AWF

CONSTITUTION

Consolidated text: the 2020–2024 Constitution with the 2026 amendments, for the 2026–2030 term

CONSOLIDATED TEXT · TERM

2026–2030

Headquarters: Doha, Qatar

FOREWORD

The Asian Weightlifting Federation (AWF) presents its Constitution in one consolidated text. It combines the 2020–2024 Constitution with the amendments to the **AWF** Constitution for the 2026–2030 term.

Article 2.1.1 of this Constitution states that the objective of the **AWF** is to govern the sport of weightlifting in Asia in accordance with the principles of **democracy, good governance and transparency**. The 2026 amendments, and the way they were adopted, follow each of these principles.

DEMOCRACY.

The amendments were decided by the Member Federations. At the Online Extraordinary Congress of 27 July 2026, a roll call confirmed 41 Member Federations present and the quorum. The Congress unanimously approved the IWF Legal Department's response on the amendments, above the two-thirds majority that Article 4.1.11 requires for any modification of the Constitution.

GOOD GOVERNANCE.

As the **IWF** By-Laws require, the **AWF** submitted the amendments to the **IWF** on 24 July 2026 before adoption. On 25 July 2026, the **IWF** concluded that they are in accordance with the **IWF** Constitution, the **WADA** Code and the **IWF** policies and regulations. The amendments make the Athletes' Commission a body of the **AWF**, with its Chairperson on the Executive Board with full rights. The **IWF** noted that this will enhance the representation of athletes. They also commit the **AWF** to gender equality, with an objective of 20% women in its governing bodies and at least three women on the Executive Board.

TRANSPARENCY.

Article 3.5.3 requires the **AWF** to distribute the Constitution to its Members. This consolidated text is published in full, with every amended or new provision marked and a record of amendments at the end.

The **AWF** thanks the Member Federations and the **AWF** Constitution Review Commission for their contributions.

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PRELIMINARY

DEFINITIONS

The terms given below denote the following:

AWF	Asian Weightlifting Federation	**IWF**	International Weightlifting Federation
OCA	Olympic Council Asia	**IOC**	International Olympic Committee
WADA	World Anti-Doping Agency	**NADO**	National Anti-Doping Organization
FM	Full Membership	**PM**	Professional Membership
Am	Associate Membership	**EAWF**	East Asian Weightlifting Federation
WAWF	West Asian Weightlifting Federation	**CAWF**	Central Asian Weightlifting Federation
SAWF	South Asian Weightlifting Federation	**SEAWF**	South East Asian Weightlifting Federation

01 CHAPTER 1 GENERAL PROVISIONS

1.1.1 NAME AND HEADQUARTERS

1.1.2 Asian Weightlifting Federation (AWF) was founded in 1958 in Tokyo.

AWF headquarter is located in Doha, Qatar and may only be transferred to another location by following the resolution passed by the 2/3 voting from the total executive board members and approved by the membership country in the Congress. The executive board member have the rights to establish branches to the countries who request to build it by following certain condition.

A. They must follow AWF policy, decision and advices

B. Branches should not make any International relation or contact without the permission of AWF headquarters.

C. Branches will be establish in the countries only after the decision of Executive Board members 50% + 1 vote.

D. Branches must cover their own expenses.

E. Branches should pay 10,000 USD yearly to the treasure of AWF headquarter.

F. AWF headquarter have the right to have 50% from the all the income of the branches after covering their own expenses.

1.1.3 EMBLEM AND FLAG

The flag of the AWF is the emblem on a white background. 1.3.2 The AWF emblem is as below:

AWF EMBLEM
ASIAN WEIGHTLIFTING FEDERATION
FOUNDED 1958

1.2 STATUS

1.1.1 The ASIAN WEIGHTLIFTING FEDERATION ("AWF",) is a non for profit organization

1.1.2 For all matters not regulated by the present Constitution, the regulations of the IWF shall take precedent with special regard to the IWF Constitution and By-Laws, the IWF Technical and Competition Rules & Regulations and the IWF Anti-Doping Policy.

1.1.3 In case of any dispute or discrepancy between any rule, regulation or document of the IWF and the AWF, those of the IWF shall prevail.

1.1.4 The AWF operates under the guidance of the IWF and according to its regulations concerning Continental and Regional Federations (Article 16 of the IWF Constitution and its By-Laws).

1.1.5 The AWF is composed of the Member Federations of Asia, which are affiliated to the International Weightlifting Federation (hereinafter called "IWF"), which is the sole governing body of weightlifting, on the basis of one federation per country.

1.1.6 The AWF is recognized by the IWF and Olympic Council of Asia ("OCA") as the sole controlling body for Asian weightlifting. The AWF may adhere to or cooperate with institutions and organizations sharing similar values and goals as those of the AWF described herein.

1.3 OFFICIAL LANGUAGE

1.2.1 The official language of the AWF is English. The proceedings and all meetings of the Congress are held in English. All the publications and reports of the Executive Board and of all other Committees and Commissions of the AWF are in English.

1.2.2 In case of translation of the AWF Constitution or any other AWF document into other languages the English text shall prevail.

02 CHAPTER 2 OBJECTIVE AND MISSIONS

2.1 OBJECTIVE

2.1.1 The objective of the AWF is to govern the sport of weightlifting in Asia, in accordance with the principles of democracy, good governance and transparency.

2.1.2 To achieve its objective, the AWF shall:

- **A.** organize, control and develop the sport of weightlifting in Asia;
- **B.** organize Asian Championships.
- **C.** cooperate with the IWF and OCA in the organization of weightlifting events at the Asian Games and other major events;
- **D.** ensure the safety and health of the athletes and officials;
  1. fight against doping;
  2. fight against corruption and bribery;
  3. support the development of weightlifting in Member Federations; appoint international technical officials at Asian championships; educate athletes and officials.

2.2 MISSIONS

2.2.1 Through its activities, the AWF complies with the fundamental principles of Olympism. It endorses the key values of sport. It maintains its autonomy.

2.2.2 It promotes weightlifting and its development as a core sport, it supports health and maintains unity for the benefit of all its stakeholders.

2.2.3 The AWF:

A. supports all initiatives for peace and understanding;

B. advocates and ensures competitions in the spirit of Fair Play;

C. provides equal conditions for different countries, individuals without distinctions for reasons of race, colour, gender, religion or politics;

D. opposes all forms of political and religious debates or demonstrations within the AWF;

E. safeguards common interests and ensures mutual respect and unity between the AWF and its Members;

F. records and verifies Asian records.

03 CHAPTER 3 MEMBERS OF THE AWF

3.1 GENERAL PROVISIONS

3.1.1 AWF membership is open only to Asian Member Federations controlling the sport of weightlifting in their respective countries (Member Federations hereinafter may be referred to as "Members" or "Member Federations") affiliated with and recognized by the IWF.

3.1.2 Unless specifically authorized by the IWF Executive Board the combination of weightlifting with other sports that have their own international federations is not permitted.

3.1.3 Members shall be affiliated/suspended/expelled upon resolution of the Executive Board.

3.1.4 Member Federations shall have the same category and status as in the IWF: Full Member (FM), Provisional Member (PM) and Associate Member (AM).

3.2 REQUIREMENTS FOR MEMBERSHIP

3.2.1 Any Member Federation wishing to affiliate to the AWF must submit the following to the AWF:

A. A Membership Application signed by its President and General Secretary Treasurer;

- A document proving its IWF Membership;

B. A copy of its Constitution reflecting the objective and missions of the AWF;

C. The list of members of its Executive Board;

D. An attestation from the National Olympic Committee or highest sport authority certifying that the Federation is recognized as the controlling body for weightlifting in the country;

3.2.2 An application for membership implies complete recognition of the AWF Constitution.

3.3 OBLIGATIONS OF MEMBERS

3.3.1 Pay the annual membership fee of 500 USD (five hundred US dollars) to the AWF. PM

3.3.2 Accept and fully comply with the AWF Constitution. FM PM AM

3.3.3 Accept and execute the decisions of the AWF Congress and the Executive Board. FM PM AM

3.3.4 Develop the sport of weightlifting in their country. Organize the national championships annually. FM PM AM

3.3.5 Submit an annual activity report to the AWF. FM PM

3.3.6 Participate in the AWF Calendar Events with athletes. FM PM

3.3.7 Hold elections for or appoint their President, General Secretary and officers in accordance with their Constitution and inform the AWF about their election or appointment. FM PM AM

3.3.8 Remain in good standing and keep the AWF informed about the developments of weightlifting. FM PM

3.3.9 Respond to any AWF requests, including circulars and questionnaires. FM PM AM

3.3.10 Pay the Affiliation Fee of 500 USD (five hundred US dollars) to the AWF. PM

3.3.11 Keep the AWF Secretariat updated on any changes in the Federation. FM PM AM

3.3.12 Send the IWF a report on AWF Events held in their respective country according to the specification in the IWF Technical and Competition Rules and Regulations. FM PM AM

3.4 RIGHTS OF MEMBERS

3.4.1 Participate and vote in the Congress. FM

3.4.2 Participate in the Congress without voting right. PM AM

3.4.3 Submit proposals for inclusion in the Agenda of the Congress. FM

3.4.4 Nominate candidates for election. FM

3.4.5 Submit proposals if any for the modification of the AWF Constitution. FM

3.4.6 Take part in and benefit from the AWF Development Program. FM

3.4.7 Nominate Technical Officials to AWF Events when requested. FM

3.4.8 Participate in AWF calendar Events. FM PM AM

3.5 OBLIGATIONS OF THE AWF TOWARDS ITS MEMBERS

3.5.1 Keep the Members informed on all matters of international importance, e.g. calendar of events, results of major competitions, ranking lists, elections, membership and Technical Officials registration.

3.5.2 Inform the Members about the decisions of the Congress and the Executive Board.

3.5.3 Distribute to Members the AWF Constitution.

3.5.4 Assist in settling disputes concerning Members, when called upon.

3.5.5 Be of service to its Members and provide them with information and administrative assistance through the AWF Secretariat.

3.5.6 Express its solidarity to Members whose autonomy is threatened.

3.6 WAIVER OF MEMBERS' LIABILITY

The AWF is solely responsible for its liabilities, which are guaranteed by its own assets. Members shall not be responsible for any liabilities of the AWF.

3.7 SUSPENSION AND CESSATION OF MEMBERSHIP

3.7.1 AWF membership can be temporarily suspended in case a Member Federation fails to fulfil the obligations defined in 3.4. Such temporary suspension is recommended by the Membership Commission and ratified by the Executive Board. A temporary suspension does not release the concerned Member from its obligations.

3.7.2 AWF membership is lost:

- By letter of resignation addressed to the AWF Executive Board and sent to the AWF at least thirty (30) days prior to the effective date of resignation;
- By expulsion upon decision by the Executive Board for just cause, or if the Executive Board considers at its sole discretion that such Member has neglected or jeopardized the interest of the AWF or acted in any way which the Executive Board considers as unworthy of the AWF. The Executive Board must offer such Member an opportunity to be heard before any such decision is taken.

3.7.3 For purposes of this section, "just cause" shall mean any breach by a Member of its obligations under the Constitution, including, without limitation, non-payment of fees.

3.8 PROTECTION OF THE SPORT OF WEIGHTLIFTING

3.8.1 Apart from the measures and sanctions provided in this Constitution, the Executive Board may, upon proposal of the Membership Commission, take any appropriate decisions for the protection of the sport of weightlifting, including suspension of Members, if the constitution, law or any other regulations in force in the country concerned, or any act by any governmental or other body causes the activity of the member or the making or expression of its will to be hampered.

3.8.2 The Executive Board must offer such Member an opportunity to be heard before any such decision is taken.

3.8.3 The Executive Board shall determine in each case the consequences for the Member concerned and its athletes and Officials.

04 CHAPTER 4 AWF BODIES

The AWF is composed of the following bodies:

THE CONGRESS	THE EXECUTIVE BOARD	THE COMMITTEES
THE ATHLETES' COMMISSION NEW 2026	THE COMMISSIONS	AWF SECRETARIAT

4.1 THE CONGRESS

4.1.1 The highest power within the AWF is the Congress. The decisions of the Congress are final. The decision by the Congress shall include the effective date.

4.1.2 At least one Congress is organized every year; preferably in conjunction with the Asian Championships and/or Junior Asian Championships. In case two or more Congresses are held within a year, the Executive Board designates the one during which the various annual reports must be presented.

4.1.3 The AWF President shall convene the Congress. The President decides the number and the duration of the speeches allowed to the delegates.

4.1.4 The Congress is composed of the delegations of the Member Federations. Only the Full Members that have paid the Membership Fees for the current year and have no arrears may participate and vote at the Congress. Each Member may be represented by two (2) delegates but is entitled only to one (1) vote. Representatives from any of the affiliated Members may speak in their mother tongue, translated in English by an interpreter.

4.1.5 The delegates must be citizens of the country of the Member Federation they represent. One (1) delegate can represent only one (1) Member Federation at a time.

Each delegate must present a proof of appointment by the respective Member Federation. Voting by proxy is not permitted.

Before the opening of the Congress, a commission made up of three (3) persons verifies the credentials of all the delegates.

4.1.6 Only items on the agenda may be discussed at the Congress.

4.1.7 The following items must be on the agenda:

- **A.** Approval of the annual reports on the activities of the President;
- **B.** Approval of the annual reports on the activities of the General Secretary Treasurer;
- **C.** Approval of the annual reports on the activities of the Committees;
- **D.** Approval of the annual reports on the activities of the Commissions;
- **E.** Approval of the Annual Financial Report;
- **F.** Information about the decisions of the Executive Board;
- **G.** Information on the preparation of the forthcoming Asian Championships and Games.

4.1.8 The following items may be on the agenda:

- **A.** Awards, honors and distinctions;
- **B.** Presentations by sponsors and appointed individuals;
- **C.** Filling of vacancies on the Executive Board and the Committees;
- **E.** Modification of the AWF Constitution;
- **F.** Affiliation of new member federations;
- **G.** Other questions of importance concerning the sport of weightlifting.

4.1.9 Deadlines (to be counted from the day of the Congress):

90 DAYS PRIOR

A. NINETY (90) DAYS PRIOR:
AWF shall send invitations to the Member Federations, the Executive Board and Committees;

60 DAYS PRIOR

B. SIXTY (60) DAYS PRIOR:
Member Federations and Officers shall send to the AWF proposals for inclusion on the Agenda. No item submitted after that time will be included on the Agenda;

30 DAYS PRIOR

C. THIRTY (30) DAYS PRIOR:
AWF shall send to the Member Federations and the Officers the Agenda, the reports and other relevant documents.

4.1.10 To be valid, a decision of the Congress must be adopted by a majority of the votes cast.

4.1.11 To be valid, a decision of the Congress on any modifications of the Constitution must be adopted by a majority of two-thirds (2/3) of the votes cast.

4.1.12 Abstentions and blank or spoiled votes are not taken into consideration in the calculation of the required majority.

4.1.13 The sessions of the AWF Congress are not open to public.

4.1.14 If requested in writing by a minimum of one fifth (1/5) of the Member Federations, the President must convene an Extraordinary Congress to be held as soon as reasonably possible, but no later than ninety (90) days after receiving the request.

4.1.15 Minutes shall be kept and after the Congress sent to the Member Federations, AWF officials and the IWF.

4.2 THE EXECUTIVE BOARD

4.2.1 Elected members:

A. The President	**B.** The General Secretary / Treasurer
C. First Vice President	**D.** Six (6) Vice Presidents — AMENDED 2026
E. Eleven (11) Members	**F.** **The Chairperson of the Athletes' Commission** — NEW 2026

4.2.2 The Deputy General Secretary without voting right can be appointed by the President and General Secretary. This appointment must be approved at the Electoral Congress.

4.2.3 For the better interest of weightlifting sport, President and/or General Secretary are allowed to appoint advisory post(s), like assistant to the President and assistant to the General Secretary without voting right.

4.2.4 The Executive Board governs the AWF.

4.2.5 The Executive Board must meet at least once a year.

4.2.6 The sittings of the Executive Board are not open to the public.

4.2.7 Attendance at the meetings is compulsory for its members. Members unable to attend the meeting must inform the President and General Secretary prior to the meeting, and give adequate and acceptable reasons for their absence.

4.2.8 The Executive Board has the power to suspend any member of the Executive Board who, without adequate and acceptable reasons, has failed to attend two (2) consecutive Executive Board meetings, or four (4) Executive Board Meetings in aggregate.

4.2.9 The Executive Board decides on all matters concerning the sport of weightlifting and its organization, including financial matters, in the best interest of the sport.

4.2.10 The proceedings of the meetings of the Executive Board are held in English. Members must be able to participate in English or provide an interpreter at their own cost.

4.2.11 The Executive Board has the right to determine and review the various fees imposed by the AWF.

4.2.12 The Executive Board allocates the Asian Championships.

4.2.13 The Executive Board has the right to establish and appoint Commissions to attend to specific tasks, within its own powers.

4.2.14 The Executive Board shall monitor the financial operations of the AWF, consider the Financial Reports and participate in decisions involving economic deliberations.

4.2.15 The quorum required for the meetings and decisions of the Executive Board is the presence of half of the members plus one (1).

4.2.16 All decisions by the Executive Board must include the effective date.

4.2.17 Minutes of the meetings of the Executive Board are kept and copies must be sent to all Executive Board Members and the IWF.

4.3 THE PRESIDENT

4.3.1 The President and General Secretary works in close cooperation to share responsibilities in the administrative and operative procedures required to fulfil the decisions and directions of the Congress and the Executive Board.

4.3.2 Presides over the debates and keeps order at the Congress and at the meetings of the Executive Board according to the rules and traditions of parliamentary debate.

4.3.3 Being a co-opted Member of the IWF Executive Board, the President represents the two-way contacts between the International and Asian Federations.

4.3.4 The President shall attend the Asian Championships (Senior & Junior - Men's & Women's, Youth-Boy's & Girls'), Asian Games and regional games. The Organizing Committee shall pay his travel and accommodation expenses.

4.3.5 Attends the Congress and the Executive Board Meetings.

4.3.6 Represents the AWF at the meetings in the different organizations of which the AWF is a member. A report on these activities has to be submitted at the following Executive Board meeting or at the next and written general information, when needed, has to be given at the following AWF Congress.

4.3.7 Presents the medals to the winners in the Victory Ceremonies at the Asian Championships. The President may from time to time delegate other persons for this duty.

4.3.8 When the President is not available, the duties are taking over by the 1st Vice President.

4.3.9 Has the casting vote in the event of a tie.

4.3.10 The President shall give an annual activity report at the Congress.

4.3.11 the end of his/her office the President transfers to his/her successor all keys, access codes, passwords, data, documents and other papers associated with his/her duties within a deadline that shall not exceed sixty (60) days.

4.4 THE GENERAL SECRETARY TREASURER

4.4.1 The General Secretary/ Treasurer and the President work in close cooperation to share responsibilities in the administrative and operative procedures required to fulfill the decisions and directions of the Congress and the Executive Board.

4.4.2 Corresponds with the Member Federations affiliated to the AWF.

4.4.3 Organizes the sport of weightlifting throughout the Asian continent, in accordance with IWF Constitution and By-Laws, Technical and Competition Rules and Regulations, Anti-Doping Policy, the AWF Constitution, and the decisions of the Congress and the Executive Board or on extraordinary occasions, in consultation with the President.

4.4.4 Attends the Asian Championships (Senior & Junior – Men's & Women's, Youth-Boys' & Girls'), Asian Games and regional games. As the official representative of the AWF, controls the entire organization of Asian championships to ensure that they are held in accordance with the Constitution and Rules of the IWF and the AWF. This verification is done before the event is held and the organizing committees pay the travel and accommodation expenses. When the General Secretary is unable to attend, a delegate nominated in consultation with the President assumes these duties.

4.4.5 Prepares the Agenda of the Congress with the President from the propositions submitted by Member Federations and the elected AWF officials.

4.4.6 Together with the President, negotiates and signs all contracts between the AWF and other organizations and companies.

4.4.7 Together with the President, submits an activity report and a complete financial report to the Executive Board. This activity report and an annual financial report must be presented to the Congress.

4.4.8 Controls and supervises the operation of the AWF Secretariat.

4.4.9 Together with the President, represents the AWF at the meetings in the different organizations of which the AWF is a member. Represents the AWF at all negotiations concluded on its behalf.

4.4.10 Upon the end of his/her office the General Secretary Treasurer transfers to his/her successor all keys, access codes, passwords, data, documents and other papers associated with his/her duties within a deadline that shall not exceed sixty (60) days.

4.5 THE 1ST VICE PRESIDENT

4.5.1 When the President is unable to attend to the duties, the 1st Vice President substitutes him/her.

4.5.2 In case the President's position becomes vacant for any reason for the remaining part of the term, the 1st Vice President fulfils this function until the next Congress, which may endorse the appointment until the next election, or determine to have a special election.

4.6 VICE PRESIDENT AND EXECUTIVE BOARD MEMBERS

4.6.1 Supervise the activities in weightlifting, monitor the implementation of the Congress and Executive Board decisions and promote weightlifting on a world scale, in accordance with the IWF Constitution, Technical and Competition Rules.

4.6.2 Shall attend the meetings of the Executive Board in their full capacity.

4.6.3 Assist in the running of the Congresses when appointed by the President (verification of delegates, scrutineers, etc.).

4.6.4 Shall be active in their respective country and region as representatives of the AWF.

4.6.5 Submit proposals and search for possibilities to improve the finances of the AWF.

4.6.6 Contribute to the publication of AWF books, magazines and the like by submitting Articles and various materials.

4.6.7 Approve the technical officials selected by the Technical and Medical Committees for the Asian Championships. Technical officials for the Asian and other Regional Games are selected in collaboration between the AWF and the IWF Technical Delegate and must also be approved by the latter.

4.6.8 Give Support to the organizing committee and ensure that the IWF Rules and AWF Constitution are being applied when they are present at the Asian Games, Asian Championships and Regional Games.

4.6.9 In the absence of the President or General Secretary and by appointment, represent the AWF at Regional Games.

4.6.10 In addition to the above, the Committee Chairpersons have the following duties:

In coordination with the General Secretary, they convene the meeting of their respective Committees following the annual program of the AWF.

They preside over the meetings and submit a report on their Committee's activities. These reports have to be sent to the General Secretary two (2) months before the Congress and are included in the reports for the Congress.

4.7 COMMITTEES

4.7.1 The Committees elected are:

- **A.** The Technical Committee
- **B.** The Coaching and Research Committee
- **C.** The Medical Committee

4.7.2 The Technical, the Coaching and Research Committee and the Medical Committees consist of a Chairperson and ten (10) members each. In each Committee, 7 members will be elected by Congress, and 3 members will be elected by Executive Board Members. The Chairpersons are appointed from among the Executive Board members and only have a decisive vote in the event of a tie.

4.7.3 The President and the General Secretary are ex-officio members of all the Committees, but without voting right. The sittings of all the Committees are private.

4.7.4 All Committees must meet at least once a year. At all meetings, minutes must be kept. Attendance in the meeting is compulsory for its member.

4.7.5 Members unable to attend must inform the General Secretary, prior to the meeting, and give the reasons for their absence.

4.7.6 The Executive Board has the power to suspend any member who, without valid reasons, has been absent, without the approval of the President or General Secretary, for two consecutive Committee meetings.

4.8 THE TECHNICAL COMMITTEE

4.8.1 Together with the Executive Board selects the Technical Officials for the Asian Championships. For Asian Games, together with the Executive Board selects the Technical Officials to recommend to the IWF.

4.8.2 Co-operates closely with the IWF Technical Committee.

4.8.3 Seeks solutions to any problems in the field of officiating and technical matters, and to investigate any matters submitted by the Executive Board.

4.8.4 Takes measures to improve the level of weightlifting.

4.8.5 Under the supervision of the AWF, organize courses regarding to Technical matters.

4.8.6 Supervises the implementation of the IWF rules at Asian Games, Asian Championships, Regional and other Games and controls the competitions from the officiating standpoint.

4.8.7 Compiles and update various Asian Records.

4.8.8 Cooperates with the other AWF Committees and Commissions.

4.8.9 Candidates for the Technical Committee are required to be IWF Category 1 Technical Officials before being elected to this Committee. The candidates must include their curriculum vitae when applying for the position.

4.9 THE COACHING AND RESEARCH COMMITTEE

4.9.1 Studies, develops, supports, cooperates closely and work together with the IWF Coaching and Research Committee (IWF CRC) in all aspects of coaching the weightlifting sport in Asia.

4.9.2 Studies, develops, adapts, adopts and researches weightlifting methodology, technique, training tools/equipment/materials and all kinds of stuff in weightlifting sport for weightlifting coaches in Asia.

4.9.3 Creates, updates and publishes weightlifting Knowledge Management (KM) and Database (DB) for weightlifting coaches in Asia.

4.9.4 Cooperates with the other AWF Committees and Commissions.

4.9.5 Candidates for the CRC must have either a Physical Education diploma or degree or the equivalent; or have appropriate experience in weightlifting coaching at international level.

4.10 THE MEDICAL COMMITTEE

4.10.1 Makes consultative capacity on medical, hygienic and relevant matters.

4.10.2 Ensures the proper climate control of the training and competition hall facilities, the provision of medical supplies.

4.10.3 Selects doctors on duty for Asian Championships and Asian Games then propose them to ask for the AWF Executive Board's approval.

4.10.4 Assist the IWF Anti-doping Commission concerning to the doping controls in Asian Championships and Asian Games.

4.10.5 Collects medical data on the long-term effects of weightlifting on human body.

4.10.6 Prepares material for the promotion of weightlifting as a method of improving health and fitness.

4.10.7 Develops educational program pertaining to bodyweight control, training, injury management as well as the use and abuse of medicines and banned substances.

4.10.8 Cooperates closely and works together with the IWF Medical Committee.

4.10.9 Cooperates with the other AWF Committees and Commissions.

4.10.10 Candidates for the Medical Committee must be doctors of medicine.

4.11 COMMISSIONS

4.11.1 AMENDED 2026

The Executive Board established and appoints the Commissions, except the Athletes Commission:

A ATHLETES' COMMISSION NEW 2026

4.11.A.1 NEW 2026

The Asian Weightlifting Federation shall establish an Athletes' Commission comprising of ten (10) members as a permanent body of the Federation.

4.11.A.2 NEW 2026

The Athletes' Commission shall represent the interests and views of athletes and shall promote athlete participation in the governance and development of weightlifting within Asia.

4.11.A.3 NEW 2026

The Athletes' Commission members shall be elected by their peers representing all five (5) regions and both genders, having 2 from each region (one of each gender), in accordance with its Regulations.

4.11.A.4 NEW 2026

The eligibility criteria, election procedures, term of office, functions and powers of the Athletes' Commission shall be determined by the Executive Board in accordance with the Constitution, By-Laws and mandatory regulations of the International Weightlifting Federation.

4.11.A.5 NEW 2026

The Athletes' Commission shall elect its Chairperson from among the members in accordance with its Regulations.

4.11.A.6 NEW 2026

The Chairperson of the Athletes' Commission shall serve as a member of the Executive Board with full rights.

B. Women's Commission	C. Development Commission
D. Disciplinary Commission	E. Ethics Commission
F. Marketing Commission	G. Masters' Commission
H. Media and Communication Commission	I. Finance Commission
J. Membership Commission	

4.11.2 Further Commissions may be established by the Executive Board.

4.11.3 AMENDED 2026

Chairperson and 5 members of each commission are appointed by the Executive Board, except for the Athletes Commission.

4.12 AWF SECRETARIAT

4.12.1 The AWF Secretariat (administrative office) is under the responsibility and the authority of the President and the General Secretary.

4.12.2 The Executive Board determines the Secretariat's actual location.

4.12.3 The Secretariat is the administrative and communication center of the AWF. Its main task is to ensure the efficient operation of the Federation.

4.12.4 In order to fulfil its duties, it must be appropriately staffed and have adequate office facilities.

4.12.5 Corresponds and maintains relations with the Member Federations, the IWF, the OCA, the National Olympic Committees and other organizations and individuals. The Secretariat attends to all communications.

4.12.6 Regularly publishes information relating to the sport of weightlifting and the AWF.

4.12.7 Together with the Technical Committee, verifies and registers Asian records.

4.12.8 Prepares the agenda for the Congress, the various meetings of the Executive Board and the Committees and sends it to the persons concerned thirty (30) days before the date of the meetings.

4.12.9 Regularly publishes information gathered at the Congresses, Executive Board and Committee meetings and sends it to the affiliated Federations, the members of the Board and the Committees.

4.12.10 Attends to all financial matters of the AWF, receives all payments, pays all expenses and keeps the accounts. Prepares the estimated budget for information and revision by the Executive Board.

4.12.11 Orders and distributes the AWF publications, honor awards, badges, etc.

4.13 Any members of Executive Board, Committee and Commission who do not participate or absent without apologize letter, accepted by the Executive Board, for two (2) official consecutive meeting, the Executive Board has the rights to suspend him/her and place this point to the General Congress for its approval.

05 CHAPTER 5 ELECTIONS

5.1 GENERAL PROVISIONS

5.1.1 Members of the Executive Board and the Committees are elected at the Electoral Congress and they serve until the next Electoral Congress. Elections shall take place every four (4) years at the AWF Congress designated by the Executive Board, in the year of the Summer Olympic Games no later than 2 months of the Games.

5.1.2 In accordance with the IWF Constitution, the AWF must invite an IWF delegate to the Electoral Congress. The delegate has the right to fully participate in the debate at the Congress. The AWF must pay the travel and accommodation costs of the delegate.

5.1.3 Candidatures for the various positions must reach the AWF Secretariat by registered mail at least two (2) months before the date of the Electoral congress. These candidatures must be sent by Member Federations. The candidates who miss this date are not eligible for election. An official acknowledgement from the AWF Secretariat will validate their nomination.

5.1.4 Full Members of the AWF may propose only bona fide candidates. These candidates must be of the same nationality as the country they represent and their National Federation must cover the costs associated with attendance at the different meetings.

5.1.5 Only the Member Federations that have paid their membership fees to the AWF for each of the four (4) years of the current cycle may send the candidate (s).

5.1.6 The number of consecutive terms served by an individual is unlimited, but a candidature must be submitted to each election.

5.1.7 A person may be a candidate for various positions within the AWF but may only by elected to one. On being elected, the name of that person will be withdrawn from any further candidature list. Unsuccessful candidates are not automatically eligible for elections to another position. Nominations must be made specifically for each position to be contested.

5.1.8 Any member of the Executive Board or Committees with a minimum of 12 years of service may be a candidate in his/her own right to any position on these bodies provided that

His/Her nomination is supported by a minimum of 30% of the Member Federations affiliated to the AWF. Proof of support by the Member Federations must be confirmed in writing and presented with the candidature.

5.1.9 For the elections, the Executive Board nominates three (3) scrutinizers to who distribute, collect and count ballots, unless the ballot is carried out electronically.

5.1.10 When two or more candidates obtain an equal number of votes, another ballot is held. If after the second ballot there is still a tie, the President may cast a deciding vote.

5.1.11 Only AWF Full Member Federations are eligible to vote.

5.1.12 Elections are carried out by secret ballot. When there is only one (1) candidate for a position such candidate shall be elected tacitly unless otherwise stated in the Constitution. When there is the same or less number of candidates than vacancies such candidates shall be elected tacitly unless otherwise stated in the Constitution.

5.1.13 Unsuccessful candidates may run for election in other committees; however, when a country has more than one candidate for a specific position, their Member Federation must give its order of preference so that only one of its candidates is listed on each ballot list.

5.1.14 The election is by simple majority, i.e. the person who has obtained the highest number of votes is elected.

5.1.15 The AWF President and the General Secretary must be elected by absolute majority. In the case of more than two candidates, the one with the lowest number of votes will drop out in each round until one of the candidates receives the absolute majority.

5.1.16 Only the ballot papers which carry votes for as many candidates as there are vacancies are valid.

5.1.17 In the case of a vacancy for the President or the General Secretary, the first Vice-President or the Deputy General Secretary respectively fulfill their functions until the next Congress, which regularizes the appointments. In the case of other vacancies on the Executive Board, members will be replaced at the next congress. All members elected to fill vacancies must fulfill their functions for the period remaining.

5.2 THE ORDER OF THE ELECTION

The order of the Election is as follow:

1. **5.2.1** The President
2. **5.2.2** The General Secretary/ Treasurer
3. **5.2.3** The First Vice President
4. **5.2.4** The six (6) Vice Presidents — AMENDED 2026
5. **5.2.5** The eleven (11) Executive Board Members
6. **5.2.6** The seven (7) Technical Committee Members
7. **5.2.7** The seven (7) Coaching and Research Committee Members
8. **5.2.8** The seven (7) Medical Committee Members

5.3 NEW 2026

5.3.1 NEW 2026

The Asian Weightlifting Federation is committed to promoting gender equality and balanced representation within its governance structures.

5.3.2 NEW 2026

To that end, the Asian Weightlifting Federation will strive to increase women's representation across its governing bodies, including as an objective a representation of 20% of women.

5.3.3 NEW 2026

Where necessary, the Executive Board may adopt implementing regulations to ensure continued compliance with such requirements, provided that such regulations are consistent with this Constitution.

5.3.4 NEW 2026

To promote gender diversity on the Executive Board, there shall be at least 3 female members of the Executive Board.

06 CHAPTER 6
HONORARY LIFE MEMBERS

6.1 The Executive Board may honor former Presidents, Vice-Presidents, General Secretaries or Executive Board members for the merit they have earned by their work within the AWF by appointing them "Honorary President", "Honorary Vice-President", "Honorary General Secretary" or "Honorary Member" Life of the AWF. These Persons may participate in the AWF Congresses. They may also attend the Executive Board meetings in a consultative capacity only if invited.

6.2 Persons accepting any honorary title Life are no longer eligible for membership in any of the AWF bodies, either by election or by appointment.

CHAPTER 7

07 OWNERSHIP RIGHTS AND WEIGHTLIFTING PROPERTIES

7.1 The AWF is the owner of all rights in and to the Asian Championships and Weightlifting Properties (as defined below), which rights have the potential to generate revenues for the purposes defined in this Constitution.

7.2 The Asian Championships are the exclusive property of the AWF which owns all rights and data relating thereto, in particular and without limitation, all rights relating to their organization, exploitation, broadcasting, recording, representation, reproduction, access and dissemination in any form and by any means or mechanism whatsoever, whether now existing or developed in the future.

7.3 The AWF shall determine the conditions of access to and the conditions of any use of data relating to the Asian Championships.

7.4 Any AWF symbols, flags, mottos, anthems, identifications, designations, knowhow, Competition Management Applications, emblems are collectively referred to as "AWF Properties". All rights to any and all AWF Properties, as well as all rights to the use thereof, belong exclusively to the AWF, including but not limited to the use of any profit-making, commercial or advertising purposes. The AWF may license all or part of its rights on terms and conditions set forth by the Executive Board.

7.5 Any organizer of any AWF Event, as well as any concerned Member, shall be responsible toward the AWF for compliance with specific obligation.

08 CHAPTER 8 ASIAN CHAMPIONSHIPS

8.1 GENERAL PROVISIONS

8.1.1 Weightlifting competitions at Asian Championships must be organized under AWF supervision and carried out in full conformity with the AWF Constitution and IWF Rules.

8.1.2 Asian Championships include:

- Asian Youth (Boys' and Girls') Weightlifting Championships, held every year except the year of Asian Youth Games;
- Asian Junior (Men's and Women's) Weightlifting Championships, held every year;
- Asian Senior (Men's and Women's) Weightlifting Championships, held every year except the year of Asian Games;
- Asian Cup (Men's and Women's) Weightlifting Championships.

8.1.3 Only those athletes whose eligibility is confirmed by the AWF may participate.

8.1.4 Organizing Committees must guarantee unconditional entry to all participants from all eligible AWF affiliated countries.

8.1.5 The allocation of the Asian championships is decided by the AWF Executive Board.

8.1.6 Gold, silver and bronze medals are awarded respectively to the three places for the Snatch, the Clean and Jerk and the Total in each of the bodyweight categories.

8.1.7 Applications to organize Asian championships must be made in writing four (4) month prior to the Executive Board meeting which is to decide on the allocations. The application must include the proposed dates, information concerning the city, competition hall, training hall, congress hall, accommodation hotels and the charges for board and lodging and other services.

8.1.8 Latest six (6) months before the date set for the Asian Championships, the Organizing Federation/Committee sends the Asian Championships Regulation to all the AWF affiliated Member Federations, the Executive Board and the Committee members.

8.1.9 The Asian Championships Regulation contains the following information:

- the exact date of the Asian championships with a detailed program of the competitions related activities;
- the competition venue and its access;
- the accommodation offered and the financial conditions;
- the press accreditation forms;
- the preliminary entry and final entry forms and athletes' profiles;
- any other pertinent information.

8.2 RESPONSIBILITIES-HOST FEDERATION/ORGANIZING COMMITTEE

8.2.1 Offers the participants accommodation and full board at a daily rate to be fixed and the currency to be used, as well as local transportation, access to the competitions, participation in official meetings, training, closing banquet and other usual technical services. The daily rate must be approved by the AWF, which must see that the services provided are commensurate with the price indicated.

8.2.2 Provide each Executive Board member a single room for maximum four (4) nights.

8.2.3 Provides transportation and training facilities for participants at least two (2) days before the beginning of the Championships.

8.2.4 Provides free accommodation and board, during the competitions days plus two (2) days, for up to 42 selected technical officials (Referees, Jury members, Technical Controllers, Chief Marshal, Doctors, competition Secretary and Doping Controllers). The number of technical officials is decided taking in consideration the number of competition days, the number of Asian Championships organized and other considerations, and depends on an agreement between the AWF and the host Federation/ Organizing Committee. The Technical officials must be present and available for the complete Championships. The technical officials must pay for additional days.

8.2.5 Provides, free of charge, the facilities for the Congress and the meetings of the Executive Board, the Committees, the Commissions and Technical Officials.

8.2.6 Provides, free of charge, the technical organization and all pertaining facilities for the competitions and training for the Asian Championships, and required by the relevant IWF Rules.

8.2.7 Takes out acceptable comprehensive health/medical/hospital insurance policies for the championships.

8.2.8 For AWF President and AWF General Secretary provides business class air ticket, accommodation (suite room) and board for the competition days and three (3) economy class air tickets, accommodation and board for three (3) members selected by AWF President or general Secretary. Provides accommodation for two (2) members of anti-doping controllers chosen by the IWF.

8.2.9 If the IWF Technology Information System or AWF Technology Information System is used at the championships, the financial conditions depend on an agreement between the IWF or AWF respectively and the host Federation/Organizing Committee. If the competition is an Olympic Qualification Event, the application of the IWF Technology and Information System is obligatory.

8.2.10 Pays daily allowance of a minimum sum in total US$ 250 (two hundred and fifty US dollars) for the championships for the following persons:

- **A.** AWF President
- **B.** AWF 1st Vice President
- **C.** AWF General Secretary
- **D.** AWF Deputy General Secretary
- **E.** AWF Technical Officials

8.2.11 Provides offices and technical facilities for the operation of the AWF Secretariat.

8.2.12 Provides diplomas to all official participants of championships.

8.3 RESPONSIBILITIES-PARTICIPATING FEDERATIONS

8.3.1 The participating federations must accept the accommodation offered by the Organizing Committee, at the cost indicated in the Regulation. The amount must be coordinated with the AWF within the rule and must be commensurate with the standard of the services provided.

8.3.2 Pay the host Federation/Organizing Committee an Entry Fee according to the agreement.

8.3.3 The following persons do not have to pay the Entry fee:

- **A.** AWF Executive Board Members
- **B.** Selected Technical Officials
- **C.** AWF Secretariat members
- **D.** Doping Control Officials

8.3.4 The AWF Executive Board or Committee members who only attend their respective meetings for the 4 Night and 3 Day Accommodation and Board Free of Charge are also exempted from paying the Entry Fee, but after the expiry of the regulated duration of their stay these persons cannot enjoy the privileges, associated with accreditation such as transportation, entry to the competitions and sport facilities or any social events. Congress delegates who only attend their respective meetings are also exempted from paying the Entry Fee but after the Congress these persons cannot enjoy those privileges.

8.3.5 Member Federations participating in the Asian championships do so at their own risk. The Federations must undertake full moral and financial responsibility for their delegates regarding their health and in case of accidents or damages.

8.3.6 Participants may only be officially entered by their respective affiliated Member Federation. A preliminary Entry form, including information on the number of competitors and officials must be returned to the host Federation/Organizing Committee not later than sixty (60) days before the Congress/Technical Conference.

8.3.7 The Final Entry form, which includes the names, the date of birth, the category and entry total, with indication of the reserves, the names of the accompanying officials and their function, must be sent by fax or e-mail to the organizing committee not later than thirty (30) days before the Congress/Technical Conference.

8.3.8 Before the congress or Technical Conference preceding the Asian Championships, Verification of Final Entries is held. Further details will follow the IWF TCRR.

CHAPTER 9

09 ASIAN GAMES AND REGIONAL GAMES

9.1 At least two (2) years before the opening of the Games, the Organizing body must advise the IWF and AWF in order to obtain the approval for the facilities and technical organization. The Organizing body must pay travel, accommodation and board expenses of the preliminary inspection made by AWF and IWF technical delegates appointed for the Games.

9.2 It's an obligation that the Organizing body must submit the Regulations of the weightlifting competitions of the Games and its scheduled program to the AWF and IWF for approval before publication.

9.3 The approval of the Technical Officials for weightlifting is done by the IWF in consultation with the AWF.

CHAPTER 10

10 AWF AWARDS AND HONOURS

It is awarded to members of Member Federations, upon proposals by the Member Federations and allocation by the President, under the following conditions:

GOLD

The Gold Award, for more than twenty-five (25) years of continuous membership and work;

SILVER

The Silver Award, for twenty (20-25) years of continuous membership and work;

BRONZE

The Bronze Award, for fifteen (15-20) years of continuous membership and work.

ANNEX

RECORD OF AMENDMENTS

The AWF submitted these amendments to the IWF on 24 July 2026. The IWF review, dated 25 July 2026, concluded that the reviewed provisions are in accordance with the IWF Constitution, the WADA Code and the IWF policies and regulations, including the By-Laws. At the AWF Online Extraordinary Congress of 27 July 2026, with 41 Member Federations present, the Congress unanimously approved the IWF Legal Department's response on the amendments.

ARTICLE	CHANGE
4 (AWF Bodies)	Athletes' Commission added as a body of the AWF
4.2.1	Vice Presidents increased from five (5) to six (6); Chairperson of the Athletes' Commission added as an elected member of the Executive Board
4.11.1	Athletes' Commission no longer established and appointed by the Executive Board
4.11.3	Appointment of Commission Chairpersons and members by the Executive Board no longer applies to the Athletes' Commission
4.11.A (new)	Athletes' Commission of ten (10) members, elected by peers (one man and one woman from each of the five regions); its Chairperson sits on the Executive Board with full rights
5.2.4	Six (6) Vice Presidents elected, instead of five (5)
5.3 (new)	Commitment to gender equality; objective of 20% women in governing bodies; at least three (3) women on the Executive Board



ASIAN WEIGHTLIFTING FEDERATION

FOUNDED IN TOKYO · 1958

CONSTITUTION · 2026-2030

DOHA, QATAR