

USA Weightlifting Amendments to IWF Technical Rules

March 28, 2025

Unless stated otherwise below, USAW adheres to the IWF Technical and Competition Rules & Regulations (TCRR) to the degree practical. However, conditions special to competitions held in the U.S. at the national and local level have led to USAW adopting modifications to the IWF technical rules as described below. Other modifications for specific events may be indicated on the entry forms for those events.

At all USAW competitions:

1. All participation rights and venue access are subject to immediate termination if a participant threatens any other participant or behaves in a way that unduly delays the progress of the competition or otherwise impedes the competition in any way.
2. Any athlete, coach, or official who behaves in a way that could cause damage to the facilities or equipment being used in the competition, or damage the reputation of participants or USAW, are subject to a loss of participation privileges (e.g., “spiking” the barbell) as determined only by the Event Director/Event Organizer.
 - a. For online competitions, the authority to remove participation privileges lies only with the equipment and venue owner.

Amendment to TCRR 1.1

USAW recognizes the following age groups:

- Under 11: 0 – 11 years of age
- Under 13: 0 – 13 years of age
- Under 15: 14 – 15 years of age
- Under 17: 16 – 17 years of age

- Junior: 15 – 20 years of age
- Under 23: 15 – 23 years of age
- Under 25: 15 – 25 years of age
- University: 18 – 25 years of age
- Masters: 35+ years of age
- Open: 0+ years of age

Amendment to TCRR 1.2

As of June 1, 2025 USA Weightlifting will offer the following body weights in the following age groups:

Gender	U11 & U13	14-15 yo	16-17 yo	Junior, U23, U25, University, Open, Masters
M	40kg	48kg	56kg	60kg
M	44kg	52kg	60kg	65kg
M	48kg	56kg	65kg	71kg
M	52kg	60kg	71kg	79kg
M	56kg	65kg	79kg	88kg
M	60kg	71kg	88kg	98kg

M	65kg	79kg	98kg	110kg
M	65+kg	79+kg	98+kg	110+kg
W	36kg	40kg	44kg	48kg
W	40kg	44kg	48kg	53kg
W	44kg	48kg	53kg	58kg
W	48kg	53kg	58kg	63kg
W	53kg	58kg	63kg	69kg
W	58kg	63kg	69kg	77kg
W	63kg	69kg	77kg	86kg
W	63+kg	69+kg	77+kg	86+kg

Masters age groups span 5 years (e.g., 35-39, 40-44, etc.) extending to infinity.

Amendment to TCRR 2.4.4

An athlete who, for any reason, cannot fully extend their elbow(s), need only point to their elbow(s) prior to each attempt. This is the sole responsibility of the athlete. The Competition Doctor may still be requested to examine the athlete.

Amendment to TCRR 2.5.1.11

An athlete touching the barbell with their footwear at any time while on the competition platform (before and after the attempt) is a no lift.

Amendment to TCRR Regulation to 3.3.2

At local events, the platform may measure from 3.66 meters (12 feet) to 4 meters square and may be up to 10 cm in height. If the platform is the same height as the surface around it, the outside dimensions of the platform must be clearly marked.

Amendment to TCRR 3.3.3

At local events, to facilitate the use of the largest diameter plates available (e.g., 45 cm diameter 2.5 kg plates), men lifting less than 45 kg, and women lifting less than 40 kg, may use a lighter than standard bar, if the diameter and length of the bar inside the collars meet IWF measurement standards. Spring collars may be used (with no credit given for the weight of the spring collars).

Amendment to TCRR Regulation to 3.3.7 Section 9.2

One (1) Challenge Card will be provided per athlete at the Marshal table before the start of the session. Challenge Cards are only to be used at National Championships (Sr.) during A groups when a Jury is seated and Video Playback Technology (VPT) is in use.

Amendment to TCRR 4.2

The costume (singlet) must be worn with straps over shoulders as intended by the manufacturer in the weigh-in room and on the competition platform and stage.

At local events, an athlete may wear a t-shirt and shorts in place of a singlet for their first USAW sanctioned event.

For additional information, see “**USAW Clarification on Athlete Outfit**” on the bottom of this document..

Amendment to TCRR 4.7.1

The unitard must be a solid color, but the top and bottom may be different solid colors. No logos are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow. If the unitard impedes the ability of the referees to adjudicate the lifts, the athlete may be asked to remove or change the unitard.

Amendment to TCRR Regulation to 6.4 Section 1

Challenge Cards, when applicable, and Athlete Bibs will be distributed at the Marshal table.

Amendment to TCRR Regulation to 6.4 Section 2

The Weigh-in Secretariat consists only of Weigh-in Official(s).

Amendment to TCRR Regulation to 6.4 Section 3

Each athlete for all groups must be weighed in the presence of at least one Weigh-in Official of the same gender as the athlete.

Amendment to TCRR Regulation to 6.4 Section 15

At national events, Youth and Masters athletes are allowed to move to a higher bodyweight category at weigh-in. Upon verification that the athlete is heavier than their registered weight category, the athlete may opt to move up into the bodyweight category dictated by their actual bodyweight. If this happens, the athlete will remain in their current scheduled session number.

- For multiple platform events, if a different platform in the same session has the athlete’s new bodyweight category, the athlete can be moved to that platform by the Event Director when feasible.

- If the athlete's Entry Total is less than the Qualifying Total for the higher bodyweight category, the Weigh-in Official must raise the athlete's Entry Total to equal the Qualifying Total of the higher bodyweight category.
- For the weigh-in, athletes under the chronological age of 18 must be accompanied by a coach or parent of either gender.

Amendment to TCRR 6.4.2

As soon as the athlete has weighed within the officially entered bodyweight category, accompanying Team Officials must be provided with two (2) Warm-up Passes for access to the warm-up area. Each athlete will be provided with one (1) Warm-up Pass for their exclusive use in that session.

Amendment to TCRR 6.6.4

The minimum weights which must be lifted for Under 11 and Under 13 men and women is 10 kg. Weights from 10 kg – 19 kg will be loaded on a 5 kg bar using spring collars; 20 kg – 39 kg will be loaded on a 15 kg bar using spring collars; 40+ kg will be loaded on a 15 kg bar using competition collars.

The minimum weights which must be lifted for Masters men and women is 20 kg. For women, weights from 20 kg – 39 kg will be loaded using spring collars; 40+ kg will be loaded using competition collars. For men, weights from 20 kg – 24 kg will be loaded on a 15 kg bar using spring collars; 25 kg – 44 kg will be loaded on a 20kg bar using spring collars; 45+ kg will be loaded on a 20 kg bar using competition collars.

The bar loading chart can be seen below:

Group and Age	Bar	Collar Type	Weight Range
Under 11, Under 13	5 kg	Clips, weightless	5 - 14 kg
Under 11, Under 13	10 kg	Clips, weightless	15 - 19 kg
Under 11, Under 13	15 kg	Clips, weightless	20 - 39 kg
Under 11, Under 13	15 kg	Comp collars	40 kg and more
Women - 14 - 15	15 kg	Comp collars	

Men - 14 - 15	20 kg	Comp collars	
Women 16 - 17	15 kg	Comp collars	
Men 16 - 17	20 kg	Comp collars	

Amendment to TCRR 6.8.4

At national events, team points will be allocated in Total only.

Amendment to TCRR 7

At local events:

1. The three Referees shall have the same responsibilities and authority that the Jury and Technical Controller have at IWF events.
2. The Speaker may take on the same responsibilities and authority that the Marshal has at IWF events.

At national events, if there is a lack of sufficient officials to perform the duties of the Technical Controller, Marshal, or Jury, USAW reserves the right to have the Speaker/Referees serve the functions of the absent officials in a way similar to what is described above for local events.

Amendment to TCRR 7.2.3

The dress code for Technical Officials with *Local designation* is:

- White polo shirt or White button down shirt
- Tie for men (optional)
- Dark dress pants or skirt
- Black dress shoes
- No jeans, athleisure, or workout clothes

The dress code for National, IWF Cat 1, IWF Cat 2 and *Testing candidates* is:

- Navy suit with pants or skirt
- White, button down and collared shirt
- Black or dark blue socks or black, dark blue, skin color tights

- Black shoes
- Tie or scarf (USAW scarf/tie or IWF scarf/tie, according to certification level)
- Pin on left lapel (Mandatory for IWF Cat 1 and Cat2. Optional for National certification level)

Amendment to TCRR 7.7

Technical Officials must be chronologically a minimum of 18 years old.

Amendment to TCRR 7.12.1

For the efficient running of the competition, the Speaker is only required to announce the following before starting the clock:

- instructions to the Loaders to load the required weight
- the name of the athlete

Amendment to TCRR Regulation to 7.14 Section 1

The bar is to be cleaned in front of the competition platform.

USAW Clarification on Athlete Outfit

The singlet (costume) must be one piece and may be of any color/pattern/design. The singlet must be worn with straps over shoulders as intended by the manufacturer in the weigh-in room and on the competition platform and stage.

The unitard may be one or two pieces, must be tight fitting, and may cover the elbows and knees. The unitard must be a solid color, but the top and bottom may be different solid colors. Manufacturer and sponsor logos are allowed on all articles of the outfit, including the unitard, t-shirt, singlet, etc. No logos are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow. Distinctive manufacturer's design patterns are not logos and are not allowed on the unitard (e.g., the Adidas trademarked three stripes is not allowed). If the unitard impedes the ability of the referees to adjudicate the lifts, the athlete may be asked to remove or change the unitard.

Relevant TCRR Rules

4.2 COSTUME

4.2.1 Athletes must wear only one weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any color
- must not cover the elbows
- must not cover the knees

4.2.2 Costumes may be decorated or marked with the athlete's:

- name
- nick name
- club name
- Member Federation / NOC
- national emblem

4.9 MANUFACTURER'S IDENTIFICATIONS

4.9.1 At all IWF Events the following identifications are permitted on each article of the athletes outfit with the total maximum size of five hundred (500) cm² per article:

a) the identification (logo, name or a combination of both) of the manufacturer of the product and / or

b) the identification of the athlete's commercial sponsor (logo, name or a combination of both)

Distinctive manufacturer's design patterns are not considered for the application of this rule.