



دورة ألعاب التضامن الإسلامي السادسة
الرياض 2025

Technical Handbook – Weightlifting
ISG Riyadh 2025

INTRODUCTION

- The Technical Handbook serves as the primary reference document for all aspects of the sport competition at the 6th Islamic Solidarity Games, Riyadh 2025. It provides essential information and guidance for athletes, team officials, technical delegates, referees, and organizing staff to ensure a smooth and professional delivery of each sporting event.
- Compiled in cooperation with the respective International Federations, the ISSA, and the Local Organizing Committee (LOC), this handbook outlines the competition rules, formats, schedules, venues, equipment requirements, and roles of technical officials. It also includes important protocols related to medical services, anti-doping control, accreditation, and athlete services.
- All participants are expected to be fully familiar with the contents of this handbook and to comply with the rules and procedures outlined herein. In the event of discrepancies, the official regulations of the relevant International Federation shall take precedence, with the English version of the rules being the binding reference.
- The Islamic Solidarity Games aim to uphold the highest standards of fairness, integrity, and cultural respect. Through this handbook, we seek to foster a unified understanding of expectations and responsibilities, contributing to the successful organization and spirit of the Games.

COMPETITION RULES AND REGULATIONS

- The Weightlifting events at the 6th Islamic Solidarity Games, Riyadh 2025 shall be conducted in accordance with the latest International Weightlifting Federation (IWF) Rules and Regulations, including Refereeing and WADA Anti-Doping Rules and the International Weightlifting Federation (IWF) Organizing Rules.
- For technical issues, the International Weightlifting Federation (IWF) Competition Rules and decision of the Technical Delegate are binding.
- In case of any discrepancy or interpretation issues, the English version of the International Weightlifting Federation (IWF) rules will be considered binding. Unaddressed issues shall be handled between the Local Organizing Committee (LOC) Sport Competition Management and the Technical Delegate (TD) as per the ISG Basic Regulations and this Technical Handbook.

COMPETITION MANAGEMENT

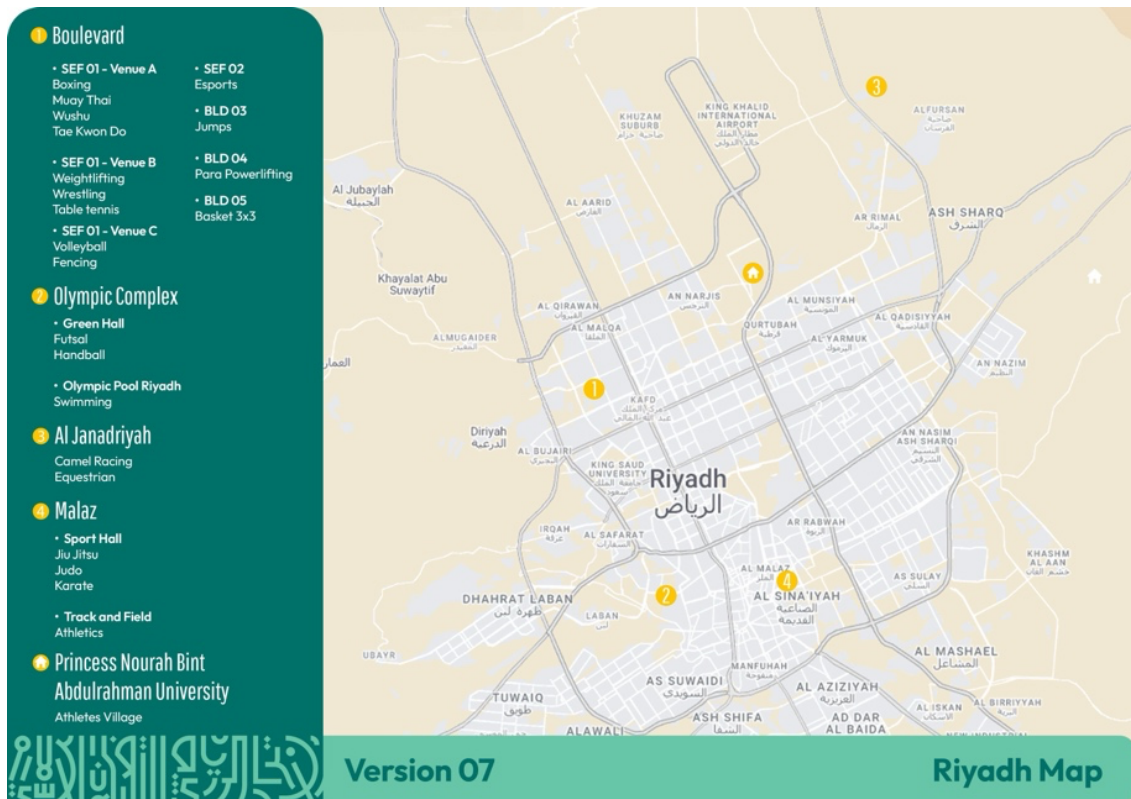
- The successful delivery of each sport competition during the Weightlifting competition is based on a collaborative partnership between the Technical Delegate appointed by the respective International Federation (IF) and the Sport Competition Management Team of the LOC.
- The Technical Delegate holds the ultimate authority on all technical aspects of the competition, ensuring that events are conducted in full compliance with the latest IF regulations, technical standards, and competition formats. The TD is responsible for approving competition schedules, venue setups, equipment compliance, and the appointment and supervision of technical officials.
- The LOC's Sport Competition Management Team is responsible for all operational and logistical aspects necessary to deliver a successful competition environment. This includes

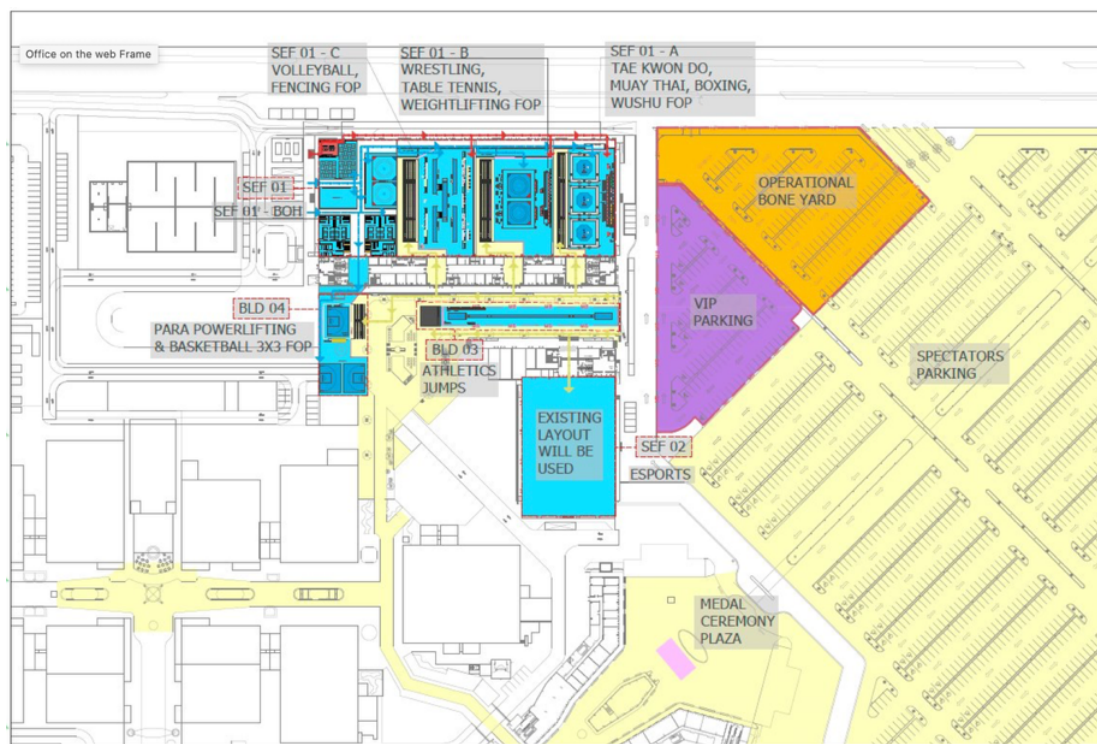
venue readiness, provision of competition equipment, coordination of technical officials and volunteers, accreditation, transportation, medical services, and ensuring the overall welfare of athletes and officials.

- Throughout the planning and execution phases, both parties work in close coordination to guarantee the highest level of fairness, safety, and professionalism. Regular coordination meetings and joint inspections are conducted to align on all critical decisions affecting the competition.
- In case of unforeseen issues or disputes, final decisions on technical matters will rest with the Technical Delegate, while operational matters are managed by the LOC Sport Competition Management Team in consultation with the TD.

COMPETITION AND TRAINING VENUES

- The Weightlifting competition will be held from 8 – 12 November 2025 at Venue A of the Boulevard in Riyadh.
- Training facilities will be prepared for the participating teams according to a schedule made by the Organizing Committee and distributed to the teams participating in the Games.
- Training will be available at the Princess Noura University Training Venues inside the Athlete Village.
- Ice machines are required in both the training and competition venue.





TECHNICAL OFFICIALS AND TECHNICAL DELEGATES

- The successful delivery of high-quality competitions at the Islamic Solidarity Games relies on the expertise, professionalism, and integrity of the appointed International Technical Officials and Technical Delegates (TDs). Together, they ensure that all competitions are conducted in accordance with the latest International Federation (regulations and uphold the values of fair play, safety, and excellence.
- Technical Delegates (TDs): are appointed by the respective International Federations and serve as the highest authority on all technical matters related to their sport. Their key responsibilities include:
 - Approving competition schedules and formats.
 - Responsible for providing and confirming the list of selected athletes during the sports entry process, in accordance with the approved qualification pathways.
 - Overseeing venue readiness and compliance with technical standards.
 - Supervising the appointment and deployment of Technical Officials.
 - Ensuring adherence to competition rules and regulations.
 - Leading the resolution of technical disputes and protests.
 - Validating competition results and submitting official reports.
- The TD works in close partnership with the LOC Sport Competition Management Team to ensure seamless coordination across all operational and technical aspects of the competition.
- Technical Officials: Technical Officials, including International Technical Officials (ITOs) and National Technical Officials (NTOs), play a critical role in the execution of each competition. Their responsibilities include:
 - Enforcing the technical rules of the sport during competitions.

- Ensuring the fairness and integrity of all competitive events.
- Performing specific officiating duties such as judging, refereeing, and timekeeping.
- Assisting in the smooth conduct of medal ceremonies and post-competition protocols.
- All Technical Officials are required to perform their roles with the highest level of professionalism, impartiality, and in full compliance with the ISSA Constitution and the respective IF regulations.
- Together, the Technical Delegates and Technical Officials form the foundation of a fair, well-managed, and successful competition environment that reflects the spirit and values of the Islamic Solidarity Games.

TECHNICAL MEETING

- The official Technical Meeting for the Weightlifting competition of the Islamic Games 2025 shall be held one day prior to the start of the competition, at a venue designated by the Organising Committee. The meeting is mandatory for all delegations and serves as a critical operational and regulatory briefing prior to the start of competition.
- The following participants are expected to attend the Technical Meeting:
 - The IWF Technical Delegate, who will chair the session;
 - The Competition Secretary, Chief Marshal, and other appointed IWF Technical Officials;
 - The Referee Chairman and Jury representatives;
 - One or two representatives per participating National Olympic Committee (NOC), preferably the team leader and/or coach
 - Representatives of the Organising Committee, including the Competition Manager and the Technical Operations Manager
 - The IWF Secretariat or official IWF software manager (for verification of entry data and drawing procedures).
- The Technical Meeting provides the final platform for communication between the IWF, the Organising Committee, and team delegations. The agenda typically includes:
 - Confirmation of entries and verification of starting lists, based on the final verification of athlete data;
 - Review of the event schedule, including official weigh-in times, training hall opening hours, and medal ceremony protocols;
 - athlete presentation format;
 - Presentation of the IWF Technical and Competition Rules & Regulations relevant to the Islamic Games, including anti-doping policies and zero-tolerance conduct expectations;
 - Explanation of the draw procedure, athlete declarations, attempt change protocols, and use of the competition management software;
 - Clarification of media and broadcast protocols, particularly regarding athlete movements in the mixed zone and media flash interviews;
 - Final logistical information including access zones, accreditations, timing systems, language services, and medical facilities.
- Competition Draw: the lot draw will be conducted under the supervision of the IWF Technical Delegate, using the official IWF Competition Management System. It will be based on the final entry verification list.
- The draw number assigned to each athlete determines:

- Order of weigh-in, and
- Order of lifting in the competition if athletes declare identical starting weights.
- At the conclusion of the Technical Meeting:
 - All participating delegations will receive a copy of the confirmed starting list, athlete draw numbers, and the final competition schedule;
 - Any notices, jury decisions, or procedural clarifications will be documented and distributed to team leaders;
 - The minutes of the meeting will be signed by the IWF Technical Delegate and archived by the Organising Committee.
- This meeting is critical to ensuring the integrity, transparency, and fair play of the Weightlifting competition. All NOCs are strongly encouraged to attend on time and bring any necessary documentation or questions for clarification.

MEDAL EVENTS, QUALIFICATION AND PARTICIPATION CRITERIA

- The competition will consist of 16 medal events, summarized below:

EVENTS (16)	
MEN (8)	WOMEN (8)
60kg	48kg
65kg	53kg
71kg	58kg
79kg	63kg
88kg	69kg
94kg	77kg
110kg	86kg
+110kg	+86kg

- As per the ISG Riyadh 2025 Pathways, the maximum number of athletes is:

ATHLETE QUOTA	Male	120
	Female	120
	Total	240

- Athlete slots are allocated to the NOC, not to individual athletes.
- A NOC may be allocated a maximum of eight (8) individual male athlete quota slots and eight (8) individual female athlete quota slots.
- If the number of registered athletes exceeds the 240 available quota places after the Final Entries deadline, the Islamic Solidarity Sports Association (ISSA) and the International

Weightlifting Federation (IWF) reserve the right to limit the number of athletes per National Olympic Committee (NOC). Priority will first be given to the host country, followed by ensuring universality, gender balance, and performance.

- Each National Olympic Committee may register only one (1) athlete in the participating category.
- Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.
- Athlete sport specific eligibility requirements:
 - IF Nationality Regulations
 - IWF Anti-doping Rules will apply.
 - Anti-doping / Whereabouts requirements: In accordance with article 5.5.16 of the IWF Anti-Doping Rules whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (Q3 / by 07 August 2025 & Q4 / by 30 September 2025).
 - Minimum Age Requirements: According to the IWF Technical & Competition Rules and Regulations (IWF TCRR), the participating athletes must be 15 years of age and over (year of birth 2010 or earlier).
- Technical Supervision: all stages of the competition are overseen by a designated judging committee, a panel of judges, and the IWF Technical Delegate to ensure the fair application of IWF rules.

COMPETITION SCHEDULE

- The schedule for Weightlifting is built out of 5 days competition and 2 days of training. Competition starts at 8 November and finished on 12 November. After each medal event, the medal ceremony will take place. A detailed Competition schedule will be drafted as soon as the athlete numbers are confirmed.

WEIGH-IN PROTOCOL

- The official weigh-in room will be in a secured and clearly signposted area near the
- competition venue.
- Only accredited persons with appropriate access rights may enter.
- Athletes must present their valid accreditation card before entering the weigh-in area.

CLOTHING AND EQUIPMENT PROTOCOL

- The regulations and rules of the International Weightlifting Federation (IWF) will apply to
- all clothing, equipment, and accessories used during the Weightlifting competition at the Islamic Games 2025.
- Clothing Requirements:
 - Male Coaches: Full-length pants, polo shirt, or team jacket; no shorts, sandals, or caps allowed.
 - Female Coaches: NOC-branded attire in line with modest and professional standards; traditional or religious attire is permitted.
- No open-toe shoes or offensive/informal clothing is allowed in or around the Field of Play

(FoP).

- Technical Officials' Uniform:
 - According to the clothing approved by the IWF or as determined by the organizing committee of the Games.

MEDICAL SERVICES AND ANTI-DOPING PROGRAM

- The health, safety, and well-being of all athletes and participants at the 6th Islamic Solidarity Games are of the highest priority.
- The the Local Organizing Committee (LOC) of the Islamic Solidarity Games and Al Habib Hospital, ensures the delivery of high-quality medical services across all competition and training venues. Qualified medical teams will be available on-site to provide immediate care, injury management, and emergency response. The medical services are organized in accordance with international sports medicine standards to safeguard athlete health and well-being throughout the Games. These services include:
 - On-site medical stations staffed by qualified healthcare professionals.
 - Emergency medical response teams and fully equipped ambulances.
 - Access to a centralized Games Polyclinic offering a range of medical specialties.
 - Physiotherapy and rehabilitation services are available for athletes.
- All medical services will operate under international best practices, with culturally sensitive care and full respect for athlete confidentiality.
- The ISSA, in cooperation with the Local Organizing Committee (LOC) of the Islamic Solidarity Games, has partnered with the International Testing Agency (ITA) to deliver a comprehensive anti-doping program. This collaboration ensures that all doping control procedures, including in- and out-of-competition testing, are conducted in full compliance with the World Anti-Doping Code and international standards. The program is designed to protect clean athletes and uphold the integrity of the Games.
- The program includes:
 - In-competition and out-of-competition testing.
 - Sample collection in accordance with the World Anti-Doping Code and International Standards for Testing and Investigations (ISTI).
 - Athlete education in anti-doping rules and responsibilities.
 - Strict handling and transport of samples to WADA-accredited laboratories.
- All athletes are required to comply with anti-doping regulations and are responsible for ensuring that any medications or supplements they use are permitted. Therapeutic Use Exemptions (TUEs) must be submitted in advance according to ITA guidelines.
- Through this comprehensive Medical and Anti-Doping Program, the Islamic Solidarity Games uphold the values of fair play, integrity, and the protection of clean sport.

SPORT PRESENTATION

- The Sport Presentation program at the 6th Islamic Solidarity Games is designed to elevate the spectator experience, enhance athlete recognition, and promote the cultural identity of the Games. Through carefully curated visual, audio, and live entertainment elements, Sport Presentation ensures that each competition venue offers a vibrant and engaging atmosphere, reflecting the spirit of unity and solidarity among participating nations.

- The program includes dynamic in-venue entertainment, athlete introductions, music, lighting effects, announcer commentary, and medal ceremonies, all delivered in a professional and culturally respectful manner. Ceremonial protocols, including victory ceremonies, are conducted in line with ISSA traditions and the customs of the Host Nation, creating memorable moments for athletes and spectators alike.
- Sport Presentation also plays a key role in ensuring the smooth flow of competition by coordinating with field-of-play management and broadcast teams. All activities are synchronized to maintain the integrity of the competition schedule while providing an exceptional viewing experience for both in-venue spectators and global broadcast audiences.
- Through this program, the Islamic Solidarity Games celebrate athletic excellence, cultural diversity, and the values of fair play, unity, and respect, leaving a lasting impression on all who attend or follow the Games.

MEDAL CEREMONIES

- Medal ceremonies at the 6th Islamic Solidarity Games will be held shortly after the conclusion of each final competition, unless otherwise scheduled.
- Athletes are required to wear their official team uniforms and must report to the designated assembly point on time as instructed by the victory ceremony coordinator.
- The top three athletes or teams (gold, silver, and bronze medallists) will be awarded their medals during the official ceremony. National flags of the medallists' NOCs will be raised, and the national anthem of the gold medallist's country will be played.
- Participation in the medal ceremony is mandatory. Failure to attend without valid justification may lead to disciplinary action by the Organizing Committee or relevant authorities.
- Winners shall be awarded the following prizes:
 - First place: a gold medal and a diploma
 - Second place: a silver medal and a diploma
 - Third place: two bronze medals and diplomas

RELIGIOUS AND CULTURAL SENSITIVITY

- The 6th Islamic Solidarity Games are committed to fostering an environment of respect, inclusion, and cultural awareness for all participants. In recognition of the religious and cultural values of participating nations, the Organizing Committee has established the following guidelines:
- Respect for Religious Practices:
 - Designated prayer rooms will be available at all official venues, including competition sites, training halls, and the Athlete Village.
 - Scheduling will aim to respect major prayer times wherever operationally feasible.
 - Religious attire, including head coverings (e.g. hijab), is permitted in accordance with the rules of the International Federation (IF), including IF regulations for competition and officiating.
- Cultural Dress and Appearance:

- Female athletes, coaches, and officials may wear culturally appropriate uniforms or headwear, provided they comply with technical standards and safety regulations.
 - All participants are encouraged to wear modest clothing in shared spaces, such as dining halls, common areas, and public sections of the venue.
- Ceremonial Etiquette:
 - Medal and victory ceremonies will be conducted with full respect for Islamic values and local traditions.
 - Physical contact during ceremonies (e.g. handshakes or embraces) will be approached with cultural sensitivity, and alternative gestures (such as placing a hand on the chest) will be equally respected.
- Food & Dietary Needs:
 - All food served in the Athlete Village and official venues will be halal-certified, and vegetarian or allergy-sensitive options will be available upon request.
- Code of Conduct: all participants are expected to uphold the values of mutual respect, tolerance, and cultural understanding. Any form of religious or cultural insensitivity, discrimination, or harassment will be subject to disciplinary measures in accordance with the ISSA Constitution.

CONTACT DETAILS

International Weightlifting Federation

Maison du Sport International

Av. de Rhodanie, 54

1007 Lausanne, Switzerland.

Email: iwf@iwf.sport.

Phone: +41-216013227

IF Delegate: Mohammed Alharbi

6th Islamic Solidarity Games | اللجنة المنظمة للألعاب الإسلامية

Riyadh - Diom Hub Short Address RGDA3423

King Abdullah Road P.O.Box 3423 Postal Code 12355

Sport Manager: Musaad AlKhuzam

Email: m.alkhuzam@isg-2025.com