



2026 EWF EUROPEAN YOUTH AND U15 CHAMPIONSHIPS

REGULATIONS

Prishtina (KOS) 20 - 27 August



INVITATION

To the President / General Secretary
Of the EWF Affiliated Weightlifting Federation

Dear Sir/Madam,

On behalf of the Organizing Committee, it is our great honor to invite your Federation to participate in the European Weightlifting Championships, to be held in Prishtina, Kosovo.

This championship will bring together top athletes from across Europe in a spirit of excellence, fair play, and unity.

The Organizing Committee is fully dedicated to delivering excellent competition facilities, professional organization, and full logistical support, including accommodation and transport arrangements for all teams.

Prishtina is a welcoming host city, and we are confident that your athletes and officials will experience both a successful competition and a warm hospitality.

We sincerely hope to welcome your Federation to Prishtina and look forward to your confirmation of participation.

Kind regards,

Arian Zogu
General Secretary and CEO



1. KEY DATES

Deadline	Activity
20 MAY 2026	<ul style="list-style-type: none">• 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
23-27 MAY 2026	<ul style="list-style-type: none">• Technical Officials nomination
03 JUNE 2026	<ul style="list-style-type: none">• Information about selected Technical Officials
17-20 JUNE 2026	<ul style="list-style-type: none">• Preliminary Entries• Max 8 Main Athletes for female,• Max 8 Reserve Athletes for female,• Max 8 Main Athletes for male,• Max 8 Reserve Athletes for male
17-20 JULY 2026	<ul style="list-style-type: none">• Final Entries• Max 8 Main Athletes for female• Max 2 Reserve Athletes for female• Max 8 Main Athletes for male• Max 2 Reserve Athletes for male
24-31 JULY 2026	<ul style="list-style-type: none">• Team receives Invoices
30 JULY 2026 (09:00 AM CET) - 31 JULY 2026 (09:00 PM CET)	<ul style="list-style-type: none">• Online Final Verification• Max 8 Main Athletes for female• Max 8 Main Athletes for male• Max two athletes for each gender
3-5 AUGUST 2026	<ul style="list-style-type: none">• Team Payment by bank transfer
10 AUGUST 2026	<ul style="list-style-type: none">• Publishing Start Book
18 AUGUST 2026	<ul style="list-style-type: none">• Selected Technical Officials' arrival day
19 AUGUST 2026 10:00-11:30 Local time	<ul style="list-style-type: none">• EWF Anti-doping & Fair Play Seminar



1. KEY DATES

Deadline	Activity
19 AUGUST 2026 17:00 Local time	<ul style="list-style-type: none">• ITOs Briefing in Competition Hall
19 AUGUST 2026 19:00 local time	<ul style="list-style-type: none">• OPENING CEREMONY
20 - 27 AUGUST 2026 20 AUGUST 2026	<ul style="list-style-type: none">• COMPETITION• FIRST DAY OF THE COMPETITION:
23 AUGUST 2026	<ul style="list-style-type: none">• Halfway meeting for Technical Officials
27 AUGUST 2026	<ul style="list-style-type: none">• LAST DAY OF THE COMPETITION
28 AUGUST 2026	<ul style="list-style-type: none">• Departure day



2. ACCOMMODATION AND FEES

Emerald Hotel, Prishtina

Check-in: 14:00, Check-out: 12:00

Accommodation prices:

- 155€ per person, per day – Single occupancy
- 130€ per person, per day – Twin/Double occupancy

The minimum stay for each delegation member is four (4) nights. No accommodation will be guaranteed unless full payment is received before August 5, 2026.

Entry Fee: €200 / per person.

IWF Special Anti-Doping Fee: 100USD / paid by Youth athletes only.

Transportation fee:

- 30€ per person, Pristina International Airport - Hotel – Pristina International Airport.

Important rules for Bank transactions:

Please note that 100% of the total payment (accommodation, entry fee, transportation fee, and IWF Special Anti-Doping fee) must be transferred by **August 5th, 2026**.

All payments must be made to the designated bank account and will be considered received only once they have been duly credited to the account by the deadline. All bank charges, transfer fees, and any other transaction-related costs shall be borne entirely by the participating teams, so that the full required amount is received.

We kindly ask that you send a bank SWIFT confirmation of the transfer made to the LOC's bank account to: prishtina2026@ewf.sport



Details for the bank wires:

Beneficiary Bank NLB Prishtina

Bank Code NLPRXKPRXXX

Beneficiary's IBAN XK05 17 01 001 011 2997 10

Name of Beneficiary Fed. Peshngritjes

EUR/USD

No-show charges: If one or more delegation members do not arrive on the date specified in the Accommodation and Transportation Form and the Organizing Committee is not informed before August 5, 2026, the delegation will be charged a no-show fee per person, equal to the accommodation rate per day.

If one or more participants arrive one or more days late, the delegation must pay for all days indicated in the submitted forms.

After the submission of the Accommodation & Transportation Form, not later than July 31, 2026, at 09:00 PM CET, 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 31 July 2026, and no refunds will be given.

The Accreditation Centre will be located at the Emerald Hotel.



3. COMPETITION AND TRAINING VENUE

Competition hall name: Emerald Hotel

Training hall name: Emerald Hotel

4. ELIGIBILITY

The participation in the 2026 European Youth championships is limited to athletes and team officials from National Federations who are full members of the EWF.

At the 2026 European U15 Championships, besides full members, IWF/EWF Associated Members can also participate, and their results will be included in the official European U15 Championships results.

In accordance with Article 5.5.16 of the IWF Anti-doping rules, for participants at the European Youth Championships, since the Competition starts on the 20th of August 2026, the Whereabouts information should be submitted for Q2 2026 by 20 May 2026 (3 months prior to the event) and should be submitted for Q3 2026 by 30th June 2026.

If you have any problems submitting your Whereabouts, please contact IMMEDIATELY iwf@ita.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 course.

<https://adel.wada-ama.org/learn/learning-plans/1/international-level-athletes-education-program-english/>

Athletes and support personnel (coaches, team physicians) must register on the site, watch the videos, and pass the quiz at the end to get the certificate, much as they did with the IWF ILiftClean platform.

The certificate can be sent to: weightlifting.education@ita.sport

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



5. COMPETITION RULES

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

IWF Official Barbell Supplier ELEIKO sport equipment will be used in competitions as well as in training.

6. 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/>

Preliminary entries must be submitted during the period of June 17–20, 2026.

A maximum of 16 athletes per gender may be registered for the Youth age group, and a maximum of 16 athletes per gender for the U15 age group.

After this date, no additions or changes will be allowed.

Coaches: All coaches from participating member federations must be registered in the IWF's International Coach License (ICL) database.

Final entries must be submitted during the period of July 17-20, 2026. Only athletes registered during the preliminary phase may be confirmed. The final list may include up to 10 athletes per gender (8 athletes + 2 reserves) for Youth and up to 10 athletes per gender (8 athletes + 2 reserves) for U15.

All coaches must be listed on the final entry form. If a coach is not registered in the ICL database, the IWF will notify the member federation and require it to register the coach without delay or remove the coach from the final entry form.



Final verification will be conducted online during the period from July 30, 2026 (09:00 AM CET) to July 31, 2026 (09:00 PM CET).

If you have any questions about the ICL database registration, contact the IWF at coachinglicence@iwf.sport

National Federations must declare the number of officials participating per delegation.

The following documents must be completed in the EWF e-entry system no later than July 24, 2026:

- Accommodation and Transportation Form
- Copy of passport
- E-photo

7. 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.

8. 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.



9. EVENT CATEGORIES AND AWARDS

European Youth Championships

Weightlifters born between 1st January 2009 and 31st December 2013 (aged between 13 and 17 years).

Girls, 8 categories: 45kg, 49kg, 53kg, 57kg, 61kg, 69kg, 77kg, +77kg
Boys, 8 categories: 55kg, 60kg, 65kg, 70kg, 75kg, 85kg, 95kg, +95kg

European Under 15 Championships

Weightlifters born between 1st January 2011 and 31st December 2013 (aged between 13 and 15 years).

Girls, 8 categories: 41 kg, 45 kg, 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, +69 kg
Boys, 8 categories: 51 kg, 55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, +85 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.



10. VISA

Most European citizens, especially from the EU, UK, and Schengen Area, can travel visa-free.

For those nations requiring a visa, it is crucial to contact LOC before June 20th, 2026.

11. MEDIA

The EWF and the Kosovo 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@ewf.sport

All media engagement for the 2026 EWF Youth & U15 Championships is coordinated exclusively by the EWF Media Office at office@ewf.sport. EWF retains sole ownership of all livestreams, broadcasts, OTT, VOD, and highlight rights.

Any commercial licensing or monetization of content requires a prior written EWF Agreement. Accredited media may capture still photographs for editorial use from approved positions. Audio-visual recording (including but not limited to live, near-live clips, and social streaming, clips, reels) is not permitted without prior written EWF Agreement. A media accreditation form will be provided by the EWF Media Team.

Only applications submitted through this form within the stated deadline will be considered.

For any questions regarding commercial rights, licensing, or monetization, please contact the EWF Media Office directly at office@ewf.sport



12. TERMS AND CONDITIONS OF PARTICIPATING

Accredited Participants – athletes, coaches, support personnel, 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);
- 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
- 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 regarding their health and wellness, and in the case of accidents or damage not attributable to the LOC.

All participating federations and their members, upon receipt of accreditation, expressly consent to the use by the EWF of any recorded material in which they are present, for EWF purposes and without compensation.



13. FURTHER INFORMATION

Kosovo Weightlifting Federation General Secretary

Mr. Arian ZOGU

KOS General Secretary

Tel.: +38348200201 (WhatsApp)

e-mail: prishtina2026@ewf.sport

European Weightlifting Federation General Secretary

Dr. Milan MIHAJLOVIC

EWF General Secretary

Tel: +381 63 287 263 (WhatsApp)

e-mail: secretariat@ewf.sport



DRAFT TIMETABLE

DATE	TIME	GENDER / AGE	BWC
20.08.2026	10:00	F U15	41
20.08.2026	12:00	F U15	45
20.08.2026	14:00	F YO	45
20.08.2026	16:00	F U15	49
20.08.2026	18:00	F YO	49
21.08.2026	10:00	M U15	51
21.08.2026	12:00	M U15	55
21.08.2026	14:00	M YO	55
21.08.2026	16:00	M U15	60
22.08.2026	10:00	M YO	60
22.08.2026	12:00	F U15	53
22.08.2026	14:00	F U15	57
22.08.2026	16:00	F YO	53
23.08.2026	10:00	F YO	57
23.08.2026	12:00	M U15	65
23.08.2026	14:00	M YO	65
23.08.2026	16:00	M U15	70
24.08.2026	10:00	M YO	70
24.08.2026	12:00	F U15	61
24.08.2026	14:00	F YO	61
24.08.2026	16:00	M U15	75
25.08.2026	10:00	M YO	75
25.08.2026	12:00	M U15	85
25.08.2026	14:00	M YO	85
25.08.2026	16:00	F U15	69
26.08.2026	10:00	F YO	69
26.08.2026	12:00	F U15	>69
26.08.2026	14:00	M U15	>85
26.08.2026	16:00	F YO	77
27.08.2026	10:00	M YO	95
27.08.2026	12:00	F YO	>77
27.08.2026	14:00	M YO	>95

* The competition schedule is subject to change after the Final Verification deadline.