



NORDIC WEIGHTLIFTING FEDERATION

Rules 2010-11-05

§ 1

Nordic Weightlifting Federation (NTF) was founded on September 20th 1940 and is a federation of the five Nordic countries: Denmark, Finland, Iceland, Norway and Sweden.

The main task of the NTF is to protect the interests of the weightlifting sport in the Nordic countries. The NTF shall organize Nordic Championships and furthermore secure the progress and development of the weightlifting sport.

§2

The NTF shall comply with the rules of the International Weightlifting Federation.

§3

The Nordic congress shall be arranged in connection with Nordic Youth/Junior and Senior/U23/Club Team championships. English is the official language at the congress.

§4

The board of the NTF is elected each odd year in connection with the Nordic Senior/U23/Club Team Championships.

The board consists of: The president, the vice president, the general secretary and a representative from each of the Nordic Federations.

The general secretary can be elected from the same country as the president. The president and the general secretary form the NTF's working committee. The general secretary is the treasurer of the NTF.

§5

The executive board has the following obligations:

- ? Keep protocols from the negotiations at the congress etc.
- ? Prepare promotions and execute the decisions made.
- ? Correspond with the Nordic weightlifting federations
- ? Keep the necessary cashbooks, and account for the economic situation.
- ? File all cashbooks and protocols
- ? Register the Nordic records and set up record lists and send these to the member countries at least four times a year.
- ? Form the basis for honorary medals
- ? File lists of persons who have received honorary medals or elite pins.
- ? Produce activity and financial reports every odd year.

§6

The election period is the time between the Senior/U23/Club Team Championship congresses in odd years.

§7

Each national federation is obliged to pay an annual affiliation fee to cover the expenses of the NTF. The annual fee should be paid January 15th at the latest. The annual membership's fee is 600 Euro per year. The amount of the fee is to be decided at every Senior/U23/Club Team Championships congress.

§8

- a) Nordic Senior/U23/Club Team Championships men and women shall be organised every year.
- b) The athletes in the Senior Women Championships compete by Sinclair points in the following three weight groups:
 - ? 48 kg, 53 kg, 58 kg;
 - ? 63 kg, 69 kg;
 - ? 75 kg, +75 kg.

Each country may enter 7 participants (with a maximum of 4 athletes in one weight category).

- c) The Baltic countries, Estonia, Latvia and Lithuania shall be invited to compete in an open (separate) Nordic Championships Competition in two weight category groups:
 - ? Men -77 kg and +77 kg
 - ? Women -63 kg and +63 kg.
- d) Nordic Masters Championships are organised every second year.
- e) Nordic Junior Championships shall be organised on an annual basis.
In the Nordic Junior championships, women categories, each federation may enter 7 participants with a maximum of 4 athletes in one weight category.
The Participants compete by the Sinclair formula.
- f) In connection with the Nordic Junior Championships the Nordic Youth Championships for athletes aged 13-17 years shall be organized.

In the women categories – youths- each country may enter 7 Participants with a maximum of 4 athletes in one weight category.
The Participants compete by the Sinclair formula.

- g) The minimum age for Youth is the year when the lifter is 13 years old, according to the IWF rules.
- h) For as well men and women in the Senior-, U 23 -, Junior-, and Youth Championships a team trophy is set up. In the Junior and Youth Championships for men the same team points are used as in the Senior/ U 23 championships. In the Senior, U 23, Junior and Youth Championships for women the trophy goes to the team that has the highest score by Sinclair total points. If a national team has won the trophy three times, the

team keeps the trophy for ever, and it is the responsibility of this federation to set up a new trophy.

- i) An athlete, who is nominated to the Youth Championships, is not entitled to change his entry to the Junior Championships.
- j) The athletes in the Men's Youth Championships compete in the following weight categories: 50 kg, 56, 62, 69, 77, 85, 94 and +94kg.
- k) The athletes in the Women's Youth Championships compete by Sinclair points in the following 3 weight groups:
 - ? 44 kg, 48 kg, 53 kg;
 - ? 58 kg, 63 kg;
 - ? 69 kg, +69 kg.
- l) The athletes in the Women's Junior Championships compete by Sinclair points in following three weight groups:
 - ? 48kg, 53kg, 58kg
 - ? 63kg, 69kg,
 - ? 75kg and +75kg.
- m) In the Nordic Masters Championships, men and women, there are 7 age categories:
Masters I: 35-39 years
Masters II: 40-44 years
Masters III: 45-49 years
Masters IV: 50-54 years
Masters V: 55-59 years
Masters VI: 60-64 years
Masters VII: +65 years
- n) In each age category the veterans compete by Sinclair Meltzer- Malone points. The 3 best athletes in each age category receive the NTF gold- silver and bronze medals.
- o) The starting fee in the Nordic Masters Championships is SEK 300,-. SEK 150 goes to the NTF. The organizer keeps SEK 150,-. The NTF pays for the medals.
- p) Invitation to the championships shall be available for each country 2 months before the first day of the competition. The participating delegations must accept the accommodation offered by the Organising Committee. No other ways of lodging and meals will be accepted.
- q) The organising federation must receive the Final Entries 14 days before the competition starts. The final entries must contain names and dates of birth of the athletes and the officials.
- r) Participating countries shall provide at least one referee, the organising federation 2 referees (does not apply for the Nordic Masters Championships).
- s) At every Nordic Championships a jury of 3 members shall be appointed. Technical controllers shall also be appointed.

- t) At every Nordic Championship, all the participants shall present identity cards at the weigh-in.
- u) At Championships the organisers shall provide free board and lodging for two of the following persons: The president, the general secretary and the vice president.
- v) If only one athlete is entered in a weight category, he is still entitled to lift, and he will be awarded gold medal and 12 points in the Team competition.
- w) Doping controls can be performed at all Nordic Senior Championships.
- x) At Nordic Championships there will be one weigh-in each competition day.
- y) English is the official language at all Nordic Championships. Announcing of the lifter shall first be in English, then in the national language.

§9 Medals and ranking

- a) Lifters placed 1, 2 and 3 in total in each category or group (women) will receive gold, silver and bronze medals.
- b) Points in the Team competition are the following: 1st place- 12 points, 2nd place- 10 points, and furthermore 9, 8, 7, 6, 5, 4, 3, 2 and 1 point.
To get team points the lifter must make a total.
- c) The Team points are given according to the ranking in each bodyweight category or group (women).
- d) The team trophy is given to the nation with the highest score according to the above mentioned points neither (does not apply for the Nordic Veteran Championships).
- e) The lifters of the competition shall be ranked in accordance with the current Sinclair formula.

§10 The Nordic Club Team Championships

- a) The Nordic Club Team Championships is organised in connection with the Nordic Senior / U23 championships.

Men:

Each club team consists of 4 lifters. The best results of 3 lifters according to the Sinclair formula, added together will be the team's result.

Women:

Each club team consists of 3 lifters. The best results of 2 lifters according to the Sinclair formula, added together will be the team's result.

- b) Lifters in the Nordic Club Team Championship can also compete in the individual Nordic Championship.
- c) Gold-, silver- and bronze medals are awarded to the 3 best teams.
- d) Each national federation selects the club team to take part in the championship.

- e) The lifters taking part in the club team championship must be registered in the same club and come from the same country.

§11 Congress

At the congress each federation has one vote on the condition that the obligations to the NTF are fulfilled. Other representatives are free to speak and to put forward proposals. By equal numbers of votes the president has a double vote. The General Secretary of the NTF shall be present at the congress and has the right to put forward proposals and is free to speak, but has no right to vote. Elections to the NTF board shall be closed (secret ballot).

§12

The NTF pays the travel costs for two of the following persons: the president the general secretary and the vice president in connection with Nordic Championships.

§13

Nordic records are registered in all weight categories and all current age groups for men and women. If a record is equalled, it will not be registered.

Nordic record lists shall be sent (mailed) by the general secretary to the member federations four times a year. New records shall be submitted to the NTF in 1 month. The NTF record form must be used.

§14 Awards

The board of the NTF can by unanimous decision give the following honorary award:

1. The NTF's 2nd Degree Honorary Award might be given to a person who for several years has worked for the Nordic weightlifting sport- either within the board in his own federation, or if he in other ways has worked for the Nordic weightlifting sport.
2. The NTF's 1st Degree Honorary Award might be given to a person who to an outstanding extend and during a long period of time, has worked for the Nordic and International weightlifting sport. The person in question will be appointed Honorary Member of the NTF.
3. The Nordic Elite pin might be given to an active weightlifter who is qualified for these results:

Women:		Men:	
48 kg	143 kg	56 kg	248 kg
53 kg	161 kg	62 kg	265 kg
58 kg	176 kg	69 kg	282 kg
63 kg	189 kg	77 kg	299 kg
69 kg	202 kg	85 kg	313 kg
75 kg	213 kg	94 kg	325 kg
+ 75 kg	234 kg	105 kg	337 kg
		+ 105 kg	354 kg

Holders of the Honorary Awards and the Elite pins have free entry to all weightlifting competitions organized in the Nordic countries.

§15

Proposals may be put forward by national federations and by the working committee of the NTF, and shall be submitted to the general secretary at latest 40 days before the congress. The agenda of the congress and actual proposals shall be sent to the member federations 30 days before the congress.

The NTF rules can only be changed every second year, and only in connection with the congress held at the Nordic Senior Championships.

§16

The Nordic Weightlifting Federation may only be terminated if all the member federations are in favour. The financial and other belongings must in such a case be divided equally between the member federations.

§17

These rules apply as of now, and simultaneously all former rules are hereby cancelled.

Spydeberg, November 5ft 2010

Benny Johansson
President

Håkan Johansson
General Secretary

Per Mattingsdal
Vice President