



## **WEIGHTLIFTING REGULATIONS**

**Last Update 13.7.2021**

### **1. Organization**

- a. The Weightlifting Committee of the 21<sup>st</sup> Maccabiah will be responsible for the Weightlifting competitions of the 21<sup>st</sup> 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 Organizing Committee of the 21<sup>st</sup> 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 formula.

### **2. Venues and times**

The Sport department of the 21<sup>st</sup> 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 up dated 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 21<sup>st</sup> 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.