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技術競賽規則與規範

TECHNICAL AND COMPETITION RULES & REGULATIONS

中英文版

CHINESE – ENGLISH TRANSLATION

IWF
INTERNATIONAL WEIGHTLIFTING FEDERATION

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1 參與者 PARTICIPANTS

1.1 年齡組別 AGE GROUPS

1.1.1 在舉重運動中，比賽分為男子組與女子組。選手依指定體重級別及年齡組別進行競賽。
In the sport of weightlifting, competitions are organised for men and women. The athletes compete in specified bodyweight categories and age groups.

1.1.2 國際舉重總會（以下稱IWF）承認三個年齡組別：
The IWF recognises three (3) age groups:

i) 青少年：13至17歲
YOUTH: 13 - 17 years of age
ii) 青　年：15至20歲
JUNIOR: 15 - 20 years of age
iii) 社　會：15歲及以上
SENIOR: 15+ years of age

所有年齡組別均以選手出生年份計算。
All age groups are calculated in the athlete's year of birth.

1.1.3 奧林匹克運動會（以下稱奧運會）及青年奧運會適用國際奧會（以下稱IOC）之相關規定。
For Olympic Games and Youth Olympic Games the relevant International Olympic Committee (IOC) Rules apply.

1.1.4 國際大學運動總會（以下稱FISU）轄下賽事，適用該會相關規定。
For International University Sports Federation (FISU) governed Events the relevant FISU Rules apply.

1.2 體重級別 BODYWEIGHT CATEGORIES (REGULATIONS 規定)

1.2.1 青年男子組及社會男子組共設八個體重級別。所有依IWF技術競賽規則與規範（以下稱TCRR）舉辦之比賽，均須依下列級別及順序進行：
There are eight (8) bodyweight categories for Junior men and Senior men. All competitions under IWF Technical and Competition Rules & Regulations (TCRR) must be held in the following categories and sequence:

1 60 公斤級
2 65 公斤級
3 70 公斤級
4 75 公斤級
5 85 公斤級
6 95 公斤級
7 110 公斤級
8 110 公斤以上級

1.2.2 青年女子組及社會女子組共設八個體重級別。所有依IWF TCRR舉辦之比賽，均須依下列級別及順序進行：
There are eight (8) bodyweight categories for Junior women and Senior women. All competitions under IWF TCRR must be held in the following categories and sequence:

1 49公斤級
2 53公斤級
3 57公斤級
4 61公斤級
5 69公斤級
6 77公斤級
7 86公斤級
8 86公斤以上級

1.2.3 青少年男子組共設八個體重級別。所有依IWF TCRR舉辦之比賽，均須依下列級別及順序進行：
There are eight (8) bodyweight categories for Youth men. All competitions under IWF TCRR must be held in the following categories and sequence:

1 55公斤級
2 60公斤級
3 65公斤級
4 70公斤級
5 75公斤級
6 85公斤級
7 95公斤級
8 95公斤以上級

1.2.4 青少年女子組共設八個體重級別。所有依IWF TCRR舉辦之比賽，均須依下列級別及順序進行：
There are eight (8) bodyweight categories for Youth women. All competitions under IWF TCRR must be held in the following categories and sequence:

1 45公斤級
2 49公斤級
3 53公斤級
4 57公斤級
5 61公斤級
6 69公斤級
7 77公斤級
8 77公斤以上級

1.2.5 2028年洛杉磯奧運會體重級別：
Olympic Games Los Angeles 2028 bodyweight categories:

男子 Men:
1 65公斤級
2 75公斤級
3 85公斤級
4 95公斤級
5 110公斤級
6 110公斤以上級

女子 Women:
1 53公斤級
2 61公斤級
3 69公斤級
4 77公斤級
5 86公斤級
6 86公斤以上級

1.2.6 青年奧運會體重級別：Youth Olympic Games bodyweight categories:

待國際奧委會日後確定。To be defined later by the IOC.

1.2.7 在IWF賽事中，各國家協會（以下稱MF）最多可派出男子十六人及女子十六人參賽，或依賽事競賽規程中各性別之體重級別數量的兩倍為上限（以較少者為準）。惟各隊實際參賽人數，男子至多八人、女子至多八人，或等於賽事競賽規程中各性別之體重級別數量（以較少者為準）。代表隊之參賽名額應分配於各量級，且每個級別至多兩名選手。
At IWF Events each Member Federation may enter a team of maximum sixteen (16) men and sixteen (16) women or 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 eight (8) men and eight (8) women or equaling the number of bodyweight categories on the program of the event, in each gender, whichever is less. The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

各MF須申報實際參賽之選手及隊職員人數。
The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

例外情形：Exceptions:
- 奧運會 Olympic Games
- 青年奧運會 Youth Olympic Games
- 奧運以外之綜合性運動會 Multisport Games other than Olympics

1.2.8 於單一競賽期間，每位選手僅得參加一個體重級別，惟青少年賽事與青年/社會賽事合併舉辦時不在此限。於青少年與青年/社會合併舉辦之賽事中，主辦單位應考量競賽賽程安排，以利選手僅試舉一次。
During the course of one competition, an athlete may only compete in one (1) bodyweight category except in the case when Youth events are combined with Junior / Senior events. At Events which combine Youth with Junior / Senior, organisers must consider the competition schedule to facilitate athletes to compete only once.

2 兩式舉法 THE TWO LIFTS

2.1 通則 GENERAL

於舉重運動中，IWF承認兩式舉法，須依下列順序執行：
In the sport of weightlifting the IWF recognises two (2) lifts which must be executed in the following sequence:
a) 抓舉 The Snatch
b) 挺舉 The Clean & Jerk
兩式舉法均須以雙手執行。每式舉法最多允許三次試舉。
Both lifts must be executed with two hands. A maximum of three (3) attempts is allowed in each lift.

總和 The Total
總和為選手最佳抓舉成績與最佳挺舉成績相加之和。
The Total result is the sum of an athlete's best Snatch and best Clean & Jerk results.

選手須至少成功完成一次抓舉及一次挺舉，始得計有總和。
A Total result is only achieved if the athlete is successful with at least one Snatch and one Clean & Jerk.

於各單項（抓舉與挺舉）分別頒發獎牌或排名之賽事中，即使選手未取得總和，仍可獲得單項之名次。
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.

於僅頒發總和獎牌之賽事中，選手若抓舉三次試舉皆失敗，則遭淘汰，不得繼續參加挺舉，且不登錄總和。
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.
參賽資格 To compete
選手須於抓舉或挺舉之比賽台上至少嘗試一次試舉（無論成功與否），始視為已參賽。
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.
於僅計總和之賽事中，選手須於抓舉至少嘗試一次試舉（無論成功與否），始視為已參賽。
In Total-only events, if they attempt at least one Snatch, whether successful or unsuccessful.

2.2 抓舉 THE SNATCH

2.2.1 槓鈴水平置中於比賽台上。選手需於槓鈴後方採起始姿勢。選手握住槓鈴並屈膝。槓鈴以正握方式握持，以一連貫動作將槓鈴從比賽台上舉至雙臂完全伸直過頭，過程中雙腿可作分腿或屈膝。於此連續上舉過程中，槓鈴應保持貼近身體，並可沿大腿向上滑動。除雙腳外，身體任何部位不得觸及比賽台面。選手可自行決定由分腿或下蹲姿勢中站起恢復。舉起之重量須維持於最終靜止姿勢，雙臂及雙腿完全伸直，雙腳須站在同一直線上，且與軀體及槓鈴平面平行。選手須等待裁判發出信號後，始得將槓鈴放回比賽台上。裁判於選手身體各部位完全靜止後，即發出放下槓鈴之信號。

The barbell is centred horizontally on the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and may slide along the thighs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The athlete may recover in his / her own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The athlete waits for the Referees signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

2.3 挺舉 THE CLEAN & JERK

2.3.1 第一部分，上膊：

The first part, the Clean:

槓鈴水平置中於比賽台上。選手需於槓鈴後方採起始姿勢。選手握住槓鈴並屈膝。槓鈴以正握方式握持，以一連貫動作將槓鈴從比賽台上舉至肩部，過程中雙腿可分腿或屈膝。於此連續上舉過程中，槓鈴應保持貼近身體，並可沿大腿向上滑動。槓鈴於抵達最終位置（鎖骨、胸部或手臂完全彎曲處）前，不得觸及胸部。選手於開始上挺前，雙腳必須回到同一直線上，且雙腿完全伸直。執行上膊過程中，除雙腳外，身體任何部位不得觸及比賽台面。選手可自行調整時間站起恢復，完成時雙腳須站在同一直線上，且與身體及槓鈴平面平行。

The barbell is centred horizontally on the centre of the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palm downward and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and the barbell may slide along the thighs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The athlete may recover in his / her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

2.3.2 第二部分，上挺：
The second part, the Jerk:

選手於開始上挺前，須保持靜止且雙膝完全伸直。選手屈膝後，以雙腿及雙臂同時伸展之方式，將槓鈴向上舉至雙臂完全伸直，過程中雙腿得分腿或屈膝。選手將雙腳收回至同一直線，與軀體及槓鈴平面平行，且雙臂及雙腿完全伸直。選手須等待裁判發出信號後，始得將槓鈴放回比賽台上。
The athlete must become motionless with the knees fully extended before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his / her feet to the same line parallel to the plane of the trunk and the barbell with his / her arms and legs fully extended. The athlete waits for the Referees signal to replace the barbell on the competition platform.

裁判於選手身體各部位完全靜止後，即發出放下槓鈴之信號。
The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

於上挺前，選手得因下列原因調整槓鈴位置：
Before the Jerk, the athlete may adjust the position of the barbell for the following reasons:

a) 收回姆指或“非鉤握法” to withdraw or “unhook” the thumbs
b) 呼吸受阻 if breathing is impeded
c) 槓鈴造成疼痛 if the barbell causes pain
d) 改變握距 to change the width of the grip

上述調整槓鈴之動作，不視為上挺之額外試舉。
The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.

2.4 各種動作之通則 GENERAL RULES FOR ALL LIFTS

2.4.1 允許使用“鉤握”技術。該技術是指握槓時，以同一手之其餘手指包覆拇指。
The technique known as “hooking” is permitted. It consists of covering the thumb with the other fingers of the same hand at the moment of gripping the barbell.

2.4.2 於各式舉重中，任何試舉若槓鈴已達膝蓋高度但未完成動作，裁判應判定為“失敗”。
In both lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.

2.4.3 裁判發出放下槓鈴之信號後，選手須將槓鈴放於身體前方。槓鈴須降至肩線以下後，始得鬆握。
After the Referees’ signal to lower the barbell, the athlete must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.

2.4.4 選手若因任何原因無法完全伸直肘關節，須於比賽開始前向所有執法裁判及審判委員報告/展示此情形，並得於每次上台試舉前再次提醒裁判。此為選手個人之責任。審判委員得請賽事醫師進行檢查。
An athlete, who, for any reason, cannot fully extend the elbow(s), must report / display this fact to all on-duty Referees as well as the Jury prior to the start of competition and may remind them of this fact prior to the start of each lift when on the platform. This is the sole responsibility of the athlete. The Jury may call the Competition Doctor to examine it.

2.4.5 以下蹲方式進行抓舉或上膊時，選手得藉由身體擺動或晃動來輔助站起。
When snatching or cleaning in the squat style, the athlete may assist their recovery by swinging or rocking their body while in the squat position.

2.4.6 允許使用白堊（碳酸鎂）。
The use of chalk (magnesium carbonate) is permitted.

2.4.7 選手大腿上禁止使用油脂、油、水、滑石粉、乳霜或任何其他潤滑劑。使用禁用潤滑劑之選手，須立即將其清除。若清除過程中該選手之計時器仍在倒數，則計時持續進行，不予暫停。
The use of grease, oil, water, talcum, cream or any other lubricant on the athlete's thighs is forbidden. An athlete who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that athlete, the clock remains running.

2.4.8 選手須自行負責依IWF TCRR完成每次試舉，並使執法技術管制員滿意。
It is the sole responsibility of the athlete to complete each lift in accordance with the IWF TCRR and to the satisfaction of the on-duty Technical Officials.

2.5 違規動作 INCORRECT MOVEMENTS

2.5.1 各式舉重姿勢之違規動作 INCORRECT MOVEMENTS FOR ALL LIFTS

2.5.1.1 從懸垂姿勢拉舉，定義為：槓鈴向上時出現停頓。
Pulling from the hang, defined as: stopping the upward movement of the barbell during the pull.

2.5.1.2 執行試舉過程中，除雙腳外，身體任何部位觸及比賽台面。
Touching the platform with any part of the body other than the feet during the execution of the lift.

2.5.1.3 手臂伸展過程中出現停頓。
Pause during the extension of the arms.

2.5.1.4 以推舉動作完成者，定義為：選手於抓舉或上挺中，已達下蹲或分腿姿勢之最低點後，仍繼續伸展手臂。
Finishing with a press-out, defined as: continuing the extension of the arms after the athlete has reached the lowest point of his / her position in the squat or split for both the Snatch and the Jerk.

2.5.1.5 站立恢復過程中彎曲或伸展肘關節。
Bending and extending the elbows during the recovery.

2.5.1.6 完成試舉動作前，身體任何部分離開或觸及舉重台以外的區域者。
Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.

2.5.1.7 自肩部以上之高度鬆握槓鈴。
Dropping the barbell from above the shoulders.

2.5.1.8 未能將整個槓鈴放回舉重台上。
Failing to replace the complete barbell on the competition platform.

2.5.1.9 試舉開始時未面對中央裁判。
Not facing the Centre Referee at the beginning of the lift.

2.5.1.10 在未完成動作的狀態釋放槓鈴。
Releasing the barbell from an incomplete position.

2.5.1.11 鞋子觸碰槓鈴。若選手於試舉前以鞋子觸碰槓鈴，裁判應按紅燈（判定失敗）。若選手於試舉成功後以鞋具觸碰槓鈴，裁判之判定不予撤銷，惟審判委員將對該選手提出警告；若選手於後續試舉中再犯，該次試舉將判定為失敗。
Touching the barbell with his / her footwear. If an athlete touches the barbell with his / her footwear before the attempt the Referees must press Red. If the barbell is touched after a successful attempt with his / her footwear the Referees decision will not be reversed, however the

Jury will give a warning to the Athlete, if the Athlete repeats this action on a subsequent lift, the lift will be a No Lift.

2.5.2 抓舉之違規動作 Incorrect Movements for the snatch

2.5.2.1 舉起槓鈴過程中出現停頓。
Pause during the lifting of the barbell.

2.5.3 上膊之違規動作 Incorrect Movements for the Clean

2.5.3.1 槓鈴到達最終位置前，在胸部停頓或放置，形成“二次上膊”；此動作常稱為一個不幹淨的上膊動作。
Resting or placing the barbell on the chest at an intermediate point before its final position producing a “double clean”; often referred to as a “dirty clean”.

2.5.3.2 手肘或上臂觸及大腿或膝蓋。
Touching the thighs or the knees with the elbows or the upper arms.

2.5.4 上挺之違規動作 Incorrect Movements for the Jerk

2.5.4.1 任何明顯上挺但未完成之動作，包括軀幹下降或屈膝。
Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.

2.5.4.2 任何刻意搖晃槓鈴以獲取優勢之行為。選手於開始上挺前必須保持靜止。
Any deliberate oscillation of the barbell to gain advantage. The athlete must become motionless before starting the Jerk.

2.6 未完成之動作與姿勢 INCOMPLETE MOVEMENTS AND POSITIONS

2.6.1 試舉完成時，雙臂伸展不平均或未完全伸直。
Uneven or incomplete extension of the arms at the completion of the lift.

2.6.2 試舉完成時，雙腳及槓鈴未能與軀幹平面平行且位於同一直線上。
Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.

2.6.3 試舉完成時，膝蓋未能完全伸直。
Failing to fully extend the knees at the completion of the lift.

3 場地、器材與文件
VENUE, EQUIPMENT AND DOCUMENTS

3.1 比賽場地 FIELD OF PLAY (FOP)

於舉重運動中，比賽場地是指競賽區域，包含以下部分：
For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

- 比賽台及高臺 Competition platform and stage
- 技術管制員及競賽管理席位 Technical Officials' and Competition Management Tables
- 熱身區 Warm-up area

3.1.1 比賽台及高臺 Competition platform and Stage (REGULATIONS 規定)

3.1.1.1 所有試舉均須於比賽台上執行。
All lifts must be executed on a competition platform.

3.1.1.2 比賽台周圍須有一百公分之淨空區。該區域須平整且無任何障礙物，包括鐵片在內。
A clear area measuring one hundred (100) cm surrounding the competition platform is compulsory. This area must be flat and free from any obstacles including discs.

3.1.1.3 若比賽台置於高臺上，該高臺須符合第3.1.1條規定之規格。
If the competition platform is placed on a stage, the stage must follow the specifications in Regulation to 3.1.1.

3.1.1.4 白堊及松香須置於比賽台旁靠近選手入口處。
Chalk and rosin must be provided near the competition platform on the side of the Athlete's point of entry.

3.1.1.5 清潔消毒劑/殺菌劑、鋼刷、抹布、掃帚、手套及其他清潔用品/器具，須提供並整齊存放於比賽台/高臺旁，供加重員使用。
Cleaning disinfectant / antiseptic, wire brushes, cloths, broom, gloves and other cleaning supplies / appliances must be provided and neatly stored next to the competition platform / stage for the Loaders.

3.1.1.6 比賽台/高臺旁須備有擔架或背部擋板。
A stretcher or backboard must be provided near the competition platform / stage.

3.1.1.7 須依比賽場地配置規劃隊職員專區，但不得設於高臺上。
A zone for Team Officials must be designated relative to the FOP layout but not on the stage.

3.1.1.8 比賽得同時於多座比賽台上進行。
Competitions may be held on multiple platforms simultaneously.

3.1.2 技術管制員及競賽管理席位 Technical Officials' and Competition Management Tables

所有技術管制員及競賽管理席位（及座椅）之配置，於所有IWF賽事中均須一致。
The placement of all Technical Officials' and Competition Management Tables (and chairs) is consistent throughout all IWF Events.

3.1.2.1 審判委員席：審判委員位於可清楚且無障礙觀看比賽台及高臺之位置。審判委員席須設於距離比賽台中心最長一千公分處，位於主審與副審席位之間，且設於選手入口側。

Jury Table: The Jury is located in a place where the view of the competition platform and stage is clear and unobstructed. The Jury Table must be placed a maximum one thousand (1,000) cm from the centre of the platform, between the Centre and the Side Referees' Tables and located on the side of the athletes' point of entry.

若技術管制員之視線受高臺高度阻擋，主辦單位須提供墊高平台。
Organizers must provide platforms, as elevation for the Technical Officials if their view is impeded by the height of the stage.

3.1.2.2 裁判席：Referees' Tables:

a) 主審須坐於距離比賽台前緣四百公分處（從比賽台前緣量至主審席後緣），且與比賽台中心對齊。
Centre Referee must be seated four hundred (400) cm (measured from the front) of the competition platform to the back edge of the Centre Referee's Table, and in line with the centre of the competition platform.

b) 副審須坐於與主審相同之平行線上，距主審三百至四百公分。
Side Referees must be seated on the same line as and parallel with the Centre Referee, three hundred to four hundred (300-400) cm from the Centre Referee.

c) 候補裁判坐於比賽場地內之指定區域。
Reserve Referees sit in a designated area on the FOP.

d) 若技術管制員之視線受高臺高度阻擋，主辦單位須提供墊高平台。
Organizers must provide platforms, as elevation for the Technical Officials if their view is impeded by the height of the stage.

3.1.2.3 賽事醫師席：須於比賽台/高臺之選手入口處附近，以及依場地配置之熱身區內，為賽事醫師提供桌椅。
Competition Doctor Table: A table and chair must be provided for the Competition Doctor(s) near the athletes' point of entry to the competition platform / stage and in the warm-up area relative to the venue layout.

3.1.2.4 競賽管理席：須為競賽管理人員提供適當數量之桌椅，並設置於比賽台/高臺之選手入口側。
Competition Management Tables: Tables and chairs in a suitable quantity must be provided for the Competition Management and placed on the side of the athletes' point of entry to the competition platform / stage.

3.1.2.5 加重員位置：加重員須有指定區域及座椅，設於比賽台/高臺之選手入口對側。
Loaders' position: Loaders must have a designated area with chairs on the opposite side of the athletes' point of entry to the competition platform / stage.

3.1.2.6 IWF官員席：於世界錦標賽及奧運會中，須於與審判委員席對稱之位置，設置可供三至五人使用之桌椅。
IWF Officials' Table: At World Championships and Olympic Games a table for three to five (3-5) persons with chairs must be provided in a location symmetrical to the Jury Table.

3.1.3 熱身區 Warm-up area

3.1.3.1 為使選手準備比賽，須依場地配置於比賽台或高臺鄰近處設置熱身區。
In order to prepare for competition, athletes must be provided with a warm-up area located in close proximity to the competition platform / stage relative to the venue layout.

熱身區須配備以下設施：The warm-up area must be equipped with:

- 適當數量之編號熱身台（編號從一號開始）
  an appropriate amount of numbered warm-up platforms (numbers start at one (1))
- 依參賽選手人數提供之槓鈴、白堊、松香等
  barbells, chalk, rosin, etc. in relation to the number of competing athletes
- 連接播音系統之擴音器 loudspeakers connected with the Speaker's audio system
- 即時成績揭示板 real time scoreboard
- 試舉揭示板 attempt board
- 大會計時器 display of official timing clock
- 顯示比賽台狀況之攝影螢幕 live video feed of activity on the competition platform
- 監卡裁判及賽事醫師之桌椅 tables for Marshals and Competition Doctor
- 飲水/飲料 water / refreshments
- 供受傷使用之冰塊 ice for injuries
- 其他所需之行政桌椅 other operational tables, as required
- 浴室設備（可選擇性）bathroom facilities (preferable)

3.2 場地－其他空間 VENUE – ADDITIONAL SPACES

3.2.1 比賽場地須提供下列其他空間：
The following additional spaces must be provided at the competition venue:

- 禁藥管制站 Doping Control Station
- 附淋浴設備之更衣室 Changing rooms with shower
- 選手休息區 Athletes' Rest area
- 競賽管理辦公室 Competition Management office(s)
- 急救室/醫務室 First Aid / Medical room
- IWF會議室 IWF Meeting room
- IWF辦公室（會長、秘書長及秘書處）
  IWF Offices (President, General Secretary and Secretariat)
- 新聞中心 Press Centre
- 三溫暖 Sauna
- 技術管制員室 Technical Officials' room
- 訓練區（得設於他處，但以設於比賽場地內為佳）
  Training area (may be at a different location, but preferably at the competition venue)
- 貴賓室 VIP room
- 過磅室及試磅室 Weigh-in room and Test Weigh-in room

3.2.2 比賽場地內或其他空間中，僅允許IWF授權之專業相機、錄影設備或無人機進入。
Only IWF authorized professional cameras, recording equipment or drones allowed in the Venue, within the FOP or in additional spaces.

3.3 運動器材 SPORT EQUIPMENT

3.3.1 通則 General Provisions

3.3.1.1 依據IWF授權計畫，合格供應商分為兩級。
According to the IWF Licensing Programme, there are two (2) tiers of approved Suppliers.

官方供應商（第一級）及認證供應商（第二級）得使用之賽事及供應商列表如下：
The Official Supplier/1st tier and the Certified suppliers/2nd tier. Below is the list of events and suppliers which can be used:

官方供應商 OFFICIAL SUPPLIER

IWF舉重賽事 IWF weightlifting events

- 奧運會及青年奧運會 Olympic Games & Youth Olympic Games
- 奧運會及青年奧運會之資格賽
  Qualification events for the Olympic Games and Youth Olympic Games
- IWF世界錦標賽、IWF大獎賽及其他IWF賽事
  IWF World Championships, IWF Grand Prix and other IWF events
- 洲際及區域錦標賽 Continental and Regional Championships
- 洲際、區域及其他綜合性運動會 Continental, Regional and other Multisport Games
- 任何其他舉重賽事 Any other weightlifting events

認證供應商 CERTIFIED SUPPLIER

舉重賽事 Weightlifting events

- 洲際及區域錦標賽（奧運會或青年奧運會之資格賽除外）
  Continental and Regional Championships (except for the qualification events of the Olympic Games or the Youth Olympic Games)
- 洲際、區域及其他綜合性運動會（奧運會、青年奧運會及其資格賽除外）
  Continental, Regional and other Multisport Games (except for the Olympic Games, the Youth Olympic Games and the qualification events thereof)
- 任何其他區域性或全國性舉重賽事
  Any other regional or national weightlifting events

3.3.1.2 世界錦標賽（青少年、青年及社會）、世界大學錦標賽、大獎賽及洲際奧運資格賽，均須強制使用IWF技術與資訊系統。
The application of the IWF Technology and Information System (TIS) is obligatory at World Championships (Youth, Junior and Senior), World University Championships, Grand Prix and Continental Olympic Qualification Events.

3.3.2 比賽台 Platform (REGULATIONS 規定)

3.3.2.1 IWF授權使用兩種比賽台：比賽台及訓練/熱身台。兩種類型之比賽台均須符合授權規格。

Two types of platforms are authorised for use by the IWF: Competition and Training / Warm-up platforms. Both types of platforms must meet the authorised specifications.

3.3.2.2 比賽台：Competition platform:

- 正方形 square
- 每邊長四百公分 measures four hundred (400) cm on each side
- 高度十公分 measures ten (10) cm in height

3.3.2.3 訓練/熱身台：Training / warm-up platform:

- 寬三百公分 measures three hundred (300) cm wide
- 長二百五十至三百公分 measures two hundred fifty to three hundred (250-300) cm in length

3.3.3 槓鈴 Barbell (REGULATIONS 規定)

3.3.3.1 槓鈴由下列部分組成：The barbell consists of the following parts:

- 槓軸 Bar
- 鐵片 Discs
- 槓鎖 Collars

3.3.3.2 槓軸 Bar

槓軸分為兩種：男子槓軸及女子槓軸。兩種槓軸均須符合下列授權規格：
There are two (2) types of bars: men's and women's bars. Both types of bars must meet the following authorized specifications:

3.3.3.3 男子槓軸重20公斤。
A men's bar weighs twenty (20) kg.

3.3.3.4 女子槓軸重15公斤。
A women's bar weighs fifteen (15) kg.

3.3.3.5 鐵片 Discs

IWF授權使用兩種鐵片：比賽鐵片及訓練鐵片。兩種鐵片均須符合下列授權規格：
Two types of discs are authorised for use by the IWF: Competition and Training discs. Both types of discs must meet the following authorized specifications:

3.3.3.6 比賽鐵片：（重量以公斤計，對應顏色如下）
Competition discs: *(weights in kg with corresponding colour)*

25 公斤	紅色	25 kg	red
20 公斤	藍色	20 kg	blue
15 公斤	黃色	15 kg	yellow
10 公斤	綠色	10 kg	green
5 公斤	白色	5 kg	white
2.5 公斤	紅色	2.5 kg	red
2 公斤	藍色	2 kg	blue
1.5 公斤	黃色	1.5 kg	yellow
1 公斤	綠色	1 kg	green
0.5 公斤	白色	0.5 kg	white

3.3.3.7 訓練鐵片 Training discs

- 得以上表所列顏色製造 manufactured in coloured weights as listed above
- 亦得製成黑色，並以對應顏色之邊緣標示，且註明"訓練用"
  may be manufactured in black with corresponding coloured rims and demarcated with "Training"

3.3.3.8 槓鎖 Collars

為將鐵片固定於槓軸上，每支槓鈴須配備槓鎖。槓鎖須符合下列授權規格：
In order to secure the discs to the bar, each bar must be equipped with collars. Collars must meet the following authorised specifications:

- 每支槓鈴兩個槓鎖 two (2) collars per barbell
- 每個重2.5公斤 weight = 2.5 kg each

3.3.3.9 比賽台及熱身區均須使用比賽鐵片。
Competition discs must be used on the Competition platform as well as in the Warm-up area.

3.3.3.10 訓練鐵片得使用於訓練場地，惟奧運會及青年奧運會除外，或IWF另有決定者從其規定。
Training discs may be used in the training venue, except for the Olympic Games, the Youth Olympic Games, or as otherwise decided by the IWF.

3.3.3.11 加重表 Loading Chart (REGULATIONS 規定)

鐵片須安裝於槓軸套筒上，并以槓鎖固定。最重的鐵片須裝於最內側，其餘較輕之鐵片則依重量遞減順序向外排列。安裝完成後，須確保執法裁判及審判委員均能清晰辨識各鐵片之重量。
Discs are loaded and secured by collars on the sleeve of the bar. The bar is loaded with the heaviest discs first and then the lighter discs loaded in descending order of weight toward the outer edge of the bar. Discs must be loaded so that both the on-duty Referees and Jury can identify the weight of each disc.

3.3.3.12 每場競賽須提供足量之男子及女子槓鈴組與額外鐵片。（參閱IWF指引）
An adequate number of sets of men's and women's barbells and additional discs must be provided for each competition. (Refer to IWF Guidelines.)

3.3.4 磅秤 Scales (REGULATIONS 規定)

3.3.4.1 世界錦標賽、奧運會及其他特定IWF賽事，須準備多台同款磅秤。
At World Championships, Olympic Games and other select IWF Events, multiple identical scales are required.

3.3.5 選手號碼布/選手通行證/熱身區通行證/挑戰卡 (REGULATIONS 規定)
Athlete Bibs / Athlete Passes / Warm-up Passes / Challenge Cards

3.3.5.1 選手號碼布供競賽期間辨識選手身分使用。各組選手均獲發選手號碼布，其上標示選手之分配試舉號碼。
Athlete Bibs are worn for athlete identification during competition. Athlete Bibs are supplied to athletes in each group indicating the athletes' allocated start numbers.

3.3.5.2 選手通行證發予各組參賽選手，僅於指定組別有效。
Athlete Passes are issued to competing athletes in each group and are valid only for the specified group.

3.3.5.3 熱身區通行證供競賽期間辨識隊職員身分使用。熱身區通行證發予各組隊職員，僅於指定組別有效。
Warm-up passes are worn for Team Officials' identification during competition. Warm-up passes are issued to Team Officials in each group and are valid only for the specified group.

3.3.5.4 挑戰卡用於發給選手/隊職員，以挑戰對裁判/審判委員的判決。每位選手一張挑戰卡。
Challenge Cards are issued to Athletes / Teams to challenge Referees' / Jury's decision. One (1) Challenge Card shall be provided for each athlete.

3.3.6 技術與資訊系統 Technology and Information System (TIS)

技術與資訊系統為一套複雜且整合之競賽管理應用系統，包含競賽管理軟體及下列硬體設備：
The TIS is a complex and integrated competition management application including the competition management software and the following hardware:

3.3.6.1 裁判燈系統 Referee Light System (REGULATIONS 規定)

3.3.6.2 裁判燈系統為裁判評定試舉之工具。
The Referee Light System is the means by which Referees adjudicate the lifts.

3.3.6.3 裁判燈系統包含三位裁判各一個按燈器，以及審判委員之控制台。
The Referee Light System consists of one (1) control box for each of the three (3) Referees and a control panel for the Jury.

3.3.6.4 每位裁判須依據相關規則，按下白色按鈕表示“成功”，或按下紅色按鈕表示“失敗”，以發出“放下”信號。
Each of the Referees must give the “Down” signal by pressing the white button for a “Good lift” or the red button for “No lift”, according to the relevant rules.

3.3.6.5 當兩位裁判作出相同判定時，即發出視覺及聽覺之“放下”信號，指示選手將槓鈴放回比賽台上。
When two (2) of the Referees have provided identical decisions, a visual and audible “Down” signal is given to the athlete to replace the barbell on the competition platform.

3.3.6.6 若一位裁判按下白色按鈕，另一位裁判按下紅色按鈕，第三位裁判尚未按燈，該名裁判可以聽到由控制箱發出催促他速作判決的間歇性的信號，提示其須作出判定。
If one (1) Referee presses the white button and another Referee presses the red button and the third Referee does not press either, the latter hears an intermittent audible signal from the control box prompting him / her that a decision is required.

3.3.6.7 該信號僅為提醒裁判之用；裁判須對“成功”或“失敗”之判定確實確認。該信號不應迫使裁判作出判定。當三位裁判中有兩位已按出兩個白燈或兩個紅燈，且“放下”信號已發出（視覺及聽覺），尚未作出判定之裁判會經由間歇性聲響信號被提醒須作出判定。
The signal is only a reminder to the Referee; the Referees must be certain in their decision of “Good lift” or “No lift”. The signal should not force the Referee to make a decision. When two (2) white lights or two (2) red lights have been given by two (2) of the three (3) Referees and the “Down” signal has been seen and heard, the Referee who has not provided a decision is reminded to give his / her decision by way of the intermittent audible signal.

3.3.6.8 三位裁判作出判定後三秒，“判決燈”亮起，以紅燈或白燈對應顯示各裁判之個別判定。判決燈至少持續亮起三秒。
Three (3) seconds after the three (3) Referees have given their decision; the “decision lights” light up, indicating the individual decision of the Referees by corresponding colours, either red or white. The decision lights remain lit for a minimum of three
(3) seconds.

3.3.6.9 於視覺及聽覺之“放下”信號發出後，至判決燈亮起前，裁判有三秒之時間可更改判定。若裁判逾三秒未及更改，須舉起所備之小旗，以表示更改判定。
After the visible and audible “Down” signal and before the decision lights operate, the Referees have a three (3) second window to reverse their decision. If a Referee misses the three

(3) second window he / she must raise the small flag provided to them to indicate a change in decision.

3.3.6.10 當“放下”信號已發出且“判決燈”亮起，選手仍未放下槓鈴時，主審須口頭喊“放下”並以手勢指示選手將槓鈴放回比賽台上。
When the “Down” signal has been given and the “decision lights” are on and the athlete does not lower the barbell, the Centre Referee must say “Down” and signal the athlete to replace the barbell to the competition platform.

3.3.6.11 競賽期間，審判委員透過控制台監督裁判之工作。裁判每次作出判定時，控制台上之燈號即時亮起，審判委員得據以核驗。可辨識裁判判定速度過慢、過快或未作判定，以利即時或後續處理。
During the competition, the Jury monitors the work of the Referees through a control panel. Every decision by the Referees may be verified as the lights on the control panel light up instantly when the Referees make a decision. Slow, fast or no decision(s) may be identified for immediate or further action.

若審判委員欲召集任一位裁判至審判委員席，由審判委員長按下控制台上之按鈕，向該裁判發出聽覺信號。
Should the Jury want to call any of the Referees to the Jury Table, the Jury President does so by pressing the button on the control panel, which gives an audible signal to the Referee(s) in question.

3.3.6.12 審判委員操作設備 Jury Control Unit (REGULATIONS 規定)

審判委員使用審判委員席上之設備，對每次試舉作出判定。每位審判委員備有一組含紅白按鈕之裝置。
Jury members give their decision on each lift using the equipment located on the Jury Table. Each Jury member has a device with a red and white push button.

3.3.6.13 通訊系統 Communication System

須提供對講機或電話系統，供審判委員、競賽管理及監卡裁判間直接通訊使用。
An intercom or telephone system must be provided for direct communication between the Jury, Competition Management and Chief Marshal.

3.3.6.14 計時鐘 Timing Clock (REGULATIONS 規定)

須使用具倒數模式之電子計時鐘，以秒為單位遞減。計時鐘須可設定至多十五分鐘之任何時間。
An electronic timing clock with countdown mode in increments of one (1) second must be used. The timing clock must be able to be set to any time up to fifteen (15) minutes.

3.3.6.15 試舉揭示板 Attempt Board

試舉揭示板須設置於比賽場地上，包括比賽區及熱身區。
An Attempt Board must be displayed on the FOP, both in the competition area and warm-up area.
試舉揭示板須顯示下列資訊：
The following information must be displayed on the Attempt Board:

- 姓名（姓氏以大寫字母顯示；名字首字母大寫，其餘字母小寫） name (family name displayed upper case text; followed by given name in upper case for the first letter and lower case for subsequent text)
- IWF / IOC代碼 IWF / IOC code
- 試舉重量 weight to be taken
- 試舉次數 attempt number

- 選手試舉號碼 athlete start number
- 裁判判定（若未於他處顯示） Referees' decision, if not displayed elsewhere
- 計時鐘（若未於他處顯示） timing clock, if not displayed elsewhere

3.3.6.16 成績揭示板 Scoreboard

成績揭示板須設置於比賽場地內之顯眼位置，包括比賽區及熱身區，以即時記錄及顯示該級別之賽事進展與成績。熱身區之成績揭示板須依試舉號碼順序顯示。觀眾席之成績揭示板得依排名順序顯示。
Scoreboards must be set up in a prominent place in the FOP, both in the competition area and warm-up area in order to record and display the progress and results of the specific category as it happens. The warm-up area, scoreboard(s) must always be in start number order (as a Real Time Display System). Spectators, scoreboard(s) can be in ranking order.

3.3.6.17 成績揭示板須顯示該組所有選手及前組前三名選手之下列資訊：
The scoreboard must contain the following information for all athletes in the group being contested and for the top three (3) athletes from the previous groups:

- 選手試舉號碼（依號碼順序排列）（比賽開始前） athlete start number, in numerical order (before the competition)
- 選手試舉號碼（依號碼順序或排名順序排列）（比賽開始後） athlete start number, in numerical order or ranking order (once competition has been started)
- 各選手之姓名（依分配試舉號碼） name of each athlete according to the allocated start number
- 出生年份 year of birth
- IWF / IOC代碼 IWF / IOC code
- 三次抓舉試舉 three (3) attempts in the Snatch
- 三次挺舉試舉 three (3) attempts in the Clean & Jerk
- 總和 Total
- 最終名次 final classification
- 標注唱名選手及下一名預備選手indication of the athlete called and the one to follow next

3.3.6.18 成功與失敗之試舉須以不同方式標示（如刪除線或顏色區分）
Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.3.6.19 記錄顯示 Record Display

該級別之紀錄須顯示於比賽場地上。紀錄資訊須於整組比賽期間持續顯示，且於新紀錄產生時立即更新。
The records of the category contested must be displayed on the FOP. The information on the records must be available throughout the entire group and must be updated immediately when a new record is set.

3.3.6.20 影像螢幕 Video Board(s)

比賽場地內之比賽區及熱身區均須設置影像螢幕。
Video screen(s) must be provided on the FOP, both in the competition area and warm-up area.

3.3.7 影片回播技術 Video Playback Technology (VPT) (REGULATIONS 規定)

3.3.7.1 影片回播技術為於提出異議或審判委員意見不一致時，用以覆核裁判/審判委員判定之技術。

VPT is technology to review the Referees' / Jury's decision if challenged or in case of disagreement within the Jury.

3.3.7.2 社會、青年及青少年世界錦標賽、奧運會及青年奧運會、洲際及區域錦標賽，以及任何列為奧運資格賽之世界級賽事，均須強制使用影片回播技術。
At World Senior, Junior and Youth Championships, Olympic and Youth Olympic Games, at Continental and Regional Championships and any other World Events assigned as an Olympic Qualification Event, it is obligatory to apply VPT.

3.4 正式文件 OFFICIAL DOCUMENTS

3.4.1 賽事規程 Event Regulation

3.4.1.1 主辦MF/組織委員會應於IWF賽事日期前四個月，以線上公布及電子郵件/郵寄方式，將IWF賽事規程分送所有相關單位。
Four (4) months prior to the date of the IWF Event, the host Member Federation / Organising Committee distributes the IWF Event Regulation by way of publishing it online and distributing it via email / mail to all concerned parties.

3.4.1.2 IWF賽事規程應包含下列資訊：
The IWF Event Regulation contains the following information:

- IWF賽事之確切日期，含競賽及相關活動之詳細日程 exact date of the IWF Event, with a detailed program of the competition and related activities
- 比賽場地及訓練場地 competition and training venue
- 各量級之參賽總和最低標準（適用於社會世界錦標賽者） Minimum Entry Totals for each bodyweight category (for World Senior Championships, if applied)
- 財務條件 financial conditions
- 膳宿及當地交通 accommodation and ground transportation offered
- 媒體認證表 Media Accreditation Forms
- 初次報名表 Preliminary Entry Forms
- 最後報名表 Final Entry Forms
- 組織委員會聯絡資訊 Organising Committee contact information
- 其他相關資訊 any other pertinent information

3.4.2 報名表 Entry Forms

3.4.2.1 初次報名表應包含下列資料：
A Preliminary Entry Form includes:

- MF Member Federation
- 選手姓名 athletes' names
- 選手出生日期 athletes' date of birth
- 選手體重級別 athletes' bodyweight category
- 報名總和（作為分組參考依據，參酌第6.6.5條） Entry Total (a reference performance for the allocation into groups, with consideration to 6.6.5)
- 隨行隊職員姓名及職稱（領隊、教練、隊醫、防護員等） accompanying Team Officials' names and functions (Team leader, coach, doctor, therapist, etc.)
- 簽名及日期 signature and date

3.4.2.2 初次報名表上最多可登錄男子十六人及女子十六人，或依賽事競賽規程中各性別之體重級別數量的兩倍為上限。

Maximum number of athletes allowed on the Preliminary Entry Form are sixteen (16) men and sixteen (16) women or twice as many as the number of bodyweight categories on the program of the event in each gender.

MF須申報實際參賽之選手及隊職員人數。
The Member Federation must declare the number of the athletes and the Team officials who will actually participate.

3.4.2.3 最後報名表應包含下列資料：
A Final Entry Form includes:

- MF Member Federation
- 選手姓名 athletes' names
- 選手出生日期 athletes' date of birth
- 選手體重級別 athletes' bodyweight category
- 報名總和（作為分組參考依據，參酌第6.6.5條） Entry Total (a reference performance for the allocation into groups, with consideration to 6.6.5)
- 隨行隊職員姓名及職稱（領隊、教練、隊醫、防護員等） accompanying Team Officials' names and functions (Team leader, coach, doctor, therapist, etc.)
- 簽名及日期 signature and date

最後報名表上最多可登錄男子十人及女子十人，或依賽事競賽規程中各性別之體重級別數量加二為上限（以較少者為準）；此包含各性別最多之參賽選手人數加兩名替補選手。替補選手須於最後報名表中註明。
Maximum number of athletes allowed on the Final Entry Form are ten (10) men and ten (10) women or equaling the number of bodyweight categories on the program plus two (2) in each gender, whichever is less; this consists of a maximum number of participating athletes plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form.

僅初次報名表上之選手得列入最後報名表。
Only athlete(s) from the Preliminary Entry Form can be included into the Final Entry Form.

3.4.3 確認表 Verification Form

3.4.3.1 確認表包含下列資料（須與最後報名表一致）：
The Verification Form includes – with data in accordance with the Final Entry Form:

- MF Member Federation
- 選手姓名 athletes' names
- 選手出生日期 athletes' date of birth
- 選手體重級別 athletes' bodyweight category
- 報名總和 Entry Total
- 簽名及日期欄位 signature and date line

3.4.3.2 確認表上最多登錄男子八人及女子八人（各性別之完整隊伍），或依賽事競賽規程中各性別之體重級別數量為上限（以較少者為準），且每個體重級別至多兩名選手，惟不同年齡組別賽事合併舉辦時不在此限。
Maximum eight (8) men and eight (8) women (full team per gender), or equaling the number of bodyweight categories on the program whichever is less, shall remain on the Verification Form, with a maximum of two (2) athletes per bodyweight category, unless events of different age groups are held together.

3.4.4 出賽名單 Start List Package

3.4.4.1 出賽名單包含：The Start List Package includes:

- 賽程表：比賽日期、時間、組別及技術職員指派
  Timetable, indicating the date and time of competitions, groups, TOs' assignment
- 技術職員名單及其分組配置
  List of Technical Officials and their group allocation
- 各組出賽名單，含選手抽籤號碼、姓名、出生日期、IWF/IOC代碼及報名總和
  Start Lists for each group, including athletes' lot numbers, names, date of birth, IWF / IOC code, Entry Totals

3.4.5 過磅表 Weigh-in List

3.4.5.1 過磅表依各組別分別印發，須包含所有選手之下列資訊：
Issued for each group, the Weigh-in List must contain the following information for all athletes:

- 抽籤號碼 lot number
- 姓名 name
- 出生日期 date of birth
- IWF / IOC代碼 IWF / IOC code
- 報名總和 Entry Total
- 體重 bodyweight
- 抓舉及挺舉之第一次試舉重量 first attempts in Snatch and Clean & Jerk
- 出席過磅之技術職員簽名 signatures of Technical Officials attending the weigh-in

3.4.6 選手卡 Athlete's Card

3.4.6.1 選手卡為每位選手各發一張，為正式文件，用以記錄選手之申報重量、試舉成績，以及依本規章允許之隊職員/選手簽名或簡簽。

The Athlete's Card is issued for each athlete and is the official document to record the athletes' declarations, attempts and Team Officials / athletes' initials or signature as allowed by the TCRR.

每張選手卡包含下列選手資訊：

Each Athlete's Card contains the following athlete information:

- 姓名 name
- 出生日期 date of birth
- IWF / IOC代碼 IWF / IOC code
- 體重級別 bodyweight category
- 組別（如適用） group, if applicable
- 報名總和 Entry Total
- 試舉號碼（於過磅完成後分配） start number, assigned at the completion of weigh-in

3.4.7 成績記錄表 Protocol

3.4.7.1 競賽紀錄表得以手寫或電腦產生，為認證各組成績之正式文件，包含每位選手之下列資訊：
The Protocol, either handwritten or computer generated is the official document certifying the results of each group and contains the following information of each athlete:

- 試舉號碼 start number
- 抽籤號碼 lot number
- 姓名 name
- 出生日期 date of birth
- IWF / IOC代碼 IWF / IOC code
- 體重 bodyweight
- 兩種動作之所有試舉 all attempts for both lifts
- 總和 Total

- 記錄（如適用） records, if applicable
- 審判委員長/競賽主任（同國內賽會之裁判長）/技術長之簽名 signatures of Jury President and / or Competition Director / TD

3.4.7.2 成功與失敗之試舉須以不同方式標示（如刪除線或顏色區分）。
Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.4.8 成績冊 Final Results Package

3.4.8.1 成績冊得以紙本或電子/數位格式製作，於賽事結束後分送各代表團及所有相關單位，其內容須包含：
The Final Results Package produced either in hardcopy or electronic / digital format is distributed to the delegations and all concerned parties at the end of the Event and must contain:

- 賽程表 Timetable
- 團體排名：含團體名次、IWF/IOC代碼、積分、選手人數
  Team Classification; including team rankings, IWF / IOC codes, classification points, number of athletes
- 各量級之抓舉、挺舉及總和：含名次、姓名、出生日期、IWF/IOC代碼、試舉（成功與失敗須以不同方式標示）及成績
  Results of Snatch, Clean & Jerk and Total in each bodyweight category; including ranking, name, date of birth, IWF / IOC code, attempts (with successful and unsuccessful attempts differently marked) and result
- 新紀錄：含體重級別、姓名、出生日期、IWF/IOC代碼、紀錄重量
  New records; including bodyweight category, name, date of birth, IWF / IOC code, record weight
- 成績記錄表 Protocol

4 選手裝備 ATHLETES' OUTFIT

4.1 通則 GENERAL

4.1.1 選手須穿著舉重服裝及運動鞋。
Athletes must wear a weightlifting costume and sport footwear.

4.1.2 選手得依相關規定穿著下列服裝及配件：
Athletes may wear the following outfit according to the relevant rules:

- 緊身衣 Unitard
- T恤 T-shirt
- 短褲 Shorts
- 襪子 Socks
- 皮帶 Belt
- 繃帶 Bandage(s)
- 敷料膠布 Sticking plaster(s)
- 貼布 Tape(s)
- 手套/握力帶 Glove(s) and / or Palm Guard(s)
- 內衣褲 Undergarment(s)
- 首飾/配件 Jewelry / Accessories
- 頭飾 Hair adornment(s)
- 宗教性頭飾/頭部裝飾 Religious head gear / Head gear

4.2 舉重衣 COSTUME

4.2.1 選手須穿著一件符合下列規定之舉重衣：
Athletes must wear only one weightlifting costume which complies with the following criteria:

- 須為一件式 must be one piece
- 須為無領 must be collarless
- 顏色不限 may be of any colour
- 不得覆蓋手肘 must not cover the elbows
- 不得覆蓋膝蓋 must not cover the knees

4.2.2 舉重衣上得標示或裝飾選手之：
Costumes may be decorated or marked with the athlete's:

- 姓名 name
- 暱稱 nick name
- 所屬俱樂部名稱club name
- MF/國家奧會（以下稱NOC）Member Federation / NOC
- 國（會）徽 national emblem

4.3 比賽用鞋 FOOTWEAR

4.3.1 選手須穿著運動鞋。Athletes must wear sport footwear.

4.4 舉重皮帶 BELT

4.4.1 使用舉重皮帶；如有使用，須繫於舉重服外側。
A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.

4.4.2 舉重皮帶最大寬度為十二公分。The maximum width of the belt is twelve (12) cm.

4.5 繃帶、敷料膠布及貼布 BANDAGES, STICKING PLASTERS AND TAPES

4.5.1 繃帶是以多種材質製成之非黏性包紮用品；最常見材質為紗布、醫療縐布、氯丁橡膠/橡膠或皮革。
Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene / rubber or leather.

4.5.1.1 繃帶長度不限。There is no limit to the length of the bandages.

4.5.1.2 膝部得佩戴一體式彈性繃帶、氯丁橡膠/橡膠護膝片或髕骨保護套，以利活動自如。護膝繃帶/保護套不得以扣環、繫帶、鯨鬚、塑膠或金屬絲加固。
One-piece elastic bandages, neoprene / rubberised kneecaps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire.

4.5.1.3 繃帶得佩戴於手部內外側，並可固定於腕部。
Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.

4.5.1.4 繃帶在任何時候均不得固定於槓鈴上。
Bandages must not be attached to the barbell at any time.

4.5.1.5 佩戴於軀幹上之繃帶須著於舉重服內。
Any bandage worn on the trunk must be worn under the costume.

4.5.1.6 手肘區域十公分範圍內不得佩戴繃帶或任何替代物。該十公分範圍是指肘關節上下各五公分。
No bandages or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.

4.5.2 膠布為小型黏性敷料，通常以織物、塑膠或乳膠橡膠製成，內含吸水墊片，用於覆蓋小型傷口。
Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.

4.5.2.1 得視需要佩戴膠布以保護小型傷口。
Sticking plasters may be worn to protect small wounds, as required.

4.5.2.2 佩戴於手指及拇指上之膠布不得突出於指尖前方。
Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.

4.5.2.3 膠布在任何時候均不得固定於槓鈴上。
Sticking plasters must not be attached to the barbell at any time.

4.5.3 貼布是以硬質棉或嫘縈材質製成，又稱運動貼布、醫療貼布或運動膠帶。貼布亦得為彈性治療性貼布（肌內效貼布），是具黏性之彈性棉質條帶，有多種顏色可供選擇。
Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and / or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.

4.5.3.1 佩戴於手指及拇指上之貼布不得突出於指尖前方。
Tape worn on the fingers and thumb must not protrude in front of the fingertips.

4.5.3.2 佩戴於手部內外側之貼布得固定於腕部。
Tape worn on both the inner and outer surface of the hands may be attached to the wrist.

4.5.3.3 貼布或其替代物在任何時候均不得固定於槓鈴上。
Tape or substitute must not be attached to the barbell at any time.

4.5.3.4 手肘區域十公分範圍內不得佩戴貼布或其替代物。該十公分範圍是指肘關節上下各五公分。
No tape or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.

4.5.3.5 除手肘外，貼布得佩戴於選手身上任何裝備之下，包括身體任何部位之其他繃帶。佩戴於前臂或上臂之貼布不得延伸至手肘區域。手肘區域是指肘關節上下各五公分。
Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). Tape(s) worn on forearm and / or upper arm must not reach the elbow area. The elbow area consists of five (5) cm above and five (5) cm below the elbow.

4.6 手套及護掌 GLOVES AND PALM GUARDS

4.6.1 為保護手掌，得佩戴露指手套（例如：體操護掌、自行車手套）。
In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g.: gymnastic palm guards, cycling gloves).

4.6.2 手套僅得覆蓋手指第一指節。
Gloves may only cover the first knuckle of the fingers.

4.6.3 若手指上佩戴膠布或貼布，則膠布或貼布與護掌或手套之間須有明顯之間隔。
If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

4.7 其他裝備 OTHER OUTFIT

4.7.1 僅得於舉重服內穿著一件連身衣。該連身衣須符合下列規定：
Only one unitard may be worn under the costume. The unitard must comply with the following criteria:

- 為一件式或兩件式 be one piece or two pieces
- 為緊身 be tight fitting
- 無領 be collarless
- 得覆蓋手肘或膝部 may cover both elbows and / or knees
- 得為任何單一顏色 may be of any one colour
- 不得有任何花樣或圖案 no pattern or design permitted

4.7.2 僅得於舉重服內穿著一件T恤。該T恤須符合下列規定：
Only one T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- 無領 be collarless
- 不得覆蓋手肘 not cover the elbows
- 得為任何顏色 may be of any colour

4.7.3 僅得於舉重服內穿著一件短褲，且短褲不得長於舉重服。該短褲須符合下列規定：
Only one pair of shorts may be worn under the costume and the shorts must not be longer than the costume. Shorts must comply with the following criteria:

- 為緊身 be tight fitting
- 不得覆蓋膝部 not cover the knees
- 得為任何顏色 may be of any colour

4.7.4 T恤及短褲不得代替舉重服穿著。
A T-shirt and shorts cannot be worn instead of the costume.

4.7.5 頭髮及佩戴於頭部之任何物品均視為頭部之一部分。
Hair and any items worn on the head are considered to be part of the head.

4.7.6 比賽時，選手須穿著所屬MF發給/核可之統一服裝。為此，頒獎儀式視為比賽之一部分。
At competitions, athletes participate in the uniform clothing issued / approved by their Member Federation. For this purpose, the Victory Ceremony is considered to be part of competition.

4.8 個人電子設備 PERSONAL ELECTRONIC DEVICES

4.8.1 比賽台/高臺上禁止使用個人電子設備（如：IPOD、平板電腦、手機等）。醫療設備（如助聽器或類似器具）不在此限。個人電子設備得於熱身區使用。IWF、主辦MF/籌備委員會或各賽事籌備委員會對選手、隊職員及技術官員之個人物品不負保管責任。
Personal electronic equipment (i.e.: iPods, tablets, mobile phones, etc.) is forbidden on the competition platform / stage. Medical equipment (i.e. hearing aid or such implements) is an exception. Personal electronic equipment may be used in the warm-up area. The IWF, host Member Federation / Organising Committee or any Games Organising Committees are not responsible for athletes', Team Officials' and Technical Officials' personal property.

4.9 製造商識別 MANUFACTURER'S IDENTIFICATIONS

4.9.1 所有IWF賽事中，選手每一件裝備上得標示下列識別，每件總面積最大不得超過五百平方公分。
At all IWF Events the following identifications are permitted on each article of the athletes outfit with the total maximum size of five hundred (500) cm^2 per article:

a) 生產製造商識別（商標、名稱或兩者之組合）
the identification (logo, name or a combination of both) of the manufacturer of the product and / or

b) 選手商業贊助商的識別（商標、名稱或兩者之組合）
the identification of the athlete's commercial sponsor (logo, name or a combination of both)

製造商之獨特設計圖案不適用本規定。
Distinctive manufacturer's design patterns are not considered for the application of this rule.

4.9.2 於奧運會及青年奧運會，製造商識別之相關規定以IOC規則為準。
At Olympic Games and Youth Olympic Games the relevant IOC rules prevail regarding manufacturer's identification.

5 比賽 COMPETITIONS

5.1 IWF賽事 IWF EVENTS (REGULATIONS 規定)

5.1.1 IWF賽事是指經IWF行事曆政策規範，登錄於IWF行事曆中並註明為"IWF賽事"之國際舉重比賽。IWF賽事共分三類：
IWF Events are international weightlifting competitions registered as "IWF Events" in the IWF Calendar which is regulated by the IWF Calendar Policy. There are three types of IWF Events:

a) 奧運會資格賽 Qualification Events for Olympic Games
b) 非資格賽 Non-Qualifying Events
c) 線上賽事 Online Events

注：線上賽事須經IWF執行委員會事先核准，始視為正式賽事。此類核准僅適用於特殊情況，並採個案確認方式處理。
NOTE: Online Events will be considered official if prior approval is given by the IWF Executive Board. Such approval is given for exceptional circumstances only and on a one-to-one consideration.

奧運會資格賽須遵守奧運資格賽制度之規定。
Qualifying Events for Olympic Games are subject to the Olympic Qualification System.

5.1.2 IWF賽事主辦單位須保證無條件接受所有符合資格之IWF MF之參賽者報名。
IWF Event Organisers must guarantee unconditional entry to all participants from all eligible IWF Member Federations.

5.1.3 所有IWF賽事均須包含個別兩式舉法（抓舉及挺舉）。
All IWF Events must include the two (2) individual lifts.

5.1.4 未經IWF核准，不得於IWF/FISU世界錦標賽或奧運會/青年奧運會前後各三十天內舉辦其他IWF賽事。
No other IWF Event may be organised within thirty (30) days before or thirty (30) days after the IWF / FISU World Championships or Olympic Games / YOG, unless approved by the IWF.

5.2 IWF世界錦標賽規定 CONDITIONS FOR IWF WORLD CHAMPIONSHIPS (REGULATIONS 規定)

5.2.1 各量級之抓舉、挺舉及總和前三名，分別頒發金、銀、銅牌。
Gold, silver and bronze medals are awarded respectively to the first three (3) places for the Snatch, the Clean & Jerk and the Total in each bodyweight category.

5.2.2 IWF青少年、青年及社會世界錦標賽
IWF World Youth, Junior and Senior Championships.

5.2.2.1 IWF青少年世界錦標賽每年舉辦，但夏季青年奧運會舉辦當年除外。
IWF World Youth Championships are held every year, except in the years with the Summer Youth Olympic Games.

5.2.2.2 IWF青年世界錦標賽每年舉辦。
IWF World Junior Championships are held every year.

5.2.2.3 IWF社會世界錦標賽每年舉辦，每性別各設八個量級。奧運會舉辦當年，IWF得舉辦社

會世界錦標賽。
IWF World (Senior) Championships are held every year with eight (8) bodyweight categories per gender. In the years of the Olympic Games the IWF may hold the World (Senior) Championships.

5.2.2.4 IWF世界錦標賽僅限參賽資格經IWF確認之選手參加。
At IWF World Championships, only those athletes whose eligibility is confirmed by the IWF may participate.

5.2.3 FISU世界大學錦標賽 FISU World University Championships

5.2.3.1 世界大學舉重錦標賽經FISU分配予其會員組織後，於偶數年舉辦，由FISU主導/管理，並依其相關規則及規定辦理。
Upon allocation by FISU to a FISU Member Organisation, the World University Weightlifting Championships are organised in even years under the auspices / control of FISU and its relevant Rules and Regulations.

5.2.3.2 IWF指派一名代表出席每屆世界大學錦標賽。
The IWF is represented by an IWF Delegate appointed to each World University Championships.

5.2.3.3 在賽會運動特性及技術組織面，必須遵循IWF TCRR。
In all aspects of the sport-specific and technical organisation of the Event, the IWF TCRR must be applied, wherever applicable.

5.2.3.4 參賽資格須符合FISU參賽資格規定，並配合IWF憲章、細則及TCRR之規範。
Eligibility is in accordance with the FISU Rules on Eligibility in combination with the IWF Constitution, By-Laws and TCRR.

5.2.3.5 IWF應以諮詢角色參與錦標賽之分配、籌備及執行。
The IWF shall be involved in the allocation, preparation and delivery of the Championships in a consultative capacity.

5.2.3.6 鼓勵並期望相關MF參與錦標賽之籌辦工作。
The involvement of the respective Member Federation in the organisation of the Championships is encouraged and expected.

5.2.3.7 經與籌備委員會協議後，將指派至少三十二名國際技術官員協助錦標賽工作。
Subject to agreement with the Organising Committee, at least thirty-two (32) ITOs will be appointed to assist the Championships.

5.3 奧運會及青年奧運會規定 CONDITIONS FOR OLYMPIC GAMES AND YOUTH OLYMPIC GAMES

5.3.1 NOC得依相關“奧運會資格賽制度及規定”為選手報名參加奧運會及青年奧運會。
A National Olympic Committee (NOC) may enter athletes to the Olympic Games and Youth Olympic Games in accordance with the relevant “Olympic Games Qualification System and Regulations”.

5.3.2 奧運會 Olympic Games

5.3.2.1 IWF必須在奧運會開幕前二十四個月內，儘早與IWF執委會、IOC、IWF技術代表以及奧運籌委會進行協商，并將確認後的相關資訊發佈給所有MF。
As soon as available but no later than twenty-four (24) months before the opening of the Olympic Games and in consultation with the IWF Executive Board, the IOC, the IWF Technical Delegates (TDs) and the Organising Committee of the Olympic Games (OCOG), the IWF shall communicate relevant information to all Member Federations.

5.3.2.2 所有與賽事及TCRR相關之文件，須經IWF核准後始得發布。
All sport and TCRR related documents must be approved by the IWF before publication.

5.3.2.3 奧運會各量級總和前三名，分別頒發金、銀、銅牌。
Olympic gold, silver and bronze medals are awarded respectively to the first three (3) places for the Total in each of the bodyweight categories.

5.3.2.4 IWF執行委員會為奧運會指派兩名技術代表，其任務為協調及協助舉重比賽之技術工作。
The IWF Executive Board appoints two (2) Technical Delegates (TDs) for the Olympic Games whose task is to coordinate and assist with the technical organisation of the weightlifting competition.

5.3.3 青年奧運會 Youth Olympic Games (YOG)

5.3.3.1 第5.3.2條之規定於可行時亦適用之。
The stipulations under 5.3.2 apply, whenever possible.

5.3.3.2 青年奧運會指派一名賽事代表，其任務為協調及協助舉重比賽之技術工作。
An Event Delegate (ED) is appointed for the Youth Olympic Games whose task is to coordinate and assist with the technical organisation of the weightlifting competition.

5.4 奧運會、青年奧運會及世界大學運動會以外之綜合運動會規定 CONDITIONS FOR MULTISPORT GAMES OTHER THAN OLYMPIC GAMES, YOUTH OLYMPIC GAMES AND UNIVERSIADE

5.4.1 所有綜合運動會（洲際、區域或其他）之舉重比賽須由IWF監督。
Weightlifting competitions at all Multisport Games (Continental, Regional or other) must be supervised by the IWF.

5.4.2 所有與賽事及TCRR相關之文件，須經IWF核准後始得發布。綜合運動會之規章須以英文及主辦單位認為必要之其他語言提供。
All sport and TCRR related documents must be approved by the IWF before publication. The Multisport Games Regulation must be supplied in English and in any other language the Games Organising Committee deems necessary.

5.4.3 IWF審查所有場地及運動器材，並與相關洲際或區域聯合會或賽事籌備委員會協商後，核准舉重項目之國際技術官員。
The IWF reviews all venues and sports equipment and approves the weightlifting International Technical Officials (ITOs) in consultation with the Continental or Regional Federation concerned and / or the Games Organising Committee.

5.4.4 應指派一名IWF技術代表協助賽事籌備委員會。該技術代表須於賽事開幕前到場，以確保場地及運動器材符合規定，且相關之IWF TCRR獲得遵守。
An IWF Technical Delegate (TD) shall be appointed to assist the Games Organising Committee. The TD must be present in advance of the opening of the Games to ensure that the venues and sports equipment are adequate and the relevant IWF TCRR are being respected.

5.4.5 IWF得由主席、秘書長或經與主席及秘書長協商後指派之代表出席。
The IWF may be represented either by the IWF President, General Secretary, or by a delegate appointed in consultation with the IWF President and General Secretary.

5.4.6 賽事籌備委員會須支付IWF技術代表於該賽事期間之交通、住宿及膳食費用。
The Games Organising Committee must pay the travel, accommodation and meal expenses of the IWF Technical Delegate for the Games.

5.4.7 除賽事籌備委員會與IWF另有約定外，各量級之抓舉、挺舉及總和前三名，分別頒發金、銀、銅牌。
Gold, silver and bronze medals are awarded respectively to the first three (3) places for the Snatch, the Clean & Jerk and the Total in each of the bodyweight categories, unless otherwise specified and arranged between the Games Organising Committee and the IWF.

5.5 世界大學運動會規定 CONDITIONS FOR UNIVERSIADE

5.5.1 夏季世界大學運動會（FISU賽事）於奇數年舉辦，由FISU主導，其舉重比賽依FISU與IWF相關之世界大學運動會運動項目規定辦理，並經雙方組織協商及核准。
Weightlifting competitions at the Summer Universiade (FISU Games), organised in odd years under the auspices of FISU are carried out in accordance with the relevant FISU-IWF Regulations for Universiade sports, and elaborated in consultation and subject to approval by both organisations.

6 IWF賽事流程
PROCEEDINGS OF AN IWF EVENT

6.1 賽前流程 – 報名 PRE-COMPETITION PROCEDURES – ENTRIES

6.1.1 參賽者僅得由所屬MF透過線上報名系統或傳統之初次報名及最後報名表文件正式報名。IWF執行委員會得依相關IWF政策之定義，核准符合資格之難民及／或流離失所選手之特別報名及參賽許可。
Participants may only be officially entered by their respective Member Federation by way of the Online Entry System or both the traditional Preliminary and Final Entry Form documents. The IWF Executive Board may grant special entry and participation permission for eligible Refugee and / or displaced athletes, as defined by the relevant IWF policy.

6.1.2 為符合IWF賽事之參賽資格，選手應遵守IWF禁藥管制規則中相關之行蹤通報規定。
In order to be eligible to compete at IWF Events, Athletes shall comply with the applicable whereabouts requirements of the IWF Anti-Doping Rules.

6.1.3 初次報名表須於技術會議召開前至少六十天，以傳真或電子郵件方式回傳予主辦MF或籌備委員會，並副知IWF秘書處。
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 IWF Secretariat no later than sixty (60) days before the Technical Congress / Conference.
IWF世界錦標賽（社會、青年及青少年）之初次報名表，須於技術會議召開前至少九十天回傳予IWF。
For the IWF World Championships (Senior, Junior and Youth), the Preliminary Entry Form must be returned to the IWF no later than ninety (90) days before the Technical Congress / Conference.

6.1.4 最後報名表須於技術會議召開前至少十四天，以傳真或電子郵件方式回傳予主辦MF/籌備委員會，並副知IWF秘書處。
The Final Entry Form must be returned to the host Member Federation / Organising Committee (either by fax or e-mail) with a copy to the IWF Secretariat no later than fourteen (14) days before the Technical Congress / Conference.
IWF世界錦標賽（社會、青年及青少年）之最後報名表，僅得列入初次報名表上之選手。
For the IWF World Championships (Senior, Junior and Youth), only athlete(s) from the Preliminary Entry Form can be included into the Final Entry Form.

6.1.5 主辦MF/籌備委員會有權使用各MF與最終報名表上的姓名，於任何官方指定飯店預定住宿。若任何已預定之飯店客房最終未使用，該MF必須支付給主辦協會/籌備委員會取消預訂停留期間的費用。
The host Member Federation / Organising Committee shall be entitled to use the names entered by each Member Federation on the Final Entry Form to reserve accommodation at any of the official designated hotels. Should any of the reserved hotel rooms be unused, the respective Member Federation shall be liable to pay to the host Member Federation / Organising Committee a cancellation fee for the entire duration of each reservation.

6.1.6 最後報名表須經IWF確認。未經確認、不完整或不正確之報名表不予受理。
Final Entry Forms must be confirmed by the IWF. No unconfirmed, incomplete and/ or incorrect Entry Forms shall be accepted.

6.1.7 未列於最後報名表上之選手不得參加賽事。
Athletes not listed on the Final Entry Form cannot take part in the Event.

6.1.8 世界錦標賽（青少年、青年及社會）之各量級報名名單，最遲須於最終報名確認日期前五天公布於IWF網站。
For the World Championships (Youth, Junior and Senior), an Entry List by Category must be published on the IWF website latest five (5) days prior to the date of the Verification of Final Entries (VFE).

6.2 最終報名確認 VERIFICATION OF FINAL ENTRIES

6.2.1 於技術會議召開前，應舉行最終報名確認會議，由競賽主任/技術代表主持。
Prior to the Technical Congress / Conference, a Verification of Final Entries (VFE) Meeting shall be held chaired by the CD / TD.

6.2.2 各參賽選手之護照影本，最遲須於最終報名確認會議時由相關隊職員繳交。
A copy of each participating athlete's passport must be provided at the latest at the VFE Meeting by the relevant Team Official(s).

6.2.3 最終報名確認會議中，各參賽隊伍將收到一份確認表，其應/得於該表上進行下列事項：
The VFE Meeting consists of each participating team receiving a Verification Form on which they are requested / eligible to do the following:

- 修正選手姓名之拼寫 correct the spelling of the athletes' name
- 修正選手之出生日期 correct the athletes' date of birth
- 修改選手之量級 modify the athletes' bodyweight category
- 修改選手之報名總和 modify the athletes' Entry Total

6.2.4 不允許更換選手。Substitution of athletes will not be accepted.

6.2.5 最終報名表上最多保留八名男子及八名女子選手，或與賽事設項數目相同（以較少者為準），每個量級最多兩名選手，惟不同年齡組別賽事合併舉辦時不在此限。所有額外選手須予以刪除。
Maximum eight (8) men and eight (8) women, or equaling the number of categories on the program whichever is less, shall remain on the Verification Form with a maximum of two (2) athletes per bodyweight category, unless events of different age groups are held together. All additional athlete(s) must be deleted.

6.2.6 確認表經確認、簽名並繳回後面，即視為最終參賽名單。
Once the Verification Form is verified, signed and returned the Entries are considered final.

6.2.7 代表隊若未參加最後名單確認會議，則其最後報名表資料為最後名單。
Teams with no representation at the VFE Meeting must accept the information according to their submitted Final Entry Form as final and binding.

6.3 抽籤及技術會議 DRAWING OF LOTS AND TECHNICAL CONGRESS / CONFERENCE

6.3.1 最終報名確認結束後，為每位選手隨機抽出一組籤號。選手於賽事期間均使用該籤號。籤號決定選手於其參賽組別中之過磅順序及試舉順序。
After the VFE a randomly generated lot number is drawn for each verified athlete. The athletes retain the lot number throughout the Event. The lot number defines the order of the weigh-in and the order of lifting during the course of the competition in the athlete's relevant group.

6.3.2 競賽主任/技術代表得依報名總和，將各量級分為兩組或更多組。每組最多十八名選手。
Bodyweight categories may be divided into two (2) or more groups by the Competition Director / Technical Delegate in accordance with the Entry Totals. A maximum of eighteen (18) athletes shall be allocated to a group.

6.3.3 若有兩名或以上選手之報名總和相同，得依其籤號分配至不同組別（例如：籤號較小者編入A組，籤號較大者編入B組）。
If two (2) or more athletes have the same Entry Total, athletes may be allocated into different groups according to their lot number (e.g. athlete with the lower lot number goes to Group A; athlete with the higher lot number to Group B).

6.3.4 賽事開始前，須召開技術會議，向參賽隊伍及相關各方提供賽事之完整資訊。
Prior to the start of the Event, a Technical Congress / Conference must be held where the participating teams and other parties concerned shall receive comprehensive information about the Event.

6.4 過磅 WEIGH-IN (REGULATIONS 規定)

6.4.1 各組比賽之過磅於該組開賽前三小時開始，過磅時間為一小時。
The weigh-in of each competition begins three (3) hours before the start of the group concerned. Weigh-in lasts for one (1) hour.

6.4.2 選手完成過磅後，應依下表發給隊職員熱身區通行證，每組配額如下：
As soon as the athlete has weighed within the officially entered bodyweight category, accompanying Team Officials must be provided with Warm-up Passes for access to the warm-up area as per the following chart – per group:

- 一名選手 – 三張通行證 one (1) athlete – three (3) Passes
- 兩名選手 – 四張通行證 two (2) athletes – four (4) Passes
- 每增加一名選手（適用與合併兩級/賽事） - 每名選手兩張通行證
  any additional athlete (for combined categories / Events) – two (2) Passes per athlete

6.5 介紹 INTRODUCTION (REGULATIONS 規定)

6.5.1 比賽於選手介紹後正式開始。選手介紹結束後，於技術職員介紹前，計時鐘即開始十分鐘之倒數計時。
The competition officially starts with the introduction of athletes. After the introduction of athletes and prior to the introduction of the Technical Officials, the timing clock starts a countdown of ten (10) minutes.

6.5.2 該組選手依選手試舉號碼順序介紹。
Athletes of the group are introduced in order of athlete start number.

6.5.3 該組技術職員介紹完畢後，技術職員將其卡片提交予審判委員會召集人（以下稱審判召集人）。
The Technical Officials of the group are introduced after which the Technical Officials submit their TO Cards to the Jury President.

6.6 比賽流程 COURSE OF THE COMPETITION

6.6.1 槓鈴以遞增方式加重。要求最輕試舉重量之選手先行試舉。宣布之重量一旦加於槓鈴上且計時器啟動後，即不得減輕。選手或隊職員須注意加重順序，並於所選重量時準備試舉，此為選手／隊職員之責任。

The barbell is loaded in progression. The athlete requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started, the weight cannot be reduced. The athlete or Team Official must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. This is the sole responsibility of the athlete / Team Official.

如試舉順序發生錯誤，無論為選手/隊職員/技術職員/播報員之過失，選手之名次仍依規定之試舉順序判定。

In case of any mistake occurring in the lifting order, either by fault of the athlete / Team Official / TO / Speaker, the lifting order according to the rule is applied for the classification of athletes.

6.6.2 槓鈴重量須為一公斤之倍數。

The weight of the barbell must always be a multiple of one (1) kg.

6.6.3 同一選手試舉成功後，自動加重一公斤。若試舉失敗，則槓鈴重量自動維持不變。

The automatic progression after any successful attempt for the same athlete is one (1) kg. If the lift is unsuccessful the weight on the barbell automatically remains the same.

6.6.4 IWF賽事之最低試舉重量如下：The minimum weights which must be lifted at IWF Events are:

- 男子 = 二十六公斤（20公斤槓軸、槓鎖及兩片0.5公斤鐵片）
  Men = twenty-six (26) kg (20 kg bar, collars and two 0.5 kg discs)
- 女子 = 二十一公斤（15公斤槓軸、槓鎖及兩片0.5公斤鐵片）
  Women = twenty-one (21) kg (15 kg bar, collars and two 0.5 kg discs)

6.6.5 20公斤規則 20 kg Rule (REGULATIONS 規定)

抓舉和挺舉的第一次試舉重量總和，必須等於或大於報名總和減去20公斤。未遵守本規定者，審判委員將取消該選手之比賽資格。上述規定即通稱之"20公斤規則"。

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".

6.6.6 唱名順序 Calling Order (REGULATIONS 規定)

選手試舉順序須依序考慮以下四項因素：

The following four (4) factors listed in priority must be considered when calling the athletes:

1. 槓鈴重量（最輕者優先）The weight of the barbell (lightest weight first)
2. 試舉次數（次數少者優先）The number of the attempt (lowest number first)
3. 前次試舉之順序（較早試舉者優先）The sequence / order of the previous attempt(s) (the athlete who lifted earliest is first)
4. 選手試舉號碼（號碼小者優先）一試舉號碼之分配請參閱第6.4條過磅之規定。
   The start number of the athlete (lowest first) – For the allocation of start numbers see Regulation to 6.4 – Weigh-in

6.6.7 選手名字被唱名後至試舉開始前，有一分鐘（60秒）之準備時間。滿三十秒時，發出提醒信號。
One (1) minute (60 seconds) is allocated to each athlete between the calling of his / her name and the beginning of the attempt. After thirty (30) seconds, a warning signal sounds.

選手連續試舉兩次時，其第二次試舉得享有兩（2）分鐘（120秒）之準備時間。（例外情形請參閱第6.6.8條）
When an athlete attempts two (2) lifts in succession, he / she is allowed two (2) minutes (120 seconds) for the succeeding attempt. (For exception see 6.6.8)

規定時間開始後三十秒及結束前三十秒，各發出一次提醒信號。若規定時間結束時選手仍未將槓鈴從比賽台上舉起試舉，該次試舉由三名裁判判定為"失敗"。
Thirty (30) seconds after the start of the allocated time and thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the athlete has not raised the barbell from the competition platform to make the attempt, this attempt is declared "No lift" by the three (3) Referees.

計時開始於視播報員以英文宣佈試舉或槓鈴加重完成加重員離開舉重台，孰者為後。若除了被唱名選手以外的人進入比賽台，計時鐘必須立刻停止。
The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the Loaders have left the platform, whichever is last. The clock must be stopped if any individual other than the athlete goes onto the platform.

6.6.8 選手連續試舉時，若因試舉順序變更而改由其他選手先行試舉，則該名選手僅有一分鐘之準備時間。
An athlete is granted only one (1) minute if while taking two lifts in succession the calling order changes and the clock starts for another athlete.

6.6.9 播報員所宣布之重量須立即顯示於試舉牌上。
The weight announced by the Speaker must be immediately displayed on the Attempt Board.

6.6.10 選手若欲更改原選定之重量，隊職員/選手須於選手卡上簽名，通知監卡裁判。如需加重，須於最後唱名前完成簽名（惟TCRR第6.6.12條另有規定者除外）。如需減輕，須於該選手之計時鐘尚未啟動前完成。
When an athlete wishes to increase or decrease the weight originally selected, the Team Official / athlete must notify the Chief Marshal by signing the Athlete's Card. In order to increase the weight the Team Official / athlete must sign the Athlete's Card before the final call (except TCRR 6.6.12). In order to decrease the weight, the clock must not have started for that athlete.

註：過磅後，若更改開把重量，均視為兩次重量變更次數內。
NOTE: Any change(s) to the declared starting attempts(s) after the weigh-in is/are considered as a part of the two (2) allocated weight changes.

6.6.11 最後唱名為計時鐘於規定時間結束前三十秒所發出之信號。
The final call is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.

6.6.12 在第一次試舉前及兩次試舉之間，隊職員或選手必須在選手卡上填寫並簽名確認下一次的重量(包含自己填寫的重量或大會自動加重的重量)，簽名確認後，即可獲得兩次更改該把重量的機會。
Before the first attempt and between two attempts the Team Official / athlete must notify and sign the next attempt on the Athlete's Card; both for declaration and automatic increment. This signature enables two (2) changes.

唱名後，選手/隊職員未於計時的前30秒提出重量更改，將喪失二次更改重量的機會，則該選手必須以自動增加之重量試舉。
If the Team Official / athlete fail to do so before the final call (30 seconds), the athlete will be called according to the automatic progression.

當選手進行連續試舉時（時間2分鐘），唱名後，隊職員/選手必須要在開始計時的前30秒提出重量更改，即便該重量是自動增加之重量。
When an athlete is taking consecutive attempts (2 minutes allocated time), the Team Official / athlete must declare the next attempt within the first thirty (30) seconds after being called, even if it is the automatic increment.

未更改重量者，喪失二次更改重量的機會，則該選手必須以自動增加之重量試舉。（參閱技術競賽規則與規範第7.10條）
Failure to do so will forfeit the two (2) changes allowed. The athlete will then have to take the automatic increment. (See TCRR 7.10)

6.6.13 當選手要求改變重量，且較重的重量仍為下一位出場者時，計時鐘應於改變重量時停止，重量變更完成後，計時鐘繼續計時直到規定時限為止。當選手要求改變重量，而另一位選手唱名出場並開始計時後，則試舉時間獲得60秒時限。（參閱TCRR第7.10條）
When the Team Official / athlete asks for a change of weight and still has to take the heavier weight next, the clock is stopped while the weight is changed. After the change of weight has been completed, the clock continues to run. When the Team Official / athlete asks for a change of weight and, in doing so, follows another athlete whose time has started, the normal one (1) minute (60 seconds) applies for the next attempt. (See TCRR 7.10)

6.6.14 隊職員/選手如欲退出抓舉或挺舉部分，或兩者均退出，須於選手卡上簽名。選手卡上須註明其退出該項試舉並簽名。
The Team Official / athlete must sign the Athlete's Card if they wish to withdraw from the Snatch or the Clean & Jerk portions of the competition, or both. It must be noted and signed on the Athlete's Card that they are withdrawing from the respective lift(s).

選手卡一經簽署，退出即為正式生效，選手不得再重新參加該項試舉。播報員隨後將宣布該選手退出。
Once the Athlete's Card has been signed the withdrawal is official and the athlete cannot re-enter the competition in that respective lift. The Speaker then announces the withdrawal.

6.6.15 比賽期間，比賽場地內僅限當值技術職員、經授權之人員、經授權之隊職員（參閱TCRR第6.4條）及該組選手進入。
During competition only on-duty Technical Officials, authorised personnel, authorised Team Officials (See TCRR 6.4) and athletes of the specific group are allowed in the FOP.

6.6.16 僅限三名隊職員得站立於比賽台指定區域／入口處。
Only three (3) Team Officials are permitted to stand at the designated area / entrance of the competition platform / stage.

6.7 休息時間 BREAK

6.7.1 抓舉部分結束後，有十分鐘休息時間，供選手為挺舉進行熱身。
There is a ten (10) minute break after the Snatch portion to allow the athletes to warm up for the Clean & Jerk.

6.7.2 審判委員得酌情與競賽主任/技術代表商議後，縮短或延長休息時間。須向所有相關人員（選手、隊職員、技術職員、賽事製作、轉播單位、觀眾等）發布適當之通知。
The Jury, at its discretion and in consultation with the CD / TD may shorten or lengthen the break. An appropriate announcement to all relevant parties (athletes, Team Officials, Technical Officials, sport production, broadcast, spectators, etc.) must be made.

6.8 選手及團體名次
CLASSIFICATION OF ATHLETES AND TEAMS (REGULATIONS 規定)

6.8.1 選手名次 Athlete Classification

個人在抓舉、挺舉及總和(最佳抓舉及最佳挺舉成績合計)之優勝選手，可獲得冠軍。IWF各賽事中會中之兩式舉法及總和成績獲得第一名、第二名與第三名之選手，分別頒給金牌、銀牌與銅牌。
The title of Champion is awarded for individual lifts in the Snatch, the Clean & Jerk and the Total (the aggregate of the best Snatch and the best Clean & Jerk results). The athletes who win first, second and third place in the two (2) lifts and in the Total at all IWF Events are awarded gold, silver and bronze medals, respectively.

6.8.2 抓舉及挺舉名次判定之因素：Factors to decide the classification of athletes in Snatch and Clean & Jerk:

1. 最佳成績 -高者優先；若相同，則：
   best result – highest first; if identical, then:
2. 最佳成績之試舉順序 – 依據第6.6.6條唱名順序，最早舉起該成績（重量）之選手名次優先。
   best result's attempt number – the Athlete who achieved the result earliest according to the Calling Order 6.6.6.

總和名次判定之因素：Factors to decide the classification of athletes in Total:

1. 最佳成績 – 高者優先；若相同，則：
   best result – highest first; if identical, then:
2. 挺舉最佳成績之試舉順序 – 依據第6.6.6條唱名順序，最早舉起該成績（重量）之選手名次優先。
   best Clean & Jerk result's attempt number – the Athlete who achieved the Total result earliest according to the Calling Order 6.6.6.

若不同組別選手成績相同，則較早比賽之選手名次在前，不問其達成該成績之試舉次數。（參閱第6.8條之規定）
In the case of tie(s) in different group(s), the athlete(s) who competed earlier in time will be ranked higher regardless the attempt number at which the athletes reached the relevant result. (See Regulation to 6.8)

6.8.3 隊伍名次 Team Classification

世界及洲際錦標賽與其他IWF賽事中，隊伍名次係依以下計分表，將各選手所得積分加總計算：

At World and Continental Championships and other IWF Events, the classification of the teams is calculated by adding the points allocated to each athlete according to the following scale:

第1名	28分	第14名	12分
第2名	25分	第15名	11分
第3名	23分	第16名	10分
第4名	22分	第17名	9分
第5名	21分	第18名	8分
第6名	20分	第19名	7分
第7名	19分	第20名	6分
第8名	18分	第21名	5分
第9名	17分	第22名	4分
第10名	16分	第23名	3分
第11名	15分	第24名	2分
第12名	14分	第25名	1分
第13名	13分		

1st place	28 points	14th place	12 points
2nd place	25 points	15th place	11 points
3rd place	23 points	16th place	10 points
4th place	22 points	17th place	9 points
5th place	21 points	18th place	8 points
6th place	20 points	19th place	7 points
7th place	19 points	20th place	6 points
8th place	18 points	21st place	5 points
9th place	17 points	22nd place	4 points
10th place	16 points	23rd place	3 points
11th place	15 points	24th place	2 points
12th place	14 points	25th place	1 point
13th place	13 points		

6.8.4 世界錦標賽及其他IWF賽事中，團體積分之計算，依抓舉、挺舉及總和之排名，所得分數為團體名次。

At World Championships and other IWF Events team points according to the ranking in Snatch, Clean & Jerk and Total will be allocated to each team for the Team classification.

6.8.5 團體積分計算中，若有兩隊或以上積分相同，則獲得較多名次在前者，名次較高。

When two (2) or more teams have the same points in the Team Classification, the team with more of the higher places must be ranked higher.

6.8.6 抓舉無有效成績之選手，不會被淘汰（TCRR第6.8.8條規定之情形除外）。該等選手仍得參加挺舉比賽，若挺舉成功，得依挺舉所得名次獲得團體積分，但不獲得總和積分。

Athletes with no valid lifts in the Snatch will not be eliminated from the competition (except in the case of TCRR 6.8.8). They are allowed to compete in the Clean & Jerk and if successful will receive points for team classification according to their place obtained in the Clean & Jerk. Athletes will not receive points for the Total.

6.8.7 抓舉成功但挺舉無有效成績之選手，得依抓舉所得名次獲得團體積分，但不獲得總和積分。

Athletes who have been successful in the Snatch but have no valid lifts in the Clean & Jerk receive points for the team classification according to the place obtained in the Snatch but will not receive points for the Total.

6.8.8 頒發總和獎牌之IWF賽事中，若抓舉無成績，取消選手比賽資格，不得繼續參加挺舉比賽。該選手及挺舉無效成績之選手，無法取得任何團體計分。

In IWF Events where medals are given for Total only athletes having no valid lifts in the Snatch are eliminated from competition and cannot continue in the Clean & Jerk. Such athletes, as well as athletes having no valid lifts in the Clean & Jerk will not be allocated team classification points.

6.9 頒獎典禮 VICTORY CEREMONY (REGULATIONS 規定)

6.9.1 所有IWF賽事中，各量級比賽結束後均舉行頒獎典禮。

At all IWF Events, at the conclusion of each bodyweight category, a Victory Ceremony is presented.

7 技術職員 TECHNICAL OFFICIALS

7.1 定義 DEFINITION

技術職員乃以執行運動規則及控制比賽之進行，負責判定違規、表現、時間或名次。技術職員在運動比賽中做出公正的判決，執法包含著正確性、一致性、客觀性及最公正無私的義務。A Technical Official is defined as any person who controls the play of a competition by applying the rules and regulations of the sport to make judgments on rule infringement, performance, time or ranking. A Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity.

7.2 基本規定 GENERAL PROVISIONS

7.2.1 IWF任命適當數量的技術職員於賽會執法。僅國際技術職員能在IWF賽會執法。IWF賽會被遴選之技術職員不得於比賽期間為擔任教練職務或協助任何選手。
A suitable number of Technical Officials (TOs) must be appointed to work at each IWF Event. Only International Technical Officials may work at IWF Events. TOs selected to work at IWF Events must not be involved in coaching or assisting any athletes during the Event.

7.2.2 IWF賽事須設置下列技術職員： At IWF Events the following Technical Officials must serve:

- 審判委員 Jury
- 競賽主任 Competition Director（同國內賽會之裁判長）
- 裁判 Referees
- 技術管制員 Technical Controllers
- 監卡裁判 Chief Marshal(s)
- 計時員 Timekeeper(s)
- 競賽秘書 Competition Secretary（同國內賽會之副裁判長）
- 賽事醫師 Competition Doctor(s)

7.2.3 技術職員須穿著IWF技術職員官方制服：
Technical Officials must wear the official IWF TO uniform:

- 海軍藍（色號：PMS2767）外套 Navy blue (colour code: PMS2767) jacket
- 海軍藍（色號：PMS2767）長褲/裙 Navy blue (colour code: PMS2767) trousers / skirt
- 白色襯衫 White shirt
- IWF領帶/領巾 IWF tie / scarf
- 黑色/深藍色皮帶（男性）Black / Dark blue belt (for men)
- 黑色/深藍色襪子（男性）Black / Dark blue socks (for men)
- 黑色/深藍色/米色襪子（女性著長褲時）Black / Dark blue / Skin colour socks for women while wearing trousers
- 黑色/深藍色/米色絲襪（女性著裙時）Black / Dark blue / Skin colour stockings for women while wearing skirt
- 黑色禮服鞋 Black dress shoes
- IWF技術職員金屬徽章，佩戴於外套左翻領 IWF TO metal badge; pinned on the left lapel of the jacket
- IWF技術職員徽章，縫於外套左胸前口袋 IWF TO badge sewn on the left breast pocket

遇天候炎熱或場地高溫，經審判召集人同意，得免穿外套及/或免繫領帶/領巾。除IWF另有規定外，於介紹及頒獎儀式時仍須穿著外套及繫領帶/領巾。
In hot weather or venues and subject to the authorisation of the President of the Jury, the jacket and / or tie / scarf may be removed. Jackets, ties / scarves must always be worn for introduction and Victory Ceremony, unless otherwise stated by the IWF.

於奧運會及其他綜合運動會，僅得穿著奧運會籌備委員會/籌備委員會所發給之制服。若未發給賽會制服，技術職員應依適用情況穿著IWF技術職員制服。
At Olympic Games and other Multisport Games, only the uniform issued by the OCOG / Organising Committee may be worn. If no Games uniform is issued TOs are expected to wear the IWF TO uniform, as applicable.

7.2.4 在技術官員會議開始之前，所有受指派的技術官員，由技術委員會召集人及/或競賽主任，進行職位分配與場次分組。
Prior to the Technical Officials' meeting, the appointed TOs are assigned to positions and groups by the Chairperson of the Technical Committee and / or the Competition Director.

7.2.5 比賽開始前必須舉行技術職員會議，世界錦標賽(青少年/青年/社會組)在比賽中段舉行第2次技術職員會議，其他賽會也盡可能召開。被任命的技術職員有義務出席這2次會議。
Prior to the start of the Event, a Technical Officials' meeting must be held. Obligatory at the World Championships (Youth / Junior / Senior) and whenever possible at other Events, a second TO meeting shall be held approximately halfway through the Event. Participation in both meetings is obligatory for all appointed Technical Officials.

7.2.6 各組技術職員須來自不同國家，並須包含男性及女性成員。
Members in each group of Technical Officials must be from different countries and must include both men and women.

7.2.7 技術職員須於值勤前至少三十分鐘抵達其指定之崗位/工作地點，並於選手介紹前至少十分鐘進入比賽場地。
TOs must be present at their respective assigned positions / working locations latest thirty (30) minutes prior to their duty and must be in the FOP at the latest ten (10) minutes prior to the introduction of athletes.

7.2.8 技術職員須於介紹完畢後將其技術職員卡提交予審判召集人，並於比賽結束後取回該卡。
TOs must submit their TO cards to the Jury President after the Introduction and retrieve the card at the end of the competition.

7.3 技術職員之升等 PROMOTION OF TECHNICAL OFFICIALS (REGULATIONS 規定)

7.3.1 IWF核發及註冊技術職員證(裁判證)、值勤及證照證書。
The IWF issues and registers International Technical Official Cards, Certificates of Duty and licenses.

7.3.2 國際技術職員證(裁判證)分為3級，核發如下：
International Technical Officials are classified in three (3) categories, and cards are issued accordingly as follows:

a) 國際一級：得於所有國際賽會執法包含奧運會、青年奧運會、世界錦標賽及世界大學運動會。
Category 1: Holders of this card may officiate at all levels of international Events, including Olympic Games, Youth Olympic Games, World Championships and Universiades
b) 國際二級：得於所有國際賽會執法不包含奧運會、青年奧運會、世界錦標賽及世界大學運動會。
Category 2: Holders of this card may officiate at all levels of international Events, excluding Olympic Games, Youth Olympic Games, World Championships and Universiades
c) 值勤證書：得協助所有國際賽會包含奧運會、青年奧運會、世界錦標賽及世界大學運動會，除了依國際舉重總會TCRR要求國際1級及2級技術職員之職務。
Certificate of Duty: Holders of this card are eligible to assist in all levels of international Events, including Olympic Games, Youth Olympic Games, World Championships and Universiades, except in positions where IWF TO Card Category 1 or 2 is required according to IWF Technical and Competition Rules & Regulations.

7.3.3 國際技術職員證及值勤證書係依MF之申請核發。
International Technical Official Cards and Certificates of Duty are issued upon the request of Member Federations.

7.3.4 證照：應各國家協會之要求IWF發給一個奧運週期之技術職員證(裁判證)/值勤證書，自奧運會年後起計算(例如：2017年1月1日至2020年12月31日)。效期內的證照方得於IWF賽會執法
License: At the request of the Member Federations, the IWF issues Technical Official / Certificate of Duty licenses valid for each Olympiad, up to the end of the next Olympic year (e.g.: 1st January, 2017 – 31st December, 2020). A valid license is a condition of officiating in IWF Events.

7.3.5 國家級技術職員升等為國際技術職員第二級，須符合下列條件。
For a National Technical Official to be promoted to International Technical Official Category 2, the following conditions must apply.

申請人：The candidates:

a) 須擔任國家級技術職員至少五年
must have served as National Technical Official at least five (5) years
b) 須由所屬MF推薦 must be proposed by their respective Member Federation
c) 須完全熟悉IWF TCRR must have a complete knowledge of the IWF TCRR
d) 須於所屬MF依IWF TCRR舉辦之術科考試中證明其能力
must prove their competence in a practical examination organised by their respective Member Federation under IWF TCRR
e) 須於術科考試中獲得90%以上之分數
must obtain 90% or more in the practical examination
f) 須於IWF技術委員會不時編製及修訂之現行IWF技術職員考試問卷中獲得85%以上之分數。
must obtain 85% or more in the current IWF Technical Officials' Examination Questionnaire; as prepared and revised by the IWF Technical Committee from time to time.

註：IWF技術職員考試之百分制計分採四捨五入；例如：89.74%=90%，89.45%=89%。
NOTE: The percentage marking of examinations of IWF Technical Officials shall be rounded off; e.g. 89.74%=90%, 89.45%=89%.

7.3.6 國際技術職員第二級升等為國際技術職員第一級，須符合下列條件。
For an International Technical Official Category 2 to be promoted to International Technical Official Category 1, the following conditions must apply.

申請人：The candidates:

a) 須擔任第二級技術職員至少兩年
must have served at least two (2) years as a Category 2 Technical Official
b) 須於依IWF TCRR舉辦之比賽中，向三名第一級技術職員證明其實務能力；得於任何IWF賽事中接受考試，惟世界錦標賽及奧運會除外
must prove practical competence to three (3) Category 1 Technical Officials during a competition held under IWF TCRR; may be examined at any IWF Event, except World Championships and Olympic Games
c) 須於術科考試中獲得95%以上之分數
must obtain 95% or more in the practical exam
d) 須於IWF技術委員會不時編製及修訂之現行IWF技術職員考試問卷中獲得90%以上之分數
must obtain 90% or more in the current IWF Technical Officials' Examination Questionnaire; as prepared and revised by the IWF Technical Committee from time to time.
e) 須能理解並使用基礎英文。must be able to understand and speak basic English.

注：IWF技術職員考試之百分制計分採四捨五入；例如：89.74%=90%，89.45%=89%。
NOTE: The percentage marking of examinations of IWF Technical Officials shall be rounded off; e.g. 89.74%=90%, 89.45%=89%.

7.4 世界錦標賽及奧運會之技術職員 TECHNICAL OFFICIALS AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES

7.4.1 技術職員遴選原則：Principles For Technical Official Selection:

以下為IWF遴選賽事技術職員之原則：
The following are the IWF principles for selection of Technical Officials to IWF Events:

1. 性別平等；以IOC原則為指導方針 Gender equity; using the IOC principles as a guideline
2. 洲際代表性/平衡 Continental representation / balance
3. 有參賽之MF Participating Member Federation competing at the Event
4. 獲提名前之條件：Conditions prior to being nominated:

    - 具備適當資格 adequate qualification
    - 持有有效證照 valid license
    - 備有技術職員官方制服 official TO uniform
    - 可全程參與賽事 availability for the duration of the Event
    - 職責/技能組合 responsibilities / skill set

7.4.2 技術職員遴選/任命流程 Process for Technical Official Selection /AppointmentIWF

7.4.2.1 提出需求時，MF得推薦技術職員於世界錦標賽執法。
When requested by the IWF, Member Federations may propose Technical Officials to officiate at the IWF World Championships.

7.4.2.2 MF僅得提名該國籍之技術職員。
Member Federations may only nominate Technical Official(s) from the respective country.

7.4.2.3 IWF技術委員會/醫療委員會從該提名名單中進行遴選，並於諮詢 IWF 會長及技術/醫療委員會主席後，決定最終之指派名單。
The IWF Technical Committee / Medical Committee selects from the proposed list of Technical Officials, in consultation with the IWF President and Technical / Medical Committee Chairpersons for the final appointment.

7.4.2.4 IWF應依賽程，至少任命三十六名國際技術職員。
At least thirty-six (36) International Technical Officials must be appointed by the IWF subject to the competition schedule.

7.4.2.5 提交技術職員推薦名單之MF將被通知其技術職員(裁判員)遴選結果。
Member Federations who submit Technical Officials nominations are advised of the appointment or non-appointment of their Technical Officials.

7.4.2.6 視情況需要及經謹慎斟酌，IWF保留MF提名名單外技術職員(裁判員)任命之權力。
If required and at its absolute discretion, the IWF reserves the right to appoint Technical Officials outside of those nominated from any Member Federation. The above appointed Technical Officials and their respective Member Federations will be duly advised.

7.4.3 IWF技術委員會/醫療委員會主席會同競賽主任，於比賽開始前將獲選/任命之技術職員分配至特定類別或組別。
The IWF Technical / Medical Committee Chairperson, in conjunction with the Competition Director assigns the selected / appointed TOs to the specific categories or groups before the start of the competition.

7.4.4 奧運會之技術職員，由IWF執行委員會於奧運會開幕前六個月，自MF提交之候選名單中，依IWF技術委員會醫療委員會之推薦遴選之。
For the Olympic Games, Technical Officials are selected six (6) months before the start of the Games by the IWF Executive Board, from the list of the candidates submitted by the Member Federations and upon recommendation from the IWF Technical / Medical Committee.

視情況需要及經謹慎斟酌，IWF保留MF提名名單外技術職員(裁判員)任命之權力。
If required and at its absolute discretion, the IWF reserves the right to appoint Technical Officials outside of those nominated from any Member Federation. The appointed Technical Officials and their respective Member Federations will be duly advised.

7.4.5 獲任命之技術職員不得為其國家隊成員。
Appointed Technical Officials cannot be members of their National team.

7.4.6 獲任命之技術職員若無正當理由且未通知IWF秘書處及技術委員會/醫療委員會主席而缺席賽事，得於最長兩年內排除其獲選擔任後續賽事之資格。
Appointed Technical Officials who fail to show up, without valid reason and notification to the IWF Secretariat and Technical / Medical Committee Chairperson, for the Event may be excluded from selection to further Events for a period of up to two (2) years.

7.5 審判委員 JURY (REGULATIONS 規定)

7.5.1 審判委員對比賽場地有最終裁決權，其主要職責為確保TCRR獲得正確遵守及執行。
The Jury has the ultimate control on the FOP and its primary function is to ensure that the TCRR are being correctly followed and applied.

7.5.2 所有審判委員均須為第一級技術職員。
All Jury members must be Category 1 Technical Officials.

7.5.3 在IWF賽事中，包括世界社會、青年及青少年錦標賽、奧運會及青奧會以及其他奧運資格賽，審判委員由四名成員組成，其中一人為主席。亦可任命一名候補仲裁委員會成員。
At IWF Events, including World Senior, Junior and Youth Championships, Olympic and Youth Olympic Games and other Olympic Qualification Events, the Jury is composed of four (4) members, one of which is the Chair. One (1) Reserve Jury member may also be appointed.

7.5.4 比賽間，審判委員於觀察技術職員執法情形後，得以書面報告方式記錄任何特殊事件。審判召集人得將該等報告提交予技術委員會主席、IWF主席及/或IWF秘書長。
Throughout the course of the competition / Event, after observing the work of the TOs, the Jury members may highlight any special occurrences by way of written report. The President of the Jury may deliver the reports to the Technical Committee Chairperson, IWF President and / or IWF General Secretary.

7.5.5 比賽期間，經首次警告後，審判委員得以全體一致表決，更換任何表現證明其不適任之技術職員。
Throughout the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Technical Official whose decisions prove him / her to be incompetent.

7.5.6 所有技術職員之公正性不容質疑。執法失誤可能非故意發生，在此情況下，技術職員得於審判委員要求或個人意願下，向其說明其判決。
The impartiality of all Technical Officials is not to be doubted. Errors in officiating may occur involuntarily and in such situations, the TO is allowed to explain his / her decision to the Jury, if desired or requested.

7.5.7 使用影片回播技術時：When VPT is in use:

審裁小組的組成 Composition of the Adjudication Panel

審裁小組應由四名審判委員及三名裁判組成，共計七名具表決權的職員。
The adjudication panel shall consist of four (4) Jury Members and three (3) Referees, for a total of seven (7) voting officials.

全體一致或前後一致的決定 Unanimous or Consistent Decisions

當裁判判決為下列任一情形時：Where the Referees' decision is either:

三盞白燈或兩盞白燈；或 Three (3) White Lights or Two (2) White Lights; or

三（3）盞紅燈或兩（2）盞紅燈，Three (3) Red Lights or Two (2) Red Lights,

且審裁小組之合併多數同意該判決時，不得採取進一步行動，裁判之判決應予維持。
and the combined majority of the Adjudication Panel concurs with that decision, no further action shall be taken and the Referees' decision shall stand.

審判委員意見分歧之判決 Split Jury Decisions

當審判委員意見均分（兩白、兩紅）時，以裁判之判決為準，不再進行進一步審查。
Where the Jury is evenly divided (two White and two Red), the Referees' decision shall prevail without further review.

提交審查 Referral for Review

當審裁小組七（7）名成員之合併多數決定與裁判之初始判決相反時，系統應自動顯示“審裁小組審查”，停止比賽並啟動影片回播技術（VPT）。無需出示黃旗。
Where the combined majority decision of the seven (7) members of the Adjudication Panel is opposite to the Referees' initial decision, the system shall automatically indicate "Adjudication Panel Review", stop the competition and initiate the Video Playback Review (VPT) procedure. No yellow flag is required.

審查程序 Review Process

相關試舉應在比賽影片系統上顯示，並由裁判及審判委員同時進行審查。
The relevant lift shall be displayed on the competition video system and reviewed simultaneously by both the Referees and Jury Members.

審查後重新裁決 Re-adjudication Following Review

影片回放審查完成後，審判委員主席應透過按下裁判控制面板上的裁判呼叫按鈕，指示審裁小組作出新的判決。
Upon completion of the Video Playback Review, the Chair of the Jury shall direct the adjudication panel by pressing the Referee call buttons on the Referee Control Panel to render a new decision.

最終裁定 Final Determination

最終結果應由七名職員組成之合併小組以多數票決定。該決定為最終決定，並應顯示於官方計分板上。
The final outcome shall be determined by the majority vote of the combined panel of seven (7) officials. That decision shall be final and shall be displayed on the official scoreboard.

規則標示 Rule Identification

當某次試舉被判為無效時，所依據之具體技術規則應顯示於計分板上並清楚標明，以便運動員、教練、解說員及觀眾了解。
Where a lift is declared invalid, the specific Technical Rule or Rules relied upon shall be displayed on the scoreboard and clearly identified for the benefit of athletes, coaches, commentators, and spectators.

挑戰流程 Challenge Procedure

運動員或教練應保留依適用規定對判決提出挑戰之權利，但僅限於該次試舉尚未經審裁小組審查之情形。有效挑戰應自動觸發VPT，其後應適用上述合併裁決流程。
An athlete or coach shall retain the right to challenge a decision in accordance with the applicable regulations, only if the lift has not already been reviewed by the Adjudication Panel. A valid challenge shall automatically trigger a Video Playback Review, following which the combined adjudication procedure described above shall apply.

不使用影片回播技術時：When VPT is not in use:

四名審判委員無權推翻裁判之判決，亦不得採取任何其他行動，除非其於初步階段即達成一致。若審判委員之決定與裁判之判決不同，審判委員可傳喚相關裁判以尋求解釋。若解釋獲接受且審判委員達成一致，則維持原裁判員之判決；若解釋未獲接受且審判委員達成一致，則裁判之判決將被推翻。該決定及其理由必須由審判委員主席指示，透過技術管制員或任何其他技術職員，傳達予播報員、相關運動員／團隊職員及監卡裁判，並由播報員宣布。

The four (4) member Jury shall not have the power to overturn a decision by the Referees, nor indeed take any other actions, unless they are unanimous in the first instance. If the decision of the Jury members differs from that of the Referees' decision, the Jury may call the Referees in question to seek an explanation. If the explanation is accepted, and the Jury is unanimous, no action is taken, if the explanation is not accepted and the Jury is unanimous, the Referees' decision will be reversed. Such decision and its reasons must be communicated to the Speaker, Athlete/Team Official concerned and Marshal via the Technical Controller or any other TO, as directed by the Chair of the Jury, and announced by the Speaker.

7.5.8 為執行前述規則，審判委員須使用審判委員桌上之審判控制系統，對每一次試舉做出裁決。選手將槓鈴放回比賽台後，審判委員即對該次試舉進行判定。（參閱TCRR第3.3.6條）

In order to apply the above rule, the Jury members have to give their decision on each lift using the Jury Control Unit located on the Jury Table. Jury members adjudicate the lift once the athlete has replaced the barbell on the competition platform. (See TCRR 3.3.6)

審判委員不得影響或試圖影響其他審判委員之判決。

Jury members must not influence or attempt to influence the decision of the other Jury members.

7.5.9 審判委員非屬上訴審判機構；除依第3.3.7條之挑戰流程外，不得對審判委員之判決提出申訴。

The Jury is not a Jury of appeal; there is no appeal against the Jury's decision except for the Challenge procedure according to 3.3.7.

審判委員有權對在比賽場地內行為不當之選手/隊職員予以申誡及/或處罰。尤以行為或言語上之不當，對執行職務中之技術職員或IWF人員構成威脅時，由審判召集人會同IWF主席、IWF秘書長或IWF競賽主任負責執行申誡及/或處罰。

The Jury has the power to reprimand and / or sanction an athlete / Team Official for displaying misconduct within the FOP. In particular, if the misconduct, either by actions or words, represents a threat to any Technical Official or IWF personnel during the performance of their duties, the President of the Jury, in conjunction with the IWF President, IWF General Secretary or IWF Competition Director will be responsible for executing any reprimand and / or sanction.

7.5.10 當審判委員多數意見與裁判判決不同時，審判委員得透過影片回播技術審視裁判之判決及/或審判委員自身之判決。

When the decision of the majority of the Jury members differs from that of the Referees' decisions, the Jury may review Referees' decision and / or Jury's own decision by way of VPT.

7.5.11 比賽期間，審判委員須監督並執行TCRR第6.6.5條之規定。

Throughout the course of the competition, the Jury must monitor and enforce TCRR 6.6.5.

7.5.12 候補審判委員於比賽場地指定區域就座，除非獲召取代其他審判委員，否則不得坐於審判委員席。

Reserve Jury members sit at a designated space on the FOP and do not sit at the Jury Table unless called upon to replace one of the other Jury members.

7.5.13 頒獎儀式期間，審判委員須留於各自指定位置，並確保裁判亦留於各自指定位置。
Jury members must remain in their respective place for the Victory Ceremony and also ensure that the Referees remain in their respective positions.

7.5.14 若B組或任何其他組別之選手被認定有奪牌機會，審判召集人須評估召回該等選手參加A組之頒獎典禮。
The Jury President is required to assess the need to recall "B" Group or any other Groups' athletes to attend "A" Group competition should the "B" Group athletes be deemed to be medal prospects.

7.5.15 若試舉失敗因槓鈴兩端重量不同或舉重台被損壞或試舉進行時槓鈴發生變化；或有任何侵入或是外部的干擾，審判委員必須給予受影響的選手獲得額外一次試舉。
If a lift is failed because the barbell is not equally loaded, or the platform is damaged or the barbell becomes disarranged during the lift; or there is an incursion or any other external interference, the Jury must grant an additional attempt for the affected athlete.

7.5.16 審判委員應決定小型鐵片（2.0、1.5、1.0及0.5公斤）須加於槓鎖內側或外側。
The Jury shall decide whether the small discs (2.0, 1.5, 1.0 and 0.5 kg) are to be loaded inside or outside the collars.

7.5.17 若槓鈴加重發生錯誤，或播報員於唱名選手姓名或播報重量時發生嚴重錯誤，審判委員須給予該選手另一次試舉機會。（參閱第7.5條之規定）
If there has been an error in loading the barbell or if the Speaker makes a serious error during the announcement of an athlete's name or the calling of the weight the Jury must grant another attempt. (See Regulation to 7.5)

7.5.18 審判召集人掌管所有技術職員卡並簽署確認。
The President of the Jury controls and signs all Technical Officials' Cards.

7.5.19 所有IWF賽事中，審判召集人及/或競賽主任須指派專人填寫紙本紀錄表，作為備份文件。
At all IWF Events, the President of the Jury and / or the Competition Director must appoint an individual to complete a manual Protocol as a back-up document.

7.5.20 審判召集人確認並簽署最終比賽成績表。
The President of the Jury verifies and signs the final competition Protocol.

7.6 競賽主任 COMPETITION DIRECTOR

7.6.1 競賽主任負責掌控比賽進度，並與審判委員及技術代表（如有指定）密切合作，執行其職務。
The Competition Director is in control of the progress of the competition and attends to his / her task in close cooperation with the Jury and the Technical Delegate (if appointed).

競賽主任之職責如下：The duties of the Competition Director are as follows:

7.6.2 將技術職員分組。
Assigns TOs into groups / assignments.

7.6.3 確認選手名單，並依確認通過之報名總和，必要時將選手分組。
Verifies the lists of the athletes and divide them into groups, if necessary, according to the verified Entry Totals.

7.6.4 監督抽籤作業進行。Supervises the Drawing of Lots.

7.6.5 監督試舉順序，確保其符合比賽順序，包含競賽管理系統之操作及所有IWF官方競賽文件之發布。
Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System and the issuance of all IWF official competition documents.

7.6.6 監督賽事期間新紀錄之登錄。
Supervises the registration of new records set throughout the Event.

7.6.7 監督並執行TCRR第6.6.5條之規定。Monitors and enforces TCRR 6.6.5.

7.6.8 確認並簽署最終比賽成績表。Verifies and signs the final competition Protocol.

7.7 裁判 REFEREES

7.7.1 裁判的主要任務為判定選手之試舉。
The main task of the Referees is adjudicating the lifts performed by the athletes.

7.7.2 所有國際舉重總會賽事中，每組須任命四名裁判。裁判之席位包括中央裁判一名、邊審裁判兩名及候補裁判一名。同組裁判須輪換席位。各組裁判須包含兩名男性及兩名女性。
At all IWF Events four (4) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee, two (2) Side Referees and one (1) Reserve Referee. Referees within one group must serve in rotating positions. Each group of Referees must have two (2) men and two (2) women.

7.7.3 比賽前，裁判員必須配合執法技術職員確認：
Before the competition Referees must ensure in collaboration with the other TOs on duty:

- 必要之比賽器材功能正常
  that the necessary Sport Equipment is functioning correctly
- 所有選手於規定時間內完成過磅，且體重符合其確認通過之量級範圍
  that all athletes weigh in within the bodyweight limits of their verified bodyweight category during the allocated time

7.7.4 比賽期間，裁判須確保：During the competition, the Referees ensure:

- 槓鈴重量與播報員宣布之重量相符
  that the weight of the barbell corresponds with the weight announced by the Speaker
- 僅選手或加重員得於比賽台上移動槓鈴至新位置。隊職員禁止移動、調整或清潔槓鈴
  that only the athlete or the Loaders move the barbell to a new position on the competition platform. It is forbidden for a Team Official to move, adjust or clean the barbell.
- 倘選手將槓鈴移至有礙裁判員視線處，裁判員可移動至能正確觀察舉重動作位置。若裁判員移動位置，必須拿著紅旗/白旗，以俾試舉完成時立即做出判決。
  if the athlete, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. If the Referee(s) move positions, the Referee(s) must take the small red / white flags with them in order to give their decision upon the completion of the lift.
- 確保第6.6.5條（20公斤規則）於過磅時獲得執行。
  that TCRR 6.6.5 is enforced (at the Weigh-in)

註：視障選手得由教練/引導員陪同進入起始位置。教練/引導員須於選手開始試舉前離開比賽台。
NOTE: Visually impaired athletes may be accompanied by a coach / guide to assist them into the start position. The coach / guide must leave the platform before the athlete starts the lift.

7.7.5 三名裁判對試舉之判定具有同等權利。其判定須透過裁判燈系統，依TCRR第3.3.6條步驟說明操作裁判燈系統做出判決。裁判員必須給予選手每一次試舉的機會。裁判一旦確定選手已完成試舉，即應發出適當信號以表示其判決。
The three (3) Referees have equal rights on adjudicating a lift. They do so by means of the Referee Light System, in accordance with the procedures noted in TCRR 3.3.6. Referees must be certain to allow the athlete every chance to complete the lift. Once the Referee is certain that the athlete has completed the lift; he / she indicates the decision by giving the appropriate signal.

7.7.6 裁判一旦判定試舉"成功"，應立即按下控制盒上之白色按鈕。
As soon as the Referee has adjudicated a lift "Good lift", he / she immediately presses the white button on the control box.

7.7.7 裁判一旦判定試舉"失敗"，應立即按下控制盒上之紅色按鈕。任何裁判於試舉過程中發現錯誤或犯規時，應立即按下紅色按鈕。
As soon as the Referee has adjudicated a lift "No lift", he / she immediately presses the red button on the control box. Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.

7.7.8 獲得兩或三個白燈者為"成功"；獲得兩或三個紅燈者為"失敗"。
A lift is a "Good lift" with two (2) or three (3) white lights; a lift is "No lift" with two (2) or three (3) red lights.

7.7.9 若無裁判燈系統可用，由中央裁判發出"放下"信號，裁判則以小型紅旗及白旗表示其判決。"放下"信號須兼具聽覺及視覺，亦即中央裁判須口喊"放下"，手臂同時向下揮動。中央裁判於發出"放下"信號前，須先徵詢邊審裁判之意見。同樣地，若任一側裁判於試舉過程中發現嚴重犯規，應舉起紅旗以引起注意。若經另一側裁判或中央裁判同意，即構成多數意見，中央裁判應中斷該次試舉，並指示選手將槓鈴放回比賽台上。
When no Referee Light System is available, the Centre Referee gives the "Down" signal and the Referees give their decision by means of small red and white flags. The "Down" signal must be both audible and visible, i.e. the Centre Referee must say "Down" and at the same time motion downwards with the arm. Before giving the "Down" signal, the Centre Referee must seek confirmation from the two (2) Side Referees. Similarly, should one (1) of the Side Referees see a serious fault during the execution of a lift, he / she raises the red flag to call attention to the fault. If there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift and signals to the athlete to lower the barbell to the competition platform.

7.7.10 候補裁判須於比賽場地指定區域就座，隨時準備接受審判召集人之徵召。
The Reserve Referee must sit at a designated space on the FOP, ready to be called upon by the Jury President.

7.7.11 頒獎儀式期間，裁判須留於各自指定位置。
During the Victory Ceremony the Referees must remain in their respective place.

7.8 技術管制員 TECHNICAL CONTROLLER

7.8.1 技術管制員須協助競賽主任及審判召集人監督比賽之進行。
Technical Controllers are required to assist the Competition Director and the President of the Jury in the supervision of the running of the competition.

7.8.2 奧運會、青年奧運會、世界錦標賽及世界大學運動會中，每組至少指派兩名技術管制員。
At Olympic Games, Youth Olympic Games, World Championships and Universiades a minimum of two (2) Technical Controllers are appointed per group.

技術管制員之職責如下：The duties of the Technical Controller(s) are as follows:

7.8.3 確保比賽場地及比賽器材符合 IWF TCRR 之規定。
Ensures that the FOP and the Sport Equipment are compliant with IWF TCRR.

7.8.4 確保所有值勤之技術職員穿著正確制服，並向審判召集人報告任何不符合規定之技術職員。
Ensures that all on-duty TOs wear the correct uniform and reports to the Jury President any non-compliant TOs.

7.8.5 比賽開始前，檢查選手服裝，必要時執行 IWF TCRR 相關規定。若選手服裝須修正或須去除潤滑劑時，且選手已被唱名，則應適用相關規定。
Before the start of competition, inspects the athlete outfits and enforces relevant IWF TCRR, when necessary. When a correction must be made to the athlete's outfit or a lubricant must be removed and the athlete has already been called, the relevant rules must be applied.

7.8.6 比賽期間確保僅獲授權之隊職員陪同選手進入比賽場地。
During the course of the competition ensures that only the authorised Team Officials accompany the athletes on the FOP.

7.8.7 確保依播報員宣布之正確選手登上比賽台，即使於槓鈴加重期間亦同。
Ensures the correct athlete according to the Speaker's announcement goes on to the competition platform / stage; even during the loading of the barbell.

7.8.8 確保試舉執行期間，除選手外無人碰觸槓鈴。
Ensures that no one but the athlete handles the barbell during the execution of the lift.

7.8.9 會同加重員管控槓鈴及比賽台之清潔。
Controls the cleaning of the bar and the competition platform in conjunction with the Loaders.

7.8.10 如有需要，協助於熱身區發放選手號碼布及別針，並確保正確佩戴。
If requested, assists with the distribution and correct application of the athletes' Bibs and pins in the warm-up area.

7.8.11 接受、保留及歸還（若審判委員批准挑戰）挑戰卡。
Accepts, retains and returns (in case Jury approves the Challenge) Challenge Cards.

7.8.12 如有需要，依指示協助禁藥管制人員。
If requested, assists Anti-Doping personnel as directed.

7.8.13 監督並執行 TCRR 第6.6.5條之規定。
Monitors and enforces TCRR 6.6.5.

7.9 監卡裁判 CHIEF MARSHAL (REGULATIONS 規定)

7.9.1 監卡裁判之主要職責為依據相關 TCRR 規定，接受或拒絕隊職員/選手於選手卡上對申報重量或試舉次數所做之任何變更。
The Chief Marshal's main duty is to accept or decline any modifications made by Team Officials / athletes on declarations or attempts on the Athlete's Cards, in accordance with all relevant TCRR.

7.9.2 監卡裁判透過直接電話對講系統或電腦軟體，將已接受之申報或試舉相關資訊傳達至競賽管理台。
The Chief Marshal communicates relevant information regarding the accepted declaration or attempts to the Competition Management Table by means of a direct telephone / intercom system or by computer software.

7.9.3 奧運會、青年奧運會、世界錦標賽及世界大學運動會中，監卡裁判須為具英文能力之第一級技術職員，由 IWF 指派。
At Olympic Games, Youth Olympic Games, World Championships and Universiades, the Chief Marshal must be an English-speaking Category 1 Technical Official, appointed by the IWF.

7.9.4 得視需要另行指派助理監卡裁判。
Assistant Marshals are also appointed, as required.

7.9.5 監督並執行 TCRR 第6.6.5條之規定。
Monitors and enforces TCRR 6.6.5.

7.10 計時員 TIMEKEEPER

7.10.1 所有 IWF 賽事中，主辦MF/籌備委員會須指派計時員。
At all IWF Events, the host Member Federation / Organising Committee must appoint Timekeepers.

7.10.2 計時員須持有國際或國家級技術職員卡，或 IWF 值勤證書，惟第 7.3.2 條所列賽事除外。
Timekeepers must hold an International, a National Technical Official card or IWF Certificate of Duty except in Events under 7.3.2.

7.10.3 計時員依 IWF TCRR 相關規定操作計時鐘。
Timekeepers operate the timing clock in accordance with all relevant IWF TCRR.

7.10.4 每次試舉開始時，計時員依 TCRR 第 6.6 條相關規定，將計時鐘設定為一分鐘（60秒）或兩分鐘（120秒）並啟動。計時鐘於播報員以英文宣布試舉完畢，或槓鈴完成加重且加重員離開比賽台（以較晚發生者為準）時啟動。
At the beginning of each attempt, Timekeepers set and start the timing clock at one (1) minute (60 seconds) or two (2) minutes (120 seconds), in accordance with the relevant TCRR 6.6. The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the Loaders have left the platform, whichever is last.

7.10.5 計時員於槓鈴被舉離比賽台時，應立即停止計時鐘。
The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.

7.10.6 若槓鈴未達選手膝蓋高度，計時員應重新啟動計時鐘。
The Timekeeper restarts the timing clock if the barbell does not reach the height of the athletes' knees.

7.10.7 比賽開始前（選手介紹前）十分鐘，計時員將計時鐘設定為十分鐘並啟動。
Ten (10) minutes prior to the start of the competition (introduction of the athletes), the Timekeeper sets and starts the timing clock at ten (10) minutes.

7.10.8 為妥善執行職務，計時員須與播報員及審判召集人密切合作。
In order to perform his / her duties properly, the Timekeeper works in close cooperation with both the Speaker and the President of the Jury.

7.11 競賽秘書 COMPETITION SECRETARY

7.11.1 競賽秘書負責審查及彙整比賽順利進行所需之資訊，並分發經簽署之必要資訊。
The Competition Secretary is responsible for examining and collating the information required for the efficient running of the competition and dispersing the required signed information.

7.11.2 競賽秘書須全權掌管過磅室及相關流程。
The Competition Secretary must take full control of the weigh-in room and the procedure therein.

7.11.3 過磅流程結束後，競賽秘書得應要求協助比賽其他區域之工作。
At the conclusion of the weigh-in process the Competition Secretary may be requested to assist in other areas of the competition.

7.11.4 所有職務須與審判委員、競賽主任及技術管制員密切合作執行。
All duties must be executed in close cooperation with the Jury, the Competition Director and the Technical Controllers(s).

7.11.5 競賽秘書監督過磅流程，並分配過磅室內技術職員之職務。
The Competition Secretary supervises the weigh-ins and allocates the duties of the Technical Officials in the weigh-in room.

7.11.6 競賽秘書於過磅時或比賽開始前三十分鐘於熱身區，分配、監控、告知及/或分發下列比賽器材/用品：
The Competition Secretary allocates, monitors, advises and / or distributes, either at weigh-in or in the warm-up area thirty (30) minutes prior to start of the competition, the following sport equipment / supplies:

- 熱身台 warm-up platforms
- 收取選手通行證件，分發選手通行證/挑戰卡，並將選手卡送至監卡裁判台 collects athletes' accreditations and distributes Athlete Passes / Challenge Cards and take the athlete cards to the Marshall's table
- 熱身區通行證 Warm-up Passes
- 選手號碼布及別針 Athlete Bibs & pins
- 隊職員編號貼紙（如有需要）Team Officials numbered stickers (optional)

7.11.7 競賽秘書監督並執行 TCRR 第 6.6.5 條之規定。
The Competition Secretary monitors and enforces TCRR 6.6.5.

7.12 播報員 SPEAKER

7.12.1 播報員之職責為對每次試舉進行適當宣布，以利比賽順利進行，其內容包括但不限於：
The duty of the Speaker is to make the appropriate announcements for the efficient running of the competition, for each attempt, including but not limited to:

- 指示加重員加重所需重量 instructions to the Loaders to load the required weight
- 選手姓名 the name of the athlete
- 選手所屬MF/NOC the athlete's respective Member Federation / NOC
- 選手之試舉次數 the number of the athlete's attempt
- 預先通知下一位選手 notification in advance of the name of the next athlete
- 裁判"成功"或"失敗"之判決 the Referees' decision of "Good Lift" or "No Lift"

7.12.2 如有需要，得指派播報員助理，其職責為接收監卡裁判之重量變更資訊並告知播報員。
If required, a Speaker's Assistant may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.

7.12.3 播報員負責選手及技術職員之介紹，並進行比賽過程中所有必要之宣布。
The Speaker announces the Introduction of Athletes and Technical Officials, as well as makes all required announcements regarding the course of the competition.

7.12.4 若時間及比賽進度許可，播報員得進行非賽事相關宣布，以知會觀眾或其他相關人士。
The Speaker, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.

7.12.5 播報員依第6.9條之規定主持頒獎儀式。
The Speaker conducts the Victory Ceremony in accordance with Regulation to 6.9.

7.12.6 若未使用技術與資訊系統，播報員須為第一級或第二級國際技術職員。
If no TIS is used, the Speaker must be a Category 1 or 2 International Technical Official.

7.13 賽事醫師 COMPETITION DOCTOR

7.13.1 所有IWF賽事之賽事醫師須為具備醫療資格之臨床醫師，並持有有效執業登記及專業責任保險。賽事醫師須持有高級救命術認證或同等專業資格。醫師亦須持有國際技術職員證或值勤證書。
At IWF Events Competition Doctors must be medically qualified clinical doctors with current valid registration and professional insurance. Competition Doctors must have Advanced Life Support (ALS) validation or professional equivalent. Doctors must be holders of an International Technical Official Card or a Certificate of Duty.

7.13.2 賽事醫師須於比賽開始至比賽結束期間在場。
Competition Doctors must be present at the venue from the start of the competition until the end of the competition.

7.13.3 賽事醫師須熟悉並使用當地/場館醫療設施，如有需要，並應協助禁藥管制流程。
Competition Doctors must be familiar with and use the local / venue medical facilities and, if requested, assist in doping control procedures.

7.13.4 賽事醫師須隨時準備於選手受傷或身體不適時提供醫療照護。
Competition Doctors must be ready to render medical care in case of injury or illness.

7.13.5 賽事醫師須與隊醫合作，並就選手受傷後是否可繼續比賽，向隊職員及選手提供專業建議。
Competition Doctors must cooperate with team doctors and advise Team Officials and the athletes on the possibility of continuing competition after an injury.

7.13.6 世界錦標賽及奧運會須同時有兩名醫師值勤。賽事醫師位於比賽場地，一名駐守熱身區，另一名則依場地配置，於比賽台/高臺附近待命。
At World Championships and Olympic Games two (2) Doctors must be on duty at the same time. Competition Doctors are on the FOP; one (1) is stationed in the warm-up area, the other is within close proximity of the competition platform / stage suitable to the venue layout.

7.13.7 如有必要，得請隊醫協助賽事醫師。若有醫療需求，選手須同意由 IWF 賽事醫師進行診治。
If necessary, team doctors may also be asked to assist the Competition Doctor(s). If there is a medical need, the athlete shall agree to the IWF Competition Doctor(s) attending to him / her.

7.13.8 獲任命之 IWF 賽事醫師於比賽場地內負有醫療責任；其責任範圍以比賽場地為限。
Appointed IWF Competition Doctors are responsible within the FOP; their responsibility ends outside the FOP.

7.13.9 發生事故或傷害時，賽事醫師須評估狀況，決定是否須由當地醫療機構或隊醫進行後續處理。若無隊醫在場，則由賽事醫師提供協助，或將治療工作轉交當地醫療機構。
In case of an accident or injury, the Competition Doctor(s) has to assess the situation and decide if further treatment is necessary either by local medical authorities or by the team doctor. If no team doctor is available, it is up to the Competition Doctor(s) to provide assistance or to transfer treatment to the local authorities.

7.14 其他輔助人員 ADDITIONAL SUPPORTING STAFF (REGULATIONS 規定)

技術職員於比賽中由輔助支援人員協助，例如加重員及場地聯絡員。
Technical Officials are assisted in competitions by Additional Supporting Staff, such as Loaders and FOP Liaison.

8 記錄 RECORDS

8.1 紀錄是指打破前一次紀錄至少一公斤的試舉成績。
A record is a lift that exceeds the previous record by a minimum of one (1) kg.

8.2 IWF 承認世界青少年、青年及社會錦標賽；奧運會及世大運之紀錄，含男子與女子各量級之抓舉、挺舉及總和。
The IWF recognises World Youth, Junior and Senior Championships; Olympic and Universiade records in each of the bodyweight categories for men and women in the Snatch; Clean & Jerk and Total.

8.3 青少年選手得創立青少年、青年及社會紀錄。
Youth athletes may set Youth, Junior and Senior records.

8.4 青年選手得創立青年及社會紀錄。
Junior athletes may set Junior and Senior records.

8.5 社會選手得創立社會紀錄。
Senior athletes may set Senior records.

8.6 世界、洲際及區域紀錄僅得於列入 IWF 行事曆之 IWF 賽事中創立。
World, Continental and Regional records may only be set at IWF Events included in the IWF Calendar.

8.7 奧運紀錄僅得於奧運會中創立。
Olympic records may only be set at Olympic Games.

8.8 世大運紀錄僅得於世大運中創立。
Universiade records may only be set at the Universiades.

8.9 若賽事涵蓋所有 IWF 量級，世界紀錄僅能在選手報名之量級及年齡組別中創立。青少年選手（參加社會/青年賽事）得依其過磅時之體重量級及年齡組別創立青少年紀錄。青年選手（參加社會賽事）得依其過磅時之年齡組別創立青年紀錄。
Where all the IWF bodyweight categories are contested at an event, World Record(s) can only be broken in the bodyweight category and the age group where the athlete is entered. Youth athlete(s) (competing in Senior/Junior events) can break Youth Record(s) based on the bodyweight category of the athlete's registered bodyweight and the age group of the athlete at the weigh-in. Junior athlete(s) (competing in Senior events) can break Junior Record(s) based on the age group of the athlete at the weigh-in.

奧運紀錄僅能在奧運會之設項量級中，由該量級報名選手創立。
Olympic Record(s) can only be broken in the bodyweight category from the Olympic Games program where the athlete is entered.

於僅設部分 IWF 量級之賽事中，選手得依其過磅時之體重量級及年齡組別，於未設項之量級及年齡組別中創立世界紀錄。
At events where only a number of the IWF bodyweight categories are contested, World Record(s) in a bodyweight and age group category not being contested can be broken based on the bodyweight category of the athlete's registered bodyweight and the age group of the athlete at the weigh-in.

8.10 紀錄須登錄於比賽成績表中，並包含以下資訊：
Records must be registered in the Protocol, including the following information:

- 記錄重量 weight of record
- 試舉動作（抓舉、挺舉或總和）type of lift (Snatch, Clean & Jerk or Total)
- 記錄類別（年齡組別、世界/奧運/世大運記錄）type of record (age group, World / Olympic / Universiade)
- 賽事名稱、日期及地點 Event name, date and location

8.11 若有兩名或以上選手達成相同成績而創立新紀錄，則新紀錄保持人為較先完成該次試舉之選手，不論比賽分組之順序為何。
If two (2) or more athletes achieve the same result and a new record is established, the new record holder is the athlete who completed the lift first regardless of the sequence of the competition, if divided into groups.

8.12 選手須依 IWF 禁藥管制規則完成禁藥管制流程且檢測合格，其創立之紀錄始獲正式承認。
Records are ratified when the athlete successfully undergoes doping control as per IWF Anti-Doping Rules.

9 典禮儀式 CEREMONIES

9.1 開幕典禮 OPENING CEREMONY (REGULATIONS 規定)

所有 IWF 賽事開始時，應依第 9.1 條之規定及 IWF 與主辦MF/籌備委員會之安排，舉行開幕典禮。
At the beginning of all IWF Events, an Opening Ceremony is held in accordance with the Regulation to 9.1 and arrangements made by the IWF and the host Member Federation / Organising Committee.

9.2 閉幕典禮 CLOSING CEREMONY (REGULATIONS 規定)

所有 IWF 賽事結束時，應依第 9.2 條之規定及 IWF 與主辦MF/籌備委員會之安排，舉行閉幕典禮。
At the conclusion of all IWF Events, a Closing Ceremony is held in accordance with the Regulation to 9.2 and arrangements made by the IWF and the host Member Federation / Organising Committee.

10 附則 PROVISIONS

10.1 語言差異 LANGUAGE DISCREPANCY

若 IWF TCRR 及其內容、材料及/或資源之英文版本與任何其他語言版本之間存在差異或不一致，應以英文版本為準，並具優先適用效力。
In the occurrence there is a discrepancy or inconsistency between the English language version and any other language version of the IWF TCRR and its content, materials and / or resources, the English version shall prevail, govern and direct.

10.2 釋義 INTERPRETATION

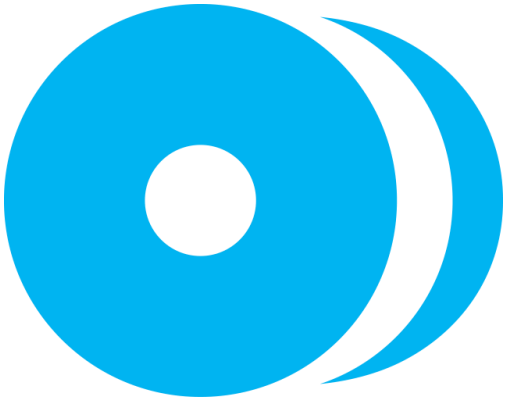
若有需要對 IWF TCRR 的解釋或執行進行澄清時，應提請 IWF 技術委員會處理。
Should the need arise for a clarification of the interpretation or the implementation of the IWF TCRR, it should be referred to the IWF Technical Committee.

10.3 義肢 PROSTHETIC LIMBS

允許佩戴義肢。義肢不得具備動力功能，亦不得於試舉過程中釋放所儲存之能量。
Prosthetic limbs are permitted. Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.

規定

REGULATIONS



IWF

第1.2條規定 量級
REGULATION TO 1.2 BODYWEIGHT CATEGORIES

青年/社會男子組 Junior/Senior Men	
60公斤	≤ 60.00
65公斤	60.01-65.00
71公斤	65.01-71.00
79公斤	71.01-79.00
88公斤	79.01-88.00
94公斤	88.01-94.00
110公斤	94.01-110.00
110公斤以上	> 110.00

青年/社會女子組 Junior/Senior Women	
48公斤	≤ 48.00
53公斤	48.01-53.00
58公斤	53.01-58.00
63公斤	58.01-63.00
69公斤	63.01-69.00
77公斤	69.01-77.00
86公斤	77.01-86.00
86公斤以上	> 86.00

青少年男子組 Youth Men	
56公斤	≤ 56.00
60公斤	56.01-60.00
65公斤	60.01-65.00
71公斤	65.01-71.00
79公斤	71.01-79.00
88公斤	79.01-88.00
94公斤	88.01-94.00
94公斤以上	> 94.00

青少年女子組 Youth Women	
44公斤	≤ 44.00
48公斤	44.01-48.00
53公斤	48.01-53.00
58公斤	53.01-58.00
63公斤	58.01-63.00
69公斤	63.01-69.00
77公斤	69.01-77.00
77公斤以上	> 77.00

第3.3.1條規定 比賽台及高臺
REGULATION TO 3.3.1 COMPETITION PLATFORM AND STAGE

1 高臺必須滿足以下要求：The stage must:

- 結構須堅固穩妥
  be of solid construction
- 尺寸至少為一千乘一千公分
  measure a minimum of one thousand (1,000) x one thousand (1,000) cm
- 自裁判及審判委員座位處測量起，高度最高不得超過八十公分
  measure a maximum eighty (80) cm in height measured from the level where the Referees' and Jury seats are placed
- 須設有符合國際建築規範標準之階梯，並牢固固定於高臺上
  have steps specified to International Building Code (IBC) standard and securely affixed to the stage
- 須於高臺上設置兩根安全護欄；安全護欄必須：
  have two restraining bars affixed to the stage; restraining bars must:
  - 長度為五百公分
    measure five hundred (500) cm in length
  - 高度最高不得超過二十公分
    measure a maximum twenty (20) cm high
  - 寬度最寬不得超過二十公分
    measure a maximum twenty (20) cm wide
  - 須牢固固定於高臺前方，距離比賽台邊緣至少兩百五十公分
  - be safely secured to the front of the stage a minimum two hundred fifty (250) cm from the edge of the competition platform
  - 須牢固固定於高臺後方，距離比賽台邊緣至少兩百公分
    be safely secured to the rear of the stage a minimum two hundred (200) cm from the edge of the competition platform

第3.3.2條規定 比賽台
REGULATION TO 3.3.2 PLATFORM

1 比賽台須符合下列規格：
The competition platform must be:

- 水平 level
- 正方形 square
- 每邊長四百公分 measure four hundred (400) cm on each side
- 以硬木製造或構築，可為實心或膠合板；使用最多二十塊企口硬木板
  manufactured or constructed of hardwood, either solid or laminated; using a maximum of twenty (20) tongue and groove hardwood planks
- 硬木板須以至少三根鋼棒固定連接
  hardwood planks must be attached together by a minimum of three (3) steel rods
- 高度十公分（若置於高臺上，比賽台須高出高臺十公分以上）
  ten (10) cm high; (if positioned on a stage, the platform must exceed ten (10) cm above the stage)
- 十公分標示線（若周圍地面顏色相近，比賽台頂部邊緣須以不同顏色標示邊界）
  ten (10) cm demarcation; (if surrounding floor is similar colouring, top edge of the platform must have a different colour demarcating the edge of the platform)

2 訓練 / 熱身台須符合下列規格：
The training / warm-up platform must:

- 寬三百公分，長二百五十至三百公分
  measure three hundred (300) cm wide by two hundred fifty (250) to three hundred (300) cm in length
- 表面以防滑材質製成 be made of any non-slip material surface
- 編號從一號開始 numbered, starting at one (1)

第3.3.3條規定 槓鈴
REGULATION TO 3.3.3 BARBELL

1 男子槓鈴組 – 190公斤 Composition of a men's barbell set – 190 kg

- 1 x 20 公斤 槓軸 bar
- 2 x 25 公斤 鐵片 discs
- 2 x 20 公斤 鐵片 discs
- 2 x 15 公斤 鐵片 discs
- 2 x 10 公斤 鐵片 discs
- 2 x 5 公斤 鐵片 discs
- 2 x 2.5 公斤 鐵片 discs
- 2 x 2 公斤 鐵片 discs
- 2 x 1.5 公斤 鐵片 discs
- 2 x 1 公斤 鐵片 discs
- 2 x 0.5 公斤 鐵片 discs
- 2 x 2.5 公斤 槓鎖 collars

2 女子槓鈴組 – 185公斤 Composition of a women's barbell set – 185 kg

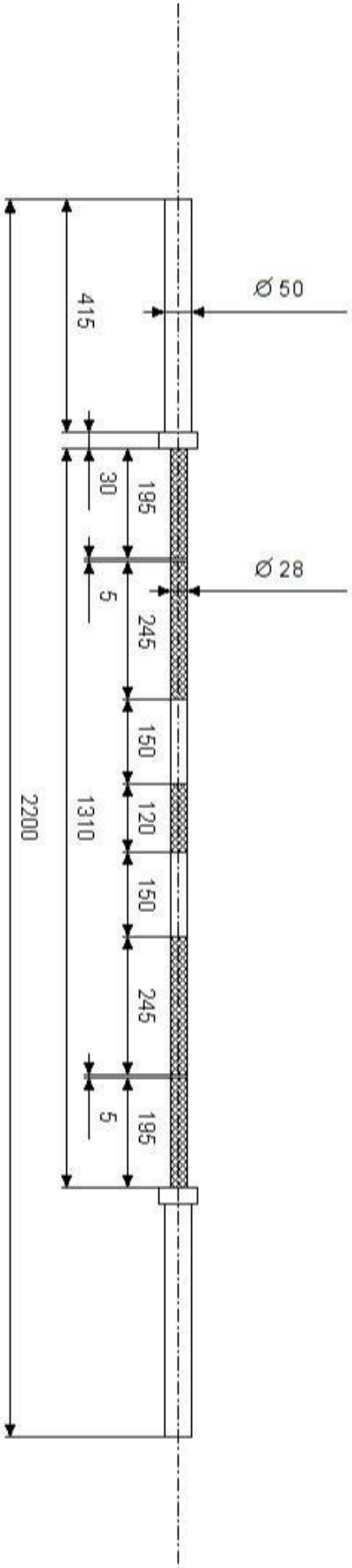
- 1 x 15 公斤 槓軸 bar
- 2 x 25 公斤 鐵片 discs
- 2 x 20 公斤 鐵片 discs
- 2 x 15 公斤 鐵片 discs
- 2 x 10 公斤 鐵片 discs
- 2 x 5 公斤 鐵片 discs
- 2 x 2.5 公斤 鐵片 discs
- 2 x 2 公斤 鐵片 discs
- 2 x 1.5 公斤 鐵片 discs
- 2 x 1 公斤 鐵片 discs
- 2 x 0.5 公斤 鐵片 discs
- 2 x 2.5 公斤 槓鎖 collars

3 比賽台/高臺上須另行提供備用鐵片：
Additional discs shall be provided at the competition platform / stage:

- 一組45公分全尺寸5公斤鐵片
  one (1) set of full size discs [forty-five (45) cm] of 5 kg
- 一組45公分全尺寸2.5公斤鐵片
  one (1) set of full size discs [forty-five (45) cm] of 2.5 kg

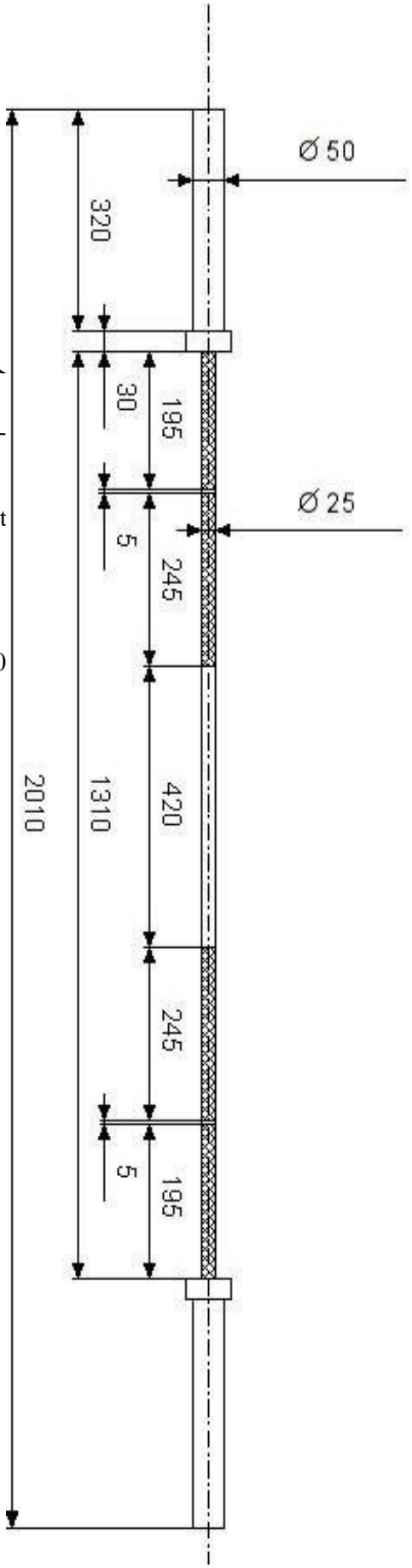
4 男子槓鈴 MEN'S BAR

- 以鍍鉻鋼材質製造
  manufactured from chromed steel
- 握把部位經滾花加工
  machined with knurling in grip section
- 重量 = 20公斤
  weight = 20 kg
- 長度 = 220公分
  length = 220 cm
- 外端（套筒）：直徑 = 5公分/長度 = 41.5公分
  outer ends (sleeves) = 5 cm diameter / 41.5 cm long
- 握把部位：直徑 = 2.8公分/長度 = 131公分
  grip section = 2.8 cm diameter / 131 cm long
- 兩側握把部位 = 44.5公分，距內側套筒19.5公分處有0.5公分之無滾花區段
  2 grip sections = 44.5 cm with non-knurled 0.5 cm strip 19.5 cm from inner sleeve
- 中央滾花長度 = 12公分
  centre knurling = 12 cm long
- 槓鈴兩端及中央以藍色識別標記標示
  demarcated with blue identification marking at each end and the centre of the bar
- 容許誤差 = +0.1% 至 -0.05%
  tolerance = from +0.1% to -0.05%
- 套環直徑 = 最小7.3公分，最大8.5公分
  Rim diameter = minimum 7.3 cm, maximum 8.5 cm
- 套筒須能自由轉動
  the sleeve must rotate freely



5 女子槓鈴 WOMEN'S BAR

- 以鍍鉻鋼材質製造
  manufactured from chromed steel
- 握把部位經滾花加工
  machined with knurling in grip section
- 重量 = 15公斤
  weight = 15 kg
- 長度 = 201公分
  length = 201 cm
- 外端（套筒）：直徑 = 5公分/長度 = 32公分
  outer ends (sleeves) = 5 cm diameter / 32 cm long
- 握把部位：直徑 = 2.5公分/長度 = 131公分
  grip section = 2.5 cm diameter / 131 cm long
- 兩側握把部位 = 42公分，距內側套筒19.5公分處有0.5公分之無滾花區段
  2 grip sections spaced 42 cm apart with non-knurled 0.5 cm strip 19.5 cm from inner sleeve
- 槓鈴兩端及中央以黃色識別標記標示
  demarcated with yellow identification marking at each end and in centre of the bar
- 容許誤差 = +0.1% 至 -0.05%
  tolerance = from +0.1% to -0.05%
- 套環直徑 = 最小6.3公分，最大8.0公分
  Rim diameter = minimum 6.3 cm, maximum 8.0 cm
- 套筒須能自由轉動
  the sleeve must rotate freely



6 比賽鐵片：COMPETITION DISCS:

a) 直徑 Diameter

- 十公斤（含）以上鐵片：45公分，容許誤差 ±0.1公分
  Discs ≥ 10 kg : 45 cm ± 0.1 cm tolerance
- 未滿十公斤鐵片：45公分以下，容許誤差 ±0.1公分
  Discs < 10 kg ≤ 45 cm ± 0.1 cm tolerance

b) 材質 Material

- 十公斤（含）以上鐵片：以橡膠或塑料包覆，兩側塗有永久性顏色
  Discs ≥ 10 kg: covered with rubber or plastic and coated on both sides with permanent colour
- 未滿十公斤鐵片：得以金屬或其他IWF核准之材質製造
  Discs < 10 kg: may be made of metal or other IWF approved material

c) 容許誤差 Tolerance

- 5公斤（含）以上鐵片：+0.1% 至 -0.05%
  Discs > 5 kg: from +0.1% to -0.05%
- 未滿5公斤鐵片：每片 +10公克 至 -0公克
  Discs ≤ 5 kg: from +10 grams to -0 grams per part

d) 標示 Marking

- 所有鐵片須清楚標示其公斤重量
  all discs must be clearly demarcated with the weight in kg

e) 尺寸 Sizes

		寬度 Width	直徑 Diameter
25公斤	最大	6.7公分	45公分
20公斤	最大	5.4公分	45公分
15公斤	最大	4.3公分	45公分
10公斤	最大	3.5公分	45公分
5公斤	最大	2.65公分	23公分 – 26公分
2.5公斤	最大	2.3公分	19公分 – 22公分
2公斤	最大	2.2公分	15.5公分 – 19.3公分
1.5公斤	最大	2.0公分	13.9公分 – 17.5公分
1公斤	最大	1.9公分	11.8公分 – 16公分
0.5公斤	最大	1.6公分	9.7公分 – 13.7公分

7 訓練用鐵片：TRAINING DISCS:

- 容許誤差 = +0.8% 至 -0.8%
  tolerance = from +0.8% to -0.8%
- 顏色須與 TCRR 第 3.3.3.6 條所列之重量對應顏色相同
  manufactured in colours with corresponding weight listed in TCRR 3.3.3.6
- 得以黑色為主體，邊緣為對應顏色，並標示“訓練”字樣
  may be manufactured in black with corresponding coloured rims and demarcated with “Training”

8 槓鎖：COLLARS:

- 以鍍鉻鋼材質製造
  manufactured from chromed steel
- 孔徑 = 5公分
  hole = 5 cm diameter
- 得設計為外加式或內加式（適用於2公斤以下鐵片）
  may be designed for either outside loading or inside loading for 2 kg or less
- 寬度 = 最大7.0公分
  width = maximum 7.0 cm
- 容許誤差 = 每組 +10公克 至 -0公克
  tolerance = from +10 grams to -0 grams per part

容許誤差表 TOLERANCE CHART

重量 WEIGHT	比賽 COMPETITION		訓練 TRAINING	
槓鈴（公斤）	最輕（公斤）	最重（公斤）	最輕（公斤）	最重（公斤）
Bar kg	Min. kg	Max. kg	Min. kg	Max. kg
20	19.9900	20.0200	不適用 N/A	不適用 N/A
15	14.9925	15.0150	不適用 N/A	不適用 N/A
鐵片（公斤）				
Disc kg				
25	24.9875	25.0250	24.800	25.200
20	19.9900	20.0200	19.840	20.160
15	14.9925	15.0150	14.880	15.120
10	9.9950	10.0100	9.920	10.080
5	5.0000	5.0100	4.960	5.040
2.5	2.5000	2.5100	2.480	2.520
2	2.0000	2.0100	1.984	2.016
1.5	1.5000	1.5100	1.488	1.512
1	1.0000	1.0100	0.992	1.008
0.5	0.5000	0.5100	0.496	0.504
槓鎖（公斤）				
Collar kg				
2.5	2.5000	2.5100	不適用 N/A	不適用 N/A

-0.05% / +0.1%

-0g / +10g

-0.8% / +0.8%

第3.3.3.11條規定 加重表
REGULATION TO 3.3.3.11 LOADING CHART

男子槓鈴 MEN'S BARBELL

26公斤	0.5，槓鎖	56公斤	15，0.5，槓鎖
27公斤	1，槓鎖	57公斤	15，1，槓鎖
28公斤	1.5，槓鎖	58公斤	15，1.5，槓鎖
29公斤	2，槓鎖	59公斤	15，2，槓鎖
30公斤	**2.5，槓鎖**	**60公斤**	**15，2.5，槓鎖**
31公斤	2.5，0.5，槓鎖	61公斤	15，2.5，0.5，槓鎖
32公斤	2.5，1，槓鎖	62公斤	15，2.5，1，槓鎖
33公斤	2.5，1.5，槓鎖	63公斤	15，2.5，1.5，槓鎖
34公斤	2.5，2，槓鎖	64公斤	15，2.5，2，槓鎖
35公斤	5，槓鎖	65公斤	20，槓鎖
36公斤	5，0.5，槓鎖	66公斤	20，0.5，槓鎖
37公斤	5，1，槓鎖	67公斤	20，1，槓鎖
38公斤	5，1.5，槓鎖	68公斤	20，1.5，槓鎖
39公斤	5，2，槓鎖	69公斤	20，2，槓鎖
40公斤	**5，2.5，槓鎖**	**70公斤**	**20，2.5，槓鎖**
41公斤	5，2.5，0.5，槓鎖	71公斤	20，2.5，0.5，槓鎖
42公斤	5，2.5，1，槓鎖	72公斤	20，2.5，1，槓鎖
43公斤	5，2.5，1.5，槓鎖	73公斤	20，2.5，1.5，槓鎖
44公斤	5，2.5，2，槓鎖	74公斤	20，2.5，2，槓鎖
45公斤	10，槓鎖	75公斤	25，槓鎖
46公斤	10，0.5，槓鎖	76公斤	25，0.5，槓鎖
47公斤	10，1，槓鎖	77公斤	25，1，槓鎖
48公斤	10，1.5，槓鎖	78公斤	25，1.5，槓鎖
49公斤	10，2，槓鎖	79公斤	25，2，槓鎖
50公斤	**10，2.5，槓鎖**	**80公斤**	**25，2.5，槓鎖**
51公斤	10，2.5，0.5，槓鎖	81公斤	25，2.5，0.5，槓鎖
52公斤	10，2.5，1，槓鎖	82公斤	25，2.5，1，槓鎖
53公斤	10，2.5，1.5，槓鎖	83公斤	25，2.5，1.5，槓鎖
54公斤	10，2.5，2，槓鎖	84公斤	25，2.5，2，槓鎖
55公斤	15，槓鎖	85公斤	25，5，槓鎖

86公斤	25，5，0.5，槓鎖	122公斤	25，20，2.5，1，槓鎖
87公斤	25，5，1，槓鎖	123公斤	25，20，2.5，1.5，槓鎖
88公斤	25，5，1.5，槓鎖	124公斤	25，20，2.5，2，槓鎖
89公斤	25，5，2，槓鎖	125公斤	25，25，槓鎖
90公斤	**25，5，2.5，槓鎖**	126公斤	25，25，0.5，槓鎖
91公斤	25，5，2.5，0.5，槓鎖	127公斤	25，25，1，槓鎖
92公斤	25，5，2.5，1，槓鎖	128公斤	25，25，1.5，槓鎖
93公斤	25，5，2.5，1.5，槓鎖	129公斤	25，25，2，槓鎖
94公斤	25，5，2.5，2，槓鎖	**130公斤**	**25，25，2.5，槓鎖**
95公斤	25，10，槓鎖	131公斤	25，25，2.5，0.5，槓鎖
96公斤	25，10，0.5，槓鎖	132公斤	25，25，2.5，1，槓鎖
97公斤	25，10，1，槓鎖	133公斤	25，25，2.5，1.5，槓鎖
98公斤	25，10，1.5，槓鎖	134公斤	25，25，2.5，2，槓鎖
99公斤	25，10，2，槓鎖	135公斤	25，25，5，槓鎖
100公斤	**25，10，2.5，槓鎖**	136公斤	25，25，5，0.5，槓鎖
101公斤	25，10，2.5，0.5，槓鎖	137公斤	25，25，5，1，槓鎖
102公斤	25，10，2.5，1，槓鎖	138公斤	25，25，5，1.5，槓鎖
103公斤	25，10，2.5，1.5，槓鎖	139公斤	25，25，5，2，槓鎖
104公斤	25，10，2.5，2，槓鎖	**140公斤**	**25，25，5，2.5，槓鎖**
105公斤	25，15，槓鎖	141公斤	25，25，5，2.5，0.5，槓鎖
106公斤	25，15，0.5，槓鎖	142公斤	25，25，5，2.5，1，槓鎖
107公斤	25，15，1，槓鎖	143公斤	25，25，5，2.5，1.5，槓鎖
108公斤	25，15，1.5，槓鎖	144公斤	25，25，5，2.5，2，槓鎖
109公斤	25，15，2，槓鎖	145公斤	25，25，10，槓鎖
110公斤	**25，15，2.5，槓鎖**	146公斤	25，25，10，0.5，槓鎖
111公斤	25，15，2.5，0.5，槓鎖	147公斤	25，25，10，1，槓鎖
112公斤	25，15，2.5，1，槓鎖	148公斤	25，25，10，1.5，槓鎖
113公斤	25，15，2.5，1.5，槓鎖	149公斤	25，25，10，2，槓鎖
114公斤	25，15，2.5，2，槓鎖	**150公斤**	**25，25，10，2.5，槓鎖**
115公斤	25，20，槓鎖	151公斤	25，25，10，2.5，0.5，槓鎖
116公斤	25，20，0.5，槓鎖	152公斤	25，25，10，2.5，1，槓鎖
117公斤	25，20，1，槓鎖	153公斤	25，25，10，2.5，1.5，槓鎖
118公斤	25，20，1.5，槓鎖	154公斤	25，25，10，2.5，2，槓鎖
119公斤	25，20，2，槓鎖	155公斤	25，25，15，槓鎖
120公斤	25，20，2.5，槓鎖	156公斤	25，25，15，0.5，槓鎖
121公斤	25，20，2.5，0.5，槓鎖	157公斤	25，25，15，1，槓鎖

158公斤	25，25，15，1.5，槓鎖	194公斤	25，**25，25，5，2.5，2，**槓鎖
159公斤	25，25，15，2，槓鎖	195公斤	25，25，25，10，槓鎖
160公斤	**25，25，15，2.5，槓鎖**	196公斤	25，25，25，10，0.5，槓鎖
161公斤	25，25，15，2.5，0.5，槓鎖	197公斤	25，25，25，10，1，槓鎖
162公斤	25，25，15，2.5，1，槓鎖	198公斤	25，25，25，10，1.5，槓鎖
163公斤	25，25，15，2.5，1．5，槓鎖	199公斤	25，25，25，10，2，槓鎖
164公斤	25，25，15，2.5，2，槓鎖	**200公斤**	**25，25，25，10，2.5，槓鎖**
165公斤	25，25，20，槓鎖	201公斤	25，25，25，10，2.5，0.5，槓鎖
166公斤	25，25，20，0.5，槓鎖	202公斤	25，25，25，10，2.5，1，槓鎖
167公斤	25，25，20，1，槓鎖	203公斤	25，25，25，10，2.5，1.5，槓鎖
168公斤	25，25，20，1.5，槓鎖	204公斤	25，25，25，10，2.5，2，槓鎖
169公斤	25，25，20，2，槓鎖	205公斤	25，25，25，15，槓鎖
170公斤	**25，25，20，2.5，槓鎖**	206公斤	25，25，25，15，0.5，槓鎖
171公斤	25，25，20，2.5，0.5，槓鎖	207公斤	25，25，25，15，1，槓鎖
172公斤	25，25，20，2.5，1，槓鎖	208公斤	25，25，25，15，1.5，槓鎖
173公斤	25，25，20，2.5，1.5，槓鎖	209公斤	25，25，25，15，2，槓鎖
174公斤	25，25，20，2.5，2，槓鎖	**210公斤**	**25，25，25，15，2.5，槓鎖**
175公斤	25，25，25，槓鎖	211公斤	25，25，25，15，2.5，0.5，槓鎖
176公斤	25，25，25，0.5，槓鎖	212公斤	25，25，25，15，2.5，1，槓鎖
177公斤	25，25，25，1，槓鎖	213公斤	25，25，25，15，2.5，1.5，槓鎖
178公斤	25，25，25，1.5，槓鎖	214公斤	25，25，25，15，2.5，2，槓鎖
179公斤	25，25，25，2，槓鎖	215公斤	25，25，25，20，槓鎖
180公斤	**25，25，25，2.5，槓鎖**	216公斤	25，25，25，20，0.5，槓鎖
181公斤	25，25，25，2.5，0.5，槓鎖	217公斤	25，25，25，20，1，槓鎖
182公斤	25，25，25，2.5，1，槓鎖	218公斤	25，25，25，20，1.5，槓鎖
183公斤	25，25，25，2.5，1.5，槓鎖	219公斤	25，25，25，20，2，槓鎖
184公斤	25，25，25，2.5，2，槓鎖	**220公斤**	**25，25，25，20，2.5，槓鎖**
185公斤	25，25，25，5，槓鎖	221公斤	25，25，25，20，2.5，0.5，槓鎖
186公斤	25，25，25，5，0.5，槓鎖	222公斤	25，25，25，20，2.5，1，槓鎖
187公斤	25，25，25，5，1，槓鎖	223公斤	25，25，25，20，2.5，1.5，槓鎖
188公斤	25，25，25，5，1.5，槓鎖	224公斤	25，25，25，20，2.5，2，槓鎖
189公斤	25，25，25，5，2，槓鎖	225公斤	25，25，25，25，槓鎖
190公斤	**25，25，25，5，2.5，槓鎖**	226公斤	25，25，25，25，0.5，槓鎖
191公斤	25，25，25，5，2.5，0.5，槓鎖	227公斤	25，25，25，25，1，槓鎖
192公斤	25，25，25，5，2.5，1，槓鎖	228公斤	25，25，25，25，1.5，槓鎖
193公斤	25，25，25，5，2.5，1.5，槓鎖	229公斤	25，25，25，25，2，槓鎖

230公斤	**25，25，25，25，2.5，槓鎖**	266公斤	25，25，25，25，20，0.5，槓鎖
231公斤	25，25，25，25，2.5，0.5，槓鎖	267公斤	25，25，25，25，20，1，槓鎖
232公斤	25，25，25，25，2.5，1，槓鎖	268公斤	25，25，25，25，20，1.5，槓鎖
233公斤	25，25，25，25，2.5，1.5，槓鎖	269公斤	25，25，25，25，20，2，槓鎖
234公斤	25，25，25，25，2.5，2，槓鎖	**270公斤**	**25，25，25，25，20，2.5，槓鎖**
235公斤	25，25，25，25，5，槓鎖		
236公斤	25，25，25，25，5，0.5，槓鎖		
237公斤	25，25，25，25，5，1，槓鎖		
238公斤	25，25，25，25，5，1.5，槓鎖		
239公斤	25，25，25，25，5，2，槓鎖		
240公斤	**25，25，25，25，5，2.5，槓鎖**		
241公斤	25，25，25，25，5，2.5，0.5，槓鎖		
242公斤	25，25，25，25，5，2.5，1，槓鎖		
243公斤	25，25，25，25，5，2.5，1.5，槓鎖		
244公斤	25，25，25，25，5，2.5，2，槓鎖		
245公斤	25，25，25，25，10，槓鎖		
246公斤	25，25，25，25，10，0.5，槓鎖		
247公斤	25，25，25，25，10，1，槓鎖		
248公斤	25，25，25，25，10，1.5，槓鎖		
249公斤	25，25，25，25，10，2，槓鎖		
250公斤	**25，25，25，25，10，2.5，槓鎖**		
251公斤	25，25，25，25，10，2.5，0.5，槓鎖		
252公斤	25，25，25，25，10，2.5，1，槓鎖		
253公斤	25，25，25，25，10，2.5，1.5，槓鎖		
254公斤	25，25，25，25，10，2.5，2，槓鎖		
255公斤	25，25，25，25，15，槓鎖		
256公斤	25，25，25，25，15，0.5，槓鎖		
257公斤	25，25，25，25，15，1，槓鎖		
258公斤	25，25，25，25，15，1.5，槓鎖		
259公斤	25，25，25，25，15，2，槓鎖		
260公斤	**25，25，25，25，15，2.5，槓鎖**		
261公斤	25，25，25，25，15，2.5，0.5，槓鎖		
262公斤	25，25，25，25，15，2.5，1，槓鎖		
263公斤	25，25，25，25，15，2.5，1.5，槓鎖		
264公斤	25，25，25，25，15，2.5，2，槓鎖		
265公斤	25，25，25，25，20，槓鎖		

女子槓鈴 WOMEN'S BARBELL

1公斤	0.5，槓鎖	55公斤	15，2.5，槓鎖
22公斤	1，槓鎖	56公斤	15，2.5，0.5，槓鎖
23公斤	1.5，槓鎖	57公斤	15，2.5，1，槓鎖
24公斤	2，槓鎖	58公斤	15，2.5，1.5，槓鎖
25公斤	2.5，槓鎖	59公斤	15，2.5，2，槓鎖
26公斤	2.5，0.5，槓鎖	**60公斤**	**20，槓鎖**
27公斤	2.5，1，槓鎖	61公斤	20，0.5，槓鎖
28公斤	2.5，1.5，槓鎖	62公斤	20，1，槓鎖
29公斤	2.5，2，槓鎖	63公斤	20，1.5，槓鎖
30公斤	**5，槓鎖**	64公斤	20，2，槓鎖
31公斤	5，0.5，槓鎖	65公斤	20，2.5，槓鎖
32公斤	5，1，槓鎖	66公斤	20，2.5，0.5，槓鎖
33公斤	5，1.5，槓鎖	67公斤	20，2.5，1，槓鎖
34公斤	5，2，槓鎖	68公斤	20，2.5，1.5，槓鎖
35公斤	5，2.5，槓鎖	69公斤	20，2.5，2，槓鎖
36公斤	5，2.5，0.5，槓鎖	**70公斤**	**25，槓鎖**
37公斤	5，2.5，1，槓鎖	71公斤	25，0.5，槓鎖
38公斤	5，2.5，1.5，槓鎖	72公斤	25，1，槓鎖
39公斤	5，2.5，2，槓鎖	73公斤	25，1.5，槓鎖
40公斤	**10，槓鎖**	74公斤	25，2，槓鎖
41公斤	10，0.5，槓鎖	75公斤	25，2.5，槓鎖
42公斤	10，1，槓鎖	76公斤	25，2.5，0.5，槓鎖
43公斤	10，1.5，槓鎖	77公斤	25，2.5，1，槓鎖
44公斤	10，2，槓鎖	78公斤	25，2.5，1.5，槓鎖
45公斤	10，2.5，槓鎖	79公斤	25，2.5，2，槓鎖
46公斤	10，2.5，0.5，槓鎖	**80公斤**	**25，5，槓鎖**
47公斤	10，2.5，1，槓鎖	81公斤	25，5，0.5，槓鎖
48公斤	10，2.5，1.5，槓鎖	82公斤	25，5，1，槓鎖
49公斤	10，2.5，2，槓鎖	83公斤	25，5，1.5，槓鎖
50公斤	**15，槓鎖**	84公斤	25，5，2，槓鎖
51公斤	15，0.5，槓鎖	85公斤	25，5，2.5，槓鎖
52公斤	15，1，槓鎖	86公斤	25，5，2.5，0.5，槓鎖
53公斤	15，1.5，槓鎖	87公斤	25，5，2.5，1，槓鎖
54公斤	15，2，槓鎖	88公斤	25，5，2.5，1.5，槓鎖

89公斤	25，5，2.5，2，槓鎖	125公斤	25，25，2.5，槓鎖
90公斤	**25，10，槓鎖**	126公斤	25，25，2.5，0.5，槓鎖
91公斤	25，10，0.5，槓鎖	127公斤	25，25，2.5，1，槓鎖
92公斤	25，10，1，槓鎖	128公斤	25，25，2.5，1.5，槓鎖
93公斤	25，10，1.5，槓鎖	129公斤	25，25，2.5，2，槓鎖
94公斤	25，10，2，槓鎖	**130公斤**	**25，25，5，槓鎖**
95公斤	25，10，2.5，槓鎖	131公斤	25，25，5，0.5，槓鎖
96公斤	25，10，2.5，0.5，槓鎖	132公斤	25，25，5，1，槓鎖
97公斤	25，10，2.5，1，槓鎖	133公斤	25，25，5，1.5，槓鎖
98公斤	25，10，2.5，1.5，槓鎖	134公斤	25，25，5，2，槓鎖
99公斤	25，10，2.5，2，槓鎖	135公斤	25，25，5，2.5，槓鎖
100公斤	**25，15，槓鎖**	136公斤	25，25，5，2.5，0.5，槓鎖
101公斤	25，15，0.5，槓鎖	137公斤	25，25，5，2.5，1，槓鎖
102公斤	25，15，1，槓鎖	138公斤	25，25，5，2.5，1.5，槓鎖
103公斤	25，15，1.5，槓鎖	139公斤	25，25，5，2.5，2，槓鎖
104公斤	25，15，2，槓鎖	**140公斤**	**25，25，10，槓鎖**
105公斤	25，15，2.5，槓鎖	141公斤	25，25，10，0.5，槓鎖
106公斤	25，15，2.5，0.5，槓鎖	142公斤	25，25，10，1，槓鎖
107公斤	25，15，2.5，1，槓鎖	143公斤	25，25，10，1.5，槓鎖
108公斤	25，15，2.5，1.5，槓鎖	144公斤	25，25，10，2，槓鎖
109公斤	25，15，2.5，2，槓鎖	145公斤	25，25，10，2.5，槓鎖
110公斤	**25，20，槓鎖**	146公斤	25，25，10，2.5，0.5，槓鎖
111公斤	25，20，0.5，槓鎖	147公斤	25，25，10，2.5，1，槓鎖
112公斤	25，20，1，槓鎖	148公斤	25，25，10，2.5，1.5，槓鎖
113公斤	25，20，1.5，槓鎖	149公斤	25，25，10，2.5，2，槓鎖
114公斤	25，20，2，槓鎖	**150公斤**	**25，25，15，槓鎖**
115公斤	25，20，2.5，槓鎖	151公斤	25，25，15，0.5，槓鎖
116公斤	25，20，2.5，0.5，槓鎖	152公斤	25，25，15，1，槓鎖
117公斤	25，20，2.5，1，槓鎖	153公斤	25，25，15，1．5，槓鎖
118公斤	25，20，2.5，1.5，槓鎖	154公斤	25，25，15，2，槓鎖
119公斤	25，20，2.5，2，槓鎖	155公斤	25，25，15，2.5，槓鎖
120公斤	**25，25，槓鎖**	156公斤	25，25，15，2.5，0.5，槓鎖
121公斤	25，25，0.5，槓鎖	157公斤	25，25，15，2.5，1，槓鎖
122公斤	25，25，1，槓鎖	158公斤	25，25，15，2.5，1.5，槓鎖
123公斤	25，25，1.5，槓鎖	159公斤	25，25，15，2.5，2，槓鎖
124公斤	25，25，2，槓鎖	**160公斤**	**25，25，20，槓鎖**

161公斤	25，25，20，0.5，槓鎖	197公斤	25，25，25，10，2.5，1，槓鎖
162公斤	25，25，20，1，槓鎖	198公斤	25，25，25，10，2.5，1.5，槓鎖
163公斤	25，25，20，1.5，槓鎖	199公斤	25，25，25，10，2.5，2，槓鎖
164公斤	25，25，20，2，槓鎖	**200公斤**	**25，25，25，15，槓鎖**
165公斤	25，25，20，2.5，槓鎖		
166公斤	25，25，20，2.5，0.5，槓鎖		
167公斤	25，25，20，2.5，1，槓鎖		
168公斤	25，25，20，2.5，1.5，槓鎖		
169公斤	25，25，20，2.5，2，槓鎖		
170公斤	**25，25，25，槓鎖**		
171公斤	25，25，25，0.5，槓鎖		
172公斤	25，25，25，1，槓鎖		
173公斤	25，25，25，1.5，槓鎖		
174公斤	25，25，25，2，槓鎖		
175公斤	25，25，25，2.5，槓鎖		
176公斤	25，25，25，2.5，0.5，槓鎖		
177公斤	25，25，25，2.5，1，槓鎖		
178公斤	25，25，25，2.5，1.5，槓鎖		
179公斤	25，25，25，2.5，2，槓鎖		
180公斤	**25，25，25，5，槓鎖**		
181公斤	25，25，25，5，0.5，槓鎖		
182公斤	25，25，25，5，1，槓鎖		
183公斤	25，25，25，5，1.5，槓鎖		
184公斤	25，25，25，5，2，槓鎖		
185公斤	25，25，25，5，2.5，槓鎖		
186公斤	25，25，25，5，2.5，0.5，槓鎖		
187公斤	25，25，25，5，2.5，1，槓鎖		
188公斤	25，25，25，5，2.5，1.5，槓鎖		
189公斤	25，25，25，5，2.5，2，槓鎖		
190公斤	**25，25，25，10，槓鎖**		
191公斤	25，25，25，10，0.5，槓鎖		
192公斤	25，25，25，10，1，槓鎖		
193公斤	25，25，25，10，1.5，槓鎖		
194公斤	25，25，25，10，2，槓鎖		
195公斤	25，25，25，10，2.5，槓鎖		
196公斤	25，25，25，10，2.5，0.5，槓鎖		

第3.3.4條規定 磅秤
REGULATION TO 3.3.4 SCALES

1 磅秤須：SCALES MUST:

- 為電子式，並具顯示及／或列印功能，或兩者兼具
  be electronic; with display and / or printout or both
- 最大秤量：200公斤
  capacity = weigh up to 200 kg
- 精確度：最高50公克
  precision = 50 grams maximum
- 至少設置三（3）台磅秤 – 官方用秤、測試用秤及訓練場地用秤
  minimum three (3) scales – official scale, test scale and training venue scale
- 於賽事開始前三個月內，經當地主管機關認證
  certified by local authorities within three (3) months from start of the Event
- 奧運會及青年奧運會 – 磅秤須每日校正
  Olympic Games, Youth Olympic Games – scales must be calibrated daily

第3.3.5條規定 選手號碼布／選手通行證／熱身區通行證／挑戰卡
REGULATION TO 3.3.5 ATHLETE BIBS / ATHLETE PASSES / WARM-UP PASSES / CHALLENGE CARDS

主辦MF/籌備委員會須提供足夠數量之選手號碼布及安全別針：
The host Member Federation / Organising Committee must supply a sufficient amount of Athlete Bibs and safety pins:

1 選手號碼布：ATHLETE BIBS:

- 面積最小100平方公分 minimum 100 cm²
- 最大150平方公分 maximum 150 cm²
- 底色及文字得為任何顏色 Bib background and text may be any colour
- 文字大小及顏色須清晰明確，且於遠處可辨
  text size and colour must be clear, concise and legible from a distance
- 試舉號碼範圍為1至18號，視需要而定 start numbers range from 1 to 18, as required
- 每組重新編號 new start numbers are issued for each group
- 須以四支別針（四個角各一支）牢固別於選手舉重服褲腿上
  securely fastened with four pins (one on each corner) on leg of athletes' costume
- 得印製標誌（如IWF、主辦MF、NOC、贊助商等）；相關製造商識別規定適用之（參閱TCRR第4.9條）
  logos (IWF, Host Member Federation, NOC, sponsors, etc.) are acceptable; relevant manufacturers identification rules and regulations apply (See TCRR 4.9)

2 選手通行證：ATHLETE PASSES:

- 須標示性別、量級及參賽組別 shall indicate gender, bodyweight category, group contested
- 須表示“選手”字樣 shall indicate “Athlete”
- 須以厚紙卡或類似材質製作 shall be made of cardstock or similar product
- 底色及文字得為任何顏色 background and text may be any colour
- 每組得使用不同顏色 assorted and / or different colours for each group
- 文字大小及顏色須清晰明確，且於遠處可辨識
  text size and colour must be clear, concise and legible from a distance
- 須配有挂帶 affixed with a lanyard
- 得印製標誌（如IWF、主辦MF、NOC、贊助商等）；相關製造商識別規定適用之（參閱TCRR第4.9條）
  logos (IWF, host Member Federation, NOC, sponsors, etc.) are acceptable; relevant manufacturer’s identification rules and regulations apply (see TCRR 4.9)

3 熱身區通行證：WARM-UP PASSES:

熱身通行證由主教練通行證及助理教練通行證組成。兩種類型均應符合以下要求：
Warm-up Passes consist of Lead Coach Passes and Support Coach Passes. Both types shall meet the following requirements:

- 須標示性別、量級及參賽組別 shall indicate gender, bodyweight category, group contested
- 須以厚紙卡或類似材質製作 shall be made of cardstock or similar product
- 底色及文字得為任何顏色 background and text may be any colour
- 每組得使用不同顏色 assorted and / or different colours for each group
- 文字大小及顏色須清晰明確，且於遠處可辨識
  text size and colour must be clear, concise and legible from a distance
- 須配有挂帶 affixed with a lanyard
- 得印製標誌（如IWF、主辦MF、NOC、贊助商等）；相關製造商識別規定適用之（參閱TCRR第4.9條）
  logos (IWF, host Member Federation, NOC, sponsors, etc.) are acceptable; relevant manufacturer’s identification rules and regulations apply (See TCRR 4.9)

主教練通行證： LEAD COACH PASSES:
主教練通行證將發給指定的主教練。主教練是會員國體育總會與比賽場地技術官員溝通的主要聯絡人。
A Lead Coach Pass shall be issued to the designated Lead Coach. The Lead Coach is the Member Federation’s primary point of contact for communications with Technical Officials on the FOP.

- 必須標明通行證持有人為“主教練” shall identify the pass holder as “Lead Coach”
- 主教練通行證顏色應與運動員通行證和助理教練通行證不同
  the Lead Coach Pass shall be a different colour from Athlete Passes and Support Coach Passes

助理教練通行證：SUPPORT COACH PASSES:
助理教練通行證將發給其他隊伍職員，並須標明通行證持有人為“助理”
Support Coach Passes shall be issued to other Team Officials and shall identify the pass holder as “Support”.

4 挑戰卡：CHALLENGE CARDS:

- 須以硬紙卡製作，尺寸至少20x9公分
  shall be made of hard paper of minimum 20x9cm size
- 須表示“挑戰”字樣 shall indicate “Challenge Card"
- 須標示錢號，或 shall indicate either the LOT number or

- 須以大字標示性別、量級及組別，且顏色及文字須與該組選手通行證一致，並於遠處可辨識
  shall indicate the gender, bodyweight category and group in large letters readable from a distance, colour and text shall match the Athlete Passes of the group contested
- 得印製標誌（如IWF、主辦MF、NOC、贊助商等）；相關製造商識別規定適用之（參閱TCRR第4.9條）
  logos (IWF, host Member Federation, NOC, sponsors, etc.) are acceptable; relevant manufacturer's identification rules and regulations apply (see TCRR 4.9)

第3.3.6.1條規定 裁判燈系統
REGULATION TO 3.3.6.1 REFEREE LIGHT SYSTEM

1 三名裁判各持一個控制盒。每個控制盒配備：
There is one (1) control box for each of the three (3) Referees. Each control box is equipped with:

- 兩個按鈕：一個白色，一個紅色 two (2) push buttons; one (1) white and one (1) red
- 一個警示燈及警示音 one (1) warning indicator light and sound

2 一組具視覺及聽覺“放下”信號之裝置，置於比賽台/高臺前方之架上，位於中央裁判兩側各一百公分處。該裝置須高出比賽台/高臺表面至少50公分。
One (1) apparatus giving a visual and audible “Down” signal is placed on a stand in front of the competition platform / stage, one hundred (100) cm either side of the Centre Referee. The apparatus must be a minimum of 50 cm in height from the competition platform / stage.

3 兩組或以上之裁判“判決燈”顯示器，各裝有三個紅燈及三個白燈，向比賽區內之選手及觀眾顯示裁判判決，並於熱身區設置一組。
Two (2) or more sets of Referee “decision lights” equipped with three (3) red and three (3) white lights, showing the Referees’ decisions to the athletes and the audience in the competition area and one (1) set in the Warm-up area.

4 一組置於審判委員席之控制面板，裝有三個紅燈及三個白燈，於裁判按下按鈕時即時亮起。該面板另裝有信號裝置，可用以召集任一或全體裁判至審判委員席。
A control panel placed on the Jury Table, equipped with three (3) red and three (3) white lights that light up instantly when the Referees press the button. The panel are also equipped with a signalling device that may be used to call any or all the Referees to the Jury Table.

第3.3.6.12條規定 審判委員控制台
REGULATION TO 3.3.6.12 JURY CONTROL UNIT

1 此裝置配備有四個綠燈、四個白燈及四個紅燈。每位審判委員各持有一具備紅、白兩色按鈕之裝置。當審判委員按下任一按鈕時，該按鈕對應之綠燈即會亮起。僅於全體審判委員皆已做出判決後，白色及紅色之審判委員判決燈才會亮起。審判委員控制系統未設計有三秒鐘之判決變更緩衝時間。

This device is equipped with four (4) green lights four (4) white lights and four (4) red lights. Each Jury member has a device with a red and white button. When the Jury members press either one (1) of the buttons, the green light illuminates. The white and red Jury decision lights illuminate only when all Jury members have given their decision. The Jury Control Unit is not programmed with a three (3) second window to change a decision.

第3.3.6.14條規定 計時鐘
REGULATION TO 3.3.6.14 TIMING CLOCK

1 精確之計時裝置，無論為電子式或數位式，須具備下列特性：

An accurate time measuring device, either electronic or digital, must be equipped with the following characteristics:

a) 可連續運作最長十五分鐘
Operate continuously up to a maximum of fifteen (15) minutes

b) 可顯示最小間隔為一秒
Indicate minimum intervals of one (1) second

c) 於九十秒、三十秒及零秒時發出自動聽覺信號
Provide automatic audible signals at ninety (90) seconds, at thirty (30) seconds and at zero (0)

2 比賽場地內須同時於三處不同位置顯示經過時間：

The elapsed time must be displayed simultaneously in three (3) separate locations within the FOP:

- 熱身區 one (1) element in the warm-up area
- 面向觀眾 one (1) element facing the audience
- 面向比賽選手 one (1) element facing the competing athlete

第3.3.7條規定 影片回播技術
REGULATION TO 3.3.7 VIDEO PLAYBACK TECHNOLOGY (VPT)

1 影片回播技術之要求：Requirements for VPT:

a) 至少四台攝影機：攝影機配置於高臺周圍，三台設置於高臺前方，盡可能靠近三位裁判就座位置；第四台設置於高臺後緣，與比賽台中央對齊，位於比賽台後方安全護欄之後。高臺前方之三台攝影機，其高度應高於比賽台面三十公分；側方攝影機則應與比賽台面同高。
A minimum of four (4) cameras: Cameras will be positioned around the stage, three (3) cameras at the front of the stage to be as close as possible to the 3 sitting referees, the 4th camera to be positioned at the back edge of the stage in line with the centre of the platform but behind the restraining bar at the rear of the competition platform. Three (3) cameras located in front of the stage should be positioned at a height of 30cm above the competition platform, and the side camera should be at the height of the competition platform.

b) 影片回播技術使用自有產出之信號，但須連接至成績揭示板及/或電視牆及電視/轉播系統，以便場內觀眾及電視觀眾觀看重播。當選手或隊伍提出挑戰時，電視牆及/或電視須顯示“挑戰”字樣。
VPT uses own-produced signal, however, it must be connected to the Scoreboard and/or Videoboard and Television / Broadcasting to allow in-venue spectators and TV viewers watch the replay. When the Athlete or Team requests for a Challenge, Videoboard and / or TV must indicate “Challenge”

c) 影片回播技術須具備多重用途，包括作為影像資料庫供後續使用（例如：技術職員培訓、科學分析、研討會/教育等）。
VPT must serve multi purposes, incl. video archives for later use (e.g. Technical Official training, scientific analysis, seminars / education, etc.).

2 影片回播技術設置於審判委員席或其附近，且審判委員席上須設置相關顯示器（即審判委員席得設置兩台顯示器：即時顯示系統及影片回播技術顯示器）。影片回播技術流程進行期間，建議於高臺階梯附近設置一個試舉牌，以管制下一位選手等候。
VPT to be located on Jury Table or nearby and pertaining monitor must be provided on Jury Table (i.e., Jury Table may have two (2) monitors; Real Time Display System and VPT monitor). One (1) Attempt Board to be preferably provided nearby the steps of the stage to control next athlete to wait during VPT procedure.

3 影片回播技術操作團隊須受過訓練，並於挑戰發生時可迅速且有效處理影片回播技術流程。
An Operation Team for VPT must be trained and available for quick and efficient handling of the VPT in case of a Challenge.

4 此流程得由審判委員（暫停比賽）或選手/隊伍（向技術管制員提交挑戰卡）啟動，須於下一次試舉計時鐘啟動前，或下一位選手被唱名並登上高臺前（以較晚發生者為準）提出。
The procedure can be started by Jury (by stopping the competition) or Athlete / Team (by submitting a Challenge Card to the Technical Controller) before the timing clock is started for the next attempt, or the next athlete having been called appears on the stage, whichever is the last.

技術管制員收到挑戰卡後，應立即暫停比賽。
Upon receiving a Challenge Card, the Technical Controller shall immediately stop the competition.

5 僅審判委員得控制回放流程。審判委員進行回放流程前，須先確認挑戰之有效性。
Only the Jury shall control the playback process. Before the Jury proceeds to the playback process, it must check the Challenge's validity.

6 當審判委員多數意見與裁判判決不同時，審判委員得自行決定啟動影片回播技術。
審判委員啟動影片回播技術時，由審判召集人舉起小型黃旗（須另行提供）以引起播報員、技術管制員、電視製作單位等注意，表示比賽須暫停。
The Jury at its own discretion may also initiate a VPT process when the majority of the Jury's opinion is different from the Referees' decision.In order for the Jury to initiate a VPT process, the Jury President will raise a small yellow flag (to be provided) to draw attention to the Speaker, Technical Controller, TV producer etc. that the competition is to stop.

7 重播次數不限，惟審判委員須盡速做出決定。
There is no limit in the number of replays, however, the Jury must make their decision as quickly as possible.

8 經影片回播技術回放後，須審判委員多數同意始得推翻裁判之判決。
To reverse the Referees' decision after the VPT replay, majority is required among the Jury Members.

9 選手或隊伍提出挑戰。
Challenge by Athlete or Team.

9.1 選手/隊伍僅得對自身試舉之判決提出挑戰。
Athlete / Team can only challenge the decisions of its own attempts.

9.2 每位選手於過磅時獲發一張挑戰卡。
One (1) Challenge Card is provided for each athlete at the weigh-in.

9.3 選手／隊伍若欲挑戰裁判或審判委員之判決，須將挑戰卡提交予最近之技術管制員，以提出挑戰請求。
If the Athlete / Team wants to challenge the Referees' or Jury's decision a Challenge request shall be submitted to the nearest Technical Controller by using the Challenge Card.

9.4 技術管制員收到挑戰後，須表示比賽暫停，以便將該請求送交審判召集人。
Upon receipt of a Challenge, the Technical Controller must indicate that the competition must stop so that he can take the request to the President of the Jury.

9.5 每位選手僅有一次挑戰權。惟若審判委員核准該挑戰，選手/隊伍得保留該次挑戰權。
Challenge request can be made only once per athlete. However, if the Jury approves the Challenge, the Athlete / Team retains the Challenge right.

9.6 挑戰結束後，審判召集人須指示比賽重新開始。
At the completion of the challenge the President of the Jury must indicate that the competition restarts.

9.7 審判委員針對其自行提出之挑戰所做之決定為最終決定，選手或職員不得再提出挑戰。
A decision of the Jury on a challenge emanating from the Jury themselves is final and cannot be challenged further by Athletes or Officials.

第5.1條規定 IWF賽事
REGULATION TO 5.1 IWF EVENTS

1 資格賽 QUALIFICATION EVENTS

- 須於賽事前至少六個月提交納入 IWF 行事曆之申請（IWF 世界錦標賽除外），惟須經 IWF 核准。
  Request for inclusion to the IWF Calendar to be submitted minimum six (6) months prior to the Event (except IWF World Championships), but it's subject to IWF approval.
- 所有賽事及技術規章須由MF/籌備委員會於賽事前四個月送交 IWF 確認。
- All event and technical regulations must be sent by the Member Federation / Organizing Committee to the IWF four (4) months before the event for verification.
- 規章經核准後，須於賽事前三個月前公布。僅限社會賽事。
  If the Regulation is approved the document shall be published no later than three (3) months before the event. Only Senior events.
- 初次報名及最終報名須於截止日期後七天內提交。
  Preliminary and Final Entries to be provided within 7 days after the deadlines.
- 成績須依成績表格範本，於賽事結束後七天內提交。
  Results provided according to Results Template document within 7 days after the conclusion of the event.

2 非資格賽 NON-QUALIFYING EVENTS

由 IWF、洲際聯合會、區域聯合會、MF及經所屬 MF 核准之俱樂部主辦；除 IWF 另有規定外，此類賽事之規劃、管理及組織須符合 IWF TCRR 之規範，尤其須遵循第 5.1 條、第 5.2 條、第 5.5 條及第 5.1 條與第 5.2 條相關規定中所列之條文。
Organized by IWF, Continental Federations (CF), Regional Federations (RF), Member Federations (MF), Clubs (approved by its MF); unless otherwise advised by the IWF, the planning, management and organisation of such events shall comply with the statutes, as defined in the IWF Technical and Competition Rules & Regulations (TCRR) and in particular the relevant articles outlined in section 5.1, section 5.2, section 5.5, and Regulations to 5.1 and 5.2.

技術與資訊系統於主要賽事（如世界錦標賽、洲際錦標賽、綜合運動會及任何資格賽）之應用，須採用 IWF 授權之系統。
Application of TIS at major events e.g.: World Championships, Continental Championships, Multisport Games and any qualification events must be IWF Licensed systems.

詳細資訊請參閱 IWF 行事曆政策。
Details to be referred to IWF Calendar Policy

第5.2條規定 世界錦標賽
REGULATION TO 5.2 WORLD CHAMPIONSHIPS

以下規定適用於所有世界錦標賽（青少年、青年、社會），除另有規定外。
The following regulation applies to all World Championships (Youth, Junior, Senior) unless otherwise stated.

1 IWF 是世界錦標賽相關權益的所有者；僅 MF 有權申辦賽事。鼓勵 MF 在申辦過程及獲選後的主辦工作中，與當地體育、旅遊或政府機構合作。
The IWF is the rights holder of the World Championships properties; only Member Federations have the right to bid for an Event. Member Federations are encouraged to partner with local sport, tourism, or government agencies during the bid process and hosting, if successful.

2 申辦世界錦標賽之申請須於 IWF 執行委員會決定相關錦標賽分配之會議前六十天以書面提出。IWF 秘書處應有意願之 MF 或其授權代表要求，提供賽事主辦問卷。填妥之問卷須送交 IWF 秘書處進行評估。
Bids to host / organise World Championships must be made in writing sixty (60) days prior to the IWF Executive Board meeting scheduled to decide on the relevant Championship allocation. The IWF Secretariat sends an Event Hosting Questionnaire upon request from the interested Member Federation or authorised representative. The completed Questionnaire is returned to the IWF Secretariat for evaluation.

3 世界錦標賽之分配由IWF執行委員會決定。
The allocation of the World Championships is decided by the IWF Executive Board.

4 世界錦標賽分配完成後，IWF 與主辦MF須依提交之問卷內容，簽署主辦協議，明定錦標賽籌辦之主要義務與條件。
Following the allocation of the World Championships, the IWF and the host Member Federation sign a Hosting Agreement stating the main obligations and conditions for the organisation of the Championships, based on the submitted Questionnaire.

5 世界錦標賽之賽期，除 IWF 執行委員會另有決定外，規定如下：
The duration of the World Championships, unless otherwise decided by the IWF Executive Board, are as follows:

- 世界青少年錦標賽 = 不少於六個比賽日
  World Youth Championships = not less than six (6) competition days
- 世界青年錦標賽 = 不少於七個比賽日
  World Junior Championships = not less than seven (7) competition days
- 世界社會錦標賽 = 不少於八個比賽日
  World Senior Championships = not less than eight (8) competition days

6 主辦MF/籌備委員會之責任
RESPONSIBILITIES – HOST MEMBER FEDERATION / ORGANISING COMMITTEE

主辦MF/籌備委員會須遵守下列財務責任及條件：
The host Member Federation / Organising Committee must adhere to the following financial responsibilities and conditions:

6.1 以核定貨幣之每日固定費率，向所有參與者提供下列項目：
Offer all participants, at a daily fixed rate in the approved currency, the following:

- 住宿與膳食 accommodation and meals
- 當地交通 local transportation
- 比賽及訓練之場地使用及參與 access and participation in competition and training
- 官方會議之出席及參與 access and participation in official meetings
- 閉幕餐會 closing banquet
- 其他相關技術服務 other related technical services

賽事經 IWF 執行委員會分配後，核定每日固定費率，並確保所提供之服務與所標示之價格相符。

Upon allocation of the Event by IWF Executive Board, a fixed daily rate is approved and with assurance that the services provided are commensurate with the prices indicated.

6.2 於錦標賽開始前至少四天，為參與者提供交通及訓練設施。
Provide transportation and training facilities for participants at least four days before the beginning of the Championships.

6.3 於比賽日期（再加兩天）期間，提供至多四十五名獲選技術職員免費住宿及膳食。技術職員人數之決定，須考量比賽天數、所舉辦世界錦標賽之種類與數量及其他因素，並依 IWF 與主辦MF/籌備委員會之協議而定。
Provide free accommodation and meals, during the competitions days plus two days, for up to forty-five (45) selected Technical Officials. The number of Technical Officials is decided by and taking into consideration the number of competition days, the number and type of World Championships organised as well as other considerations and dependent on an agreement between the IWF and the host Member Federation / Organising Committee.

若 IWF 執行委員會及委員會會議與世界錦標賽合併舉行，則對於獲選且為執行委員會及/或委員會成員之技術職員，免費住宿提供至比賽日期加五天。為享有上述福利，該技術職員或賽事醫師須全程參與並於錦標賽期間隨時待命。
If the IWF Executive Board and Committee meetings are held in conjunction with the World Championships, for those selected Technical Officials who are members of the Board and / or the Committees, free accommodation is provided for the competition days plus five days. To benefit from the above, the Technical Officials or Competition Doctors must be present and available for the entirety of the Championships.

所有參與者如有額外天數之住宿，須自行負擔費用。
All participants must pay for any additional days.

6.4 書面保證於世界錦標賽前六個月所報之住宿價格不調漲，惟經 IWF 核准者不在此限。
Guarantee in writing that the prices of accommodation quoted six (6) months prior to the World Championships will not increase, unless authorised by the IWF.

6.5 免費提供 IWF 代表大會、執行委員會及各委員會、專門委員會、聽證會、最終報名確認會議、技術職員會議（賽前及賽中）及教育研討會所需之場地設施。設施包括：會議室、口譯人員、視聽設備及技術、標示牌、適當座位、主席台、咖啡、茶點、筆、紙等。
Provide, free of charge, the facilities for the IWF Congress and the meetings of the Executive Board and the Committees, Commissions, Hearing, Verification of Final Entries, Technical Officials' Meeting (pre-competition and mid-competition), and Education Seminar(s). Facilities includes: meeting room(s), interpreters, audio visual equipment and technology, signage, appropriate seating, head table, coffee, refreshments, pens, paper, etc.

6.6 依 IWF TCRR 相關規定，免費提供世界錦標賽所有組別及訓練所需之技術組織及所有相關技術需求，包括：比賽器材、場地及空間（附適當家具）、技術及作業人員、急救/緊急救護人員、茶點等。
Provide, free of charge, the technical organisation and all relevant technical requirements including; sport equipment, venue and spaces with adequate furnishings, technical and

operational staff, first aid / first responders, refreshments, etc.) for all groups and training for the World Championships, as required by the relevant IWF TCRR.

6.7 若技術、醫療及教練暨研究委員會主席未獲任命為技術職員，須於所有比賽日期再加五天期間，免費提供其住宿。
Accommodate the Technical, Medical and Coaching & Research Committees Chairpersons free of charge, for all competition days plus five days, when they are not among the appointed Technical Officials.

6.8 免費提供 IWF 主席及秘書長於所有比賽日期再加六天期間之商務艙來回交通、住宿及膳食。免費提供五名 IWF 秘書處成員、四名 IWF 技術與資訊系統人員及獲指派之 IWF 新聞代表之經濟艙來回交通、住宿及膳食。
Provide, free of charge, business class return travel, accommodation and meals for all competition days plus six (6) days for the IWF President and the General Secretary. Provide economy class return travel, accommodation and meals for five
(5) members of the IWF Secretariat, 4 (four) members of the IWF TIS and the appointed IWF Press Delegate.

6.9 提供具備適當技術及科技設施之場地，供 IWF 秘書處於世界錦標賽期間舉辦會議、課程及代表大會。
Provide venues with appropriate technical and technological facilities for the IWF Secretariat to host meetings, courses and the Congress throughout the World Championships.

6.10 支付下列技術訪視之全部交通、住宿及膳食費用，以評估主辦MF/籌備委員會之籌備工作：
Pay full costs of travel, accommodation and meals, for the following technical visits to evaluate the host Federation / Organising Committee preparation:

- 世界青少年錦標賽 – 兩次技術訪視
  World Youth Championships – two (2) technical visits
- 世界青年錦標賽 – 四次技術訪視
  World Junior Championships – four (4) technical visits
- 世界社會錦標賽 – 六次技術訪視
  World Senior Championships – six (6) technical visits

6.11 提供紀念獎牌及證書予所有選手及獲認證/註冊之錦標賽代表。
Provide commemorative medals and diplomas to all athletes and other accredited / registered delegates of the Championships.

6.12 指派足夠數量之國家級技術職員，於競賽主任、技術委員會主席及/或審判召集人之監督下，安排比賽順利進行。
Appoint a sufficient number of National Technical Officials to arrange, under the supervision of the Competition Director, the Chairperson of the Technical Committee and / or the President of the Jury, the orderly progress of the competition.

6.13 為每位選手及獲註冊/認證之代表，提供因任何疾病或傷害所需之初級醫療照護。
Provide each athlete and other registered / accredited delegates with primary medical care in relation to any illness or injury that may occur.

6.13.1 比賽及訓練期間，場地內須派駐具備適當急救設備之緊急救護人員。
First Responders with appropriate first response equipment must be stationed at the venue during the competition and training hours.

6.13.2 場地內須設置急救/醫務室，配備基本醫療器材，如繃帶、冰塊、止痛藥及任何必要設施，以供檢查及初次處理受傷或身體不適之選手及其他獲註冊/認證之代表。
A First Response / Medical room must be provided at the venue containing basic medical equipment; such as, bandages, ice, pain medication, and any necessary facilities for the examination and initial treatment of the injured or ill athlete and other registered / accredited delegates.

6.13.3 整個世界錦標賽期間，所有獲註冊/認證之代表須隨時獲得初級醫療照護。所有初級醫療服務之費用，僅限於對選手及其他獲註冊/認證代表所提供之治療，完全由主辦MF/籌備委員會負擔。
Throughout the entire period of the World Championships, primary medical care must be available at any time to all registered / accredited delegates. The costs of any primary medical service are borne entirely by the host Federation / Organising Committee in respect only to treatment provided to athletes and other registered / accredited delegates.

主辦MF/籌備委員會有權透過主管機關，就提供此類醫療服務所產生之費用請求償還。
The host Federation / Organising Committee is entitled to reimbursement of any cost incurred for providing such medical services, via the regulated authorities.

6.13.4 若對世界錦標賽期間發生之任何疾病或傷害是否屬慢性存有疑慮，須先提供適當之初級醫療照護；若需進一步檢查或治療，則由主辦MF/籌備委員會之醫護人員與 IWF 醫療委員會主席或指定人員協商後決定之。
If any doubt exists as to the chronic nature of any illness or injury that occurs during a World Championship, the appropriate primary medical care must be initially provided and then, if further investigation or treatment is required, it is performed at the discretion of the host Member Federation / Organising Committee medical staff in consultation with the IWF Medical Committee Chairperson or a designated person.

6.13.5 IWF 執行委員會建議所有洲際及區域聯合會於其賽事中採用上述流程。
The above procedure is recommended by the IWF Executive Board to all Continental and Regional Federations for application at their events.

6.14 為世界錦標賽投保適當且完善之健康/醫療/醫院保險，並於錦標賽開始前將保險理賠範圍之核證副本提交 IWF 秘書處。
Attain acceptable comprehensive health / medical / hospital insurance policies for the World Championships and provide a certified copy of indemnity to the IWF Secretariat prior to the commencement of the Championships.

6.15 於場館及飯店免費提供高速網路。
Provide free of charge high-speed internet both in the venue(s) and in the hotel(s).

7 參賽 MF 之責任：RESPONSIBILITIES – PARTICIPATING MEMBER FEDERATIONS:

7.1 參賽代表團須接受主辦 MF/籌備委員會所提供之住宿，費用依競賽規章所載金額支付。該金額經 IWF 協調核准，且須與所提供服務之標準相符。
The participating delegations must accept the accommodation offered by the host Member Federation / Organising Committee, at the cost indicated in the Competition Regulation. The amount is coordinated with the approval of the IWF and must be commensurate with the standard of the services provided.

7.2 按代表團每位成員繳交兩百美元之報名費予主辦 MF/籌備委員會。每位代表之200美元報名費由主辦 MF/籌備委員會與 IWF 平均分配（各100美元）。
Pay the host Federation / Organising Committee an Entry Fee of two hundred US dollars (200 USD) for each member of the delegation. The 200 USD Entry Fee per delegate is divided

evenly (100 USD each) between the host Federation / Organising Committee and the IWF.

7.3 IWF 執行委員會成員、貴賓/來賓、IWF 秘書處、獲選技術職員、IWF 新聞代表及獲認證之媒體，免繳 200 美元之報名費。
The IWF Executive Board, VIP / Guests, IWF Secretariat, selected TOs, IWF Press Delegate and the accredited media do not pay the 200 USD Entry Fee.

7.4 IWF 委員會成員及 MF 代表大會代表，若僅參加各自之會議（且最遲於首個比賽日結束後離開），亦免繳 200 美元之報名費。若該等職員或代表於代表大會結束後仍續留錦標賽，則不得享有註冊/認證相關之任何權益，如交通、進入比賽場地或參加任何社交活動，除非其繳交報名費。
IWF Committee members and the Member Federation Congress delegates who only attend their respective meetings (leaving at the latest on the first competition day) are also exempt from paying the 200 USD Entry Fee. If those Officers or delegates continue to stay at the Championship after the Congress these persons cannot enjoy any privileges associated with registration / accreditation; such as transportation, entry to the competition or any social events unless they pay the Entry Fee.

7.5 參加世界錦標賽之 MF 須自負參賽風險。所有參賽 MF 須對其註冊/認證代表之健康與福祉，及發生事故或損害時，承擔全部道義及財務責任。
Member Federations participating in the World Championships do so at their own risk. All participating Federations must undertake full moral and financial responsibility of their registered / accredited delegates with regard to their health and wellness and in case of accidents or damages.

第6.4條規定 過磅
REGULATION TO 6.4 WEIGH-IN

1 過磅室須配備下列物品：Weigh-in is conducted in a room equipped with the following items:

- 官方用磅秤，置於具隱私遮屏之區域
  the official scale; situated in a privately screened area
- 試舉名單張貼于過磅室入口 Start List, posted at the entrance of the weigh-in room
- 過磅名單 Weigh-in List
- 選手卡 Athlete's Cards
- 選手通行證 Athlete Passes
- 挑戰卡 Challenge Cards
- 隊職員熱身區通行證 Team Officials' Warm-up Passes
- 文具用品 stationary kit / supplies
- 選手號碼布及安全別針 Athlete Bibs & safety pins
- 足夠之桌椅供過磅秘書處使用
  sufficient amount of table and chairs for the Weigh-in Secretariat
- 收存選手通行證件之容器 container to store athlete accreditations
- 隊職員編號貼紙（視需要） Team Officials' numbered stickers (optional)

2 過磅秘書處由下列人員組成：The Weigh-in Secretariat consists of:

- 競賽秘書 Competition Secretary(s)
- 執法裁判 on-duty Referees
- 助理競賽秘書（視需要） Assistant Competition Secretary(s) (optional)
- 過磅職員（視需要） Weigh-in Official(s) (optional)
- 助理過磅職員（視需要） Assistant Weigh-in Official(s) (optional)

3 所有組別之每位選手過磅時，須有兩名裁判在場。兩名裁判均須與選手同性別。
Each athlete for all groups must be weighed in the presence of two Referees. Both of the Referees must be the same gender as the athlete.

4 兩名裁判確認選手體重後，以手寫紙條或電子列印方式提供予競賽秘書。競賽秘書將選手體重登錄於選手卡及過磅名單上。
Both Referees verify the athlete's bodyweight and provide it to the Competition Secretary (CS) by way of a handwritten note or electronic printout. The CS records the athlete's bodyweight on the Athlete's Card and Weigh-in List.

5 過磅時，得有一名獲授權之隊職員陪同選手。若該隊職員與選手不同性別，須停留於官方用磅秤所在區域之外。
One authorised Team Official may accompany the athlete during weigh-in. If the Team Official is not of the same gender as the athlete they must stay outside the area where the official scale is situated.

6 選手體重須依手寫紀錄或電子列印單（如有）所載明之數字完全一致。
The athlete's bodyweight must be manually recorded exactly as handwritten or as stated on the electronic print-out, if available.

7 選手依籤號順序，逐一被點名進入過磅室。點名時未到之選手，將於過磅序列最後進行過磅。
The athletes are called one at a time into the weigh-in room, according to the progression of the athlete's lot number. Athletes not present when their name is called will be weighed at the end of the weigh-in sequence.

8 不同量級合併為一組時，過磅順序依量級逐一進行，較輕量級先於較重量級過磅。
When different bodyweight categories are combined in one group, the sequence of the weigh-in shall be category-by-category, with the lower category to be weighed before the higher categories.

9 選手須向競賽秘書出示護照（或國內選手附出生日期之英文身分證件）以證明身分。競賽秘書須確認選手之國籍。
Athletes must provide proof of identity by presenting their passport (or English language identity card including Date of Birth for domestic athletes) to the CS. The CS must verify the athlete's nationality.

奧運會及青年奧運會中，以 IOC/奧運會籌備委員會核發之選手認證卡作為身分證明即為足夠。選手無須攜帶護照或身分證件至過磅室。
For the Olympic Games and Youth Olympic Games, the IOC / OCOG supplied athlete accreditation card is sufficient proof of identity. Athletes are not required to bring their passport or identity card to weigh-in.

所有其他綜合運動會中，由競賽主任會同技術代表（如有指派）決定身分證明之要求。選手及隊職員將透過賽事規章及/或最終報名確認會議獲得適當通知。
For all other Multisport Games, the Competition Director, in conjunction with the Technical Delegate, if appointed, will determine the proof of identity requirements. Athletes and Team Officials will be duly advised by way of the Event Regulation and / or during the VFE Meeting.

10 選手須穿著比賽時之舉重服進行過磅。過磅時不得穿著鞋、襪或任何其他鞋類。若選手體重超出其正式報名量級達250公克或以上，則自磅秤顯示之重量扣除250公克，以計入舉重服重量。扣除後，若選手仍超重，則須減輕體重至正式報名量級範圍內。若於過磅時間結束前未能達到正確體重，該選手將被取消比賽資格。
Athletes must be weighed in the weightlifting costume that they will be competing in. Athletes must not wear shoes or socks or any other footwear during weigh-in. If an athlete weighs 250 grams or more than their officially entered bodyweight category, 250 grams is deducted from the weight shown on the scales to allow for the weight of the costume. Following the deduction, if the athlete is still heavier the athlete must shed the extra weight till the officially entered bodyweight is reached. If the correct weight is not reached before the end of weigh-in period, the athlete will be eliminated from the competition.
若選手過磅時體重等於或低於其正式報名量級，則自磅秤顯示之重量扣除250公克，以計入舉重服重量，亦即該選手將不再符合其所選量級之參賽資格，除非於過磅時間結束前增重至該量級範圍內。若於過磅時間結束前未能達到正確體重，該選手將被取消比賽資格。
If an athlete weighs in the correct weight or less than their officially entered bodyweight category, 250 grams is deducted from the weight shown on the scales to allow for the weight of the costume, meaning the athlete is no longer entitled to maintain the entry for the category chosen, unless the athlete gains that weight before the end of the weigh-in period. If the correct weight is not reached before the end of weigh-in period, the athlete will be eliminated from the competition.

競賽秘書及其他過磅秘書處成員須與實際過磅作業區保持適當隔離。
The Competition Secretary and other members of the Weigh-in Secretariat are suitably screened from the actual weigh-in process.

11 佩戴義肢之選手須連同義肢一起過磅。選手佩戴義肢時之體重，視為其體重。
Athletes with prosthetic limb(s) must be weighed with the prosthetic limb(s). The weight of the athlete, while wearing the prosthesis, is considered to be the athlete's bodyweight.

12 過磅時，選手得佩戴首飾、頭飾及宗教頭飾。過磅時不得佩戴手錶。
Athletes are entitled to wear jewelry, hair adornments and religious head gear during weigh-in. Athletes must not wear watches during weigh-in.

13 過磅室須維持良好衛生條件。應備有消毒/抗菌清潔液及布料，以利於需要時擦拭磅秤。
The weigh-in room must be presented in and provided with proper hygienic conditions. Disinfectant / antiseptic cleanser / Sanitation dispenser and cloths should be made available to wipe the scale, if desired / required.

14 體重符合其正式報名量級之選手，僅需過磅一次。體重低於或高於其正式報名量級之選手，得視需要多次返回過磅室，以達到該量級之體重範圍。返回過磅之選手無須依循原過磅順序。
An athlete who is within the weight of the bodyweight category in which he / she is officially entered is weighed only once. An athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary in order to make the bodyweight category. The returning athlete does not have to follow the sequence of weigh-in order.

15 選手若未於其正式報名量級所規定之過磅時間內達到該量級體重，即取消其參賽資格，但該選手仍享有獲認證參與者之權益，如訓練、交通、社交活動等。
An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he / she is officially entered, is excluded from the competition of the Event. The athlete is still entitled to receive privileges of an accredited participant; such as training, transportation, social events, etc.

16 過磅期間，隊職員或選手須於選手卡上簽名，以確認選手之登錄體重，並參照 TCRR 第 6.6.5 條之規定，申報抓舉及挺舉之起始試舉重量。
During weigh-in, the Team Official or athlete must sign the Athlete's Card to confirm the athletes' registered bodyweight; and to declare the starting attempts in both the Snatch and Clean & Jerk, with reference to TCRR 6.6.5.

此後對已申報之起始試舉重量所做之任何變更，均視為兩次重量變更額度之一部分。
Any subsequent changes to the declared starting attempts are considered part of the two (2) allocated weight changes.

17 過磅完成後，應儘速將比賽成績表提供予所有相關單位。
The Protocol is made available to all concerned parties, as soon as possible upon the completion of the weigh-in.

18 選手完成所屬量級之過磅後，發給選手通行證及挑戰卡，並發給隨行隊職員熱身區通行證。競賽秘書收存選手之認證卡。僅選手及持有熱身區通行證之隊職員得進入熱身區。
Once the athlete has weighed within the officially entered bodyweight category, the athlete is provided with an Athlete Pass, a Challenge Card and accompanying Team Officials are provided with Warm-up Passes. The CS collects the athlete's accreditation. Only athletes and Team Officials with Warm-up Passes are allowed access to the warm-up area.
以下配額適用於各組：The following allocations refer to each group:

- 一名選手 – 三張熱身區通行證 one (1) athlete – three (3) Warm-up Passes
- 兩名選手 – 四張熱身區通行證 two (2) athletes – four (4) Warm-up Passes
- 每增加一名選手（適用於合併量級/賽事）– 每名選手兩張熱身區通行證
  any additional athlete (for combined categories / Events) – two (2) Warm-up Passes per athlete

19 過磅結束後，選手及/或隊職員將獲知其熱身台分配。編號之熱身台由競賽秘書於過磅結束後，依選手試舉號碼分配。若同一時段有多名同國籍選手參賽，或選手人數超出熱身台數量，則由技術管制員/技術代表彈性分配熱身台。
After the Weigh-in, athletes and / or Team Officials are advised of their Warm-up Platform allocation. Numbered warm-up platforms are allocated by the Competition Secretary at the end of the weigh-in in accordance with the athlete start number. In case more than one athlete by nation is / are competing in the session, or the number of athletes is more than the number of warm-up platforms, the Technical Controller / Technical Delegate allocates the warm-up platforms with flexibility.

20 競賽秘書監督選手認證卡之安全收存及選手通行證之分發。
The CS monitors the secure collection of athlete accreditations and the distribution of Athlete Passes.

21 過磅完成後，選手獲得試舉號碼。籤號最小之選手獲得試舉號碼1；其餘選手依籤號順序依次獲得遞增之試舉號碼。若同一比賽中進行多個量級，試舉號碼之分配依量級逐一考量，較輕量級先於較重量級。
Upon the completion of weigh-in, the athlete is assigned an athlete start number. The athlete with the lowest lot number is assigned the start number of 1; from there, all athletes in sequence of lot number are assigned start numbers in numerical order. When more bodyweight categories are contested in one competition, in the allocation of start numbers the progression of lot numbers is considered category by category, with the lower category to be taken before the higher categories.

範例：Example:

試舉號碼 Start Number	籤號 Lot Number	體重 Bodyweight	姓名 Name
1	3	54.50	AAAAA Aaaaa
2	27	54.00	BBBBB Bbbbb
3	54	55.00	CCCCC Ccccc
4	8	60.55	DDDDD Ddddd
5	19	61.00	EEEEE Edddd
6	142	60.04	FFFFF Fffff

選手號碼布依選手試舉號碼分配，並最遲於比賽開始前三十分鐘發放。
Athlete Bibs are assigned according to the athlete start number and are distributed at the latest thirty (30) minutes prior to the start of the competition.

選手號碼布以別針固定於選手之舉重服上。號碼布固定於褲腿側邊或臀部，取決於場地配置及競賽管理台之位置。
Athlete Bibs are affixed with pins to the athletes' costume. The placement of the Bib on side of the leg or hip is determined by the venue layout and the position of the Competition Management Table.

得視需要發放對應編號之貼紙予隊職員，以利監卡裁判辨識。
Correspondingly numbered stickers may also be distributed to the Team Officials for ease of identification for the Chief Marshal.

第6.5條規定 介紹
REGULATION TO 6.5 INTRODUCTION

1 若選手未出席選手介紹，須向審判召集人說明缺席原因，由審判召集人會同競賽主任決定適當之警告或進一步處置。
If an athlete is not present for the introduction of athletes, he / she will be requested to explain his / her absence to the President of the Jury, who in consultation with the Competition Director will determine appropriate warning or further action.

2 選手介紹結束後，技術職員依下列順序介紹：
After the introduction of athletes, the Technical Officials are introduced in the following order:

- 中央裁判 Centre Referee
- 邊審裁判 Side Referees
- 候補裁判 Reserve Referee
- 監卡裁判 Chief Marshal
- 計時員 Timekeeper(s)
- 技術管制員 Technical Controller(s)
- 賽事醫師 Competition Doctor(s)
- 審判召集人 Jury President
- 審判委員 Jury Members
- 候補審判委員 Reserve Jury Member

3 技術職員若未出席技術職員介紹，須向審判召集人說明缺席原因，由審判召集人會同 IWF 主席決定適當之警告或進一步處置。
If a TO is not present for the TO introduction, he / she will be requested to explain his / her absence to the President of the Jury, who in consultation with the IWF President will determine appropriate warning or further action.

4 除審判委員外，所有技術職員於比賽台前進行介紹。其他技術職員介紹完畢後，審判委員於審判委員席進行介紹，由審判召集人先介紹，其餘審判委員則依比賽成績表所列順序介紹。
All TOs are introduced in front of the competition platform, except for the Jury. Upon completion of the other TOs, the Jury members are introduced from the Jury Table with the President of the Jury being introduced first and the other Jury members as noted on Protocol.

5 所有技術職員於介紹時須穿著 IWF 外套，並取下認證卡，惟審判召集人另有指示者不在此限。
All TOs must wear their IWF jacket and remove their accreditation during introduction, unless otherwise advised by the President of the Jury.

第6.6.5條規定 20公斤規則
REGULATION TO 6.6.5 20 KG RULE

1 第6.6.5條之規定適用於所有 IWF 賽事，除另有規定外。
Rule (6.6.5) applies at all IWF Events unless otherwise stated.

2 範例：選手以確認通過之報名總和200公斤參賽，其抓舉及挺舉第一次試舉之重量總和須等於或大於180公斤（例如：80公斤及100公斤；77公斤及103公斤，或其他任何組合）。
Example: An athlete enters a competition with a verified Entry Total of 200 kg. The total weight of the first attempts in the Snatch and Clean & Jerk must equal or exceed 180 kg (such as, 80 kg and 100 kg; 77 kg and 103 kg or any other combination).

3 20公斤規則之執行流程：Procedure for Application of the 20 kg Rule:
競賽秘書及裁判（過磅秘書處）為過磅期間正確執行20公斤規則之第一線人員。
The Competition Secretary and Referees (Weigh-in Secretariat) are the first point of contact for the correct application of the 20 kg Rule during weigh-in.

下列技術職員負責比賽成績表公布後，監督報名總和及起始試舉重量：
The following TOs are responsible for the supervision of Entry Totals and starting attempts following the publication of the Protocol:

- 監卡裁判及助理監卡裁判 Chief Marshal and Assistant Marshals
- 熱身區技術管制員 Technical Controller in the warm-up area
- 競賽管理系統操作員 Competition Management operators
- 競賽主任 Competition Director
- 審判委員 Jury

任何情況下，選手/隊職員若拒絕遵守審判委員或指定技術職員之指示，將被取消比賽資格。
In all cases, any athlete / Team Official who refuses to comply with the directive of the Jury or designated TO is eliminated from the competition.

註：遵守報名總和及所有相關 TCRR 規定之責任，完全由選手/隊職員承擔。
Note: The responsibility to comply with the Entry Totals and all relevant TCRR rests entirely with the athletes / Team Officials.

4 若開把重量不符合20公斤規則，上述任一技術職員須立即告知相關選手/隊職員進行必要之變更。
If the starting weights do not respect the 20 kg Rule, any of the above mentioned TOs must immediately advise the athlete / Team Official concerned to make the required changes.

5 若選手之抓舉第一次試舉重量低於20公斤規則之要求，監卡裁判或熱身區技術管制員須告知選手/隊職員，須提高挺舉第一次試舉重量以符合該規則。
If an athlete's first attempt in the Snatch is lighter than required by the 20 kg Rule, the athlete / Team Official must be advised by the Chief Marshal or Technical Controller in the warm-up area that the first attempt in the Clean & Jerk must be increased in order to comply with the Rule.

6 若選手/隊職員未對挺舉第一次試舉重量進行必要之變更，且拒絕為之，則該選手於拒絕時即被取消比賽資格。
If the athlete / Team Official does not make the necessary change for the first Clean & Jerk and refuses to do so, the athlete is eliminated from the competition immediately upon refusal.

7 若選手/隊職員未遵守20公斤規則，且所有技術職員均未察覺，而選手已完成試舉（無論成功與否），且該錯誤於試舉執行後始被發現，則所有不符合該規則之挺舉試舉，均應判定為“失敗”。

If the 20 kg Rule is not respected by the athlete / Team Official and goes unnoticed by all TOs and the athlete takes attempts, whether successful or not, and the error is noticed only after the execution of the lifts, any or all such Clean and Jerk attempts not in compliance with the Rule will be rendered as “No lift”.

選手/隊職員須依試舉順序及20公斤規則之規定，於挺舉三次試舉之額度內申報槓鈴重量。不另給予額外試舉機會。

The athlete / Team Official will be compelled to nominate a weight on the barbell in accordance with the sequence and the 20 kg Rule, as long as it is within their three (3) attempts in the Clean & Jerk. No additional attempts will be granted.

8 若選手/隊職員未遵守20公斤規則，且該違規於比賽結束後始被技術職員發現，則該選手之總和不予承認，並由審判委員下令自最終成績中刪除。

If the athlete / Team Official does not respect the 20 kg Rule and the noncompliance is noticed by the TOs at the completion of the competition, the athlete’s Total will not be valid and will therefore be deleted from the Final Results by order of the Jury.

第6.6.6條規定 試舉順序 & 第6.8條規定 選手與隊伍名次判定相關規定

REGULATION TO 6.6.6 CALLING ORDER & REGULATION TO 6.8 CLASSIFICATION OF ATHLETES AND TEAMS

試舉順序為比賽之進程，決定選手何時被唱名上台進行試舉。
The calling order is the progression of the competition which determines when an athlete is called to perform their attempt.

選手名次判定決定選手於其量級中之排名。
The classification of athletes determines the athletes' ranking in their specific bodyweight category.

範例：男子60公斤級 A組 及 B組
Example: Men's 60 kg Group A and Group B

量級分組時，各組比賽順序依英文字母倒序進行（例如：C組最先，B組其次，A組最後）。
When bodyweight categories are divided into groups; the order of competing groups is in reverse alphabetical. (i.e.: Group C competes first, Group B second and Group A last).

若比賽於多個比賽台同時進行，僅得安排不同量級之組別同時比賽。
If competitions are held on multiple platforms simultaneously, only competitions in groups of different bodyweight categories may be held at the same time.

註：括號內數字為試舉順序。
Note: The numbers in brackets indicate the calling order.

B 組 B Group															
鐵號 Lot	試舉號碼 Start No	姓名 Name	抓舉 Snatch					挺舉 Clean & Jerk					總和 Total	排名 Rank
			1	2	3	成績 Result	排名 Rank	1	2	3	成績 Result	排名 Rank		
3	1	A	~~100~~ (4)	~~100~~ (9)	100 (11)	100	7	~~120~~ (6)	~~120~~ (9)	120 (12)	120	5	220	6
20	2	B	~~95~~ (3)	~~100~~ (8)	---	---	---	---	---	---	---	---	---	---
102	3	C	~~100~~ (5)	100 (10)	~~105~~ (15)	100	6	~~120~~ (7)	120 (10)	~~125~~ (14)	120	3	220	5
199	4	D	90 (1)	100 (7)	105 (14)	105	1	~~115~~ (2)	~~115~~ (4)	115 (5)	115	9	220	3
251	5	E	~~94~~ (2)	101 (12)	~~105~~ (16)	101	4	110 (1)	115 (3)	120 (11)	120	4	221	2
289	6	F	100 (6)	~~101~~ (13)	~~105~~ (17)	100	5	120 (8)	~~125~~ (13)	~~125~~ (15)	120	2	220	4

A 組 A Group															
鐵號 Lot	試舉號碼 Start No	姓名 Name	抓舉 Snatch					挺舉 Clean & Jerk					總和 Total	排名 Rank
			1	2	3	成績 Result	排名 Rank	1	2	3	成績 Result	排名 Rank		
1	1	G	~~91~~ (3)	~~95~~ (6)	100 (12)	100	11	~~115~~ (3)	~~116~~ (8)	120 (12)	120	8	220	10
4	2	H	~~100~~ (7)	100 (10)	~~105~~ (16)	100	9	~~115~~ (4)	120 (10)	125 (14)	125	1	225	1
133	3	I	90 (2)	95 (5)	105 (15)	105	3	~~114~~ (2)	~~115~~ (6)	115 (7)	115	10	220	7
198	4	J	85 (1)	94 (4)	105 (14)	105	2	---	---	---	---	---	---	---
204	5	K	~~100~~ (8)	100 (11)	~~105~~ (17)	100	10	110 (1)	115 (5)	120 (11)	120	7	220	9
246	6	L	100 (9)	~~103~~ (13)	~~105~~ (18)	100	8	120 (9)	~~125~~ (13)	~~125~~ (15)	120	6	220	8

第6.9條規定 頒獎典禮相關規定
REGULATION TO 6.9 VICTORY CEREMONY

各量級比賽結束後，應儘速依下列流程舉行頒獎典禮（歡迎任何創意及創新想法）：
Upon the conclusion of the competition of each category as soon as possible a Victory Ceremony is held according to the following procedure (any creative, innovative ideas are welcomed):

1 於比賽台上放置可供三名獎牌得主站立之頒獎台。
A podium with places for the three (3) medal winners is placed on the competition platform.

2 所有獎牌得主、遞獎人員及頒獎人依序進場，並於高臺上就位。獎牌得主於頒獎台後方列隊，穿著所屬 MF 核發之統一服裝。獎牌得主於頒獎典禮中禁止攜帶任何旗幟或其他物品登上高臺。
All the medal winners, the medal bearers and the officials presenting the medals march in and take their place on the stage. The medal winners line up behind the podium, wearing the uniform clothing issued/approved by the Member Federations. It is forbidden for the medal winners to take on the stage any flags or other items on stage during the medal ceremony.

3 播報員介紹頒獎人。由 IWF 主席頒發獎牌，但得將此職責委派予其他 IWF 職員，或代表主辦 MF 或贊助商之人員。獎牌頒發順序為：先頒發抓舉，再頒發挺舉，最後頒發總和。審判委員得會同競賽主任/技術代表變更頒獎順序。
The Speaker introduces the official(s) presenting the medals. The IWF President presents the medals but may delegate this duty to another IWF official or to a person representing the host Federation or sponsor. Medals are presented for the Snatch, the Clean & Jerk and for the Total, in this order. The Jury with the CD / TD may change the order of the presentation of medals.

4 由銅牌開始，播報員依序宣布抓舉獎牌得主之姓名、國家及成績。被宣佈時，選手登上頒獎台領取獎牌。
Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Snatch. The athletes mount the podium to receive their medal when they are called.
所有獎牌頒發完畢後，選手退回頒獎台後方之原位（不升旗、不演奏國歌）。
When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).

5 若挺舉之頒獎人與抓舉不同，播報員先介紹頒獎人。由銅牌開始，依序宣布挺舉獎牌得主之姓名、國家及成績。被宣布時，選手登上頒獎台領取獎牌。所有獎牌頒發完畢後，選手退回頒獎台後方之原位（不升旗、不演奏國歌）。
The Speaker introduces the official presenting the medals if these persons are not the same as for the Snatch. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners in the Clean and Jerk. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).

6 若總和之頒獎人與前兩項不同，播報員先介紹頒獎人。由銅牌開始，依序宣布總和獎牌得主之姓名、國家及成績。選手登上頒獎台領取獎牌。
The Speaker introduces the officials presenting the medals if these persons are not the same as for the two lifts. Starting with the bronze medal, the Speaker announces alternately the name, the country and the result of the medal winners for the Total. The athletes mount the podium to receive their medal.

7 總和獎牌頒發完畢後，獎牌得主站於頒獎台上，演奏金牌得主之國歌，並升起前三名選手之國旗。
After the Total medals have been presented, while the medalists are standing on the podium, the champion's national anthem is played and the national flags of the three winners are raised.

8 遞獎人員、獲獎選手及頒獎人依序退場。
The medal bearers, the athletes and the officials march out.

9 頒獎典禮由 IWF 禮賓部門與籌備委員會協商安排。
The Victory Ceremony is carried out by arrangement between IWF Protocol and the Organising Committee.

10 頒獎典禮期間，獎牌得主不得攜帶或使用電子設備登上頒獎台，亦不得由他人陪同。
During the Victory Ceremony, medal winners cannot carry or use electronic devices onto the podium and cannot be accompanied by any other persons.

11 頒獎典禮參與者不得利用該儀式進行政治、種族或宗教之宣傳。
Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

第7.3條規定 技術職員之升等
REGULATION TO 7.3 PROMOTION OF TECHNICAL OFFICIALS

1 所有新核發之技術職員卡，無論為第一級、第二級或值勤證書，費用為200美元。
All new Technical Official cards, either Category 1 or 2 or Certificate of Duty, cost 200 USD (two hundred US dollars).

2 每屆奧運週期之證照費用如下：For each Olympiad, the following licence fees apply:

- 第一級 = 200美元 Category 1 = 200 USD (two (2) hundred US dollars)
- 第二級 = 100美元 Category 2 =3 100 USD (one (1) hundred US dollars)
- 值勤證書 = 50美元 Certificate of Duty = 50 USD (fifty (50) US dollars)

3 須向 IWF 秘書處提交書面申請，並繳交相應費用，始得申請新核發及 / 或換發證卡及證照。
A written request with appropriate payment of fees must be submitted to the IWF Secretariat in order to receive new and / or renewed cards and licenses.

4 僅 IWF 有權核發國際技術職員證及證照。IWF 核發之貼紙貼於技術職員卡最後一頁，視為證照，用以證明持有者持有有效證照。
Only the IWF is authorised to issue international TO cards and licenses. An IWF-issued sticker placed on the last page of the TO card is considered the license and identifies the holder as having a valid license.

5 新核發之第一級及第二級技術職員卡，其註冊日期以術科考試或筆試之較晚的日期為準。
The date of registration for a new Category 1 and 2 Technical Official is the date of his / her practical or written examination, whichever is last.

6 每張技術職員卡均留有欄位，供記錄持卡人所有參與執法之國際賽事。IWF 主席、IWF 秘書長、審判召集人或競賽主任/技術代表得於該欄位以英文記錄賽事資訊。Each TO card contains space for recording all international Events worked by the holder. Either the IWF President, IWF General Secretary, President of the Jury or the Competition Director / Technical Delegate may record the entries in English.

7 IWF技術委員會成員、洲際技術委員會成員或其他經授權之人員得酌情組成考試小組，負責術科考試。
At the discretion of the IWF Technical Committee members, Continental Technical Committee members or other authorised individuals an Examination Panel is assembled for practical examinations.

考試小組須由三名第一級技術職員組成，且得全部來自同一 MF。考官須分開就座，以利獨立評分。
The Examination Panel must consist of three (3) Category 1 Technical Officials who may all be from the same Member Federation. Examiners must sit separate from each other to enable independent marking.

8 使用裁判燈系統時，至多三名裁判（中央裁判及兩名邊審裁判）得同時接受考試；若因技術問題無法使用裁判燈系統，則僅中央裁判得接受考試。When a Referee Light System is used, up to three (3) Referees (Centre and two (2) Side Referees) may be examined simultaneously, otherwise, if a Referee Light System is not available or functioning, due to technical difficulties, only the Centre Referee may be examined.

9 考試小組使用比賽成績表作為評分表，記錄其評分。
The Examination Panel record their marks using the Protocol sheet as a score sheet.

10 考生姓名及其所屬 MF，須依其在比賽台/高臺上之位置登錄（例如：左方裁判為1號，中央裁判為2號，右方裁判為3號）。考試小組須簽名、填寫日期並註明其所屬 MF。
The name of the candidate(s) and their Member Federation are entered to correspond with their position at the competition platform / stage, (i.e. the Referee at the left is number 1, the Centre Referee is number 2 and the Referee on the right is number 3). The Examination Panel sign their name, date and indicate their Member Federation.

11 考生須至少執法一百次試舉，包含完成及未完成之試舉。
Candidates must referee at least one hundred (100) attempts, including both completed and uncompleted attempts.

12 考官於比賽成績表每格上方所記之第一筆分數，為其對該次試舉之個人判定。
The Examiners first mark at the top of each space on the protocol is their own opinion of each lift.

"／"表示"成功"，"✕"表示"失敗"。考官於該記號下方，以相同符號記錄三位裁判之判決。
A / indicates a "Good lift" and an X indicates "No lift". Underneath the mark, and using the same signs, Examiners mark the decisions given by the three (3) Referees.

範例：／＝白燈　✕＝紅燈 Example: / = white light X = red light

/
///＝三位裁判均做出正確判決

/
/// = all three have given a correct decision

X
XXX＝三位裁判均做出正確判決

X
XXX = all three have given a correct decision

X
X / X = 中央裁判判決錯誤

X
X / X = the Centre Referee has given an incorrect decision

X
/ X X = 1號裁判判決錯誤

X
/ X X = Referee Number 1 has given an incorrect decision

13 僅中央裁判接受考試時，若其發出不正確之信號（例如信號過快或過慢），考官應以“X”標記，並於下方加註“S”以表示信號錯誤。考生得於單次試舉中犯下兩次錯誤，該兩次錯誤均須記錄於比賽成績表上。
When only the Centre Referee is examined and he / she gives an incorrect signal (e.g. a signal too fast or too slow) the Examiners mark this with an X, plus the letter S below to indicate the incorrect signal. The candidate can thereby commit two (2) faults during one (1) attempt. Both these faults are shown on the protocol.

14 考官對於選手未完成之試舉，須以“O”標記。
The Examiners mark with an O every attempt which is not completed by the athletes.

15 若考生於未完成之試舉中做出不正確之判決，考官應以“X”代替“O”標記，並註明錯誤編號。
If a candidate gives an incorrect decision during an uncompleted lift, the examiners mark with an X instead of an O and give the number of the error.

16 每位考生之成績以完成之試舉計算。
The results of each candidate are calculated from the completed attempts.

17 原始比賽成績表及筆試試卷須送交 IWF 秘書處，以登錄考生之考試成績。
The original protocol and written exams are sent to the IWF Secretariat to register the candidates' examination results.

18 IWF 秘書處透過考生所屬 MF 將考試結果轉知各考生。考試合格者亦透過其 MF 取得證卡及證照。
The IWF Secretariat transmits the results to each candidate through the candidate's Member Federation. The successful candidate(s) also receive their card and license via their Member Federation.

19 於當屆奧運週期內，已持有有效第二級證照之技術職員升等為第一級時，須支付 200 美元購買第一級技術職員證照，以換發新之第一級證卡。
For TOs who already hold a valid Category 2 license for the given Olympiad are promoted to Category 1, the Category 1 TO license must be purchased for 200 USD, in order to receive the new Category 1 card.

於任一奧運週期之最後一年提出技術職員升等申請者，其證照費用按比例計算為 50 美元。
Any requests for Technical Official promotions processed in the last year of any given Olympiad, a pro rata license fee of 50 USD is applied.

20 術科或筆試未通過之考生，須至少間隔六個月始得再次參加考試。
Candidates who fail either practical or written must wait at least six (6) months before taking the examinations again.

第7.5條規定 審判委員
REGULATION TO 7.5 JURY

加重錯誤之試舉處理流程:
Decision making process for attempts with loading errors:

1 若槓鈴加重重量低於選手要求之重量，選手得選擇接受該次試舉之成績（限槓鈴重量為1公斤之倍數時），或拒絕該次試舉。若拒絕，則該選手獲得一次額外試舉機會，以原要求之重量進行試舉。
If the barbell is loaded to a lighter weight than the one requested by the athlete, the athlete may, if he / she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg, or refuse it. If he / she refuses the attempt, the athlete is granted an additional attempt with the weight originally requested.

2 若槓鈴加重之重量非1公斤之倍數，且試舉成功（下列情形除外），選手得接受該次試舉，成績以較低之1公斤倍數重量計算，或拒絕該次試舉。若拒絕，則該選手獲得一次額外試舉機會，以原要求之重量進行試舉。若為第二次或第三次試舉，且選手要求之重量較前次試舉增加1公斤，但槓鈴僅加重0.5公斤時，該選手自動獲得一次額外試舉機會，以原要求之重量進行試舉。
If the barbell is loaded to a weight which is not a multiple of 1 kg and the lift is successful (except the case below), the athlete may accept the attempt at the next lower weight which is a multiple of 1 kg, or refuse it. If the athlete refuses the attempt, he / she is granted an additional attempt with the weight originally requested. At the 2nd or 3rd attempt, if the athlete requested 1kg more than the previous attempt(s) but the barbell is loaded only 0.5 kg more, the athlete is automatically granted an additional attempt with the weight originally requested.

3 若槓鈴加重重量高於選手要求之重量，且試舉成功（限槓鈴重量為1公斤之倍數時），選手得接受該次試舉之成績。若試舉失敗，則該選手自動獲得一次額外試舉機會，以原要求之重量進行試舉。
If the barbell is loaded to a heavier weight than the one requested by the athlete, the athlete may accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg. If the attempt is not successful, the athlete is automatically granted an additional attempt with the weight originally requested.

第7.9條規定 監卡裁判
REGULATION TO 7.9 CHIEF MARSHAL

1 負責監督選手卡之技術職員稱為監卡裁判。IWF 指派監卡裁判，主辦 MF / 籌備委員會指派助理監卡裁判。選手卡用於記錄比賽期間每位選手每次申報及試舉之重量，以及 IWF TCRR 所核准之任何其他變更。各隊隊職員 / 選手須於每次登錄時簽名確認。
The Technical Officials allocated to monitor the Athletes' Cards are called Marshals. The IWF appoints the Chief Marshal(s) and the host Member Federation / Organising Committee appoint Assistant Marshals. The Athlete's Card is used to record the weight of each athlete's declaration and attempt throughout the competition as well as any other modifications as approved by the IWF TCRR. Each respective Team Official / athlete must initial each entry.

2 主辦 MF/籌備委員會須指派足夠數量之國家級技術職員，於 IWF 指派之監卡裁判、競賽主任及/或審判召集人之監督下，使用經核准之選手卡協助比賽順利進行。
The host Member Federation / Organising Committee shall appoint a sufficient number of National Technical Officials (NTOs) to assist, under the supervision of the IWF appointed Chief Marshal, the Competition Director and / or the President of the Jury, the orderly progress of the competition using authorised Athletes Cards.

3 監卡裁判監督選手/隊職員每次試舉所申報及變更之重量。該申報/變更須立即傳達予競賽管理人員，由其通知播報員進行適當之宣布。
Marshals supervise the declarations and changes of the requested weight made by the athletes / Team Officials for each attempt. The declarations / changes are immediately communicated to the Competition Management who informs the Speaker to make the appropriate announcement.

4 監卡裁判與競賽管理人員之間，透過對講機、直撥電話系統或其他經核准之通訊方式進行聯繫。
Communication between the Marshals and the Competition Management is carried out by means of an intercom or direct dial telephone system or any other approved communication method.

5 監卡裁判桌須於選手介紹開始前三十分鐘開啟。
The Marshals' Table must be open thirty (30) minutes prior to the start of introduction of athletes.

第7.14條規定 其他輔助人員相關規定
REGULATION TO 7.14 ADDITIONAL SUPPORTING STAFF

1 **加重員 LOADERS**

加重員為賽事專屬志工/工作人員，負責依播報員及技術管制員之指示，管理槓鈴之加重及清潔。
Loaders are sport specific volunteers / staff who manage the loading and the cleaning of the barbell under the direction of the Speaker and Technical Controller.

加重員之職責如下：The duties of the Loaders are as follows:

- 依 TCRR 及播報員指示加重槓鈴
  Load the barbell in accordance with TCRR and as directed by the Speake
- 每次試舉後檢查槓鈴是否有血跡，如有須立即通知技術管制員進行清潔
  Check the bar after each attempt for blood; advise TC immediately for cleaning
- 為受傷選手提供或充當隱私屏障，如有需要並協助賽事醫師
  Manage or act as a privacy barrier for injured athletes; assist the Competition Doctor(s), if requested
- 比賽期間及結束後，依技術管制員之要求或指示清潔槓鈴及比賽台/高臺
  Clean the bar and the competition platform / stage as required and / or as directed by the Technical Controller during and after competition
- 比賽結束後為頒獎典禮準備頒獎台
  Prepare the medal podium for the Victory Ceremony at the conclusion of the competition
- 卸除槓鈴重量，將鐵片歸還至鐵片架
  Unload the barbell and return the discs to the weight racks
- 依技術管制員之要求或指示，安全清除槓鈴及比賽台上之血跡及其他污染物
  Safely remove blood and other contaminants from the bar and competition platform, as required and / or as directed by the TC
- 確保污染物依相關規定安全處置
  Ensure the safe disposal of contaminated materials in accordance with applicable policy
- 每次試舉後以消毒劑清潔槓鈴。每次試舉後須強制進行槓鈴消毒。
  Clean the bar with antiseptic after each attempt. It is mandatory to have the bar disinfected after each attempt.

註：加重員於執行清潔職務時，須佩戴手套，遵守通用防護措施。
Note: Loaders must respect universal precautions by wearing gloves in the performance of their cleaning duties.

2 **場地聯絡員 FOP LIAISON**

於有轉播及或賽事製作之 IWF 賽事中，得指派一名技術職員負責與比賽場地之賽事製作單位聯繫，如燈光、音樂、頒獎典禮、混合採訪區等。此職務若有設置，稱為場地聯絡員，建議於奧運會及大型賽事環境中設置。
For IWF Events with broadcast and / or sport production, a Technical Official may be appointed to liaise with FOP sport production functions; such as lighting, music, Victory Ceremony, Mixed Zone, etc. This role, when used, is referred to as the FOP Liaison and is highly recommended within the Games and major Events' environment.

第9條規定 典禮儀式
REGULATION TO 9 CEREMONIES

1 **開幕典禮 OPENING CEREMONY**

世界錦標賽開始前，依籌備委員會與 IWF 所制定之流程舉行開幕典禮。
Before the beginning of th e World Championships, an Opening Ceremony is held according to the procedures created by the Organising Committee and the IWF.

開幕典禮之內容須於賽前經 IWF 核准。
Contents of the opening ceremony must be approved by the IWF prior to the event.

2 **閉幕典禮 CLOSING CEREMONY**

世界錦標賽結束時，依籌備委員會與 IWF 所制定之流程舉行閉幕典禮。
At the conclusion of the World Championships, a closing Ceremony is held according to the procedures created by the Organising Committee and the IWF.

閉幕典禮之內容須於賽前經 IWF 核准。
Contents of the closing ceremony must be approved by the IWF prior to the event.

指引 GUIDELINES

包含詳細資訊的指引可於 IWF 官方網站（iwf.sport）之“下載中心”取得。
Guidelines including detailed information are available at the Download Center on the IWF Website (iwf.sport)

詞彙表

GLOSSARY



IWF

高級救命術	ALS	Advanced Life Support
競賽主任	CD	Competition Director
公分	cm	centimetre(s)
競賽秘書	CS	Competition Secretary
賽事代表	ED	Event Delegate
國際大學運動總會	FISU	International University Sports Federation
比賽場地	FOP	Field of Play
國際奧林匹克委員會	IOC	International Olympic Committee
國際技術職員	ITO	International Technical Official
國際舉重總會	IWF	International Weightlifting Federation
公斤	kg	kilogram
會員協會	MF	Member Federation
國家奧林匹克委員會	NOC	National Olympic Committee
國家級技術職員	NTO	National Technical Official
奧運會籌備委員會	OCOG	Organising Committee of Olympic Games
技術管制員	TC	Technical Controller
技術競賽規則與規範	TCRR	Technical and Competition Rules & Regulations
技術代表	TD	Technical Delegate
隊職員	Team Official	Team leader, coach, doctor, therapist, etc.
技術與資訊系統	TIS	Technology and Information System
技術職員	TO	Technical Official
最終報名確認	VFE	Verification of Final Entries
青年奧運會	YOG	Youth Olympic Games