

2023 EWF CUP
TECHNICAL AND
COMPETITION RULES



EUROPEAN WEIGHTLIFTING
FEDERATION

1 PARTICIPANTS

1.1 AGE GROUPS

1.1.1 The urban & beach weightlifting competitions are organized for athletes of gender men and women. The athletes compete in matched pairs in specified bodyweight categories and age groups.

1.1.2 The EWF recognizes one (1) age group allowed to compete in:

1. 17+ Years of age

The age group is calculated in the athlete's year of birth.

1.2 MATCHING PAIRS

During the weigh-in procedures each athlete will receive an identification number divided between male and female athletes.

After the weigh-in procedures there will be a lot drawing for matching pairs.

2 THE TWO LIFTS

The rules indicated in article 2 of the IWF TCCR are applied.

In the elimination and semifinal phases, 2 lifts in the snatch and 2 lifts in the clean & jerk will be granted to each athlete.

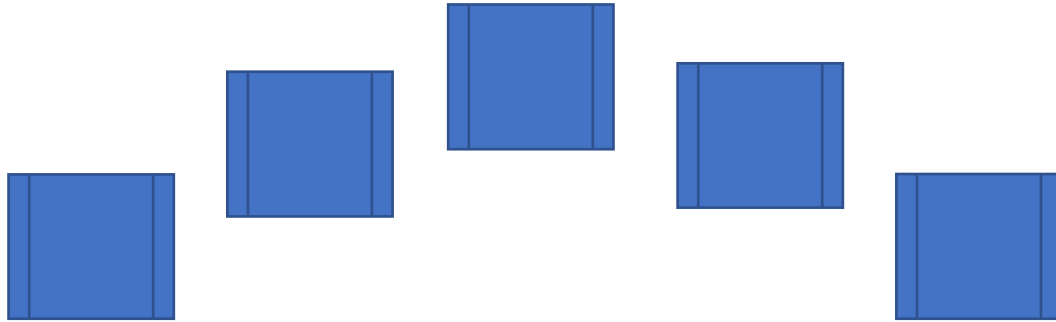
In the finals phase, the traditional 3 lifts for the snatch and 3 lifts for the clean & jerk will be granted to each athlete.

3 VENUE AND EQUIPMENT

The rules indicated in article 3 of the IWF TCCR are applied with the following exceptions:

- a) Article 3.1.1.1 – no competition platform.
- b) Article 3.1.1.3 – no stage.
- c) Article 3.1.2.1 – no jury table.
- d) Article 3.1.2.6 – no EWF table.
- e) Article 3.1.3 – no warmup area.
- f) The training area, Weigh-in room and Test Weigh-in room will be at different place.
- g) Article 3.3.6.12 – not applicable.
- h) Article 3.3.2.2. – not applicable.

5 (five) warm up/training platforms will be installed so that the athletes can perform the lifts in parallel. Those platforms will be used for warming up and competition. The platform assignment will be done following a lot drawing.



4 ATHLETES' OUTFIT

4.1 The rules indicated in article 4 of the IWF TCCR are applied with the following permission:

- The athletes' outfit can include sponsorship logos and texts without numbers of limits.
- The athletes' outfit cannot include sponsorship logos and / or texts inspired by political parties or movements, and / or recall or incite gender discrimination and / or racial discrimination and / or religious orientation discrimination.
- The athletes' outfit cannot include sponsorship logos and / or texts inspired by products and / or uses contrary to the good lifestyle (for example, but not limited to, cigarette manufacturers, alcohol producers, etc.).

5 COMPETITIONS

5.1 EWF Event Organizers must guarantee unconditional entry to all participants from all eligible EWF Member Federations.

1ST DAY

Eliminatory phase:

The athletes compete in their respective pairs of matches.

Each athlete will have 5 minutes to perform the 2 snatch attempts and 5 minutes to perform the 2 clean & jerk attempts.

The first three winning pairs (1st, 2nd and 3rd place) for each match category will advance to the semifinal phase on the second day.

2ND DAY

Semifinal phase:

The athletes compete in their respective pairs of matches.

Each athlete will have 5 minutes to perform the 2 snatch attempts and 5 minutes to perform the 2 clean & jerk attempts.

The first winning pair for each match category will advance to the final phase.

Final phase:

The 5 pairs of athletes compete in their respective pairs of matches.

Each athlete will have 10 minutes to perform the 3 snatch attempts and 10 minutes to perform the 3 clean & jerk attempts.

5.2 No loader will assist the athletes. Each matched pairs will load the weights assisted by their coaches (maximum 2 coaches are allowed to assist the weight load procedures).

5.3 The female athletes will compete first, followed by the male athletes, without time interruption between the two genders. Each gender before to start their competition will have up to 15 minutes to warming up.

5.4 The first three matched pairs that obtain the highest score will be declared the winners.

5.5 The awarding of the athletes will count only the result obtained in the total.

5.6 The score for each phase is attributed using the calculation method "Sinclair points".

5.6.1 In the event of a further tie, the first matched couple who obtained the result will have assigned them the best classification.

6 TECHNICAL OFFICIALS

6.1 The rules indicated in article 7 of the IWF TCCR are applied with the following exceptions:

- a) Article 7.2.2 – The Jury is replaced with 1 (one) ITO assigned at the video replay review.
- b) Article 7.2.3 – The official ITOs uniform is replaced with IWF Polo, pants / shorts and gym shoes.
- c) To each platform will be assigned only 1 (one) ITO.

7 AWARDS

7.1 All the participants will receive diploma of attendance.

7.2 The winners will receive:

1 st Place	- First Place trophy	Both of athletes
	- 4,000.00 €	2,000.00 € for each athlete
2 nd Place	- Second Place trophy	Both of athletes
	- 2,000.00 €	1,000.00 € for each athlete
3 rd Place	- Third Place trophy	Both of athletes
	- 1,000.00 €	500.00 € for each athlete