



INVITATION

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

The Egyptian Weightlifting Federation has the honour to invite you to the 2026 IWF World Junior Championships, which will take place in Ismailia, Egypt, from 02-08 May 2026.

I am honoured that, under the leadership of President Mohammed Jalood, the IWF Executive Board has entrusted us with the organisation of this prestigious IWF event.

The Championships will be staged in Ismailia, a city located along the Suez Canal. Ismailia successfully hosted the 2024 African Weightlifting Championships and Olympic qualification events for the Paris 2024 Olympic Games. Our ambition is that all participants enjoy a spectacular and memorable experience, together with the thousands of spectators and volunteers who will be ready to welcome the world to Ismailia. We are confident that you will feel at home during your stay in Egypt.

Egyptian weightlifting is extremely proud of Sara Samir, our leading weightlifting star. Her performance at the Paris 2024 Olympic Games represents a landmark in Egyptian sports history, and we aim to use these Championships to further strengthen Egyptian weightlifting for the future.

We assure you that we will do our very best to organise a superb event in excellent venues, delivering exciting performances based on fair play, and creating lasting memories and friendships.

We look forward to welcoming you to Egypt and Ismailia.

Warm regards,

**President of the Egyptian Weightlifting Federation
Mohamed Abdelmaksod**



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COMPETITION REGULATIONS



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SUMMARY OF DEADLINES

DEADLINES	ACTIONS TO BE UNDERTAKEN BY THE MEMBER FEDERATIONS
02 February 2026	Preliminary entries of athletes to be uploaded into the IWF Online Entry System
	Whereabouts information of the athletes to be submitted (Q1 2026)
31 March 2026	Whereabouts information of the athletes to be submitted (Q2 2026)
02 April 2026	Final entries of athletes and coaches to be confirmed in the IWF Online Entry System Submission of the Accommodation & Transportation Form Submission of Passport Copies, Photos for Accreditation Declaration of "No-Show" (otherwise they will be charged) Accommodation, Entry & Transportation fees to be transferred to the Bank Account of the LOC Media representatives Applications
17 April 2026 (12:00 / Noon CET)	Verification of Final entries to be confirmed in the IWF Online Entry System



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1. DATES & PLACE

02-08 May 2026, Ismailia, Egypt

2. COMPETITION AND TRAINING VENUE

Competition Venue

The Hall of the Suez Canal Authority Club

Training Venue

The Hall of Champion Sara Samir at the Suez Canal Authority Club

3. ACCOMMODATION

Accommodation will be at the following hotels:

- **Tolip El Forsan Resort Ismailia**
- **Golden Jewel Ismailia**

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 190 / person / night
Double room	USD 165 / person / night
Triple room	USD 145 / person / night

Hotel accommodations will be assigned on a **first-come, first-served basis**, with **limited** availability of **single rooms**.

ENTRY FEE

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

TRANSPORTATION FEE

Cairo International Airport (CAI): USD 30 / person (2 ways)



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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.

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 **02 April 2026**, 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 **02 April 2026** 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 **02 April 2026**, and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

100% of the total payment (accommodation, entry & transportation fees) must be transferred to the LOC Bank Account by **02 April 2026.**

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 keep in mind that the transfer will only be considered received once it has been duly credited to the LOC's bank account by the deadline.

We kindly ask that you send the bank statement confirming the bank transfer you made to the LOC's bank account to ismailia2026@iwf.sport.



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Bank Account Name:	Egyptian Weightlifting Federation
Bank Account Address:	Cairo International Stadium, Egypt
Beneficiary Bank:	Arab African International Bank
Branch Address:	8 Ibrahim Naguib Street, Garden City / Cairo, Egypt
Account Branch:	KASER EL AINI
Account Number:	1009995110010101 (USD)
IBAN Number:	EG450057000501009995110010101
Swift Code:	ARAIEGCXXX

For your security, always refer to the bank details provided in this document.

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

PRELIMINARY ENTRIES

The preliminary entries must be submitted via the IWF Online Entry System by no later than **02 February 2026**.

- Each Member Federation must submit its Preliminary Entry (Long List) with a maximum of:

SIXTEEN (16) MEN & SIXTEEN (16) WOMEN

AFTER 02 FEBRUARY 2026, NO ADDITIONAL ATHLETES MAY BE ADDED TO THE PRELIMINARY ENTRY LIST.

FINAL ENTRIES

The final list of athletes must be confirmed via the IWF Online Entry System no later than **02 April 2026**.

- Each Member Federation must select its Final Entry exclusively from the Preliminary Entry previously submitted by 02 February 2026, with a maximum of:

Max. TEN (10) ATHLETES (8+2 RESERVE) / GENDER

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



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INTERNATIONAL COACH LICENCE

All coaches from participating Member Federations must be registered in the IWF International Coach Licence (ICL) database.

All coaches must be included in the Final Entry Form.

If a coach is not registered in the ICL database, the IWF will notify the relevant Member Federation and require that the coach be registered without delay or removed from the Final Entry Form.

If you have any questions about the ICL database registration, contact us at coachinglicence@iwf.sport.

ACCREDITATION FORMS

The following documents must be returned by **02 April 2026** (by email):

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

All forms must be sent to ismailia2026@iwf.sport.

Each Member Federation must complete the Accreditation Form for all delegates (athletes and officials), including colour photographs, and return the form fully completed.

Please note that accreditation will be valid only for the dates indicated on the Accreditation Card and will be issued only after full payment of the Accommodation, Entry, & Transportation Fees.

MEDIA

All international media representatives must be approved in advance by the IWF.

Applications for international media accreditation must be submitted to Mr. Pedro Adrega, IWF Communications Manager, at pedro.adrega@iwf.sport no later than **02 April 2026**.

Applications from Egyptian media representatives are approved by the Ismailia 2026 Organising Committee at ismailia2026@iwf.sport.



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6. VISA

A citizen of a foreign country, wishing to enter the Arab Republic of Egypt, generally must first obtain an **e-Visa** via the Egypt e-Visa Portal, which costs **25 USD per person**.

<https://www.visa2egypt.gov.eg/eVisa/Home?VISTK=CH5U-LIDS-PLM4-UC24-9LZJ-WB27-W9MP-67GW-Q19I-LH6P-Y6FC-7218-UJRW-EXDJ-064W-LIID>

Nationals of the countries listed below may be issued an e-Visa upon application on the Egypt e-Visa Portal

Australia-Armenia-Argentina-Albania-Belarus-Bahrain-Azerbaijan-Austria-Brazil-Bosnia and Herzegovina-Bolivia-Belgium-China-Chile-Canada-Bulgaria-Cyprus-Croatia-Colombia-China /Taiwan- Estonia- Ecuador-Czech-Denmark-Finland-France-Georgia-Germany-Greece-Hungary-Iceland-India-Iraq -Ireland -Italy-Japan- Kazakhstan -Korea (South)-Kuwait -Latvia -Lithuania-Luxembourg-Macedonia -Malaysia -Malta-Mexico-Moldova-Monaco- Montenegro-Netherlands-New Zealand-Norway- Oman-Paraguay-Peru-Poland – Portugal –Qatar -Republic of Kosovo -Romania- Russian Federation-San Marino-Saudi Arabia-Serbia-Singapore-Slovakia-Slovenia-South Africa-Spain-Sweden – Switzerland–Ukraine-United Arab Emirates -United Kingdom (England, Northern Ireland, Scotland and Wales)-United States of America -Uruguay -Vatican-Venezuela

Countries Not Eligible for an e-Visa.

- Countries with an Arab Republic of Egypt Consulate**

Delegates may be required to complete the necessary visa or entry permit procedures in advance through the relevant Arab Republic of Egypt consulate prior to travel.

For assistance, please contact ismailia2026@iwf.sport. Upon request, an official invitation letter from the Local Organising Committee (LOC) can be issued to support the visa application.

- Countries without an Arab Republic of Egypt Consulate**

Delegates from countries without an Egyptian consulate are requested to send a copy of their passport (valid for at least six (6) months from the date of entry) by email to ismailia2026@iwf.sport for further guidance.

For visa processing, some countries may require specific processes or documentation, so it is important to check the particular details of each country in the following link:

Directory of embassies and consulates:

<https://evisa-to-egypt.info/egypt-embassies-consulates/>



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7. ACCREDITATION

Accreditation will take place at the **Tolip El Forsan Resort Ismailia**.

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 offer a round-trip shuttle bus service between Cairo International Airport (CAI) and the official accommodations for all participants, at a cost of USD 30 / person.

The Accommodation & Transportation Form must be provided by **02 April 2026**.

- The transportation form must indicate the airline, flight number, and exact arrival and departure times for each delegate.
Any change to the travel schedule must be communicated well in advance, otherwise, the LOC cannot guarantee that the revised requests can be met.
- 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 2026 IWF World Junior Championships will follow the IWF Technical and Competition Rules & Regulations ([IWF 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;
- 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;



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- 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.
- The Participants may be filmed, photographed, identified and/or otherwise recorded during the Event. The resulting filmed, photographed or recorded image (together with the Participant's name, likeness, voice and performance) may be used and/or distributed in any format (including by reproducing, distributing, communicating to the public and making it available), in any content and through any media, format, without compensation (financial or otherwise).
- The Participants may take or record still and moving images and/or sounds within the perimeter of all the Venues for his/her personal, private, non-commercial and non-promotional use. The use of video footage (moving images) of the competition is subject to the acquisition of media rights. Therefore, the publication (live or delayed) of video footage of the event is strictly prohibited if those rights are not acquired before the competition.

12. ELIGIBILITY

Participating athletes must be between 15 to 20 years of age (born between 2006 and 2011).

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 (**Q1 / by 02 February 2026 & Q2 / by 31 March 2026**).

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



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13. MF CATEGORISATION 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 Junior 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 Junior Championships are tested and educated in line with IWF's updated Anti-Doping Rules in order to be eligible to compete at the event.**

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:

- [2026 Guidelines for categorisation of Member Federations](#)

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

- [2026 List of categorised Member Federations](#)

In case you have questions, do not hesitate to contact us at: antidoping@iwf.sport

14. EVENT CATEGORIES

MEN (8): 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg
WOMEN (8): 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

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, based on 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.



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17. SPORT EQUIPMENT

IWF Official Barbell Supplier sport equipment will be used during the competition and training.

18. INSURANCE

In accordance with IWF regulations, all participants must be insured by their respective Federations for travel, accidents, injuries, illnesses, and medical expenses prior to departing from their hometown.

19. TEMPERATURE & ELECTRICITY INFORMATION

- The temperature in Ismailia during the Championships is expected to range between approximately 27°C and 33°C.
- Egypt uses the standard European electrical plug with two round prongs (Types C and F), operating at 220V.

Contact details:

Egyptian Weightlifting Federation / Local Organizing Committee

National Federations Complex - Nasr City, Cairo

Phone & WhatsApp: +201551694004 / +201005156446 / +201222805802

E-Mail: ismailia2026@iwf.sport & weightlifting_egy@yahoo.com

International Weightlifting Federation

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

Phone: +41 21 601 3227

E-Mail: iwf@iwf.sport & competition@iwf.sport



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PRELIMINARY TIMETABLE

17 April / Friday	12:00 CET	Verification of Final Entries ONLINE		
29 April / Wednesday	TBC	OPENING OF TRAINING VENUE		
01 May / Friday	TBC	<i>Technical Officials' Meeting</i>		
02 May / Saturday	9:00	Women	48-53	B
	11:00	Men	60	B
	13:00	Women	48	A
	16:00	Men	60	A
	TBC	OPENING CEREMONY		
	19:30	Women	53	A
03 May / Sunday	8:00	Women	58	C
	10:00	Men	65	C
	12:00	Women	58	B
	14:00	Men	65	B
	16:00	Women	58	A
	19:00	Men	65	A
04 May / Monday	8:00	Men	71	C
	10:00	Women	63	C
	12:00	Men	71	B
	14:00	Women	63	B
	16:00	Men	71	A
	19:00	Women	63	A
05 May / Tuesday	8:00	Women	69	C
	10:00	Men	79	C
	12:00	Women	69	B
	14:00	Men	79	B
	16:00	Women	69	A
	19:00	Men	79	A



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06 May / Wednesday	8:00	Men	88	C
	10:00	Women	77	C
	12:00	Men	88	B
	14:00	Women	77	B
	16:00	Men	88	A
	19:00	Women	77	A
07 May / Thursday	8:00	Men	94	C
	10:00	Men	94	B
	12:00	Women	86	B
	14:00	Men	110	B
	16:00	Women	86	A
	19:00	Men	94	A
08 May / Friday	9:00	Men	110+	B
	11:00	Women	86+	B
	13:00	Men	110	A
	16:00	Men	110+	A
	19:00	Women	86+	A
	<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.