



NWF TCRR proposal 24th of August 2023:

The NWF works under the IWF TCRR with the following exceptions.

1.1.2 NWF does not recognize Masters as an age group

1.2.1 – 1.2.3 NWF does not necessarily follow the weight category order. Practical consideration is done when compiling the groups for NWF championships.

1.2.1 There are six (6) bodyweight categories for Junior men and Senior men. All competitions under NWF Technical and Competition Rules & Regulations (NCRR) must be held in the following categories:

- | | |
|---|---------|
| 1 | 73 kg |
| 2 | 81 kg |
| 3 | 89 kg |
| 4 | 96 kg |
| 5 | 102 kg |
| 6 | +102 kg |

1.2.2 There are six (6) bodyweight categories for Junior women and Senior women. All competitions under NWF TCRR must be held in the following categories:

- | | |
|---|--------|
| 1 | 55 kg |
| 2 | 59 kg |
| 3 | 64 kg |
| 4 | 71 kg |
| 5 | 81 kg |
| 6 | +81 kg |

1.2.3 There are six (6) bodyweight categories for Youth men. All competitions under NWF TCRR must be held in the following categories

- 1 61 kg
- 2 67 kg
- 3 73 kg
- 4 81 kg
- 5 89 kg
- 6 +89 kg

1.2.4 There are six (6) bodyweight categories for Youth women. All competitions under NWF TCRR must be held in the following categories

- 1 49 kg
- 2 55 kg
- 3 59 kg
- 4 64 kg
- 5 71 kg
- 6 +71 kg

1.2.7 At NWF Events each Member Federation may enter a team of maximum twelve (12) men and twelve (12) women or equalling twice as many as the number of bodyweight categories on the program of the event in each gender. However, a team may participate with maximum ten (10) men and ten (10) women. The maximum participating team must be spread amongst the bodyweight categories with a maximum of three (3) athletes per category.

3.3.5 No bibs are required at NWF championships.

3.3.6.13 Communication System is not necessary.

3.3.6.20 Video Board is not necessary, but recommended both at warm-up and competition platform if visibility is limited.

3.3.7 VPT is not necessary at NWF championships.

3.4 OFFICIAL DOCUMENTS

3.4.1 Event Regulation

3.4.1.1 Two (2) months prior to the date of the NWF Event, the host Member Federation / Organising Committee distributes the NWF Event Regulation by way of publishing it online and distributing it via email / mail to all concerned parties.

3.4.1.2 The NWF Event Regulation contains the following information:

- exact date of the NWF Event, with a detailed program of the competition and related activities
- competition and training venue
- financial conditions
- accommodation and ground transportation offered
- Media Accreditation Forms
- Preliminary Entry Forms
- Final Entry Forms
- Organising Committee contact information
- any other pertinent information

3.4.2.2 Maximum number of athletes allowed on the Preliminary Entry Form are twelve (12) men and twelve (12) women in each gender. The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

3.4.2.3 A Final Entry Form includes:

- Member Federation
- athletes' names
- athletes' date of birth
- athletes' bodyweight category
- Entry Total (a reference performance for the allocation into groups, with consideration to 6.6.5)
- accompanying Team Officials' names and functions (Team leader, coach, doctor, therapist, etc.)
- signature and date

Maximum number of athletes allowed on the Final Entry Form are ten (10) men
ten (10) women

Reserve athletes must be noted as such on the Final Entry Form.
For the NWF Championships (Senior, Junior and Youth), Only athlete(s) from the Preliminary Entry Form can be included into the Final Entry Form.

3.4.3.2 Maximum ten (10) men and ten (10) women (full team per gender) shall remain on the Verification Form, with a maximum of three (3) athletes per bodyweight

- 5.2.1 NWF gold, silver and bronze medals are awarded respectively to the first three (3) places for the Total in each of the bodyweight categories
- 6.1.3 The Preliminary Entry Form must be returned to the host Member Federation / Organising Committee (either by fax or e-mail) with a copy to the NWF Secretariat no later than sixty (60) days before the Technical Congress / Conference.
- 6.1.4 The Final Entry Form must be returned to the host Member Federation / Organising Committee (either by fax or e-mail) no later than fourteen (14) days before the Technical Congress / Conference. For the NWF Nordic Championships (Senior, Junior and Youth), only athlete(s) from the Preliminary Entry Form can be included into the Final Entry Form.
- 6.2.1 Verification of Final entries no later than 5 days prior competition.
- 6.4.1 The weigh-in of each competition day begins two (2) hours before the start of the first group. Weigh-in lasts for one (1) hour.
- 6.6.5 20 kg Rule (Regulation) The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total minus twenty (20) kg. The Jury will exclude the athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the “20 kg Rule”
- 6.8.3 Team Classification At Nordic Championships, the classification of the teams is calculated by adding the points allocated to each athlete according to the following scale:
- | | | | |
|-----------------------|----------|-----------------------|----------|
| 1 st place | 7 points | 4 th place | 3 points |
| 2 nd place | 5 points | 5 th place | 2 points |
| 3 rd place | 4 points | 6 th place | 1 point |
- 6.8.4 The points are according to the ranking in TOTAL only.
- 7.2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each NWF Event. Only International Technical Officials may work as referees at NWF Events. Each MF has a goal to send two ITOs to each Nordic championships. TOs selected to work at NWF Events must/should not be involved in coaching or assisting any athletes during the Event. National Technical Officials can be considered for TK, TC and assistant CM, if needed.
- 7.5.3 The jury consists of maximum three ITO cat I from different MFs.
- 7.7.2 At all NWF Events three (3) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee and two (2) Side Referees. Referees within one group must serve in rotating positions.
- 8.2 The NWF recognises Nordic Youth, Junior and Senior records in each of the bodyweight categories for men and women in the Snatch; Clean & Jerk and Total.