



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



### *INVITATION*

To the President/General Secretary  
of IWF Affiliated National Weightlifting Federation/Association



Dear Weightlifting Family,

It is with great pride and genuine pleasure that I invite you to the 2024 IWF World Championships, which will take place in Manama, Bahrain, from December 6th to 15th, 2024. This event is particularly special, as it is the first time Bahrain will host a senior Olympic sport World Championships — a truly historic moment for our country.

This championship is of immense importance as we celebrate the 50<sup>th</sup> anniversary of the Bahrain Weightlifting Federation. Over the past fifty years, we have grown and achieved more than we ever imagined possible. Our journey has been filled with challenges, hard work, dedication, and remarkable achievements. A standout moment was hosting the Asian Weightlifting Championships in October 2022, where we earned our first-ever continental medals and hosted one of the best championships ever.

On the last day of that memorable competition, I stood before the audience and pledged that we would continue to build on our success and bring the World Championships to Bahrain. I am proud to say we have kept that promise and that we are now in the last stages of preparation for a great IWF showcase.

Moreover, since those glorious days in 2022, our athletes have won multiple gold medals at the Asian Championships, Asian Games, and World Championships. For the first time in our history, we have also qualified for the 2024 Olympic Games in Paris where Bahrain won its first-ever Olympic medal in weightlifting.

We would be honoured to have you join us in Manama, the heart of Bahrain, where the past and future blend seamlessly. We are putting our hearts into planning an unforgettable World Championships and are genuinely excited to share this landmark event with you. Looking forward to welcoming you to Bahrain soon.

Warm regards.

Eshaq Ebrahim Eshaq  
President of Bahrain Weightlifting Federation (BWF)



2024 IWF WORLD CHAMPIONSHIPS  
COMPETITION REGULATIONS



# COMPETITION REGULATIONS





# 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



## 1. DATES & PLACE

06-15 December 2024, Manama, Kingdom of Bahrain

## 2. COMPETITION AND TRAINING VENUE

### Competition & Training Venue

“Weightlifting Marquee Venue”, Block 344, Manama, Bahrain

## 3. ACCOMMODATION

Accommodation will be at the following hotels:

- **Diplomat Radisson Blu**
- **Golden Tulip Bahrain**

A minimum stay of 4 (four) nights is required for all participants.

**NOTE: Check-in: 14.00 / Check-out: 12.00**

## 4. FINANCIAL CONDITIONS

### ACCOMMODATION FEE (with full board)

Single room	USD 200 / person / night
Double room	USD 160 / person / night

### ENTRY FEE

Athletes:	USD 300 / athlete (incl. USD 100 IWF Special AD Fee)
Delegates & Team Officials:	USD 200 / person

### PAYMENT

Check-in: All participants should pay the relevant fees by bank transfer to the Local Organizing Committee.

All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full by the Local Organizing Committee (LOC). **No accommodation is guaranteed until full payment is received.**



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Local Organizing Committee before 06 November 2024, the delegation must pay the charge of "No-Show" per person to the Local Organizing Committee. The charge is equal to the Accommodation Fee per person/day.

If one or more participants are delayed one or more days, the delegation must pay for all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form until **06 November 2024** at the latest, should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel, however, this cannot be guaranteed.

Cancellations will not be accepted after **06 November 2024** and no refunds will be given.

### BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

**100% of the total payment (accommodation & entry fees) must be transferred by 06 November 2024 to the Bank Account of the Local Organizing Committee.**

**The countries unable to make wire transfers are required to submit a request to the IWF President and the IWF General Secretary to be allowed to pay in cash upon arrival.**

Please contact your bank and consider the transaction time of your transfer to be duly received by the deadline to the bank account of the LOC.

We kindly ask you to send the bank statement confirming the bank transfer you made to the bank account of the LOC by sending it to [manama2024@iwf.sport](mailto:manama2024@iwf.sport).

**Bank Name:** NATIONAL BANK OF BAHRAIN  
**Account Name:** BAHRAIN WEIGHTLIFTING FEDERATION  
**Account No:** 5000048714  
**IBAN No:** BH25NBOB00005000048714  
**SWIFT Code:** NBOBBHBM



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



### 5. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Athletes must be registered via the **IWF Online Entry System**:

<https://mf.iwf.sport>

If you have any questions or difficulties, please contact IWF at [competition@iwf.sport](mailto:competition@iwf.sport)

#### PRELIMINARY ENTRIES

The preliminary entries must be uploaded into the IWF Online Entry System by no later than **06 September 2024**.

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

**TWENTY (20) MEN and TWENTY (20) WOMEN**

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT ADD NEW ATHLETE(S)  
TO THE LIST AFTER 06 SEPTEMBER 2024.**

#### FINAL ENTRIES

The final list of athletes must be confirmed in the IWF Online Entry System by no later than **06 November 2024**.

Member Federation must select the final list of athletes from the preliminary entry (previously submitted by 06 September 2024):

**Max. TWELVE ATHLETES (10+2 RESERVE) / GENDER**

**THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE  
INCLUDED IN THE PRELIMINARY ENTRY.**

**NO ENTRIES WILL BE ACCEPTED WITHOUT THE FULL PAYMENT OF FEES.**

The following documents must be returned by **06 November 2024** (by email):

- **Accommodation & Transportation Form**
- **Passport Copy & Photos for Accreditation**

All forms must be sent to [manama2024@iwf.sport](mailto:manama2024@iwf.sport).



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



### **MEDIA**

All media participants must be approved in advance.

Applications should be submitted by **06 November 2024** via the link below:

<https://iwf.net/mediareg/>

In case of any questions, please contact IWF at [pedro.adrega@iwf.sport](mailto:pedro.adrega@iwf.sport)

### **6. VISA**

Participants who require a visa to enter the Kingdom of Bahrain are requested to send their visa application letter before **16 October 2024** to [manama2024@iwf.sport](mailto:manama2024@iwf.sport).

**VISA FEE:** USD 50 / person

Local Organizing Committee will be responsible for ensuring the requested visas on time.

**LOC CANNOT GUARANTEE ANY VISA FOR PARTICIPANTS SUBMITTING THEIR VISA APPLICATION LETTER AFTER THE ABOVE DEADLINE.**

### **7. ACCREDITATION**

Accreditation will take place at the **Golden Tulip Bahrain**.

### **8. FLAG & ANTHEM**

Each Member Federation is responsible for bringing its national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation. The LOC/IWF cannot be held responsible for errors relating to the flag and anthem.

### **9. TRANSPORTATION**

The LOC will provide a free shuttle bus service from/to Bahrain International Airport (BAH) to all participants.

Accommodation & Transportation Form must be provided by **06 November 2024**.

- Transportation form shall state which airline, flight number, and exact time each delegate will be arriving and departing. Any change in the travel schedule must be communicated well in advance, otherwise, the LOC cannot guarantee that it will be able to meet the new requests.



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



- Local shuttle bus service will be provided for all participants to get from/to the venues (accommodation, competition/training venue, meetings and any other official program).

### 10. COMPETITION REGULATION

The 2024 IWF World Championships will follow the IWF Technical and Competition Rules & Regulations (TCRR).

### 11. TERMS AND CONDITIONS OF PARTICIPATION

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), IWF Policies & IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the IWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by IWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of IWF / LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the IWF and/or LOC shall have no responsibility for any loss or damage of this property;
- Should irrevocably release IWF & LOC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event;
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any LOC or IWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the LOC.



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



### 12. ELIGIBILITY

Participating athletes must be 15 years of age and over (year of birth 2009 or earlier).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (**Q3 / by 06 September 2024 & Q4 / by 30 September 2024**).

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at [iwf@ita.sport](mailto:iwf@ita.sport).

### 13. MF CATEGORIZATION RULE

As of 1 January 2024, the IWF's Member Federations are categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements for athletes to be eligible to compete at IWF events such as the IWF World Championships.

With the introduction of Articles 18.8, 18.9, and 18.10 to the IWF Anti-Doping Rules, Category 'A' and 'B' Member Federations are required to ensure all athletes competing in the IWF World Championships are **tested** and **educated** in line with IWF's updated Anti-Doping Rules.

As an important note, the testing requirements apply **ONLY** to athletes who are not already in the IWF's Registered Testing Pool. The table at the end of the document you can find on the link below shows the anti-doping requirements of the Member Federation based on the category assigned following the IWF's categorisation process.

[https://iwf.sport/wp-content/uploads/downloads/2024/03/231129-Categorisation-of-MFs-Operational-Guidelines\\_FINAL.pdf](https://iwf.sport/wp-content/uploads/downloads/2024/03/231129-Categorisation-of-MFs-Operational-Guidelines_FINAL.pdf)

Please find here the document which includes the categorised Member Federations:

[https://iwf.sport/wp-content/uploads/downloads/2023/12/List-of-Categorised-IWF-Member-Federations\\_FINAL.pdf](https://iwf.sport/wp-content/uploads/downloads/2023/12/List-of-Categorised-IWF-Member-Federations_FINAL.pdf)

In case you have questions do not hesitate to contact us at: [antidoping@iwf.sport](mailto:antidoping@iwf.sport)

### 14. EVENT CATEGORIES

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg  
WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg





## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



### 15. AWARDS

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.

Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF Team Classification.

### 16. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

### 17. SPORT EQUIPMENT

IWF-approved ELEIKO barbells will be used during the competition and training.

### 18. INSURANCE

According to IWF Regulations, all participants must be under coverage for travel and accident/injury/illness (COVID-19) by their respective Federations before they leave their hometown.

### 19. TEMPERATURE & ELECTRICITY INFORMATION

- The average Manama, Kingdom of Bahrain temperature during the Championships will be approximately between 17-27 degrees Celsius.
- Electricity for Bahrain the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern.
- Bahrain operates on a 230V supply voltage and 50Hz.



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



Contact details:

### **Bahrain Weightlifting Federation / Local Organizing Committee**

Building 21, Road 3501, Block 335

UM ALHUSSAM – Kingdom of Bahrain

Phone & WhatsApp : +973 3330 2392 & +973 3332 2977

E-Mail: [manama2024@iwf.sport](mailto:manama2024@iwf.sport) & [info@bwf.bh](mailto:info@bwf.bh)

### **International Weightlifting Federation**

Maison du Sport International, Av. de Rhodanie 54, Switzerland -1007, Lausanne

Phone: +41 21 601 3227

E-Mail: [iwf@iwf.sport](mailto:iwf@iwf.sport) & [competition@iwf.sport](mailto:competition@iwf.sport)

**PRELIMINARY TIMETABLE**

<b>22 NOVEMBER / Friday</b>	<b>12:00 CET</b>	<b>Verification of Final Entries / ONLINE</b>		
<b>01 DECEMBER / Sunday</b>	<i>TBC</i>	<i>IWF Committee Meetings</i>		
<b>02 DECEMBER / Monday</b>	<i>TBC</i>	<i>IWF Executive Board Meeting</i>		
<b>03 DECEMBER / Tuesday</b>	<i>TBC</i>	<i>IWF Executive Board Meeting</i>		
<b>04 DECEMBER / Wednesday</b>	<i>TBC</i>	<i>IWF Congress</i>		
	<i>TBC</i>	<i>OPENING CEREMONY</i>		
<b>05 DECEMBER / Thursday</b>	<i>TBC</i>	<i>Technical Officials' Meeting</i>		
<b>06 DECEMBER / Friday</b>	9:00	Men	55	C
	11:00	Women	45-49	C
	13:00	Men	55	B
	15:00	Women	45	B
	<b>17:30</b>	<b>Men</b>	<b>55</b>	<b>A</b>
	<b>20:00</b>	<b>Women</b>	<b>45</b>	<b>A</b>
<b>07 DECEMBER / Saturday</b>	9:00	Men	67	D
	11:00	Men	61	C
	13:00	Women	49	B
	15:00	Men	61	B
	<b>17:30</b>	<b>Women</b>	<b>49</b>	<b>A</b>
	<b>20:00</b>	<b>Men</b>	<b>61</b>	<b>A</b>
	22:00	Men	67	C
<b>08 DECEMBER / Sunday</b>	9:00	Women	55-59	D
	11:00	Women	55	C
	13:00	Men	67	B
	15:00	Women	55	B
	<b>17:30</b>	<b>Men</b>	<b>67</b>	<b>A</b>
	<b>20:00</b>	<b>Women</b>	<b>55</b>	<b>A</b>
	22:00	Women	59	C

<b>09 DECEMBER / Monday</b>	9:00	Men	73-81	D
	11:00	Men	73	C
	13:00	Men	73	B
	15:00	Women	59	B
	<b>17:30</b>	<b>Women</b>	<b>59</b>	<b>A</b>
	<b>20:00</b>	<b>Men</b>	<b>73</b>	<b>A</b>
	22:00	Men	81	C
<b>10 DECEMBER / Tuesday</b>	9:00	Women	64-71	D
	11:00	Women	64	C
	13:00	Men	81	B
	15:00	Women	64	B
	<b>17:30</b>	<b>Men</b>	<b>81</b>	<b>A</b>
	<b>20:00</b>	<b>Women</b>	<b>64</b>	<b>A</b>
	22:00	Men	89	D
<b>11 DECEMBER / Wednesday</b>	9:00	Women	71	C
	11:00	Men	89	C
	13:00	Women	71	B
	15:00	Men	89	B
	<b>17:30</b>	<b>Women</b>	<b>71</b>	<b>A</b>
	<b>20:00</b>	<b>Men</b>	<b>89</b>	<b>A</b>
	22:00	Men	96	D
<b>12 DECEMBER / Thursday</b>	9:00	Men	96	C
	11:00	Women	76	C
	13:00	Men	96	B
	15:00	Women	76	B
	<b>17:30</b>	<b>Men</b>	<b>96</b>	<b>A</b>
	<b>20:00</b>	<b>Women</b>	<b>76</b>	<b>A</b>
	22:00	Men	102	D
<b>13 DECEMBER / Friday</b>	9:00	Men	109	D
	11:00	Men	102	C
	13:00	Women	81	B
	15:00	Men	102	B
	<b>17:30</b>	<b>Women</b>	<b>81</b>	<b>A</b>
	<b>20:00</b>	<b>Men</b>	<b>102</b>	<b>A</b>



## 2024 IWF WORLD CHAMPIONSHIPS COMPETITION REGULATIONS



<b>14 DECEMBER / Saturday</b>	9:00	Men	109	C
	11:00	Women	87	C
	13:00	Men	109	B
	15:00	Women	87	B
	<b>17:30</b>	<b>Men</b>	<b>109</b>	<b>A</b>
	<b>20:00</b>	<b>Women</b>	<b>87</b>	<b>A</b>
<b>15 DECEMBER / Sunday</b>	9:00	Men	109+	C
	11:00	Women	87+	B
	13:00	Men	109+	B
	<b>15:00</b>	<b>Women</b>	<b>87+</b>	<b>A</b>
	<b>17:30</b>	<b>Men</b>	<b>109+</b>	<b>A</b>
	<i>TBC</i>	<i>CLOSING CEREMONY</i>		

**The competition schedule is subject to change after the final entry deadline & after the verification of final entries.**