

# NWF Technical and Competition Rules and Regulations (TCRR) as of March 20, 2025



The NWF works under the IWF TCRR with the following exceptions.  
Weight categories have been adjusted according to IWF TCRR May 7· 2025.

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 NWF competitions are in seven (7) bodyweight categories for Junior men and Senior men. All competitions under NWF TCRR must be held in the following categories:

- 1 under 65 kg Competition in this category is held with Sinclair points or similar to be decided at the corresponding NWF Final Verification meeting, if there are athletes from different IWF weight categories.
- 2 71 kg
- 3 79 kg
- 4 88 kg
- 5 94 kg
- 6 110 kg
- 7 +110 kg

1.2.2 NWF competitions are in seven (7) bodyweight categories for Junior women and Senior women. All competitions under NWF TCRR must be held in the following categories:

- 1 under 53 kg Competition in this category is held with Sinclair points or similar to be decided at the corresponding NWF Final Verification meeting, if there are athletes from different IWF weight categories.
- 2 58 kg
- 3 63 kg
- 4 69 kg
- 5 77 kg
- 6 86 kg
- 7 + 86 kg

1.2.3 NWF competitions are in seven (7) bodyweight categories for Youth men. All competitions under NWF TCRR must be held in the following categories

- 1 under 60 kg Competition in this category is held with Sinclair points or similar to be decided at the corresponding NWF Final Verification meeting, if there are athletes from different IWF weight categories.
- 2 65 kg
- 3 71 kg
- 4 79 kg
- 5 88 kg
- 6 94 kg
- 7 + 94 kg

1.2.4 NWF competitions are in seven (7) bodyweight categories for Youth women. All competitions under NWF TCRR must be held in the following categories

- 1 under 48 kg Competition in this category is held with Sinclair points or similar to be decided at the corresponding NWF Final Verification meeting, if there are athletes from different IWF weight categories.
- 2 53 kg



- 3 58 kg
- 4 63 kg
- 5 69 kg
- 6 77 kg
- 7 + 77 kg

1.2.7 At NWF Events each Member Federation may enter a team of maximum ten (10) men and ten (10) women. However, a team may participate with maximum eight (8) men and eight (8) women. The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) 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 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 ten (10) men and ten (10) 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 eight (8) men and eight (8) 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 eight (8) men and eight (8) women (full team per gender) shall remain on the Verification Form, with a maximum of two (2) 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 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 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. Each MF has a goal to send at least two (2) ITOs to Nordic championships. TOs selected to work at NWF Events should not be involved in coaching or assisting any athletes during the Event, however special permission can 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 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 IWF bodyweight categories for men and women in the Snatch, Clean & Jerk and Total.