2026 EWF EUROPEAN JUNIOR AND U23 CHAMPIONSHIPS

REGULATIONS

Durres (ALB) 12 - 19 October

Version 1.0: Published 22 July 2026
Version 1.1: Published 16 August 2026
Version 1.2: Published 13 September 2026
Version 1.3: Published 14 September 2026
Version 1.4: Published 19 September 2026

CHANGE LOG

Version 1.0 published 22 July 2026 ·

- **Initial release**

Version 1.1 published 16 August 2026

- **Media regulation update**

Version 1.2 published 13 September 2026

- **Updated opening ceremony time**

Version 1.3 published 14 September 2026

- **Accommodation fee change**

Version 1.4: Published 19 September 2026

- **Event logo and bank account details**

1. KEY DATES

Deadline	Activity
12 JULY 2026	Whereabouts information of Athletes wishing to compete at the European junior championships must be properly submitted three months before the European junior championships and throughout the whole competition
27-30 JULY 2026	Technical Officials nomination
06 AUGUST 2026	Information about selected Technical Officials
07-12 AUGUST 2026	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
09-12 SEPTEMBER 2026	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
19 - 21 SEPTEMBER 2026	Online Final Verification Max 8 Main Athletes for females Max 8 Main Athletes for males Max two athletes for each gender
22-24 SEPTEMBER 2026	Team receives Invoices
25-28 SEPTEMBER 2026	Team Payment by bank transfer
05 OCTOBER 2026	Publishing Start Book
10 OCTOBER 2026	Selected Technical Officials' arrival day
11 OCTOBER 2026 10:00-11:30 Local time	EWF Anti-doping & Fair Play Seminar
11 OCTOBER 2026 17:00 Local time	ITOs Briefing in Competition Hall
12 OCTOBER 2026 16:00 local time	OPENING CEREMONY
12 - 19 OCTOBER 2026	COMPETITION
12 OCTOBER 2026	FIRST DAY OF THE COMPETITION
15 OCTOBER 2026	Halfway meeting for Technical Officials
19 OCTOBER 2026	LAST DAY OF THE COMPETITION
20 OCTOBER 2026	Departure day

2. ACCOMMODATION AND FEES

Grand Blue Fafa Resort & Spa, Long Beach, Golem, Kavaje

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

Accommodation prices:

• 155€ per person, per day – Single occupancy
• 140€ 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 September 28, 2026.

Entry Fee: €200 / per person.

IWF Special Anti-Doping Fee: 100USD / paid by Junior athletes only. Transportation fee: 30€ per person,
Tirana International Airport - Hotel – Tirana 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 September 28 th , 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: durres 2026@ewf.sport

Bank: Union Bank
SWIFT/BIC: UNALALTR

EUR Account:
IBAN: **AL532141110601809215950203 25**

USD Account:
IBAN: **AL792141110601809215950202 45**

Payments made in Euro (€) currency -
Accommodation, Entry Fee, Transportation Fee.

Payments made in US DOLLAR (USD, US$) currency
IWF Special Anti-Doping Fee

No-show charges: If one or more delegation members do not arrive on the date specified in the Accommodation and Transportation Form and the Organising Committee is not informed before September 28, 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 September 21, 2026, should you require any additional hotel rooms, the LOC will try its best to accommodate your additional team members in the same hotel, however, this cannot be guaranteed.

Cancellations will not be accepted after September 28, 2026, and no refunds will be given.

The Accreditation Centre will be located at the Grand Blue Fafa Resort & Spa.

3. COMPETITION AND TRAINING VENUE

Competition hall name: Grand Blue Fafa Resort & Spa
Training hall name: Grand Blue Fafa Resort & Spa

4. ELIGIBILITY

Participation in the 2026 European Junior Championships is limited to athletes & team officials from National Federations who are full members of the EWF.

At the 2026 European U23 Championships, in addition to full members, IWF/EWF Associated Members can also participate, and their results will be included in the official European U23 Championships results.

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules, for participants at the European Junior Championships, since the Competition starts on the 12th of October 2026, the Whereabouts information should be submitted for Q3 2026 by 12 July 2026 (3 months prior to the event) and should be submitted for Q4 2026 by 30th September 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/

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 sports 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 August 07–12, 2026.

A maximum of 16 athletes per gender may be registered for the Junior age group, and a maximum of 16 athletes per gender for the U23 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 International Coach License (ICL) database.

Final entries must be submitted during the period of September 09-12, 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 Junior and up to 10 athletes per gender (8 athletes + 2 reserves) for U23.

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 September 19-21, 2026.

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 September 21, 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 Junior Championships

Weightlifters born between 1 st January 2006 and 31 st December 2011 (aged 15-20 years).

Women, 8 categories: 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 86 kg, +86 kg
Men, 8 categories: 60 kg, 65 kg. 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, +110 kg

European Under-23 Championships

Weightlifters born between 1 st January 2003 and 31 st December 2005 (aged 21-23 years).

Women, 8 categories: 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 86 kg, +86 kg
Men, 8 categories: 60 kg, 65 kg. 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, +110 kg

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each body weight 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 July 30th, 2026.

11. MEDIA

Please note that the media accreditation process will be open from 17 August to 23 September.

All media accreditation applications must be submitted exclusively through the EWF's new media accreditation platform:

https://mediaforms.ewf.sport/

All relevant terms and conditions, requirements, guidelines, and information regarding the media accreditation process are available directly on the platform.

For any questions or technical issues related to the application process or the new platform, please contact office@ewf.sport.

Please note that after the deadline of 23 September, no additional applications will be accepted or taken into consideration.

12. TERMS AND CONDITIONS OF PARTICIPATION

- 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 to 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) if 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 for 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

Albanian Weightlifting Federation
President: Mr. Elez GJOZA
Tel.: +355 67 204 1601 (WhatsApp)
e-mail: durres2026@ewf.sport

European Weightlifting Federation
EWF General Secretary: Dr Milan MIHAJLOVIC
Tel: +381 63 287 263 (WhatsApp)
e-mail: secretariat@ewf.sport

DRAFT TIMETABLE

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

Date	Session	Time
October 12, 2026	W JU 49 W JU 53 B / 57 B W JU 53 M JU 60 W U23 49 W U23 53	09:00 11:00 13:00 15:00 17:00 19:00
October 13, 2026	M JU 65 M U23 60 M U23 65 W JU 57 M JU 70 B W U23 57B	09:00 11:00 13:00 15:00 17:00 19:00
October 14, 2026	M U23 70B W U23 57 M JU 70 M JU 75 B M JU 75 W U23 61 B	09:00 11:00 13:00 15:00 17:00 19:00
October 15, 2026	M U23 70 W U23 61 W JU 61 B W JU 61 W U23 69 B M U23 75 B	09:00 11:00 13:00 15:00 17:00 19:00
October 16, 2026	W JU 69 B M U23 75 W JU 69 W U23 69 M JU 85 B M JU 85	09:00 11:00 13:00 15:00 17:00 19:00
October 17, 2026	M U23 85B M JU 95 B M JU 95 W JU 77 M U23 85 W U23 77	09:00 11:00 13:00 15:00 17:00 19:00
October 18, 2026	W JU 86 W JU +86 M JU 110 M JU +110 M U23 95	09:00 11:00 13:00 15:00 17:00
October 19, 2026	W U23 86 W U23 +86 M U23 110 M U23 +110	09:00 11:00 13:00 15:00

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