



WEIGHTLIFTING REGULATIONS

Last Update 01.04.2022

1. Organization

- a. The Weightlifting Committee of the 21st Maccabiah will be responsible for the Weightlifting competitions of the 21st 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 Organising Committee of the 21st 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. All athletes taking part in the Maccabiah Games must be 15 years of age and over.
- f. Each country may enter up to six (6) athletes for each of the competitions.
- g. Competitions Results are calculated by the 2020 Sinclair Coefficient.
- 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 (one male athlete + one female athlete).

2. Venues and times

The Sport department of the 21st 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 updated 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 21st Maccabiah Regulations and must be read along with the instructions found in the 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.