who will be entrusted with the liaison between the IWF and the IWF Masters Committee.
- 7.2.16 The Executive Board shall monitor the financial operations of the IWF, consider the Financial Reports and participate in decisions involving economic deliberations; as well as advise the President on financial issues.



8.1**GENERAL PROVISIONS**

8.1.1

The following four Committees are elected by the IWF Congress:

- the Technical Committee
- the Coaching and Research Committee
- the Medical Committee
- the Auditors' Committee

8.1.2

The Technical, the Coaching and Research and the Medical Committees consist of a Chairperson and ten (10) members each. Six (6) of the members are elected by the Electoral Congress, the remaining four (4) are selected by the Executive Board.

8.1.3

The Chairpersons are appointed from among the Executive Board members and only have a decisive vote in the event of a tie. The Chairpersons of the different committees of the Continental Federations are invited as observers, without voting rights, to the meetings of the respective IWF Committees.

8.1.4

The President and the General Secretary are *ex-officio* members of all the Committees, but without voting power.

8.1.5

All Committees must meet at least once a year. At all meetings, minutes must be kept and a list of attendance signed.

8.1.6

The sittings of all the Committees are private.

8.1.7

Attendance at the meetings is compulsory for its members. Members unable to attend must inform the IWF Secretariat, prior to the meeting, and give the reasons for their absence.



- 8.1.8 The Executive Board has the power to suspend members who, without valid reasons, have been absent from two consecutive Committee meetings.
- 8.1.9 Between Congresses, the Executive Board has the right to replace members, who for any reason have discontinued serving the IWF in the Committees. New members serve until the next Electoral Congress.
- 8.2 TECHNICAL COMMITTEE**
- 8.2.1 Studies, analyses, monitors and develops all technical, refereeing and Technical and Competition Rules-related issues of the sport of weightlifting.
- 8.2.2 The Technical Committee, together with the Executive Board selects the Technical Officials (excluding the Doctors on duty) for the World Championships.
- 8.2.3 Assists with the conduct of refereeing and technical courses.
- 8.2.4 Supervises referee examinations and prepares examination papers. Elaborates the Referee Examinations and criteria for the promotion of referees.
- 8.2.5 Takes measures to improve the level of refereeing and officiating at competitions.
- 8.2.6 In cooperation with the Competition Director/Secretary, takes charge of the competitions and ensures that all equipment and facilities conform to the IWF Technical and Competition Rules.
- 8.2.7 Supervises the implementation of these rules at all the IWF Calendar events and controls the competitions from a technical standpoint.
- 8.2.8 Reviews the performance analysis of Technical Officials as reported by the Chairman or others and makes recommen-



dations to the Executive Board. It also elaborates a Referees' Pathway.

8.2.9 Candidates for the Technical Committee are required to be international Category 1 referees.

8.2.10 The Technical Committee cooperates with the other Committees.

8.3 MEDICAL COMMITTEE

8.3.1 This Committee safeguards the health of the athletes involved in the sport of weightlifting.

8.3.2 Advises the organisers of weightlifting events in a consultative capacity on medical, hygienic, nutritional and related matters.

8.3.3 At World Championships, contacts the organising committee to ensure the provision of medical supplies, doping control, transportation and medical services as required by the IWF Technical and Competition Rules and related standard requirements.

8.3.4 Selects Doctors on Duty for the World Championships for approval by the Executive Board, and proposes to the Executive Board the names of the Doctors on Duty at the Olympic Games. Reviews the performance analysis of Doctors on Duty as reported by the Chairman or others and makes recommendations to the Executive Board.

8.3.5 Reviews the role and responsibilities of the Medical Committee on an ongoing basis, in particular as related to the Doctors on Duty.

8.3.6 Collects medical data on the long-term effects of weightlifting on the human body.

8.3.7 Prepares material for the promotion of weightlifting as a method of improving health and fitness.



- 8.3.8 Develops educational programmes pertaining to bodyweight control, training, injury management and the use and abuse of medicines and banned substances.
- 8.3.9 Collects and analyzes injury/illness reports and publishes analysis summaries of these.
- 8.3.10 Monitors the implementation of the IWF Anti-doping Policy.
- 8.3.11 In collaboration with the Coaching and Research Committee, coordinates the planning and implementation of research on weightlifting.
- 8.3.12 Cooperates with any appropriate organisation, which it may consider to be beneficial to weightlifting.
- 8.3.13 Organises and participates in medical symposia and workshops.
- 8.3.14 At World Championships, a doctor representing the organising Federation, without voting power, should attend the meeting of the Medical Committee.
- 8.3.15 Candidates for the Medical Committee must be doctors of medicine.
- 8.3.16 The Medical Committee cooperates with all other IWF Committees and Medical Committees of the Continental Federations on matters of mutual concern.

8.4 COACHING AND RESEARCH COMMITTEE

- 8.4.1 This Committee is responsible for overseeing the content and implementation of the IWF Coach Licensing program.
- 8.4.2 Prepares and evaluates examinations for the IWF Coach Licensing program application including recognition of prior learning (RPL).



- 8.4.3 Recommends and evaluates course presenters for the IWF coaching courses and reviews, reports and supplies feedback to the IWF.
- 8.4.4 Studies and publishes information on weightlifting training and preparation for competition.
- 8.4.5 Researches bio-mechanical aspects and apparatus to improve weightlifting technique.
- 8.4.6 Liaises with sport scientists to enhance weightlifting performance within IWF rules.
- 8.4.7 Distributes films, videos, DVDs, CD roms etc. on weightlifting training and competition.
- 8.4.8 Publishes technical information, manuals, bulletins and various other publications relative to weightlifting coaching.
- 8.4.9 Proposes themes, develops and updates curricula for IWF coaching clinics and recommends lecturers to present.
- 8.4.10 Develops an IWF Coaching Education program on several levels for implementation throughout IWF member nations.
- 8.4.11 Researches and develops recommendations concerning sports equipment and facilities from a coaching standpoint.
- 8.4.12 Studies developments in the technical rules and liaises with the IWF Technical Committee as to their modification from a coach's standpoint.
- 8.4.13 Co-operates with all IWF Committees.
- 8.4.14 Develops initiatives to encourage and attract more youth involvement in weightlifting.
- 8.4.15 Investigate innovative methods of presentation of weightlifting competitions.



- 8.4.16 Develops appropriate training program examples for various stages of weightlifting development and age. Also recommends appropriate training programs for males and females.
- 8.4.17 Develops initiatives on how weightlifting training can benefit other sports.
- 8.4.18 This Committee is responsible for implementing and monitoring the IWF Coach's Code of Ethics.
- 8.4.19 Candidates for the CRC must have either a physical education diploma or degree or the equivalent; or have appropriate experience in weightlifting coaching at international level.

8.5 AUDITORS' COMMITTEE

- 8.5.1 The Congress elects three (3) Auditors.
- 8.5.2 The presence of two (2) of the Auditors constitutes a quorum.
- The Auditors:
- Audit the IWF accounts once a year and present a report to the IWF Executive Board and the Congress.
 - Act as financial advisors to the President, the General Secretary Treasurer and the Executive Board.
 - When requested, seek and explore any avenue to improve the financial situation of the IWF.
- 8.5.3 Candidates for the Auditors' Committee must have a relevant experience in bookkeeping, finance or economics.



9.1 GENERAL PROVISIONS

- 9.1.1 Members of the Executive Board and the Committees serve until the next Electoral Congress.
- 9.1.2 Candidatures to the various positions must reach the IWF Secretariat at least ninety (90) days before the 1st day of the Congress. National Federations or individuals under 9.1.5 may send candidatures. An official acknowledgement from the IWF Secretariat will validate the candidature.
- 9.1.3 Affiliated National Federations may only propose bona fide candidates who are members of the National Federation. Candidates must hold the nationality (proven by copy of valid passport) of the country they represent. A candidate may be nominated only by one National Federation to any IWF position even in case of double or multiple nationalities.
- 9.1.4 The National Federation shall undertake to cover the costs associated with the attendance of its candidates, if elected, in the different meetings.
- 9.1.5 Any member of the Executive Board or Committees with a minimum of twelve (12) years of service may be a candidate in his/her own right to any position on the respective body provided that his/her nomination is supported by a minimum of twenty (20)% of the affiliated Federations. Proof of support by the National Federations must be confirmed in writing and presented with the candidature.
- 9.1.6 A person may be a candidate for a number of positions within the IWF but may only be elected to one. On being elected, the name of that person will be withdrawn from any further candidature list. Unsuccessful candidates are not automatically eligible for election to another position. Nominations must be made specifically for each position to be contested.



- 9.1.7 Candidates shall undertake that upon their election to any IWF position they shall only represent the nominating country up until the next Electoral Congress.
- 9.1.8 The President and the General Secretary of the IWF cannot be at the same time President or General Secretary in a Continental Federation.
- 9.1.9 For the elections, the President appoints three (3) scrutinizers who distribute, collect and count the ballots, and supervise the voting procedure if the ballot is carried out electronically.
- 9.1.10 Only those ballot papers are valid which carry votes for as many candidates as there are vacancies.
- 9.1.11 Each of the affiliated National Federations is entitled to only one vote.
- 9.1.12 Elections are carried out by secret ballot, except when there is only one candidate for a position.
- 9.1.13 The order of the election is as follows:
- the Executive Board
 - the Technical Committee
 - the Medical Committee
 - the Coaching and Research Committee
 - the Auditors' Committee
- 9.1.14 Election is by simple majority, i.e. the person who has obtained the highest number of votes is elected.
- 9.1.15 The IWF President and the General Secretary must be elected by absolute majority (Fifty {50}% + one {1} of the ballots submitted by those present and voting). In the case



of more than two candidates, the one with the lowest number of votes will drop out in each round until one of the candidates receives the absolute majority.

9.1.16 When two or more candidates obtain an equal number of votes, another ballot is held. If after the second ballot there is still a tie, the President has the right to cast a deciding vote, or decide for further ballots.

9.1.17 If, arising from 9.1.5, there is more than one candidate from a country to the Executive Board or a Committee, only the candidate receiving more votes can be elected. The candidate with the lower number of votes will be eliminated from the process.

9.1.18 Unsuccessful candidates may run for election in other Committees; however, when a country has more than one candidate for a specific position, their National Federation must give its order of preference so that only one of its candidates is listed on each ballot list (except 9.1.5).

9.2 ELECTION OF THE EXECUTIVE BOARD

9.2.1 The order of the election is as follows:

- the President
- the General Secretary Treasurer
- the six (6) Vice Presidents
- six (6) Members.

9.2.2 The ranking of the Vice Presidents is according to the number of votes each has received in the election. The Vice President with the highest number of votes becomes the 1st Vice President.

9.3 ELECTION OF THE COMMITTEES

9.3.1 The Congress elects six (6) Members each to the Technical, Medical and Coaching and Research Committees, and the three (3) Members of the Auditors' Committee. The remaining four (4) members of the Technical, Medical and



the Coaching and Research Committees are selected by the Executive Board.

9.4 TERMINATION OF THE MEMBERSHIP OF ELECTED OFFICIALS

9.4.1 By elapse of time:

9.4.1.1 Section 9.1.1 shall apply.

9.4.2 By resignation:

9.4.2.1 Any IWF Official may resign from his/her position by letter of resignation addressed to the IWF Executive Board and sent to the IWF Secretariat at least 30 days prior to the effective date of resignation.

9.4.3 By suspension or expulsion:

9.4.3.1 The IWF Executive Board may decide on the suspension or termination of office of an elected IWF Official in accordance with the applicable section(s) and/or subsection(s) of Articles 7.2.5, 8.1.8 and Article 19 of the present Constitution.

9.4.4 By death:

9.4.4.1 In case of death of an elected IWF Official (except for the President, see Section 10.13), the next IWF Congress may determine

a) a special election for that position; or

b) decide to leave it vacant until the next Electoral Congress.



10 THE PRESIDENT

- 10.1 Supervises the activities of the IWF, the IWF Secretariat and the administration, in accordance with the decisions of the Congress and the Executive Board.
- 10.2 Presides over debates and keeps order at the Congress and at the meetings of the Executive Board according to the tradition and rules of parliamentary debates.
- 10.3 Attends World Championships and Olympic Games. When the President is unable to attend, the first Vice President substitutes him.
- 10.4 Attends and chairs the Executive Board meetings. The President has the casting vote in the event of a tie.
- 10.5 Represents the IWF at the meetings of the IOC, GAISF, ASOIF and other sports organisations of which the IWF is a member.
- 10.6 Submits reports on his Presidential activities to the Executive Board and to the Congress.
- 10.7 Attends the IWF Committee meetings in a consultative capacity.
- 10.8 May preside over the Jury at World Championships, Olympic Games and other international events, as per the relevant decision of the Executive Board.
- 10.9 Officially opens and closes World Championships, or may delegate this right in accordance with protocol courtesies.
- 10.10 Presents the medals to the winners in the Victory Ceremonies at the World Championships. The President may from time to time delegate other persons to this duty.



- 10.11 The President's expenses associated with these duties are covered by the IWF.
- 10.12 When the President is not available to attend to the duties above, these are taken over by the 1st Vice President, or – in case the latter is not available - the next available Vice President according to their ranking.
- 10.13 In case the President's position becomes vacant for any reason for the remaining part of the term, the first Vice President fulfils his functions until the next Congress, which may endorse the appointment until the next Electoral Congress, or determine to have a special election.

11 THE GENERAL SECRETARY TREASURER

- 11.1 Assists with the administration and operation of the IWF. Supports the sport of weightlifting throughout the world, in accordance with the IWF Constitution, Technical and Competition Rules, and the decisions of the Congress and the Executive Board, in consultation with the President.
- 11.2 Together with the President, negotiates and signs all contracts between the IWF and other organisations and companies.
- 11.3 Attends the Executive Board meetings, in his/her full capacity.
- 11.4 Attends the IWF Committee meetings in a consultative capacity.



- 11.5 Submits an annual activity report to the Executive Board and the Congress individually, or in conjunction with the President. Submits financial reports to the Executive Board and presents an Annual Financial Report and audited Balance Sheet to the Congress.
- 11.6 Shall attend the Olympic Games and World Championships. May represent the IWF at any international event, subject to consultation with the President.
- 11.7 Represents the IWF at the IOC, GAISF, ASOIF and other international sports organisations' meetings.
- 11.8 The General Secretary's expenses associated with these duties are covered by the IWF, unless otherwise specified.
- 11.9 When the General Secretary is not available to attend to the duties above, these are taken over by the Assistant Secretary, if one is appointed, or another appointed official.

12 THE VICE PRESIDENTS AND THE MEMBERS OF THE EXECUTIVE BOARD

- 12.1 Supervise the activities in weightlifting, monitor the implementation of the Congress and Executive Board decisions and promote weightlifting on a world scale, in accordance with the IWF Constitution, Technical and Competition Rules.
- 12.2 Shall attend the meetings of the Executive Board in their full capacity.
- 12.3 Assist in the running of the Congresses when appointed by the President (verification of delegates, scrutinising, etc.).



- 12.4 Shall be active in their respective country and region as representatives of the IWF.
- 12.5 Submit proposals and search for possibilities to improve the finances of the IWF.
- 12.6 Contribute to the publication of IWF books, magazines, etc. by submitting articles and various materials.
- 12.7 Give support to the Organising Committee, according to the IWF Constitution, Technical and Competition Rules, when they are present at the Olympic Games, World and Continental Championships and other Games.
- 12.8 Represent the IWF at Continental and Regional Games and Championships.
- 12.9 Vice Presidents or Members can be appointed by the Executive Board to focus on the following (including but not limited to) subjects and tasks:
- The IWF Development Programme
 - The IWF's finances and identification of new financial resources
 - Publications, communication and media relations
 - The promotion of women's weightlifting
 - The promotion of youth weightlifting
- 12.10 In addition to the above, the Committee Chairpersons have the following duties:
- In coordination with the IWF Secretariat, they convene the meetings of their respective Committees following the annual programme of the IWF.



- They preside over the meetings and submit a report on their Committee’s activities. These reports have to be sent to the IWF Secretariat sixty (60) days before the Congress for inclusion in the Congress documents and distribution.

12.11 A Chief Protocol Officer of the IWF (CPO) is appointed by the President of the IWF with the main objective to ensure the effectiveness of the conduct of various events and procedures and with a focus on the image of the IWF. The duties of the CPO and the protocol procedures are contained in Annex No.1.

12.12 In the case of vacancies on the Executive Board, the Executive Board will select a replacement from the nominated unsuccessful candidates. A member elected to fill a vacancy must fulfil his/her function for the period remaining.

13 HONORARY LIFE MEMBERS ---

13.1 The Executive Board may honour former Presidents, Vice Presidents, General Secretaries or Executive Board members for the merit they have earned by their work within the IWF by appointing them “Honorary Life President”, “Honorary Life Vice President”, “Honorary Life General Secretary” or “Honorary Life Member” of the IWF, corresponding with the highest title they had obtained. These persons may participate in the IWF Congresses.

13.2 Persons accepting any honorary title are no longer eligible for membership in any of the IWF bodies, either by election or by appointment.



- 14.1 The IWF has its Seat in Lausanne, Switzerland (address: Maison du Sport International, Av. de Rhodanie 54, 1007 Lausanne). The IWF is governed by Article #60 of the Swiss Civil Code and registered by the Canton de Vaud, Département des Finances, Route de Chavanne 37, 1014 Lausanne, Switzerland.
- 14.2 The IWF Secretariat (administrative office) is under the responsibility and the authority of the President.
- 14.3 The Executive Board determines the IWF Secretariat's actual location.
- 14.4 The IWF Secretariat is the administrative and communication centre of the IWF. Its main task is to ensure the efficient operation of the Federation.
- 14.5 In order to fulfil its duties, it must be appropriately staffed and have adequate office facilities.
- 14.6 Corresponds and maintains relations with the National Federations, the IOC, the GAISF, ASOIF, the National Olympic Committees and other organisations and individuals.
- 14.7 Regularly publishes information relating to the sport of weightlifting and the IWF.
- 14.8 Verifies and registers world and Olympic records. Establishes and publishes World Ranking Lists.
- 14.9 Distributes the agenda for the Congress, the various meetings of the Executive Board and the Committees and sends it to the persons concerned thirty (30) days before the date of the meetings.



- 14.10 Regularly publishes information gathered at the Congresses, Executive Board and Committee meetings and sends it to the affiliated Federations, the members of the Board and the Committees.
- 14.11 Registers international referees; issues international referee cards and licences.
- 14.12 Under the supervision of the President, administers the financial activities and keeps the accounts of the IWF. Prepares the financial statements and the books for the Auditors' revision. Prepares the Financial Report to be presented by the General Secretary Treasurer.
- 14.13 Orders and distributes the IWF publications, honour awards, badges, etc.
- 14.14 Manages and monitors the IWF Anti-Doping Control Program.
- 14.15 Elaborates contracts and agreements and manages their implementation.

15 IWF MEMBERSHIP

- 15.1 IWF membership is open only to National Federations controlling the sport of weightlifting. Combination of weightlifting with other sports that have their own international federations is not permitted. Any National Federation wishing to affiliate to the IWF must send the following documents to the IWF Secretariat:
- A request for affiliation signed by their President and General Secretary
 - A copy of their Constitution
 - The list of their Executive Committee



- An attestation from their National Olympic Committee or highest sport authority certifying that the Federation is recognised as the controlling body for weightlifting in their country
- The affiliation fee of \$500.00 USD (Five Hundred US dollars).

15.2 An application for membership implies complete recognition of the Constitution, Technical and Competition Rules and the Anti-Doping Policy of the IWF. After depositing the documents and paying the affiliation fee, the Executive Board affiliates the Federation. This decision has to be ratified by the next Congress.

15.3 A National Federation may not be affiliated both with the IWF and other worldwide organisations within the sport of weightlifting.

16 NATIONAL FEDERATIONS ---

16.1 National Federations are the recognised governing national bodies of weightlifting, which, by affiliation, constitute the membership of the IWF.

16.2 OBLIGATIONS OF THE NATIONAL FEDERATIONS

16.2.1 Accept the IWF Constitution, Technical and Competition Rules and the Anti-Doping Policy.

16.2.2 Pay the annual membership fee to the IWF in accordance with points 18.1 and 18.2.

16.2.3 Regularly elect / appoint their President, General Secretary and officials and inform the IWF about their election / appointment.



- 16.2.4 Keep the IWF Secretariat updated on any changes in the contact data of the Federation.
- 16.2.5 Keep the IWF informed about the developments of weightlifting in their country and respond to IWF requests, circulars, questionnaires, etc.
- 16.2.6 Submit proposals for the modification of the IWF Constitution, Technical and Competition Rules whenever requested.
- 16.2.7 Accept and execute the decisions of the IWF Congress and the Executive Board.
- 16.2.8 Organise the sport of weightlifting in their country, including the national championships to be held annually. Results of these championships must be sent to the IWF. Similarly, the organising Federation must forward results of any IWF Calendar event to the IWF Secretariat.
- The reports sent to the IWF Secretariat must contain the following information:
- the complete names of the athletes, listed by lot number and groups
 - their country
 - their date of birth
 - their bodyweight
 - all the attempts
 - the names of all the officials
 - the records, if any.
- 16.2.9 Attend the IWF Congresses whenever possible.



16.3 OBLIGATIONS OF THE IWF TOWARDS THE NATIONAL FEDERATIONS

- 16.3.1 Keep the National Federations informed on all matters of international importance, e.g. calendar of events, results of major competitions, ranking lists, elections, membership, referee registration, etc.
- 16.3.2 Inform the National Federations about the decisions of the Congress and the Executive Board.
- 16.3.3 Issue the IWF Constitution, Technical and Competition Rules and distribute them to the National Federations. Publish and disseminate technical information on weightlifting to enhance the sport worldwide.
- 16.3.4 Assist in settling disputes between National Federations, when called upon.
- 16.3.5 Be of service to the National Federations with information, matters of administration, etc. through the IWF Secretariat.

17 CONTINENTAL FEDERATIONS —————

- 17.1 The IWF recognises five (5) Continental Federations: the African, Asian, European, Oceania and Pan-American Federations.
- 17.2 Only the National Federations already affiliated with and recognised by the IWF may affiliate to Continental or Regional Federations.
- 17.3 Before the Constitution and Rules of a Continental Federation are valid or have any effect, they must be submitted to the IWF for approval. The Constitution and Rules shall come into effect only after the IWF certifies that the Constitution and Rules fully conform to the IWF Constitution, Technical and Competition Rules.



- 17.4 Only Continental Federations may organise and supervise continental championships. The continental championships may be in all age groups and both genders. To be approved as the respective continental championships, the organisation of those competitions must be in conformity with the IWF Constitution, Technical and Competition Rules.
- 17.5 The IWF President and the General Secretary shall be invited to the Executive Board meetings and the Congresses of the Continental Federations.
- 17.6 The Continental Federations are advisers to the IWF on matters involving their members. They assist the IWF in the supervision of any international event held on the given continent and report to the IWF on these events.
- 17.7 Election results will not be ratified unless at least fifty per cent (50%) plus one of the affiliated National Federations attends the Electoral Congress.
- 17.8 For the Continental elections, any member of the Executive Board or Committees with a minimum of twelve (12) years service may be a candidate in his/her own right to any position on these bodies provided that his/her nomination is supported by a minimum of thirty (30)% of the National Federations affiliated to the Continental Federation concerned. Proof of support by the National Federations must be confirmed in writing and presented with the candidature.
- 17.9 The Continental Federations must submit a written annual report, including a financial report, to the IWF Executive Board on their activities.
- 17.10 Continental Federations cannot issue referee cards.
- 17.11 Continental Federations may ratify continental records in all age groups and both genders under the same conditions as apply to world records.



- 17.12 At all Continental Championships or events organised jointly with the IWF, the IWF Constitution, Technical and Competition Rules apply. This includes advertising, TV rights etc.
- 17.13 In Continental Championships, the Continental Federations have the authority to suspend competitors or officials and take disciplinary actions against them. They must report these actions to the IWF, which in turn may apply those disciplinary actions worldwide. Continental Federations cannot suspend National Federations but may propose such action to the IWF. Only the IWF has the power to suspend a National Federation.
- 17.14 IWF member Federations have the right to form different groups based on common shared interest.
- 17.15 At the Continental Championships, Continental Federations must apply and enforce the IWF Anti-Doping Policy. In consultation with the IWF, doping controls must be carried out. The Continental Federation holding the Championships must pay for the travel, accommodation and full board costs of a Doping Controller appointed by the IWF and must pay the costs of conducting the doping controls and analysis.
- 17.16 When the Continental Championships are at the same time Olympic Qualification events, the specific conditions set by the IWF for those events shall prevail and overrule the Continental Championships regulations.
- 17.17 Committee Chairpersons of Continental Federations, if they are not elected members of the IWF relevant Committees, may participate in meetings of the relevant IWF Committees as observers.



- 17.18 The Continental Federation must invite an IWF delegate to its Electoral Congress. The delegate has the right to fully participate in the debate at the Congress, but has no voting right. The host Continental Federation must pay the travel and accommodation costs of the delegate.
- 17.19 The Continental Federations must inform the IWF, not later than the 30th of June of the preceding year, of the dates and locations of their continental events for these to be included in the IWF Calendar of the following year.

18 FEES

- 18.1 The annual membership fee of the IWF is \$500.00 USD (Five Hundred US dollars).
- 18.2 The membership fee is due in January. Any country not paying its fee for the current year may not participate or vote at the various meetings of the IWF. Their athletes may not take part in competitions or meetings organised under IWF Rules. A reminder is sent to every Federation that has not paid its membership fee by February.
- 18.3 A fee must be paid to the IWF to organise World Championships and IWF events. It must be deposited with the IWF together with the candidature. The fees are as follows:
- World Championships, \$25,000.00 USD (Twenty-Five thousand US dollars) – not inclusive for TV and advertising rights
 - Junior World Championships, \$10,000.00 USD (Ten thousand US dollars) – not inclusive for TV and advertising rights



- World Masters Championships, \$25,000.00 (Twenty-Five thousand US dollars) – all rights included
- Youth World Championships – subject to Executive Board’s decision

The fees are non-refundable for the successful candidates. Within 30 days after the decision of the Executive Board, the full deposited fee shall be reimbursed to the unsuccessful candidates.

19 DISCIPLINARY ACTIONS AND PENALTIES

- 19.1 Any affiliated Federation or members of affiliated Federations, or IWF elected Officials who violate the IWF Constitution, and / or Technical and Competition Rules, or the Anti-Doping Policy, may be sanctioned by the Executive Board.
- 19.2 Athletes or officials suspended by the IWF or by their National Federation shall be considered suspended by the IWF and by all the affiliated National Federations.
- 19.3 A Disciplinary Commission under the direction of an Executive Board member has the following duties:
- Initially deals with all disciplinary matters within the IWF.
 - Imposes penalties and fines in accordance with the relevant IWF Rules and decisions of the Congress and the Executive Board.
 - Gives advice on related matters to the IWF.



- This Commission may appoint competent persons to assist and give advice in its decisions e.g. lawyers, doctors of medicine, etc.
- 19.4 The IWF has the right and the power to suspend or expel any National Federation that fails to pay its membership fee.
- 19.5 When a Federation penalises an athlete or official, the IWF Secretariat must be advised immediately. The IWF Secretariat informs all other countries in case the athlete or official concerned participates in competitions with another country without the permission of his or her National Federation.
- 19.6 When an athlete commits a violation while participating in a contest held in another country, the organising Federation must send a detailed report to the IWF Secretariat. The Executive Board is informed which, in turn, decides on the appropriate penalties. An organising Federation may not penalise athletes from other countries, it may only exclude them from the competition.
- 19.7 In the case of an appeal, the National Federation or the athlete have the right to be heard by the Executive Board before the latter passes its decision.
- 19.8 All appeals must be submitted in writing. A deposit of US\$1,000 USD (One Thousand US dollars) must accompany each appeal. This amount is reimbursed in the event that the appeal is upheld.
- 19.9 All disciplinary proceedings in the IWF will be carried out in two phases. In the first instance, the IWF Disciplinary Commission is the decision-maker. The Executive Board, whose decision is final, will consider an appeal against the decision of the Disciplinary Commission, submitted within 60 days.



19.10 National Federations have to give written permission before any of their members are allowed to compete at any level in any other country.

Such permission is to be lodged by the host nation with the IWF and the respective Continental Federation. Failure to comply with such regulations results in a fine of US \$1,000 USD (one thousand US dollars) being imposed by the IWF on the offending National Federation on each occasion.

19.11 Any athlete taking part in a competition organised under IWF Rules is suspended or expelled when:

- he or she is already under a temporary or permanent suspension;
- is guilty of violation or disobedience towards the National Federation or towards officials in the execution of their duties;
- he or she participates in a contest with other countries without the permission of his or her National Federation.

19.12 Permanent expulsion is decided by an affiliated Federation or by the IWF Executive Board on a majority vote for serious offences sully the honour or honesty of the athlete or official.

19.13 If an athlete misconducts himself or herself, the organising Federation and/or the IWF may exclude him or her from a competition. The organising Federation must then inform the athlete's National Federation which in turn may penalise him or her. Any lifter, official or member of a National Federation who by word or gesture threatens any referee or other official during the fulfilment of their duties is also to be penalised.



- 19.14 Suspended National Federations may not organise any international weightlifting competition or event.
- 19.15 National Federations or members (athletes and officials) of suspended National Federations may not compete or take part in any international event listed on the IWF calendar or in any other IWF recognised international competitions.
- 19.16 Officials from suspended National Federations cannot take part in any international competition.
- 19.18 Suspended National Federations continue to receive correspondence from the IWF Secretariat and their representative may attend Congresses, clinics, etc, without voting right.
- 19.19 The elected IWF Officials of suspended National Federations may continue to fulfil their respective duties.-
- 19.20 The Executive Board of the IWF has the right to refuse granting or remove the accreditation of individuals whose participation in IWF events would be a discredit to the sport of weightlifting.

20 ELIGIBILITY

- 20.1 An eligible athlete is one who abides by the rules of the IWF. The IWF exercises jurisdiction over the eligibility of athletes to participate in World Championships and other IWF events.
- 20.2 A condition of participation for a given country is that an athlete must hold the citizenship of that country, proven by passport. In the case of double or multiple citizenship, proven by a valid passport from the respective country(ies), any athlete may participate in international competitions representing not more than one country within a period of twelve



(12) months. In case a country does not issue its own passport, for the determination of nationality the IWF accepts the applicable rules of the UN and/or IOC.

20.3 An athlete residing in a foreign country may only participate in competitions organised in that country if he or she has an authorisation from his or her National Federation.

20.4 To represent a new country in international competitions, an athlete must change his/her citizenship. An athlete or official wishing to change nationality must obtain permission from the current nation, the new nation and then the IWF. In the case of a second or further change of citizenship, the condition of participation in international events is four (4) years' of new citizenship, including one Olympic Games.

20.5 For the Olympic Games, the IOC Eligibility Rules prevail.

21 IWF AWARDS

21.1 The IWF has three types of awards, which are conferred to persons who have rendered distinguished services to the sport of weightlifting, they are:

- the IWF Order
- the IWF Award of Merit
- the IWF National Award

21.2 THE IWF ORDER

21.2.1 The IWF Order has three grades: Gold, Silver and Bronze.

21.2.2 The IWF Gold Order is awarded to the elected, co-opted or appointed members who served on the Executive Board for five (5) consecutive terms (twenty years) and have been elected, co-opted or appointed for a sixth (6th) term.



21.2.3 The IWF Silver Order is awarded to the elected, co-opted or appointed members who served on the Executive Board or IWF Committees for four (4) consecutive terms (sixteen years) and have been elected, co-opted or appointed for a fifth (5th) term.

21.2.4 The IWF Bronze Order is awarded to the elected, co-opted or appointed members who served on the Executive Board or IWF Committees for three (3) consecutive terms (twelve years) and have been elected, co-opted or appointed for a fourth (4th) term.

21.3 THE AWARD OF MERIT

21.3.1 The Award of Merit is awarded to those who have rendered outstanding services in the development of the sport of weightlifting.

21.3.2 Proposals to confer this Award may be submitted by the National, Continental federations or the Executive Board members.

21.4 THE IWF NATIONAL AWARD

21.4.1 The IWF National Award has three grades: Gold, Silver and Bronze.

21.4.2 It is awarded to members of National Federations under the following conditions:

- a) The Gold Award, for twenty-five (25) years of continuous membership and work
- b) The Silver Award, for fifteen (15) years of continuous membership and work
- c) The Bronze Award, for ten (10) years of continuous membership and work.

