

South African Weightlifting Federation

South African Weightlifting Federation

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SCHEDULE "J" TECHNICAL AND COMPETITION RULES AND REGULATIONS

Dated: 2023/01/21 Updated: 2026/04/19 Updated: 2026/08/27

1. South African Age Categories (Master/Senior/Junior/Youth)

Age-grade: An age-grade is determined by the maximum age, as determined on 31st December of that specific year of an athlete being allowed to participate within the prescribed age-grade. For example, the oldest athlete in the U13 age-grade, would still be 13 years old on 31st December of the specific year in question.

Minimum Age: The minimum age allowed in an age-grade is determined by the age that you turn during the specific year in question.

A Senior lifter is defined as being 15 (fifteen) years of age or older as of the 31st December of the current year. (IWF SENIOR: 15+ years of age)

A Junior lifter is defined as being 15 (fifteen) years to 20 (twenty) years of age as of the 31st December of the current year. (IWF JUNIOR: 15 - 20 years of age). These will be split into the following categories for Provincial and National Competitions:

U20 (18 to 20 years),

U17 (15 to 17 years)

A Youth lifter is defined as being 17 (seventeen) years on the 31st December of the current year and younger. (IWF YOUTH: 13 - 17 years of age). These will be split into the following categories for Provincial and National Competitions:

U17 (15 to 17 years)

U14 (13 to 14 years)

Lifters under the official IWF minimum age of 13 will be catered for as follows:

U12 (11 to 12 years)

U10 (9 to 10 years)

U8 (8 years and younger)

These lifters do not form part of the IWF Youth category.

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A Master lifter is defined as being 35 (thirty-five) years and older as at 31 December of the current year. (IWF MASTERS: 35+ years of age). Master lifters will compete in age groups in accordance with the IWF-Masters regulations. (man: m35, m40, m45, m50, m55, m60, m65, m70, m75, m80, m85, women: w35, w40, w45, w50, w55, w60, w65, w70, w75, w80, w85)

2. South African Weightlifting Bodyweight Categories

Masters	Seniors	U20	U17	U14	U12	U10	U8
				44	33	29	25
				49	38	33	29
60	60	60	55	55	44	38	33
65	65	65	60	60	49	44	38
70	70	70	65	65	55	49	44
75	75	75	70	70	60	55	49
85	85	85	75	75	65	60	55
95	95	95	85	85	70	65	60
110	110	110	95	95	75	70	65
110+	110+	110+	95+	95+	75+	70+	65+

Table 1: Men's age and body weight categories

Masters	Seniors	U20	U17	U14	U12	U10	U8
				35	25	22	19
				39	30	25	22
49	49	49	45	45	35	30	25
53	53	53	49	49	39	35	30
57	57	57	53	53	45	39	35
61	61	61	57	57	49	45	39
69	69	69	61	61	53	49	45
77	77	77	69	69	57	53	49
86	86	86	77	77	61	57	53
86+	86+	86+	77+	77+	61+	57+	53+

Table 2: Women's age and body weight categories

U17 and U14 lifters who are not within 80% of the "SA Standard" (Youth) will be allowed to weigh in and be placed in any weight category at weigh-in on the day of competition. No Youth lifter should be forced to lose weight for a competition.

U12, U10 and U8 Lifter weight category entries will be determined at weigh-in on the day. No lifter in these age categories will be required to make any specific weight. Certificates are issued to lifters for participation. Provincial or national medals may be provided. These age groups cannot be entered as U14s at national championships. At provincial and club level, this will be left up to province/club discretion.

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At national championships, lifters in the U14, U17 and U20 age categories can only enter in one age category on the portal. Best lifter and team trophies will be given for youth and junior categories.

Provinces have the option to allocate U14 lifters to lighter body weight categories than indicated in the competitions policy, however, results submitted to the SAWF have to be as per prescribed IWF body weight categories.

3. South African Weightlifting Competition Grading

Level 1 Competition - Locally Hosted Competition

Not Listed on a Provincial Calendar

No standards are required here. This type of competition is mostly to introduce more people to the sport however try and affiliate lifters if possible.

Level 2 Competition – Club

Any club affiliated to the SAWF can apply to their Provincial Associations to run a Level 2 competition.

All Level 2 events are held to the same set of requirements (refer to SAWF_LocalComp_Guidelines_V1_20240502.pdf document) to ensure a good standard of competition wherever you lift in SA and must comply with the IWF rules and regulations.

These competitions form the majority of the competitions on the calendar, and they all act as qualifiers to Level 3 championships – if so determined by the Provincial Associations.

All athletes competing at Level 2 competitions have to be affiliated with the SAWF. Competition entries will therefore be done via the SAWF portal.

All coaches and support staff have to register for the competition via the portal. Only coaches as per coaches' policy will be allowed to register.

Any province not complying with the regulations as set out above will incur a formal warning and thereafter will incur financial penalties as determined by the technical committee.

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Level 3 Competition – Provincial Associations

Each Provincial Association is responsible for its own provincial championships.

These competitions make up Level 3.

All Level 3 events are held to the same set of requirements (refer to SAWF_LocalComp_Guidelines_V1_20240502.pdf document) to ensure a good standard of competition wherever you lift in SA and must comply with the IWF rules and regulations.

Qualification standards to take part in Level 3 competitions are up to the discretion of the Provincial Associations.

Provincial Associations must let the SAWF know the dates of their Level 3 competitions at the beginning of each year so that SAIDS can be notified.

All athletes competing at Level 3 competitions must be affiliated with the SAWF. Competition entries will therefore be done via the SAWF portal.

All coaches and support staff have to register for the competition via the portal. Only coaches as per coaches' policy will be allowed to register.

The following Level 3 Competitions (the "Provincial Championships") will be held on an annual basis, either separately or as a single competition:

Provincial Youth (U14/U17), Junior (U17/U20) and Senior Championships

These can be organised in conjunction with other Provincial Associations (Combined)

We strongly suggest trying to plan your Provincial Weightlifting Championship with bigger provinces to reduce the requirements of qualified referees and required equipment.

E.g: Gauteng with Limpopo, North West, Free State, Mpumalanga

Western Cape with Eastern Cape, KZN, Northern Cape

Any province not complying with the regulations as set out above will incur a formal warning and thereafter will incur financial penalties as determined by the technical committee.

Level 4 Competition – South African Weightlifting Championships

Every South African Weightlifting Championship event is a Level 4 competition, the highest level of competition in South Africa.

These competitions are sanctioned and approved by the South African Weightlifting Federation and hosted and organised by the Provincial Associations.

All Level 4 events are held to the same set of requirements (refer to SAWF_LocalComp_Guidelines_V1_20240502.pdf document) to ensure a good standard of competition wherever you lift in SA and must comply with the IWF rules and regulations.

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The qualification requirements for these events will be agreed on by the Council at the beginning of each year.

The following Level 4 Competitions (the “National Championships”) will be held on an annual basis:

SA U14, U17, U20 (Youth and Junior) Championships

SA Senior Championships

The date for the “National Championships” will be discussed and decided at the A.G.M. of the National Council.

The Provincial Associations wishing to be considered to host the National Championships must submit a proposal in writing no later than 1 month after the A.G.M. The application must be submitted to the Technical Committee of the Federation. The Technical committee will review and issue a final venue for the said competition no later than 2 months after the A.G.M.

The Proposal must include:

Venue details (size and location)

Accommodation in the area

The Proposed entry fee

The Proposed dates

Requirements to host a Level 4 competition:

The Provincial Association must be in good standing with the SAWF.

The Provincial Association must be able to meet the following duties and responsibilities:

- Acquire and pay for a suitable venue
- Supply platforms, weights (competition and warm up), scorekeeping equipment, PA system and all other necessary to run a weightlifting competition as per the IWF rules and regulations
- Organise experienced and/or trained loaders
- Arrange a suitable space for an AGM, if required
- Arrange a suitable space for SAIDS to conduct drug testing
- Run technical meeting
- Draw up preliminary and final schedule – to be approved by SAWF
- Draw up preliminary and final start lists – to be verified by SAWF
- Draw up technical official duty schedule – to be approved by SAWF
- Provide refreshments for technical officials and loaders throughout the competition.

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- Make available a training venue for traveling athletes, free of charge, at least one day prior to start of competition
- Print accreditation badges for TOs, coaches and athletes

The following are the duties and responsibilities of the SAWF:

- Assist with equipment where reasonably possible
- Arrange for technical officials to be available
- Supply medals and trophies as set out below
- Arrange for SAIDS to be present
- Approve preliminary and final schedule
- Verify preliminary and final start lists
- At SA U14, U17, U20 (Youth and Junior) Championships, the SAWF will provide gold, silver and bronze medals for U14, U17 and U20 age categories, as well as Best Lifter and Best Team Youth and Junior trophies. SAWF will also provide medals for U8/U10/U12 categories. Hosting provinces may decide whether or not to provide any other awards and prizes they deem appropriate at their own expense and if communicated to participating provinces beforehand (e.g. U14, U17, U20 team awards, or youth and junior placings within each body weight category).

Jury at Level 4 Competitions

Where possible a jury of three members shall be appointed before every National Championships. The members must all be National Referees or higher, must be in good standing with the Federation (registered) and shall be from different Provinces where possible.

Their function is to ensure that the technical rules are being applied. The same rules as stipulated in the respective International Rule Book will be applicable to the jury.

National Trials

The SAWF Technical Committee can decide to hold a national level trials for specific purposes (see selection policy). Provinces can apply to host trials, which can be run in conjunction with a L2/L3 competition if the province wishes to open it up to other athletes.

Trials have to meet the following criteria:

1. Trials have to be registered on the portal. This is to ensure that everyone taking part is registered with the SAWF. No unregistered lifters are allowed to participate in an official SAWF-sanctioned competition.

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2. The names of all athletes taking part in the trials will be sent to SAIDS **two weeks** before the start of the competition (they therefore have to be entered by then).
3. All participants have to be affiliated and enter the competition via the portal.
4. All IWF competition rules apply except that a full complement of TOs is not required (see L2 competition guidelines).
5. Calibrated competition scales have to be used.
6. Competition-standard bars and weight plates have to be used.
7. A 4x4 competition platform is required.
8. Three referees of at least provincial level is a requirement.
9. Video footage of the lifts of all those who have been invited to the trials are required as they may be requested by the selectors.
10. Results have to be submitted to the SAWF by no later than **two days after the competition**.
11. Results have to be in the correct format. Results not in the correct format will **NOT** be accepted.

Any province not complying with the regulations as set out above will incur a formal warning and thereafter will incur financial penalties as determined by the technical committee.

Level 5 International Competitions

Where the IWF has not officially sanctioned such, i.e. International Cup and Open Competitions not used for Olympic Games qualification purposes.

All Arrangements for this competition are out of pocket

No National Colours are awarded.

Level 6 International Competitions

Such as African and Commonwealth Championships (Youth, Junior, Senior)

Pre-Entry Selection will be based on the SAWF Selection Policy.

ALL arrangements related to the competition (e.g. entries, official accommodation, etc.) excluding travel arrangements (unless being paid for by the SAWF) shall be done through the SAWF. No coach or athlete shall be allowed to make special arrangements for themselves if not done via the SAWF.

The SAWF will advise Departure dates to and from the Competition, all costs for such are for the Athlete's account, unless otherwise stated.

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The SAWF will advise accommodation Rates and Dates and will be at the official hotel. All costs for such are for the Athlete's account, unless otherwise stated.

The Athlete may use their own Coach at the competition, but all costs for such are for the Athlete's account. (Accommodation and travel are as per the above).

Costume (Singlet) and Tracksuits will be for the Athlete's account, unless otherwise stated.

National Colours are awarded if appropriate standard has been met during qualification.

Level 7 International Competitions

Such as IWF World Championships (Youth, Junior, Senior)

Pre-Entry Selection will be based on the SAWF Selection Policy.

ALL arrangements related to the competition (e.g. entries, official accommodation, etc.) excluding travel arrangements (unless being paid for by the SAWF) shall be done through the SAWF. No coach or athlete shall be allowed to make special arrangements for themselves if not done via the SAWF.

The SAWF will advise Departure dates to and from the Competition. All costs for such are for the Athlete's account, unless otherwise stated.

The SAWF will advise accommodation Rates and Dates and must be at the official hotel. All costs for such are for the Athlete's account, unless otherwise stated.

The Athlete may use their own Coach at the competition, but all costs for such are for the Athlete's account. (Accommodation and travel are as per the above).

Costume (Singlet) and Tracksuits will be for the Athlete's account, unless otherwise stated.

National Colours are awarded.

Level 8 International

Such as Commonwealth Games and Olympic Games (SASCOC)

Pre-Entry Selection will be based on the SAWF Selection Policy.

Final Selection will be the discretion of SASCOC

All arrangements will be at the discretion of SASCOC

No National Colours are awarded.

4. Participation eligibility

4.1 Local club competitions including provincial championships:

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- i. Each province is responsible for establishing their own qualification standards for their own provincial championships.
- ii. Any athlete that resides within the Republic will be seen to be eligible for participation in local club competitions, including provincial championships, provided they are registered with the SAWF (which automatically includes the Province).

4.2 All National Championships (Youth (U14/U17), Junior (U17/U20), Senior)

- i. The qualifying standards to participate at any National Championship will be the "South African Championships" standard (refer to Figure 1 in the Selection Policy), which is determined by the South African Weightlifting Federation. Implementing the qualification standards will be decided by Council at the start of each year. The qualifying standards should bridge the gap between maximal representation from all provinces, while still maintaining a standard associated with this level of competition. Note – the goal is not to have athletes snatching an empty barbell at a National Senior Championships, but we also want to encourage participation that can see every division have at least a specific number of athletes entered.
- ii. Any athlete who resides within the Republic will be seen to be eligible for participation in National Championships, provided they are registered with the SAWF.
- iii. Any athlete that resides within their province, whether an SA Citizen or otherwise may participate at National Championships, represent their province and compete for medals and titles. However, no SA records can be broken unless an athlete is an SA Citizen.

4.3 International representation

- i. Only South African citizens may be eligible for national squad selection (and therefore international selection). Athletes with dual citizenship must choose which country they will represent.

5 National Calendar

The national calendar for the following year will be drawn up and discussed at the A.G.M.

The Federation would like to have an official National Calendar released on the 1st of January of each year; the National Calendar may change due to finalisation of international events.

6 South African Weightlifting Regulations for National Records

A South African Record may be broken at:

a Provincial Championship (Level 3): at least two National or higher level referees must adjudicate the lift and videos provided for review

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a Regional Championship (Level 3): at least two National or higher level referees must adjudicate the lift and videos provided for review

a National Championship (Level 4)

an International Competition (Level 5,6,7,8)

The margin of increase for a South African Record shall be 1kg, awarded to the first lifter to achieve the South African Record.

Any Lifter who is found guilty of doping will be stripped of all South African Records.

7 Membership Portal

All entries for Level 2 to 4 competitions have to be managed through the membership portal.

If it is found that athletes were allowed to lift at a Level 2 or higher competition without entering via the portal, whether or not the athlete is affiliated, the results of the competition will be declared null and void.

Each Club or Provincial Association will submit a competition application form to confirm all details.

The Club or Provincial Association banking details must be supplied with all competition details, after which the Competition will be loaded on the Portal.

The request for pay-outs must be done via an SAWF claims form and they will affect payment of funds owing to the Club or Provincial Association within 3-5 days.

A portal fee will be deducted from the entry fee as decided and agreed upon at the AGM. This is to cover banking charges.

The Cost of R50 per entry to a National Championship will be deducted from the entry fee. This will be put towards the food and drinks for the technical officials during the competition.

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This forms part of the South African Weightlifting Federation Constitution as per “ANNEXURE 1 - SCHEDULE LIST OF POLICIES AND DOCUMENTS”

This document was unanimously adopted by the Membership present at the Special General Meeting held at Virtual Meeting on the 19th day of April 2026.

Caroline Wolf

Signed by:
Caroline Wolf
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION PRESIDENT
(Name and Signature)

Antoinette Kriel

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Antoinette kriel
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION SECRETARY GENERAL
(Name and Signature)

Jon-antohein Phillips

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Jon-antohein Phillips
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION ATHLETE REPRESENTATIVE
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION COACHES REPRESENTATIVE
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