

NWF Technical and Competition Rules and Regulations (TCRR) as of February 7, 2024



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

1.2.1 – 1.2.3 NWF does not necessarily follow the weight category order as practical consideration is made when compiling the groups for NWF Championships.

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

1 under 73 kg

Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.

2 81 kg

3 89 kg

4 96 kg

5 102 kg

6 + 102 kg

Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.

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

1 under 55 kg

Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.

2 59 kg

3 64 kg

4 71 kg

5 81 kg

6 + 81 kg

Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.

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

1 under 61 kg

Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.

2 67 kg

3 73 kg

4 81 kg

- 5 89 kg
- 6 + 89 kg
Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.
- 1.2.4 NWF competitions are in (6) bodyweight categories for Youth women. All competitions under NWF TCRR must be held in the following categories:
- 1 under 49 kg
Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.
- 2 55 kg
- 3 59 kg
- 4 64 kg
- 5 71 kg
- 6 + 71 kg
Competition in this category is held with Sinclair points or similar, to be decided at the corresponding NWF Final Verification Meeting.
- 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 at NWF Championships.
- 3.3.6.20 Video Board is not necessary, but recommended both at warm-up and competition platform when 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 Three (3) 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 however, the Member Federation must declare the number of the athletes and the Team officials who will 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 and 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 or Point Competition in each of the bodyweight categories.
- 6.1.3 The Preliminary Entry Form must be returned to the host Member Federation / Organising Committee by 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 by e-mail with a copy to the NWF Secretariat 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 shall take place no later than 5 days prior to 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 shall be used.
- 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 or Point Competition only.
- 7.2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each NWF Event. MF has a goal to send at least two ITOs to Nordic championships. TOs selected to work at NWF Events should not be involved in coaching coaching or competing, however special permission may be granted by the Jury President at the Technical Meeting.
National Technical Officials can be considered for TK, TC and assistant CM, if needed.
- 7.5.3 The Jury consists of maximum three (3) Category 1 ITOs 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 IWF bodyweight categories for men and women in the Snatch; Clean & Jerk and Total.