

**EUROPEAN WEIGHTLIFTING  
CHAMPIONSHIPS**



**CHISINAU 2025 MOLDOVA**

**REGULATIONS**



# 103<sup>rd</sup> EUROPEAN WEIGHTLIFTING CHAMPIONSHIPS

Chisinau (MDA) April 13-21, 2025

## REGULATIONS



### EUROPEAN WEIGHTLIFTING CHAMPIONSHIPS



CHISINAU 2025 MOLDOVA

**To the President / General Secretary  
EWF Affiliated Weightlifting Federations**

## INVITATION

Dear European Weightlifting Family,

We are very glad and honored to welcome all of you in Chisinau (Moldova) for the 103<sup>rd</sup> edition of the European Weightlifting Championships.

Many of you came to visit us in 2023 for the Youth & U15 EWF Championships, honoring us with your participation at Moldova's first international sport event for an Olympic sport.

Together, we will create a new chapter in the history of our favorite sport, since this will be Moldova's first international Senior tournament for an Olympic discipline!

Certainly, the acquired expertise will be used to make your stay in our country even more enjoyable, but we are also striving to surprise you with some exciting news about in our sport events.

Despite being a small country, we have great hospitality, and I hope you will return to visit us in the future; you will always be welcome!

Yours in sport,

Maxim Cojocaru  
General Secretary



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### 1. KEY DATES

<i>Activity</i>	<i>Deadline</i>
<b>Whereabouts information of Athletes wishing to compete at European championships must be properly submitted three months before the European championships and throughout the whole competition</b>	<b>13 JANUARY 2025</b>
<b>Technical Officials nomination</b>	<b>14-16 JANUARY 2025</b>
<b>Information about selected Technical Officials</b>	<b>27 JANUARY 2025</b>
<b>Preliminary Entries</b> Max 10 Main Athletes for female Max 10 Reserve Athletes for female Max 10 Main Athletes for male Max 10 Reserve Athletes for male	<b>10-13 FEBRUARY 2025</b>
<b>Final Entries</b> Max 10 Main Athletes for female Max 2 Reserve Athletes for female Max 10 Main Athletes for male Max 2 Reserve Athletes for male	<b>10-13 MARCH 2025</b>
<b>Team receives Invoices</b>	<b>14-17 MARCH 2025</b>
<b>Team Payment by bank transfer</b>	<b>18-24 MARCH 2025</b>
<b>Online Final Verification</b> Max 10 Main Athletes for female Max 10 Main Athletes for male Max two athletes for each gender	<b>02 APRIL 2025</b> <b>(09:00 AM CET)</b> - <b>03 APRIL 2025</b> <b>(09:00 PM CET)</b>
<b>EWF EB member's arrival day</b>	<b>09 APRIL 2025</b>
<b>EWF Committees, Commissions &amp; EB meetings</b>	<b>10 APRIL 2025</b>
<b>Selected Technical Officials' arrival day</b>	<b>10 APRIL 2025</b>



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<b>Publishing Start Book</b>	<b>10 APRIL 2025</b>
<b>EWF Congress Registration</b>	<b>11 APRIL 2025</b> <b>08:30-09:00 Local time</b>
<b>EWF CONGRESS</b>	<b>11 APRIL 2025</b> <b>09:00-13:00 Local time</b>
<b>EWF Electoral Congress Registration</b>	<b>11 APRIL 2025</b> <b>14:30-15:00 Local time</b>
<b>EWF ELECTORAL CONGRESS</b>	<b>11 APRIL 2025</b> <b>15:00 Local time</b>
<b>Anti-doping &amp; Fair Play Seminar</b>	<b>12 APRIL 2025:</b> <b>10:00-11:00 Local time</b>
<b>Team Manager's Meeting</b>	<b>TBC</b>
<b>ITOs meeting in Competition Hall</b>	<b>15:00-15:30 Local time</b>
<b>Test event:</b> <b>- Television Rehearsal &amp; Full Competition Systems</b> <b>- Simulations of competition with 3 local lifters and ITOs.</b> <b>Athletes Presentation, Medal Ceremony &amp; Flag Raising</b>	<b>15:30-17:00 Local time</b>
<b>Opening Ceremony</b> <b>Award Ceremony</b> <b>2024 The Best European Weightlifter</b>	<b>18:00 Local time</b>
<b>COMPETITION</b>	<b>13 - 21 APRIL 2025</b>
<b>FIRST DAY OF THE COMPETITION:</b>	<b>13 APRIL 2025</b>
<b>Halfway meeting for Technical Officials</b>	<b>17 APRIL 2025</b>
<b>LAST DAY OF THE COMPETITION:</b>	<b>21 APRIL 2025</b>
<b>Departure day</b>	<b>22 APRIL 2025</b>



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### 2. ACCOMMODATION AND FEES

Hotel Bristol
Hotel Jazz
Hotel Marriott
Hotel Radisson Blu
Hotel City Park – ITOs

Accommodation prices:	
Single Occupancy	€ 195,00 (euros) per person per day at the Hotel Radisson Blue
Single Occupancy	€ 160,00 (euros) per person per day other hotels
Twin/Double Occupancy	€ 160,00 (euros) per person per day at the Hotel Radisson Blue
Twin/Double Occupancy	€ 145,00 (euros) per person per day other hotels

Check-in: 14.00      Check-out: 12.00

The minimum stay in a hotel for the participants in the competition is four (4) nights.

*The ACCREDITATION CENTRE is located at the Hotel Bristol.*

**Entry Fee: 200 € per person.**

**IWF Special Anti-Doping Fee, paid by athletes only: 100 USD.**

**Transportation fee, airport-hotel-airport: 30 € per person**

Payment must be made by bank transfer and any bank charges for transfers or other transactions are the responsibility of the Member Federation.



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Details of the Moldavian Weightlifting federation bank: The Bank: <b>MOLDOVA AGROINDBANK</b> Address: <b>CHISINAU (MDA)</b> SWIFT Code: <b>AGRNMD2X</b> Account Holder: <b>A.O. FEDERATIA DE HALTERE DIN REPUBLICA MOLDOVA</b> Customer Address: <b>Str. Vasile Lupu 23 MD2008 – Chisinau (Republic of Moldova)</b>	
Account Number: Currency: <b>EUR</b> IBAN* <b>MD72AG000000022515298719</b>	Account Number: Currency: <b>USD</b> IBAN* <b>MD72AG000000022515298716</b>

Payments made in Euro (€) currency - Accommodation, Entry Fee, Transportation Fee.  
Payments made in US DOLLAR (USD, US\$) currency –IWF Special Anti-Doping Fee.

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 till 25 March 2025, the delegation must pay to the Local Organizing Committee, previously to the accreditation, the charge of "No-Show" per person. The charge is equal to the Accommodation Fee per person / per 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 on 13/03/2025 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 25/03/2025 and no refunds will be given.

### 3. MEDIA

All media participants must be approved in advance. No Accreditation fee is required.

Media Accreditation requests shall be submitted via e-mail to the Moldavian Weightlifting Federation and EWF.

*The EWF and Moldavian Weightlifting Federation pay special attention to Media representatives interested in the most important EWF continental competition and weightlifting, in general. In this sense, the Organizing Committee is considering extending the possibility of overnight accommodation in other hotels with more advantageous financial conditions for accredited Media Representatives.*

In case of any questions, please contact:

[office@halter.md](mailto:office@halter.md)

[media@ewf.sport](mailto:media@ewf.sport)



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### 4. COMPETITION AND TRAINING VENUE

Competition hall name: Chisinau Arena  
Strada Calea Orheiului 130, Chişinău, Moldova

Training hall name: Chisinau Arena  
Strada Calea Orheiului 130, Chişinău, Moldova  
Shuttles will be available for transportation between hotels and the hall.

### 5. ELIGIBILITY

Participation in the European Senior Championships is limited to weightlifters and team officials from the National Federation which are full members of the EWF.

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules, the Whereabouts information of the weightlifters participating in the European Senior Championships shall be submitted at a minimum of three months prior to the Event (by 13th January 2025). If you have any problems submitting your Whereabouts, please contact IMMEDIATELY [iwf@ita.sport](mailto:iwf@ita.sport) and/or [antidoping@iwf.sport](mailto:antidoping@iwf.sport)

All athletes participating are recommended to complete the WADA ADeL online course for athletes before competing. The following link will take you to the ADEL International Level Athletes Program course: <https://adel.wada-ama.org/>

Athletes and support personnel (coaches, team physicians) must register on the site, watch the videos, and pass the quiz at the end to earn a certificate, much as they did with the IWF ILiftClean platform. The certificate can be sent to: [weightlifting.education@ita.sport](mailto:weightlifting.education@ita.sport)

Please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) if athletes and athlete support personnel (coaches, team doctors, etc.) have any issues with the registration procedure.

### 6. COMPETITION RULES

The Championships will be held according to the current IWF Technical and Competition Rules & Regulations (IWF TCRR).

### 7. REGISTRATION

Participants' Registration will be conducted through the EWF e-entry system.

National Federations may access the system via the following link: <https://ewf.sportentries.com/>



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#### 8. 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.

#### 9. INSURANCE

Participating Federations must accept full moral and financial responsibility for their respective delegations.

Before departing their homeland, all participants must be covered by their respective Federations for travel and accident/injury/illness.

#### 10. EVENT CATEGORIES AND AWARDS

**Women: 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg, +87 kg**

**Men: 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg, +109 kg**

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, according to the IWF Team Classification.

Diplomas will be awarded to all participants.

#### 11. VISAS

Participants who require a visa to enter Moldova must complete the Visa Application Form and return it together with passport copies before February 8<sup>th</sup>, 2025, to e-mail:

[office@halterem.md](mailto:office@halterem.md)

The Local Organizing Committee will supply visa invitation letters to all Federations / Associations free of charge if they provide all the required documents in time.

LOC cannot guarantee the visa invitation letter if participants send their documents later than the deadline.





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### 12. TERMS AND CONDITIONS OF PARTICIPATING

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with EWF / IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), and EWF / IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the EWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by EWF and/or LOC/Sponsors and will attend all special award ceremonies where prizes or awards are presented.
- Should attend the Press Conference upon request of EWF / LOC.
- Should not participate in, support, or promote illegal betting.
- Should be responsible for all property they bring into the Event – the EWF and/or LOC shall have no responsibility for any loss or damage of this property.
- Should irrevocably release EWF & 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 EWF 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.

All participating federations and their members agree that any material recorded during the competition in which they are located may be used for EWF promotional purposes without compensation.



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### 13. FURTHER INFORMATION

#### Moldova Weightlifting Federation

MWF General Secretary  
Mr. Maxim COJOCARU

Tel.: +373 69576384 (WhatsApp)

e-mail:  
[office@haltere.md](mailto:office@haltere.md)

#### European Weightlifting Federation

EWF General Secretary  
Dr. Milan MIHAJLOVIC

Tel: +381 63 287 263 (WhatsApp)

e-mail:  
[secretariat@ewf.sport](mailto:secretariat@ewf.sport)



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### PRELIMINARY TIMETABLE

All times listed below are local 'Chisinau' time = CET + 1 = GMT + 2

Date	Time (CET +1)	Activity	
09.04.2025.		EWF EB member's arrival day	
10.04.2025.	09:00-12:00	EWF Committee/Commissions Meetings	
	15:00-18:00	EWF EB Meeting	
11.04.2025.	08:30-09:00	EWF Congress Registration	
	09:00-13:00	EWF Congress	
	14:30-15:00	EWF Electoral Congress Registration	
	15:00	EWF Electoral Congress	
12.04.2025.	10:00-11:00	Anti-doping & Fair Play Seminar	
	TBC	Team Manager's Meeting (TBC)	
	15:00-15:30	ITOs Briefing in Competition Hall	
	15:30-17:00	Test event	
	18:00	Opening Ceremony & 2024 The Best European Weightlifter Award Ceremony	
<b>COMPETITION</b>			
1 <sup>st</sup> Competition Day			
13.04.2025.	10:00	Women	SE 45B 49B 55C
	13:00	Women	SE 45A
	16:00	Women	SE 49A
	19:00	Women	SE 55B
2 <sup>nd</sup> Competition Day			
14.04.2025.	10:00	Men	SE 55B 61B
	13:00	Men	SE 55A
	16:00	Women	SE 55A
	19:00	Men	SE 61A
3 <sup>rd</sup> Competition Day			
15.04.2025.	10:00	Women	SE 59B
	13:00	Men	SE 67B
	16:00	Women	SE 59A
	19:00	Men	SE 67A
4 <sup>th</sup> Competition Day			
16.04.2025.	10:00	Women	SE 64B
	13:00	Men	SE 73B
	16:00	Women	SE 64A
	19:00	Men	SE 73A
5 <sup>th</sup> Competition Day			
17.04.2025.	09:00	Women	SE 71C



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	11:00	Women	SE 71B
	13:00	Men	SE 81B
	17:00	Women	SE 71A
	20:00	Men	SE 81A
6 <sup>th</sup> Competition Day			
18.04.2025.	10:00	Women	SE 76B
	12:00	Men	SE 89B
	15:00	Men	SE 89A
	18:00	Women	SE 76A
7 <sup>th</sup> Competition Day			
19.04.2025.	09:00	Women	SE 81B
	11:00	Men	SE 96B
	14:00	Men	SE 102B
	16:00	Women	SE 81A
	19:00	Men	SE 96A
8 <sup>th</sup> Competition Day			
20.04.2025.	09:00	Men	SE 109B
	11:00	Women	SE 87B +87B
	14:00	Men	SE 102A
	17:00	Men	SE 109A
	20:00	Women	SE 87A
9 <sup>th</sup> Competition Day			
21.04.2025.	10:00	Men	SE +109B
	13:00	Women	SE +87A
	16:00	Men	SE +109A
	19:30	Closing Ceremony	
22.04.2025	---	Departure Day	

**\*\*Please note: The competition schedule is subject to change after the online verification of final entries\*\***