



## **WEIGHTLIFTING REGULATIONS**

**Last updated 18.3.2025**

### **1. Organization**

- a. The Weightlifting Committee of the 22<sup>nd</sup> Maccabiah will be responsible for the Weightlifting competitions of the 22<sup>nd</sup> Maccabiah.
- b. The Weightlifting competitions will be conducted according to the International Weightlifting Federation rules.
  - The IWF TCCR rules and regulations apply.
  - The IWF OUTFIT REGULATION APPLIES: Singlet, Weightlifting Shoes.
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 22<sup>nd</sup> Maccabiah, and is registered for the Weightlifting competitions
- d. The Weightlifting competition will be held according to the current IWF Technical and Competition Rules & Regulations (IWF TCRR). Standard equipment will be used for competitions and training.
- e. Each country may enter up to ten (10) athletes for each gender (10 Male + 10 Female).
- f. All athletes taking part in the Maccabiah Games must be 15 years of age and over.
- g. Competitions Results:
  - 1) Individual Categories Condition:
    - 1.1) Men: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
    - 1.2) Women: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

Remark: When there are less than 3 (three) competitors or not at least 3 (three) countries in an body category, the category will be merged with up category. (Example: if women 55kg category only has 2 competitors they will compete in the female 59kg category).

\*The merged categories will compete with the 2024 Sinclair Coefficient.

- 2) TEAM Categories:
  - 1.g.2.1 Male TEAM – three male athletes
  - 1.g.2.2 Female TEAM – three female athletes
  - 1.g.2.3 MIXed TEAM – one male + one female
    - Every athlete may compete in one (1) individual category and one (1) team category
    - Team categories will compete with the 2024 Sinclair Coefficient
- h. Awards
  - 1) Gold, Silver and Bronze Medal will be awarded to the best 3 places in the individual male categories, to the best 3 places in the individual female category and to the best 3 places of TEAM classification.

### **2. Venues and times**

The Sport department of the 22<sup>nd</sup> Maccabiah will determine the venues and times of the Weightlifting competitions and teams will be notified accordingly.





### 3. **System of competition**

The Weightlifting competitions will be conducted according to the International Weightlifting Federation up-to-dated rules.

### 4. **Referees**

The Weightlifting Committee will select a Referees' Committee, which in turn will appoint the referees of the competition.

### 5. **General**

- a. These regulations are but one part of the complete 22<sup>th</sup> Maccabiah Regulations, and must be read along with the instructions found in "Basic Regulations and Disciplinary Procedures".
- b. In the event of a discrepancy between the regulations written here and those appearing in the "Basic Regulations", the regulations written here will apply and be binding.

