

國際舉重總會公告

【2025 最新技術手冊 重點修正摘要】

最新技術規則更新奧運量級及定義 The total(總和)及 To compete(參賽)2 個名詞。

總和

總和成績是選手最佳抓舉成績及最佳挺舉成績相加。

選手至少完成一次抓舉及一次挺舉才有總和成績。

在分別頒發獎牌或排名時，選手將獲得各自抓舉及挺舉的單項成績排名，即使沒有總和成績。

在僅頒發總和成績的比賽，若選手抓舉試舉皆失敗，則將被淘汰，無法參加挺舉比賽，並不計總和成績。

參賽

選手在舉重台上至少完成一次抓舉試舉或挺舉試舉，不論成功與否，視為參賽。

在僅計總和的賽事中，則至少完成一次抓舉試舉，不論成功與否，皆視為參賽。

國際舉重總會公告連結：2025 TRCC 原文版請參閱

<https://iwf.sport/2025/11/05/updated-iwf-tcrr-is-now-available/>

The Total

The Total result is the sum of an athlete's best Snatch and best Clean & Jerk results.

A Total result is only achieved if the athlete is successful with at least one Snatch and one Clean & Jerk.

Athletes will still receive a classification for the individual lifts, - Snatch and Clean & Jerk - even if no Total is achieved, in events where medals or rankings are awarded separately for these lifts.

In events where medals are awarded for the Total result only, athletes who fail all Snatch attempts are eliminated and cannot continue to the Clean & Jerk, and no Total result is registered.

To compete

An athlete is deemed to have competed only if they attempt at least one lift on the competition platform in the Snatch or in the Clean & Jerk, whether successful or unsuccessful. In Total-only events, if they attempt at least one Snatch, whether successful or unsuccessful.