International Weightlifting Federation

CONSTITUTION

Approved by the IWF Congress in Ningbo, China, on 26 October 2026

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PART A INTRODUCTION, DEFINITIONS AND OBJECTIVES

1 Introduction and General Provisions

1.1 The International Weightlifting Federation (otherwise known as the Fédération International d'Haltérophilie) is the sole international governing body for the sport of weightlifting recognised by the International Olympic Committee.

1.2 The International Weightlifting Federation is an association established in 1905 under Swiss law governed by Article 60 et seq of the Swiss Civil Code and this Constitution.

1.3 The administrative and operational seat of the International Weightlifting Federation is in Lausanne, Switzerland. The International Weightlifting Federation may, as decided by the Executive Board, have additional offices elsewhere.

1.4 The official language of the Federation is English.

1.5 The Federation uses an Emblem which is shown in Schedule 1. The Executive Board may modify the Emblem from time to time and issue and update branding guidelines for its use.

2 Definitions

2.1 The following definitions apply in interpreting this Constitution unless expressly stated otherwise or unless the context requires otherwise:

Annual Report means the annual report (including the administrative report and the financial report) of the Federation.

Anti-Doping Rules means the anti-doping policy of the Federation.

Associate Member is the National Federation of a Sport Country accepted for membership in the Federation in accordance with Article 7.

Audited Financial Report means the audited annual financial report of the Federation.

Auditor means the auditor appointed in accordance with Article 40.

Candidate means any eligible candidate in any election for any position on the Executive Board or an IWF Committee.

Candidate Eligibility Rules means the rules of the By-laws setting out the eligibility conditions for candidates.

Candidate Nomination Rules means the rules of the By-laws setting out the procedure for the nomination of candidates.

Competition Official is an Official administering the IWF competition.

Continental Federation means a continental confederation that is referred to in Article 5.

Country means an independent state or a territory where a National Olympic Committee is established.

EDP Rules of Procedures means the procedural rules of the Ethics and Disciplinary Panel as set forth in Article 35.2.

Election and Candidate Conduct Rules means the rules of the By-laws governing the obligations of candidates.

Electoral Congress means a Congress at which elections are conducted.

Emblem means the emblem of the Federation, which is specified at Schedule 1.

Eligibility Determination Panel means the Ethics and Disciplinary Panel when acting in regard of eligibility of Candidates.

Eligibility Determination Panel Rules of Procedure means the procedural rules applied by the Eligibility Determination Panel as set out in the By-laws.

Ethics and Disciplinary Code means the disciplinary provisions included in the By-laws.

Events Calendar means the calendar of events published by the International Weightlifting Federation from time to time.

Executive Board means the executive board of the Federation.

Executive Board Member means any member of the Executive Board as set out in Article 16.

Executive Board Member Code of Ethics means the disciplinary provisions applying to Executive Board Members included in the By-laws.

Federation means the International Weightlifting Federation (IWF).

Governance Principles means the principles by which the Federation and the Sport are governed, organised and controlled, which are set out at Article 3.1.

Intellectual Property means the emblem of IWF, the names “IWF”, “International Weightlifting Federation”, any other name owned by IWF, any trademark, design, patent, copyright owned by IWF, any proprietary software of IWF, the database of IWF, trade secrets, know-how and confidential information of IWF.

International Competitions means competitions for the Sport at which athletes selected by and representing different Members compete.

International Technical Official (ITO) is a Competition Official in charge of the implementation of technical rules at IWF Events.

Member is the National Federation of a Country accepted for membership in the Federation in accordance with Article 7.

Membership Fee means the annual membership fee or any other fee which may be decided from time to time, including without limitation any membership application fee.

Objectives means the purpose and objectives of the International Weightlifting Federation that are specified in Article 3.

Official means any person elected to an IWF office, any person appointed to an IWF position, any person employed by IWF and any Competition Official.

Ordinary Congress means the annual meeting of the Congress which is convened in accordance with Article 15.

Ordinary Resolution means a resolution which requires a majority of 50% + 1 of the total number of the valid votes cast for the concerned votation to be approved. Blank and invalid votes are not counted for the purpose of establishing the required majority. Abstentions are counted only if specifically expressed as such.

Policy means any regulations, by-laws, policies and directives of the Federation, made and amended from time to time by the Executive Board in accordance with this Constitution.

Provisional Member, or **Provisional Associate Member**, is a National Federation which has applied to become a Member or an Associate Member and which has been accepted as such by the Executive Board pursuant to Article 7.2.

Regional Federations means the regional federations as provided for in Article 5.

Relative Majority means, in relation to a vote taken, where a candidate, option or decision to be voted receives the highest total number of eligible votes cast.

Representative means a delegate of a Member or Associate Member, who is designated to attend the Congress on behalf of the Member or Associate Member.

Rules of Congress means the rules governing the Congress procedure included in the By-laws.

Simple Majority means fifty (50) percent (%) plus one (1) or more of the whole eligible votes cast (including abstaining votes).

Special Congress means the Congress which is convened in accordance with Article 15.

Special Resolution means a resolution which requires at least 2/3 of the valid votes cast. Blank and invalid votes are not counted for the purpose of establishing the required majority. Abstentions are counted only if specifically expressed as such.

Sport means the sport of weightlifting in its two disciplines: Snatch and Clean & Jerk. It may include modified forms of the Sport for development.

Sport Country means a geographical territory or region which, although not recognised as a Country and although it does not have a National Olympic Committee recognised by the IOC, has certain aspects and attributes of self-government to the extent of being autonomous in the control of its sports and which is recognised as such by the Federation.

Technical and Competition Rules and Regulations means the technical and competition rules and regulations for the Sport.

Term means a period of at least three (3) years served in office by Executive Board Members.

Voting Procedures and Rules means the rules governing the conduct of elections included in the By-laws.

Website means the website of the Federation (presently at: https://www.iwf.sport).

Weightlifting Properties includes without limitation the Emblem, any other Intellectual Property, any commercial and media rights, including but not limited to sponsorship and TV rights, merchandising rights, hospitality and ticketing in relation to the World Championships and any other competitions or events controlled by the Federation.

World Championships means the IWF world championships.

3 Purpose and Objectives

3.1 The purpose of IWF is to promote, develop, lead, organise and govern the sport of weightlifting worldwide. IWF shall fulfil its purpose upholding the Governance Principles of:

(a) Democracy;
(b) Transparency;
(c) Accountability;
(d) Fair play;
(e) Sportsmanship; and
(f) Clean sport.

3.2 The Federation shall achieve its purpose through pursuing the following Objectives:

(a) To be recognised by the IOC as the international governing body for the sport of weightlifting, and to do all things necessary to permanently maintain that status.

(b) To play a leading role in the Olympic Movement, with particular emphasis on the responsibility of the Federation to organise, supervise and officiate the weightlifting programme at the Olympic Games.

(c) To faithfully comply with and act in a manner consistent with the fundamental principles of Olympism.

(d) To do all things necessary to ensure and protect the health, safety and integrity of athletes, officials and others at international weightlifting competitions and events and to issue for that purpose a safeguarding Policy.

(e) to combat doping and to protect clean athletes by enforcing the WADA Code and the Anti-Doping Rules.

(f) To protect the integrity of the Sport and of the Federation by developing, promulgating and fearlessly enforcing the highest standards of conduct, ethical behaviour and good governance and to issue an Ethics and Disciplinary Code in compliance with the principles set forth in the IOC Code of Ethics.

(g) To combat all forms of corruption, bribery, manipulation of competitions and all related forms of such misconduct.

(h) To reserve the right of every individual to participate in the Sport, free from any unjustified discrimination of any kind.

(i) To establish, maintain and enforce rules which regulate the Sport and its development.

(j) To organise international competitions, including the Olympic qualifiers.

(k) To record and verify world records within the sport (including World, Olympic, Universiade records, results etc.).

(l) To encourage and support the development and organization of weightlifting worldwide through its Members and through the Continental and Regional Federations.

(m) To support and supervise the activities of the Continental Federations, Regional Federations and Members.

(n) To register, regulate, control and govern the appointment of International Technical Officials, and to implement programs for the purpose of educating, training and preparing International Technical Officials.

(o) To educate athletes and Officials in the values and principles of Olympism, applicable standards of ethical behaviour and sportsmanship, and the rules of the Sport.

(p) To cooperate with other sports organisations, public and private organisations and authorities for the purpose of promoting the interests of sport generally and the Sport particularly.

(q) To control, manage, exploit and/or license the Intellectual Property and the commercial and media rights related to IWF competitions and the Weightlifting Properties.

(r) To advance the Sport through ongoing research and development.

(s) To have due regard for the environment and environmental sustainability in the furtherance of its Objectives.

(t) To increase women's representation in the bodies of IWF, including as an objective a representation of 30% of women in the Executive Board.

(u) To, in the furtherance of each of the foregoing Objectives:

(i) Support initiatives for peace and understanding and to advocate that the Sport and its competitions are conducted in the spirit of fair play and in a manner consistent with the fundamental principles of Olympism.

(ii) Provide equal opportunities and conditions for people from different continents, countries, sport countries and areas, free from any and all forms of unlawful or unjustified discrimination of any kind, including without limitation discrimination based on age, race, colour, gender, gender identification, sexuality, religion or political ideology.

PART B CONSTITUENTS

4 Members

4.1 Only National Weightlifting Federations may become Members or Associate Members of the IWF.

4.2 The Federation shall publish and update the list of its Members and Associate Members on its Website.

5 Continental and Regional Federations

5.1 Continental Federations

5.1.1 Each Continental Federation shall have the following rights and obligations:

(a) to have and maintain a constitution and rules in line with the IWF Constitution, the WADA Code and the IWF Policies, including notably the Anti-Doping Rules;

(b) to comply with the IWF Constitution, Policies and decisions;

(c) to promote the Sport at continental level;

(d) to organise and supervise continental championships;

(e) to present an annual report of their activities to the Executive Board.

5.1.2 The Executive Board may provide funding to the Continental Federations subject to terms and conditions set forth by the Executive Board.

5.1.3 The fundamental purposes of the Continental Federations are:

(a) to develop and promote the sport of Weightlifting in their continents;

(b) to promote and conduct Continental Championships;

(c) to authenticate and register all Continental records.

(d) to constantly aim to improve the conditions and fundamentals of the Sport and promote its cultural, sporting and humanitarian values in their continents;

(e) to support their members in their activities;

(f) to hold conferences and/or symposiums for coaches, athletes, doctors and Technical Officials;

(g) to protect clean athletes and the integrity of sport;

(h) to not allow any form of unjustified discrimination in their actions or decisions.

5.2 **Regional Federations**

5.2.1 Regional Federations shall promote the Sport and develop projects to that effect in their respective regions.

5.2.2 The Executive Board may provide funding to the Regional Federations subject to terms and conditions to be determined by the Executive Board in each case.

5.2.3 The Executive Board shall issue a Policy defining the conditions of recognition of Regional Federations.

6 Qualifications and Conditions of Membership

6.1 The National Federations are the Members of IWF. In particular:

(a) A National Federation for the Sport in a Country shall be entitled to apply for Membership of the Federation.

(b) A National Federation for the Sport in a Sport Country shall be entitled only to apply for Associate Membership of the Federation.

6.2 A National Federation may become a Member or Associate Member, or may lose its membership in accordance with the procedures set out in this Constitution.

6.3 There shall not be more than one (1) Member or Associate Member from or representing any single Country or Sport Country.

6.4 A National Federation seeking (or admitted to) any type of IWF membership must be the governing federation of weightlifting in its Country or Sport Country. If the National Federation controls any other sport (except for Paralympic sports), the Executive Board may review the case any time before or after the admission of the National Federation and, at its absolute discretion, grant an exception considering, among other things, whether weightlifting remains the primary sport within that National Federation in terms of governance, strategic priority and allocation of resources.

6.5 A National Federation that applies for Membership in accordance with Article 6.1 must:

(a) Submit its application for Membership to the Federation in writing, in the form required by the Executive Board from time to time.

(b) Provide the Federation with:

(i) A copy of its constitution in force (with an English translation if needed).

(ii) A declaration duly executed by its authorised signatories, attesting to the truth and

accuracy of each of the matters that the National Federation must prove in accordance with Article 6.5(c).

(iii) The list of the members of its governing or executive bodies.

(iv) An attestation provided by the National Olympic Committee of that Country (or the highest sport authority in the Country, if the Country has no National Olympic Committee), that the National Federation is recognized by the National Olympic Committee (or that highest sport authority, if applicable) as the controlling body for the Sport in that Country or Sport Country.

(v) Copies of its rules, regulations, by-laws and policies (with an English translation if needed).

(vi) Payment receipt of any applicable Membership Fee.

(vii) Any other documents, information or evidence which may be reasonably requested by the Executive Board from time to time.

(c) Fulfil the following conditions:

(i) That it is a legal entity in good standing duly established under the laws of its Country or Sport Country.

(ii) That the applicant's constitution and constituent documents acknowledge that the Federation is the only international sports governing body for the Sport.

(iii) That the Member's constitution and constituent documents acknowledge that the Constitution and Policies of the Federation shall prevail in the event of any inconsistency.

(iv) It is in compliance with all other requirements as set out in this Constitution and Policies.

7 Membership Application Procedures

7.1 An application for Membership made in accordance with Article 6.1 and Article 6.5(a) must be submitted by the National Federation to the Executive Board.

7.2 The Executive Board shall assess applications for Membership and decide on the admission as Provisional Member or Provisional Associate Member.

7.3 The admission of a Provisional Member to either Membership or Associate Membership is subject to the final decision of the Congress.

7.4 The Membership is for an indefinite duration.

7.5 The Membership terminates if:

(a) The Member or Associate Member resigns;

(b) The Member or Associate Member is expelled; or

(c) The Member or Associate Member ceases to be the National Federation for the Sport

in its Country or Sport Country.

7.6 If a Provisional Member or a Provisional Associate Member is not admitted by the Congress, its Provisional Membership terminates immediately.

8 Requirements and Obligations of Members

8.1 Each Member or Associate Member, on and from the time of admission to Membership (including Provisional Membership):

(a) Agrees to be bound by this Constitution and all Policies of the Federation.

(b) Recognises and agrees that the Constitution and Policies of the Federation shall prevail to the extent of any inconsistency over the constitution and other constituent documents of the Member or Associate Member and agrees to take all steps necessary to ensure compliance therewith and enforcement thereof.

(c) Agrees to be bound by all decisions of the Federation made in accordance with this Constitution and all Policies.

(d) Promptly pays to the Federation all Membership Fees and any other amounts due to the Federation.

(e) Must:
(i) Enforce Policies and all decisions of the Federation to the extent applicable to them.
(ii) Enforce the Anti-Doping Rules.
(iii) Cooperate with and support the Federation in respect to audits related to grant and use of funds granted by the Federation.

(f) Must do all things necessary and incidental for the purpose of ensuring that the Objectives are achieved and fulfilled in their Country or Sport Country.

(g) Shall do all things necessary to develop the Sport in a manner that is entirely consistent with the Objectives, the Governance Principles and the principles of Olympism.

(h) Shall participate in the International Competitions which are part of the IWF Events Calendar.

(i) Must fulfil its obligations under any strategic plan of the Federation as revised from time to time.

(j) Must provide to the Federation regularly or as reasonably required from time to time reports on its activities, notably in relation to the development of the Sport; national competitions; improvement of infrastructure; and the advancement of opportunities for athletes.

(k) Must democratically elect or appoint its officers.

(l) Must notify the Federation of all election results within 30 days.

(m) Must not do or omit, or permit to be done or omitted, any act which might harm the Sport or its reputation.

(n) Must advise the Federation as soon as practicable of any serious administrative,

operational, governance or financial difficulties of the Member.

(o) Must notify the Federation immediately if:

(i) It ceases for whatever reason to fulfil the criteria and conditions for Membership set forth under Article 6;

(ii) Any proceeding is commenced against it for the purpose of dissolving it, liquidating it or winding it up;

(iii) It is otherwise unable or likely to be unable to meet and fulfil its purposes as the National Federation for the Sport in its Country or Sport Country.

(p) Wherever a Member gives notice to the Federation of any fact, matter or circumstance referred to in Article 8.1(n) and 8.1(o), the Executive Board may decide to intervene in the governance and management of the National Federation Member in whatever manner that the Executive Board considers appropriate in its absolute discretion. In this case, the Member or Associate Member must assist and cooperate with the Federation in whatever manner required.

9 Rights of Members

9.1 Subject to the provisions of this Constitution and the Policies:

(a) Each Member has the right to:

(i) Propose matters for inclusion on the agenda for the Congress, and appoint Representatives to attend, speak and vote at meetings of the Congress as provided therein.

(ii) Nominate candidates for elections in accordance with this Constitution.

(iii) Propose amendments to this Constitution as provided therein.

(iv) Receive or be given access to the Federation's Annual Report, Audited Financial Report and any other document and information in accordance with this Constitution and Policies.

(v) Enter athletes in International Competitions, subject to the applicable Technical and Competition Rules and Regulations.

(vi) When called on by the Federation to do so, nominate for appointment any qualified and registered International Technical Official.

(vii) Participate in the IWF Development Program.

(viii) Benefit from the other rights and privileges specified in this Constitution and Policies.

(b) Each Associate Member has the right to:

(i) Appoint Representatives to attend and speak, without voting rights at meetings of the Congress, including each Ordinary Congress, Special Congress and Ordinary Congress during which an election is held.

(ii) Receive or be given access to the Federation's Annual Report, Audited Financial Report and any other document and information in accordance with this

Constitution and Policies.

(iii) Enter athletes in International Competitions, subject to the Technical and Competition Rules and Regulations that apply in respect of that International Competition.

(iv) Benefit from the other rights and privileges specified in this Constitution and Policies.

(c) Each Provisional Member has the right to:

(i) Appoint Representatives to attend and speak, without voting rights at meetings of the Congress.

(ii) Receive or be given access to the Federation's Annual Report, Audited Financial Report and any other document and information in accordance with this Constitution and Policies.

(iii) Enter athletes in International Competitions, subject to the Technical and Competition Rules and Regulations that apply in respect of that International Competition.

(iv) Benefit from the other rights and privileges specified in this Constitution and Policies.

10 Responsibilities of the Federation to Members

10.1 The Federation shall:

(a) regularly inform the Members regarding its activities;

(b) communicate to the Members all decisions of the Congress and the Executive Board in a timely manner and no later than, respectively, sixty (60) days and thirty (30) days;

(c) publish and maintain on the Website the:

(i) Constitution and Policies;

(ii) the six (6) most-recent Annual Reports (subject to availability);

(iii) the Audited Financial Report for the last six (6) financial years of the Federation (subject to availability);

(iv) the minutes of the meetings of Congress;

(v) the resolutions or summary of resolutions of each Executive Board meeting;

(vi) any other document as determined by the Executive Board from time to time;

(d) assist in mediating disputes involving Members or Associate Members if the Federation is called on to do so.

11 Consequences of a Failure to Pay the Membership Fee or Other Amounts Due

11.1 If a Member or Associate Member fails to pay timely and fully any Membership Fee or any other

amount due to the Federation, such Member may be sent a notice requiring full payment within thirty (30) days.

11.2 Where a Member or Associate Member fails to pay the Membership Fee or amounts due in full within thirty (30) days, then the Executive Board may issue a suspension of the Member or Associate Member until full payment of any outstanding amount.

11.3 Irrespective of suspension decided by the Executive Board, the exercise of the Members' rights in accordance with Article 9.1(a) is automatically suspended until full payment of the Membership Fee or other amounts overdue is performed. In respect with the exercise of such rights, the full payment must occur at the latest thirty (30) days before the opening of the Congress.

12 Resignation of Membership

12.1 A Member or Associate Member may resign at any time.

12.2 The resignation does not release the resigning Member from any obligation existing at the time of resignation, including but not limited to the payment of any due Membership Fee or any other amount due. Furthermore, the Member remains subject to adjudication and sanctions arising out of any violation committed prior to the resignation.

13 Suspension

13.1 The Executive Board may provisionally suspend a Member or an Associate Member if the Member or Associate Member:

(a) Is in breach of any requirement or obligation specified in Article 8.

(b) Is otherwise in material breach or persistent breach of any provision of this Constitution, the Policies, or a decision of the Federation.

(c) Behaves, whether by act or omission, in any way which constitutes a breach of, or which is inconsistent with Objectives;

(d) Acts in any manner or engages in any conduct which is detrimental to, contrary or materially inconsistent with the best interests and image of the Federation, the Sport, the Olympic Movement and/or may bring them into disrepute.

13.2 Before issuing the provisional suspension, the Executive Board must notify the Member or Associate Member in writing and grant it an opportunity to exercise its right to be heard in writing or in person. This notwithstanding, the Executive Board may issue the provisional suspension *ex parte* prior to exercise of the right to be heard when the circumstances require urgent action.

13.3 The Executive Board may at any time prior to a decision by the Congress pursuant to Article 13.4 revoke or change the terms of the provisional suspension.

13.4 A standing provisional suspension must be included in the agenda of the next Congress. No statutory deadline applies in respect of this item.

13.5 The Member or Associate Member shall be granted the right to be heard in front of the Congress before a decision is put to vote.

13.6 The Congress may issue a suspension or revoke the provisional suspension.

13.7 The Congress by Special Resolution may also expel the Member or Associate Member if it deems that the conditions set forth under Article 14.1 are met.

13.8 When issuing a provisional suspension or suspension, the Executive Board or the Congress may specify the scope and terms of the suspension, as well as, if applicable, the conditions for its lifting.

13.9 The provisions of this Article are without prejudice to the jurisdiction of the Ethics and Disciplinary Panel and its power to issue sanctions or measures, including when it acts as the Eligibility Determination Panel.

13.10 Suspension of the right to nominate

In addition to any other provision of this Constitution, a Member's right to nominate candidates for election to any elected position shall be suspended where, during the four (4) years preceding the expiry of the deadline for the submission of candidatures, six (6) or more Anti-Doping Rule Violations (ADRV) by Athletes or other Persons representing, affiliated with, or otherwise falling under the jurisdiction of that Member have been sanctioned, provided that each such violation has been sanctioned by a period of ineligibility of at least six (6) months and that the sanction in respect of each such violation was imposed within the aforementioned 4-year period (irrespective of the start date of the sanction, or when the violation was committed). For the purposes of this provision: (a) cases within the results management authority of national anti-doping organisations shall not be considered; and (b) sanctions that are under appeal at the time of the eligibility review shall count, regardless of the appeal. Any issue in respect of the implementation of this provision shall be decided by the Eligibility Determination Panel as a preliminary matter when reviewing the eligibility of candidates. For the purposes of this provision, it is also specified that ADRVs committed by Athletes or other Persons while participating in intercontinental Games or international Championships or qualifiers thereof as representatives of a territory or jurisdiction that is not itself recognised as a Country and is not a Member, shall not be attributed to the Member in whose Country such territory or jurisdiction is located.

14 Expulsion

14.1 The Congress may by Special Resolution expel a Member or an Associate Member where:

(a) the egregious conduct of the Member or Associate Member has been and/or is detrimental to, contrary or materially inconsistent with the best interests and image of the Federation, the Sport, the Olympic Movement and/or may bring them into disrepute;

(b) a Member or Associate Member has been provisionally suspended by the Executive Board or suspended by the Congress and has failed to timely meet the lifting conditions set forth by the Executive Board and/or the Congress;

(c) the Congress considers in its discretion that the Member or Associate Member does not meet the qualifications and conditions of membership.

14.2 No statutory deadline applies for the inclusion in the agenda of a Congress of a motion to expel. The Member or Associate Member shall in any event be granted the right to be heard in front of the Congress before the decision to expel is put to vote.

14.3 For the avoidance of doubt, in case the Congress decides not to expel a Member or Associate Member, such decision is without prejudice to the possibility for the same Congress to subsidiarily decide on suspension of the same Member or Associate Member.

14.4 The expulsion shall take effect immediately. The expelled Member or Associate Member shall forfeit any right. No person who is a citizen of the Country or the Sport Country of the expelled Member or Associate Member shall be entitled to hold and/or maintain office in any position within the Federation and the concerned persons must step down with immediate effect.

14.5 Notwithstanding the above, the expulsion does not release the expelled Member from any obligation existing at the time of expulsion, including but not limited to the payment of any due Membership Fee or any other due amount. Furthermore, the Member remains subject to adjudication and sanctions arising out of any violation committed prior to the expulsion.

PART C THE CONGRESS

15 The Congress

15.1 A Congress is a general meeting of all the Members of the Federation. A Congress may be Ordinary or Special.

15.2 The Congress is the ultimate and supreme decision-making authority of the Federation. The Congress has and does enjoy the right to exercise all of the powers, discretions, and authorities of the Federation as specified in this Constitution or elsewhere, wherever and in whatever circumstance the Congress considers that it is necessary, appropriate or desirable to do so in furtherance of the Objectives of the Federation.

15.3 A Congress may be held in person or virtually or in a hybrid manner, both in person and virtually.

15.4 In any instance where the Congress is conducted virtually, totally or in part, the Executive Board must ensure that proper technological systems and procedures are implemented to ensure the integrity of proceedings.

15.5 Electoral Congress

15.5.1 A Congress is an Electoral Congress when the agenda includes elections.

15.5.2 General elections are held at the Ordinary Congress taking place on or before the 30th June of the year following each Olympic Games (subject to Article 15.6).

15.5.3 In case of a vacancy that cannot be otherwise addressed in-between two general elections, the specifically required election(s) may be put on the agenda of another Ordinary Congress or a Special Congress. The term of office of the persons elected in such complement elections shall be adjusted to cover only the period until the next general elections.

15.6 In the event of rescheduling of the Olympic Games, the holding of general elections may be exceptionally postponed and the terms of office accordingly extended by the Executive Board for a maximum of one (1) year. In that case, the elections will be held in the Ordinary Congress held in the following year without further possible postponement. After postponed elections and subject again to a postponement pursuant to this Article, the next following general election shall be held at the Ordinary Congress following the next regular edition of the Olympic Games taking place after the conduct of the postponed elections, irrespective of the actual length of the terms of office resulting therefrom. All terms of office shall be adjusted accordingly.

15.7 The Ordinary Congress meets annually with the agenda set forth in Article 15.11.

15.8 A Special Congress is a Congress held in addition to the Ordinary Congress held in that year. A Special Congress will be organised and held to deal with specific and urgent business, which cannot be addressed timely at the Ordinary Congress, if:

(a) The Executive Board decides for any proper purpose that a Special Congress is required to be organised; or

(b) A Special Congress is requested by at least twenty (20) percent (%) or one-fifth (1/5) of the Members. The written request shall state the specific item(s) to be submitted for

decision by the Special Congress and the reasons why the item(s) have to be urgently addressed and cannot be submitted for decision to the next Ordinary Congress.

15.9 The date and venue for each Ordinary Congress shall be determined by the Executive Board and communicated to the Members with four (4) months' advance notice.

15.10 A Special Congress is to be convened by the Executive Board:

(a) By giving no less than thirty (30) days notice to the Members of the date and place and the purpose of the Special Congress.

(b) When a Special Congress is called upon request of Members in accordance with Article 15.8(b), the Executive Board must convene such Special Congress at the latest within sixty (60) days from the receipt of a corresponding duly supported and justified request. If the proposal to be submitted is deemed by the Executive Board not to be sufficiently urgent, the Executive Board may decide to submit it on the occasion of the next Ordinary Congress. A determination in that sense may be appealed to the CAS within ten days and the appeal shall be decided through expedited proceedings.

(c) When a Special Congress is called as an Electoral Congress (conduct of required complement elections), the deadline to call and convene it shall be set by the Executive Board in order to allow sufficient time for the candidature and vetting process.

15.11 The agenda, together with supporting documents, shall be communicated to the Members:

(a) Not less than thirty (30) days prior to the commencement date of an Ordinary Congress; and

(b) Not less than fourteen (14) days prior to the commencement date of the Congress, in relation to each Special Congress.

15.12 The agenda of the Ordinary Congress must at least include:

(a) The presentation and approval of the Annual Report.

(b) The presentation and approval of the Audited Financial Accounts.

(c) The presentation and approval of reports submitted by the IWF Committees.

(d) Consideration of any proposal, made in accordance with this Constitution, to amend, modify, repeal or replace this Constitution.

(e) Any other items of business that have been properly submitted, in accordance with this Constitution, for consideration at an Ordinary Congress.

(f) The appointment of the Auditor (confirmation or appointment of a new Auditor).

15.13 When the Congress is an Electoral Congress, the agenda must include:

(a) Elections for each of the positions to be elected at that Electoral Congress;

(b) Each of the items necessary to be addressed to ensure the proper conduct of the elections.

15.14 The agenda for each Special Congress shall only include the items necessary to deal with the specific business for which the Special Congress was called.

15.15 Only Members in attendance may exercise the right to vote.

15.16 Members are entitled to be represented by two (2) representatives whilst only one is entitled to exercise the right to vote.

15.17 The Athletes Committee is entitled to be represented by the three (3) representatives on the Executive Board referred to in Article 16.2(g), where each of those representatives shall have the right to exercise one (1) vote.

15.18 A Representative cannot exercise more than one (1) vote.

15.19 All meetings of the Congress shall further be conducted in accordance with this Constitution and the Rules of Congress.

15.20 All voting and elections shall be conducted in accordance with this Constitution and the Voting Procedures and Rules.

15.21 Unless otherwise required by this Constitution, Policies, the Rules of Congress or the Voting Procedures and Rules, a motion will be passed by the Congress if it is passed as an Ordinary Resolution.

15.22 In order to conduct its business, the Congress must reach a quorum of attendance which is 50%+1 of the Members entitled to vote at this Congress (i.e. excluding suspended Members). A qualified quorum of 2/3 of the Members entitled to vote at the concerned Congress is required to vote on amendments to this Constitution. If the quorum is not reached, the Congress may be reconvened to address the same items. The deadline to call such additional Congress shall be at least thirty (30) days. No quorum shall apply at the second Congress, except for the qualified quorum applicable to constitutional amendments which applies in any event.

15.23 A motion passed by the Congress shall enter into force with immediate effect subject to a different solution being specified in the motion, the provisions of this Constitution or Policies.

PART D THE EXECUTIVE BOARD

16 Role and Composition of the Executive Board

16.1 The principal role and function of the Executive Board is to govern and manage the Federation and its business and activities as set out in, and in accordance with this Constitution.

16.2 The Executive Board shall be comprised of:

(a) The President;
(b) The General Secretary;
(c) The First Vice President;
(d) Two (2) additional Vice Presidents;
(e) Five (5) Continental Federation Presidents who will serve as Vice Presidents;
(f) Twelve (12) Ordinary Executive Board Members;
(g) Three (3) Athletes Committee Executive Board Members, being the Chairperson and two (2) additional members of the Athletes Committee designated by the Athletes Committee;
(h) Up to two (2) additional Executive Board Members who may be appointed by the Executive Board in accordance with Article 26.7.

16.3 The President and the General Secretary are the sole legal representatives of IWF. They shall represent IWF jointly in all legal and administrative matters, including, without limitation, before courts, arbitral tribunals public authorities and third parties. They may delegate powers of representation as they deem appropriate.

17 Election and Appointment of Members of Executive Board

17.1 The positions of the President, the General Secretary, the First Vice President, the two (2) additional Vice Presidents and the twelve (12) Ordinary Executive Board Members are elected positions. Each of the positions shall be filled by way of elections conducted at an Electoral Congress in accordance with the Election and Candidate Conduct Rules and the Voting Procedures and Rules which form part of the By-laws. The elections for the President, the General

Secretary, the First Vice President and the two (2) additional Vice Presidents shall be conducted as separate elections.

17.2 Each of the Continental Federation Presidents are *ex officio* Vice Presidents of the IWF (with voting rights), provided that they fulfil the eligibility criteria set forth under Article 25 of the IWF Constitution and deemed eligible by the IWF Eligibility Determination Panel in accordance with the procedure set out in the By-laws.

17.3 The Chairperson and two other members of the Athletes Committee are *ex officio* members of the Executive Board (with voting rights). The concerned members of the Athletes Committee are appointed by the Athletes Committee.

17.4 Under no circumstances a person shall be able to occupy more than one (1) position on the Executive Board at any time.

18 Term of Office of Executive Board Members

18.1 The term of office of the elected Executive Board positions shall commence after the conclusion of the Electoral Congress at which they are elected and shall run until the conclusion of the next Electoral Congress.

18.2 *Ex officio* members of the Executive Board including Continental Federation Presidents and the representatives of the Athletes Committee hold their office for as long as they remain in their relevant positions or appointments.

18.3 The appointed Executive Board members shall hold their office from the time of their appointment until the next Electoral Congress at which general elections are held.

19 Gender Diversity on Executive Board

The Executive Board shall be constituted observing the following requirements:

(a) There shall be at least one (1) Vice President of both genders amongst the elected Vice Presidents, including the First Vice President.
(b) There shall be at least five (5) members of both genders amongst the twelve (12) Ordinary Executive Board Members.
(c) There shall be at least one (1) member of both genders amongst the three (3) Athletes Committee Executive Board Members.
(d) There shall be at least one (1) member of both genders amongst the Executive Board Members appointed in accordance with Article 16.2 (h).

20 National Diversity on Executive Board

20.1 The Executive Board shall be constituted observing the following requirements:
(a) The President, the General Secretary, the First Vice President, the two (2) additional Vice Presidents and the twelve (12) Ordinary Executive Board Members must each be representative of different Members. For the purposes of this provision, candidates nominated individually in accordance with Article 24.2 shall be deemed representatives of the Member corresponding to the passport submitted as part of their candidacy documents. In the case of two or more candidates for one or more of these positions representing the same Member, only the candidate elected first in the order of the elections shall be considered elected. In the event of a tie (if the candidates run for the same position), the applicable election tie-breaking rules shall apply to determine which candidate shall be elected.
(b) The three (3) representatives of the Athletes Committee must each be representative of

different Members.

(c) The appointed Executive Board members, if appointed, must be Citizens of different Countries or Sport Countries and they cannot be Citizens of a Country or Sport Country whose citizen has already been elected to one of the positions referred to in section (a).

20.2 Further to Article 20.1(a), the twelve (12) Ordinary Executive Board Members positions must include at least one (1) representative of a Member of each Continental Federation.

21 Maximum Term Limits

21.1 Subject to the provisions of this Article, a person is eligible to serve a maximum of three (3) Terms as an Executive Board Member. A term shall count for the purpose of this Article only if it has lasted at least 3 years. For the avoidance of doubt, this applies without limitation and notably to members appointed to fill in a casual vacancy to whom all provisions of this Article further apply.

21.2 Any period served as an Executive Board Member prior to the general election held in 2022 shall be counted as one (1) term served, regardless the actual period of time served by that person as an Executive Board Member.

21.3 Any term(s) served as *ex officio* Executive Board Members shall only count as (1) term, irrespective of the actual number of terms served. Notwithstanding the above, a member of the Executive Board can never serve more than four (4) actual Terms.

21.4 In the event that a person serves in office as an Executive Board Member in any position other than that of the President, and then is elected as the President, the person shall be entitled to serve an aggregate of three (3) terms in office on the Executive Board, including the period served in the office of President. Further, and for the avoidance of any doubt, a person cannot under any circumstances serve as President of the Federation for in excess of two (2) terms.

21.5 Once a person has served the maximum allowed terms to any office, that person is thereafter ineligible for any position on the Executive Board for the next nine (9) years commencing from the date that the person last served as an Executive Board Member (including the President).

21.6 If and when the term limit applies in respect of ex officio Executive Board Members, then the concerned body, respectively the Continental Federation or the Athlete Committee shall designate another representative (member of the executive board of the Continental Federation or other member of the Athlete Committee) to sit in in the Executive Board instead of the ex officio member concerned.

22 Minimum and Maximum Age Limits of Executive Board Members

22.1 A person is ineligible to be elected or re-elected and/or appointed or reappointed as an Executive Board Member, if:

(a) The person has not reached eighteen (18) years on the election or appointment date; or

(b) The person has already reached seventy (70) years by the election or the appointment date.

22.2 Notwithstanding Article 22.1(b), the Congress may by a decision made before the election permit up to a maximum of three (3) candidates to Executive Board positions to be elected notwithstanding that the concerned candidates have reached the age limit set forth under Article 22.1(b). For the avoidance of doubt, a person can benefit from this exception only for one (1) term.

23 Candidature

23.1 Members which are not subject to any suspension, including for the avoidance of doubt provisional suspension and suspension pursuant to Article 13.10, may nominate candidates for election to

the office of the President, the General Secretary, the First Vice President, the two (2) additional Vice Presidents and the twelve (12) Ordinary Executive Board Members.

23.2 The candidate must be affiliated to the nominating Member and be a citizen of the Country or the Sport Country of such Member.

23.3 The candidate must fulfil the eligibility criteria set forth under this Constitution.

24 Nomination of Candidates

24.1 A candidate may be nominated by a Member, or in accordance with Article 24.2.

24.2 A person may present him or herself as a candidate, provided that each of the following requirements is satisfied:

(a) The person has already (including in the period before the Effective Date and after the Effective Date) served an aggregate of a *minimum* of eight (8) years as an Executive Board Member including as a representative of a Continental Federation or of the Athletes Committee and/or an IWF Commission Member and/or an IWF Committee Member;

(b) The person must fulfil the eligibility criteria set forth under this Constitution;

(c) The nomination of the person is endorsed in writing by:

(i) seventy-five (75) Members in the case of candidacy for the position of the President;

(ii) fifty (50) Members in the case of a candidacy for the remaining positions of the Executive Board;

(iii) twenty-five (25) Members in the case of a candidacy for a Committee member position.

Members can endorse as many candidates for each office as there are seats available.

24.3 A candidate may not be nominated by a Member or stand as an individual candidate for more than two (2) positions on the Executive Board and for more than three (3) elected positions overall at an election. If such limits are exceeded, the candidate shall be asked to designate the positions for which he/she wishes to remain a candidate, according to the applicable limits. All matters related to nominations shall be resolved before the publication of the names of eligible candidates. The final list of candidates shall include only candidates who meet the requirements of the previous sentence.

25 Disqualifying Criteria – Executive Board Members

25.1 A person cannot be eligible to be an Executive Board Member; and if already in office, then the position shall terminate immediately with a casual vacancy created accordingly, if any of the following circumstances applies to that person:

(a) If the person is an employee, on whatever terms, of the Federation.

(b) If the person has at any time been or is convicted of an offence which is punishable by a period of imprisonment of four (4) years or more by a court of competent jurisdiction.

(c) If the person has been charged, by a police or law enforcement authority having jurisdiction with, or convicted of any offence whatsoever relating to or concerning a child or a minor.

(d) If the person is disqualified or is banned from being a director of a corporation or being involved with the management of a corporation, company or business, as a result of any final decision made by a tribunal or authority with competent jurisdiction.

(e) If the person is serving any period of ineligibility (including any provisional suspension)

for any breach of any rules of the Sport or any other sport, including any rules relating to ethics and conduct (without limitation corruption, manipulation of competitions and illegal gambling).

(f) If the person has been determined by the CAS, or any court, tribunal or other body with jurisdiction as being guilty of any Anti-Doping Rule Violation punishable with a period of ineligibility of at least six (6) months and regardless as to whether that Anti-Doping Rule Violation relates to the Sport, and regardless as to whether or not the person has already served the whole of the sanction imposed as a consequence of being found to have committed that Anti-Doping Rule Violation. For the avoidance of doubt, this provision shall apply in respect of any Anti-Doping Rule Violation committed by the person in the last twenty-five (25) years. If it is finally determined by a court or tribunal with competent jurisdiction that this provision is unenforceable under the Applicable Law, then the applicable duration shall be the longest duration determined as valid by the court.

(g) If that person has been deprived of their civil rights.

(h) If the person has been found by the Ethics and Disciplinary Panel not to be a fit and proper person to be, or remain appointed as an Executive Board Member.

25.2 In addition, candidates for election to the Executive Board shall have a minimum of four (4) years of formal professional experience in sport leadership, sport management and/or sport governance and must have a professional background in at least one (1) of the following areas: a) Weightlifting Knowledge, b) Governance and Ethics; c) International Relations and Advocacy; d) Legal, Risk, and Compliance; e) Finance and Audit; f) Strategic Planning; g) Business, Commercial, and Negotiations; h) Event Management; i) Sport Development; j) Human Resources and Organisational Planning; k) Marketing and Communications; l) Digital and Technology; m) Education and Training; n) Fundraising and Philanthropy; o) Sponsorship; p) Diversity and Inclusion.

25.3 The applicable Election and Nomination Rules or By-Laws may identify additional objective competencies, skills or experience considered necessary or desirable, in alignment with the IWF's strategic priorities and any identified skills or competency gaps at the time of the relevant election, provided that any such additional requirements do not modify or extend the eligibility requirements set out herein.

26 Nomination Procedures and Election Procedures

26.1 The nomination of a candidate to any elected position must be made in accordance with the Candidate Nomination Rules.

26.2 All candidates nominated for any elected position on the Executive Board, and any elected position on any IWF Committee shall be subjected to a determination by the Ethics and Disciplinary Panel acting as the Eligibility Determination Panel, which must be made and published on the Website no later than thirty (30) days before the Electoral Congress, as to whether or not any disqualifying circumstances apply in connection with this person. For the avoidance of doubt, the Eligibility Determination Panel shall also consider and decide as part of its determination whether the Member nominating the candidate in question has the right to nominate the nominated candidate or whether a candidate who presents him or herself meets the requirements set forth in this respect in the Constitution. The Eligibility Determination Panel shall also verify the eligibility of all other persons occupying a voting position in the Executive Board, including, without limitation, the Presidents of the Continental Federations and the representatives of the Athletes Committee.

26.3 The Executive Board shall submit for vetting to the Ethics and Disciplinary Panel all appointees

before the confirmation of their appointment.

26.4 The Ethics and Disciplinary Panel shall have jurisdiction to adjudicate the application of the disqualifying criteria set forth in Article 25 to any persons, including Executive Board Members and IWF Committees members (see Article 37), to which those criteria apply and/or to resolve any dispute in this respect. The Ethics and Disciplinary Panel shall also adjudicate whether the appointment of a person shall be terminated as a consequence of the application of the disqualification criteria. In the exercise of their duties in accordance with Article 26, the Eligibility Determination Panel may decide to interview the future candidates or appointees.

26.5 The Election and Candidate Conduct Rules apply in relation to the conduct of candidates in all elections.

26.6 The Voting Procedures and Rules govern the conduct of the voting process applicable al all elections.

26.7 The appointment of the appointed Executive Board member(s) pursuant to Article 16.2(h) is subject to the following:

(a) The appointees must have special academic qualifications, professional experience, professional expertise and acumen which may substantially benefit the Executive Board.

(b) The Ethics and Disciplinary Panel has confirmed that the appointees are eligible in accordance with the provisions of this Constitution.

(c) The appointment is in effect for the period until the next general election, subject to removal.

27 Casual Vacancies

27.1 A vacancy in the office of Executive Board member may arise prior to the end of the term of office:

(a) If the Executive Board Member resigns.

(b) If the Executive Board Member dies.

(c) If the Executive Board Member is removed from office in accordance with Article 29 of this Constitution.

(d) In the event an ex officio member ceases to hold the relevant office.

27.2 In case of vacancy, the following rules apply:

(a) If the vacancy is in the office of President, then the First Vice President shall become the interim President. If the First Vice President is unavailable, the Executive Board shall appoint the interim President amongst the remaining elected Vice Presidents.

(b) If the vacancy is in the office of the First Vice President, the Executive Board shall appoint the interim First Vice President amongst the remaining elected Vice Presidents.

(c) If the vacancy is in the office of the General Secretary, the Executive Board shall appoint the interim General Secretary amongst the elected Executive Board members.

(d) If the casual vacancy occurs in any position of an Ordinary Executive Board Member referred

to in Article 16.2(e), that office shall remain vacant until the next Congress with general election.

(e) If the casual vacancy occurs in any ex officio position (including as a consequence of term limit), it shall be filled by the person who will succeed the concerned Executive Board Member in the relevant office or appointment or specifically appointed by the relevant body to act as the representative of that body in the event the casual vacancy cannot be resolved by succession.

(f) For the avoidance of doubt, in case of vacancy of the appointed Executive Board Member(s) for any reason, including removal by the Executive Board, the Executive Board may at its discretion proceed with new appointment(s) or not.

28 Suspension of Members of the Executive Board

28.1 The Executive Board may, by decision, rendered without the participation of the concerned Executive Board Member, suspend an Executive Board Member, if such member:

(a) Is charged with, or is given notice by any Authority with Jurisdiction, of any proposal to make any finding or order against the Executive Board Member in respect of any matter or circumstance that would affect his or her eligibility to be elected and remain in office.

(b) Is alleged to have breached, or is under investigation by any Continental Federation or the Executive Board Member's National Federation, in relation to any alleged serious, wilful or persistent breach of any of the rules or regulations of the IWF, the Continental Federation or the National Federation.

(c) If the Executive Board has good reason to believe that the Executive Board Member is manifestly or wilfully failing to meet and satisfy any one or more of the criteria set out at Article 25.

28.2 The Executive Board must notify the member in writing and grant it an opportunity to exercise his or her right to be heard in writing or in person. This notwithstanding, the Executive Board may issue the suspension ex parte prior to exercise of the right to be heard when the circumstances require urgent action.

28.3 Any suspension imposed by the Executive Board in accordance with Article 28.1 can be imposed until latest the next Congress.

28.4 A standing suspension must be included in the agenda of the next Congress. No statutory deadline applies in respect of the inclusion of this item.

28.5 The member concerned shall be granted the right to be heard in front of the Congress before a decision is put to vote.

28.6 The Congress may confirm the suspension, revoke it or remove the member in application of Article 29.

28.7 If the Congress confirms the suspension, it shall specify its terms and in particular the conditions for its lifting.

29 Removal of Executive Board Members

29.1 An Executive Board Member may be removed from office in the following circumstances:

(a) By the Congress based on the reasons supporting a suspension pursuant to Article 28 (whether or not such suspension has been issued), it being clarified that removal shall be mandatory if the concerned Executive Board Member does or does no longer meet the eligibility criteria set forth under Article 25. The Executive Board Member shall be granted the right to be heard in front of the Congress before a decision is put to vote.

(b) By the Ethics and Disciplinary Panel in application of the Ethics and Disciplinary Code.

30 Duties, Functions and Powers of the Executive Board

30.1 Save as otherwise provided by this Constitution, the executive power to govern IWF is vested in the Executive Board.

30.2 Without limiting the generality of the foregoing, the Executive Board has the power and, where so required by this Constitution, the duty:

(a) To determine the strategy and strategic plans of the Federation, subject to the later approval of same by the Congress.

(b) To convene the Congress.

(c) To adopt and review the Federation's annual plan and annual budget.

(d) To identify and then manage all legal compliance, financial reporting compliance and risk management functions of the Federation.

(e) To appoint a Chief Executive Officer, on terms determined by the Executive Board, and to thereafter do all things necessary to manage his or her performance.

(f) To determine the Membership Fees.

(g) To issue, amend and revoke Policies in accordance with the Objectives and this Constitution, provided that: (i) issuance or amendments of Policies concerning the qualification to compete in the Olympic Games or World Championships is subject to prior written approval of the Athletes Committee; (ii) issuance or amendments of Policies concerning the Anti-Doping Rules and Anti-Doping Rule Violations is subject to prior written approval of the Anti-Doping Committee.

(h) To consider and propose to the Congress amendments to the Constitution.

(i) To manage the affairs of the Federation, including control of expenses and revenues, as well as financial management, in accordance with the provisions of this Constitution, Swiss law and good governance principles.

(j) To establish committees or other advisory or working groups to assist the Executive Board in the carrying out of its duties and functions.

(k) To determine and maintain the calendar of International Competitions.

(l) To select the Auditor, subject always to the appointment by the Congress.

(m) To act in all other respects which are either specified in this Constitution and/or Policies, or which do not fall within the competence of another body.

30.3 Specific duties and functions pertaining to the positions of President, First Vice President and General Secretary are set out in the By-laws.

30.4 The General Secretary shall have the power to appoint up to two (2) assistants and assign to them specific duties and responsibilities. Further details concerning their appointment, duties and functions may be specified in the By-Laws.

31 Executive Board Members

31.1 Each of the Executive Board Members is required to discharge the functions and responsibilities of that office:

(a) According to the requirements of this Constitution and Swiss law, notably in accordance with the Governance Principles and the Objectives.

(b) In good faith, for a proper purpose and in the best interests of the Federation and its Members.

(c) Through exercising the due care, diligence and skill that any Executive Board Member would be reasonably expected to exercise in the same circumstances.

(d) At all times in accordance with the Executive Board Member Code of Ethics.

(e) By participating in any education programs designated for Executive Board Members by the Federation or otherwise.

31.2 The Ethics and Disciplinary Panel is conferred with requisite jurisdiction to receive reports in relation to alleged breaches of Article 31.1 by Executive Board Members, and the power to handle those complaints in accordance with the Ethics and Disciplinary Code or other applicable Policies.

31.3 The Federation shall publish the list of the Executive Board Members including short biographies.

32 Meetings of the Executive Board

32.1 The Executive Board shall meet regularly, as necessary for the purpose of the proper discharge of its duties.

32.2 A meeting of the Executive Board can be called at any time by:
(a) The President with a notice of at least 48 hours, unless the circumstances require a shorter notice; or
(b) Any five (5) Executive Board Members, by written notice to the President who in this case must call the meeting by giving a notice of no longer than seven (7) days, unless the President considers that the circumstances require a shorter notice.

32.3 The notice shall specify the agenda.

32.4 A meeting of the Executive Board can be held in person and/or virtually.

32.5 The quorum for an Executive Board meeting is 50%+1 of the total number of the Executive Board Members in office at that time. That quorum must be met in respect of any decision made.

32.6 At meetings of the Executive Board:
(a) All resolutions of the Executive Board shall be made by Ordinary Resolution. In the event of a tie, the President has a casting vote.

(b) Vote by proxy is not allowed.
(c) Voting shall be conducted by open vote, unless the Executive Board decides to conduct the vote by secret ballot.

32.7 Resolutions can be made by circulation. If one (1) Executive Board Member requires otherwise, the resolution shall be decided at a regular Executive Board Meeting. For the avoidance of doubt, the calculation of the required majority (Ordinary Resolution) is calculated on the total number of Executive Board Members.

PART E GOVERNANCE AND ADMINISTRATION

33 Chief Executive Officer

33.1 The Executive Board shall appoint a Chief Executive Officer (CEO) on terms to be set by the Executive Board. Until such appointment and in case of vacancy, the functions of the CEO are exercised by an interim CEO appointed by the Executive Board amongst or outside its members for a reasonable limited period of time, but no more than six (6) months.

33.2 Any candidate for the position of CEO shall meet the eligibility requirements set forth in Article 25 of this Constitution to be applied by analogy taking into account the specificity of the appointment for the position of CEO.

33.3 The CEO, once appointed, cannot hold or be a candidate to any elected or appointed office within the Federation.

33.4 The CEO shall be responsible for the operational management of the Federation. Specifically, and without limitation the CEO shall be in charge of managing the day-to-day operations of the Federation under the supervision of the President and the General Secretary and managing the business and the employees of the Federation.

33.5 The CEO shall report to the Executive Board and shall be more specifically in contact with the President and the General Secretary. Subject to a different decision of the President, the CEO shall attend the meetings of the Executive Board without voting right.

34 IWF Committees and Panels

IWF shall establish Committees and Panels to support the administration, integrity and development of the sport of weightlifting:

(a) Committees are standing advisory bodies that shall examine matters within their field of competence and make recommendations to the Executive Board on matters based on the technical, scientific, sporting, or administrative expertise of their members. Members elected by the Electoral Congress and members appointed by the Executive Board (except for the Anti-Doping Committee) shall serve for a term corresponding to that of the Executive Board. The following Committees are established:

1. Technical Committee
2. Coaching and Research Committee
3. Medical Committee
4. Events Committee
5. Development & Education Committee
6. Governance Committee
7. Gender Equity Committee
8. Athletes Committee
9. Anti-Doping Committee

(b) Panels are autonomous decision-making bodies established under this Constitution. Panels shall

operate independently from IWF and shall have authority to adopt decisions within their jurisdiction as defined in this Constitution and the By-Laws. The following Panels are established:

1. Independent Member Federation Sanctioning Panel
2. Independent Monitoring Panel
3. Ethics and Disciplinary Panel

35 Composition and Mission of IWF Committees and Panels

35.1 IWF Committees

(a) Technical Committee

(i) Composition: Seven (7) members elected by the Congress, and three (3) members appointed by the Executive Board. All of them must be at least IWF Category 1 technical official with at least three (3) years of experience. The Executive Board further appoints the chairperson who may be an additional member.

(ii) Mission: to advise the Executive Board in relation to the Technical and Competition Rules and Regulations, to propose or evaluate amendments thereof ensuring that such rules take into account the safety of athletes and other participants, to develop educational material and seminars in connection with the implementation of the Technical and Competition Rules and Regulations, to monitor and review the activities of international technical officials.

(b) Coaching and Research Committee

(i) Composition: Seven (7) members elected by the Congress and three (3) members appointed by the Executive Board. They have to be at least an international-level coach having participated as such at the Olympic Games, the World Championships or any other international-level competition designated by the Executive Board or a qualified scientist with demonstrated experience in research in fields related to the Sport. The Executive Board further appoints the chairperson who may be an additional member

(ii) Mission: to advise the Executive Board in regard to the licensing of coaches of athletes in the Sport, to determine the criteria regarding required education and qualifications to be licensed as a coach, to propose policies regulating the licensing as a coach, in cooperation with the Medical Committee to encourage, support and commission research in the field of sports science, notably biomechanics, physiology and other fields in relation with the Sport.

(c) Medical Committee

(i) Composition: Seven (7) members elected by the Congress and three (3) members appointed by the Executive Board. They have to be qualified medical practitioners, preferably with a specialty or experience in sports medicine. The Executive Board further appoints the chairperson who may be an additional member.

(ii) Mission: to advise the Executive Board on all matters related to medical aspects, in particular health and hygiene, safety and injury prevention, long term health effects of the practice of the Sport, medical and biological aspects of Anti-Doping, health and including research, bioethics; to support the Technical Committee in regard to aspects of the Technical and Competition Rules and Regulations which have an impact on health; together with the Coaching and Research Committee to encourage, support and commission research in the field of sports science, notably biomechanics, physiology and other fields in relation with the Sport.

(d) Events Committee

(i) Composition: Seven (7) members elected by the Congress and three (3) members appointed by the

Executive Board. The members shall have a professional background and/or knowledge and/or experience in the organisation and management of world and/or intercontinental weightlifting competitions or games, the development and delivery of competition formats, event logistics or broadcasting. The Executive Board further appoints the chairperson who may be an additional member.

(ii) Mission: to advise the Executive Board on all matters relating to the organisation, structure and format of events and competitions; to review and propose policies, standards and guidelines concerning the planning, delivery and evaluation of events; to identify opportunities for the development of new events and competition formats aimed at enhancing participation, performance and the promotion of the Sport; and to provide recommendations to the Executive Board on any other related matters.

(e) Development & Education Committee

(i) Composition: Seven (7) members elected by the Congress and three (3) members appointed by the Executive Board. The members shall have a professional background and/or knowledge, and demonstrated practical experience in sport development and/or education and training. The Executive Board further appoints the chairperson who may be an additional member.

(ii) Mission: to oversee the implementation of the IWF program, in particular to determine allocation of funding and develop education materials and seminars.

(f) Governance Committee

(i) Composition: Seven (7) members elected by the Congress and three (3) members appointed by the Executive Board. The members shall have a professional background and/or knowledge, and demonstrated practical experience in sport governance, sport policy-making, or sport law. The Executive Board further appoints the chairperson who may be an additional member.

(ii) Mission: to monitor compliance of the Federation and its bodies with the Constitution and in particular adherence to the Governance Principles and Objectives; to advise and support the Executive Board and the Congress in regard of corporate governance and best practice in international sports governance.

(g) Gender Equity Committee

(i) Composition: Seven (7) members elected by the Congress and three (3) members appointed by the Executive Board. The members shall have a professional background and/or knowledge, and demonstrated practical experience in diversity, equity and inclusion practices. The Executive Board further appoints the chairperson who may be an additional member.

(ii) Mission: to advise the Executive Board in regard to the development of policies, strategies and initiatives to improve the gender balance and equity within the Federation and the Sport; to support research related to participation of women in the Sport; to seek cooperation with other organisations with the purpose of achieving the above objectives.

35.1.1 For each Committee listed in paragraphs (a) through (g), the Athletes Committee shall appoint: (i) one (1) member with voting rights from among the members of the Athletes Committee; and (ii) one (1) observer, who may be a member of the Athletes Committee or another person designated by it.

35.1.2 The gender balance of the IWF Committees shall be preserved as follows: (a) there shall be at least three (3) members of both genders amongst the ten (10) members elected by the Congress and appointed by the Executive Board; (b) the two (2) persons appointed by the Athletes Committee must be of different gender.

35.1.3 For the avoidance of doubt, members of the IWF Executive Board cannot be elected to a

Committee member position and under no circumstances shall more than two (2) Executive Board Members be appointed as members of an IWF Committee.

35.1.4 The business and operation of the IWF Committees are governed by specific provisions set out in the By-Laws.

35.1.5 Any casual vacancies in each of the Committees listed in paragraphs (a) through (g), shall be filled in the following manner: (i) in the event of a vacancy in a position of a member elected by the Congress, no replacement shall be appointed and the position shall remain vacant for the remainder of the term; (b) in the event of a vacancy in a position of a member appointed by the Executive Board, the Executive Board may, at its discretion, fill the vacancy by appointing another person as soon as practicable.

35.2 Independent Committees and Panels

(a) Anti-Doping Committee

(i) Composition: As specified in the Anti-Doping Committee Terms of Reference issued and amended from time to time by the Executive Board.

(ii) Mission: to support the Executive Board in the effective implementation of Anti-Doping policies.

(b) Independent Member Federation Sanctioning Panel

(i) Composition: five (5) members appointed by the Executive Board, as specified in the Anti-Doping Rules.

(ii) Mission: to impose sanctions on Members in accordance with the Anti-Doping Rules.

(c) Independent Monitoring Panel

(i) Composition: at least four (4) members appointed by the Executive Board as specified in the Anti-Doping Rules.

(ii) Mission: to monitor the implementation of consequences imposed to Members by the Independent Member Federation Sanctioning Panel.

(d) Ethics and Disciplinary Panel

(i) Composition: five (5) members plus two (2) reserve members who are otherwise entirely independent of the Federation and the Sport and are appointed by the Executive Board subject to the ratification of the Congress. The chairperson is appointed by the Executive Board amongst the members, subject to the ratification of the Congress.

(ii) Mission: to act as a fully independent judicial body and in this capacity to adjudicate any alleged violation of the Ethics and Disciplinary Code; to act as Eligibility Determination Panel as provided in this Constitution.

The Panel issues and amends its own rules of procedures (EDP Rules of Procedures). Such rules have to be notified to the Executive Board and published on the Website. Accordingly, the provisions of the By-laws governing the operation of the IWF Commissions are not applicable in respect to the EDP.

35.3 The Executive Board may establish additional IWF Commission(s), determining its(their) constitution and mission, the qualifications of its members and mission at the discretion of the Executive Board and as required. Such Commission(s) established by the Executive Board can only have an advisory role.

36 Athletes Committee

The rules governing the composition, mission and operation of the Athletes Committee are set out in the By-Laws.

37 Disqualifying Criteria – IWF Committees Members

37.1 A person cannot be elected or appointed as an IWF Committee Member or, once elected or appointed, maintain that position, if any of the conditions listed under Article 25.1 (applicable mutatis mutandis) applies to that person.

37.2 The procedures governing the verification of whether the disqualification criteria apply in respect of members of the IWF Commissions and IWF Committees, whether as candidates, appointees or standing members, are set forth in Article 26.

37.3 Any question as to whether or not a person:

(a) is disqualified from being eligible to be appointed as an IWF Commission Member or an IWF Committee Member; or

(b) is to have their appointment as an IWF Commission Member or IWF Committee Member terminated on any of the bases set out in Article 25;

is to be determined by the Eligibility Determination Panel in regard to election and by the Ethics and Disciplinary Commission in regard to appointment.

37.4 The Ethics and Disciplinary Commission acts as the Eligibility Determination Panel in regard to the issue of eligibility for election.

37.5 The duties, powers, and procedure of the Ethics and Disciplinary Commission acting as Eligibility Determination Panel are set out in the Eligibility Determination Panel Rules of Procedure which form part of the By-laws. The Eligibility Determination Panel shall undertake its work in accordance with the Eligibility Determination Panel Rules of Procedure.

PART F INTEGRITY, DISPUTES AND OTHER MATTERS

38 Integrity and Safeguarding Policies

38.1 The Executive Board, in accordance with Article 30.2(g) shall adopt integrity and safeguarding Policies to uphold the integrity of weightlifting and of its competitions, and to protect the health, safety and well-being of the athletes and of any person bound by this Constitution.

38.2 Such Policies shall notably include an Ethics and Disciplinary Code.

38.3 The Federation shall also ensure proper safeguarding procedures and in particular shall appoint and maintain safeguarding officers with proper education and training, in charge of providing support in respect to safeguarding and health protection issues.

38.4 The Ethics and Disciplinary Panel shall operate as the adjudicative and determinative chamber for all matters related to the implementation of the integrity and safeguarding Policies.

39 Mediation

Subject to any other provisions of this Constitution and any applicable Policies, the Federation may take reasonable steps, either by proposing a mediation or taking any other steps which are reasonable in the circumstances, to assist in the resolution of a dispute which arises between:

(a) Two (2) or more Members;
(b) One (1) or more Members and a Continental or Regional Federation;
(c) Two (2) or more Continental or Regional Federations.

40 Finance and Audit

40.1 The Executive Board shall ensure a proper financial management of the Federation and for this purpose it shall without limitation:
(a) Issue and implement policies regarding the exercise of signatory powers on behalf of the Federation and commitments and undertakings with financial consequences made on its behalf;
(b) Review and adopt the annual budget and monitor its implementation;
(c) Cause proper accounts and other records to be kept in accordance with recognised accounting standards;
(d) Review and adopt the annual financial statements;
(e) Ensure that the Auditor is provided with all records and information required to perform its audit.
(f) Make the audited accounts available to the Members as part of the documentation provided in view of the Ordinary Congress and publish them on the Website.

40.2 The Auditor to be appointed by the Congress shall be an internationally recognised accounting firm, which is independent of the Federation.

40.3 The Executive Board shall ensure that the Auditor is given access to any record or information necessary to perform its independent review and to issue its audit report, including without limitation:
(a) the accounts and financial statements of the Federation;
(b) all supporting books and records including without limitation records of all bank accounts and all financial facilities in the name of the Federation or operated by or for the direct or indirect benefit of the Federation;
(c) anything else determined by the Auditor in their absolute and unfettered discretion.

40.4 The Auditor shall present its report at each Ordinary Congress and notably communicate to the Congress whether in its opinion the accounts, financial statements books and records of the Federation are true and accurate, and whether those documents and the information therein do present a true and fair view of the position of the Federation.

41 Minutes

41.1 Where this Constitution requires that minutes be kept of any meeting or of any other proceedings, those minutes shall include at least the following in respect of that meeting or other proceeding:
(a) The date, time and place.
(b) Whether the meeting was held in person and/or virtually.
(c) The list of presence.
(d) A record of the business transacted and considered.
(e) A record of each motion, resolution and decision and the outcome of any vote.
(f) Any other information as determined by the chairperson.

42 Amendments to the Constitution

42.1 This Constitution may be amended by Special Resolution of the Congress, at which the qualified quorum set forth in Article 15.22 is reached. The Executive Board and Members that are not suspended may submit proposal(s) for amendments of the Constitution to be considered at an Ordinary Congress. Proposals must be submitted together with a brief explanation of the reasons

for the proposal.

42.2 No earlier than six (6) months and no later than four (4) months prior to an Ordinary Congress, the Executive Board may invite Members that are not suspended to submit proposals for amendments to this Constitution. Where such an invitation is issued, Members shall have thirty (30) days from the date of the invitation to submit proposed amendments in writing, together with a brief explanation and justification for the proposal. The Executive Board may, at its discretion, take any such proposals into consideration when formulating its proposals for submission to the Congress.

42.3 The Executive Board may communicate its proposal to the Members in writing at the latest three (3) months in advance of the date of the Ordinary Congress and shall invite the Members to provide their comments or proposals specifically in respect with this proposal within fifteen (15) days. The Executive Board may take these comments and proposal(s) into consideration at its discretion to establish its final proposal(s).

42.4 The proposal(s) of Members, if not incorporated in the Executive Board proposal, and the final proposal of the Executive Board shall be included in the Agenda of the Ordinary Congress.

42.5 Outside of the Ordinary Congress, proposal(s) to amend the Constitution can only be submitted and decided in a Special Congress called by the Executive Board or Members in accordance with and subject to the conditions set forth in Article 15.

42.6 Any proposal(s) to amend the Constitution shall be submitted together with a brief explanation of the reasons for the proposal(s).

42.7 Unless otherwise stipulated, rules included in the By-laws shall constitute Policies serving the implementation of the Constitution. Accordingly, amendments to By-laws shall not be deemed amendments to the Constitution within the meaning of this Article but amendments to Policies which may be issued by the Executive Board from time to time.

42.8 Corrections for typographical or clerical errors or for reasons of grammar or clarifications which do not alter the meaning or the construction of a provision shall not be deemed as formal amendments within the meaning of Article 42.1 and may be performed by the Executive Board at any time. Such corrections must be notified to the Members and published in the Website as soon as practicable.

43 Jurisdiction of the CAS

43.1 A final determination, decision or adjudication by the Federation or any other body of the Federation is, unless otherwise specified in this Constitution and any applicable Policies, appealable exclusively to the Court of Arbitration for Sport (CAS). Any matter so appealed to CAS will be conclusively resolved by the CAS in accordance with the Code of Sports-related Arbitration. The CAS has specifically no jurisdiction over appeals against decisions made pursuant to the IWF Technical and Competition Rules & Regulations (TCRR) including, without limitation, decisions of referees or juries, unless these decisions are expressly subject to appeal before the CAS under the applicable TCRR.

43.2 Unless otherwise ordered by the CAS, the appeal does not stay the enforcement of the appealed decision.

43.3 Any such proceedings before the CAS shall be governed by this Constitution, any applicable Policies and by Swiss law.

43.4 Any such proceedings before CAS shall be conducted in English.

44 General

44.1 **Financial year**
The financial year of the Federation shall commence on 1 January and end on the next 31 December in each year.

44.2 **Notices**
A notice may be given by the Federation to any Member by serving it on the Member personally by registered letter at the last notified address and/or by email at the last notified email address. Any Member which did not notify a valid address and/or a valid email address is not entitled to receive any notice. In such case, the publication on the Federation Website shall be deemed proper notice to the concerned Member.

44.3 **Ownership of rights and properties**
The Federation is the sole and exclusive owner of the Weightlifting Properties and shall be entitled to exploit them for the benefit of the Federation.

44.4 **Records**
The Federation is the sole and exclusive keeper and manager of all world records and other records at international level in relation to the Sport.

44.5 **Dissolution**
The dissolution of the Federation can be decided by a Special Resolution of the Congress. In any event of dissolution, the Congress shall appoint one (1) or more liquidators who shall discharge all debts and liabilities incurred on behalf of the Federation. The remaining assets, if any, cannot be distributed amongst the Members of the Federation, but shall be donated to non-profit entity(ies) having objects similar to the Objectives of the Federation for the promotion of the Sport. The beneficiary(ies) must be approved by the Congress.

45 Effective Date and Transitory Provisions

45.1 Subject to the following provisions, this Constitution, as amended, shall enter into force on the last day of the Congress adopting this version.

45.2 Notwithstanding any other provision of this Constitution, the amendments included in Articles 34 and 35 and any related provisions concerning the composition, election, appointment, or mission of Committees and Panels shall enter into force only following the first Electoral Congress to be conducted pursuant to this version of the Constitution, currently set for 2029. For the avoidance of doubt: (a) the nomination, candidacy and eligibility review procedures initiated for the 2029 elections shall be conducted in accordance with the amended provisions included in this version of the Constitution; and (b) all Committees and Panels elected or appointed any time after the 2029 elections shall be constituted in accordance with the amended governance framework. Until such time, the existing constitutional and regulatory provisions in force prior to these amendments shall continue to apply.

Schedule 1

Emblem of the International Weightlifting Federation