

IWF Rule Changes

Summary of changes to the IWF Technical Rules effective 1/4/2009 by Pedro Sanchez

1.2.2, 1.3.3, 5.2.1, 5.4, 8.2 Youth Age Group

2.3.3 Release of the barbell from the level of the Shoulders.

2.4.12 Incorrect movement Not facing the referees

3.5.3 & 3.5.4 Tolerance of Competition Bars and Discs and the tolerance for Training Bars and Discs.

5.6, 5.7 World University Games

6.1.6 Entry verification at IWF event

6.5.3 The weight of the barbell cannot be reduced once the weight is load and the Clock has started.

6.5.5 Automatic Progression after any attempts is 1Kg.

6.5.7 The 15/20 rule shall now apply to all competitions unless otherwise stated.

6.5.15 2 minutes for a lifter, reverts to 1 minute after another lifter is called but changes in the weight mean the original lifter is call again.

7.1.4 Referee Uniforms

9.2.10 Victory Ceremony no mobile phones etc.

Key changes that will impact us in Domestic and National competition now, with the changes underlined!

2.3 General rules for all lifts

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.

2.4 Incorrect movements and positions for all lifts

2.4.12 Not facing the Centre Referee at the beginning of a lift.

6.5 Course of the competition

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.

6.5.5 The automatic progression after any successful attempt for the same athlete must be a minimum of one (1) kg.

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.

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.

9.2 Victory Ceremony

9.2.10 During the Victory Ceremony, medal winners cannot take electronic devices onto the podium and cannot be accompanied by any other persons.