



Weightlifting Regulations

Last Update: 31.07.2024

1. Organization

- a. The Sports Department of the 22nd Maccabiah will be responsible for the Weightlifting competitions of the 22nd 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 22nd Maccabiah, and is registered for the Weightlifting competitions
- d. Standard equipment will be used for competitions and training.
- e. Each country may enter up to six (6) athletes for each of the competitions (Male/Female).
- f. All athletes taking part in the Maccabiah Games must be 15 years of age and over.
- g. Competitions Results are calculated by the 2020 Sinclair Coefficient in categories:
 - 1) Male categories: until 81 kg / over 81 kg
 - 2) Female categories: until 64kg / over 64kg
 - 3) Male TEAM (three male athletes)
 - 4) Female TEAM (three female athletes)
 - 5) Mixed TEAM (one male + one female)
- h. Awards: Gold, Silver and Bronze Medal will be awarded to the best 3 places in the male category, to the best 3 places in the female category and to the best 3 places of TEAM classification.

2. Venues and Times

The Sports Department of the 22nd 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 dated rules.

4. Referees

The Sports Department 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 22nd Maccabiah Regulations and must be read along with the instructions found in Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will apply and be binding.

