



IV FISU AMERICA GAMES
LIMA 2026

TECHNICAL REGULATION OF **WEI. WEIGHTS**



UPDATES

DATE	CHANGES
01/05/2026	<ul style="list-style-type: none">• Article 3 was updated: regarding the 94 kg category weight.• Article 4 was updated: regarding technical staff by country.• Article 4 was updated: regarding participation by country.• Article 6 was updated: awards.• Article 9 was updated: regarding technical officials (judges).



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TECHNICAL REGULATIONS FOR WEIGHTLIFTING

IV FISU AMERICA GAMES – LIMA 2026

These Technical Regulations establish the sports rules governing the Weightlifting competition at the IV FISU AMERICA GAMES – LIMA 2026. They have been prepared by the Peruvian University Sports Federation (FEDUP) and approved by FISU AMERICA.

They are mandatory for all participants and shall be applied together with the General Regulations of the IV FISU AMERICA GAMES – LIMA 2026, as well as the regulations in force of FISU AMERICA and the International Weightlifting Federation (IWF). In the event of any discrepancy in the interpretation of the technical rules, the official English text of the IWF shall prevail.

Article 1. GENERAL INFORMATION

- **ORGANIZER** : FISU AMERICA and the Local Organizing Committee (LOC) – FEDUP.
- **VENUE** : Polideportivo 3 IPD - VIDENA
- **TECHNICAL MEETING** : July 20, 2026. Time and venue to be confirmed and announced through an Official Bulletin.
- **COMPETITION** : July 21 to 23, 2026.
- **SCHEDULE** : Shall be established in the Official Competition Program.

Article 2. COMPETITION AUTHORITIES

The Weightlifting competition shall be organized and supervised by:

- a) The FISU AMERICA Sports Technical Commission.
- b) The Local Organizing Committee (LOC) – Lima 2026.
- c) The Technical Coordinator for the discipline.



- d) The Jury and panel of judges appointed in accordance with current IWF regulations and approved by FISU AMERICA.

Article 3. COMPETITION EVENTS AND CATEGORIES

WOMEN	MEN
48 kg	60 kg
53 kg	65 kg
58 kg	71 kg
63 kg	79 kg
69 kg	88 kg
77 kg	94 kg
86 kg	110 kg
+86 kg	+110 kg

The competitions shall be held in the following weight divisions, in accordance with current IWF regulations.

Article 4. PARTICIPATION BY COUNTRY

- a) Each country may register up to a maximum of thirty-two (32) athletes, distributed as follows:
- Up to sixteen (16) male athletes.
 - Up to sixteen (16) female athletes.
- b) Each country may register up to two (2) athletes per weight division and gender as a maximum.
- c) The registration, eligibility and confirmation of athletes shall be governed exclusively by the General Regulations of the Games.



e) The participation limits established in this article are based exclusively on organizational and event-capacity criteria and do not modify the international technical provisions.

Technical staff by country.

Each country may register a minimum of one (1) and a maximum of six (6) technical officials for the discipline, including coach, assistant, physician, physiotherapist, delegate or head of delegation, provided that such registration does not exceed the maximum number of officials permitted per delegation under the General Regulations of the IV FISU AMERICA GAMES - LIMA 2026.

Article 5. COMPETITION SYSTEM

The competition shall be conducted in accordance with the current IWF Technical and Competition Rules and Regulations (TCRR), including:

- Snatch
- Clean and Jerk
- Olympic Total

The final ranking shall be determined by the Olympic Total, in accordance with the Games regulations.

Article 6. AWARDS

a) Awards shall be presented for each weight division and gender (men and women), in accordance with the official competition program.

b) Medals shall be awarded to the top three (3) places in each weight division in the following events:

- Snatch.
- Clean and Jerk.
- Olympic Total.



Article 7. DRAW

The draw for the athletes' order of participation shall be carried out randomly using the software provided by the Organizing Committee.

Article 8. WEIGH-IN

- a) The official weigh-in for each competition group shall take place two (2) hours before the start of the competition, in accordance with current IWF rules.
- b) The procedure shall strictly comply with international regulations.

Article 9. TECHNICAL OFFICIALS

Judges and technical officials shall be national officials, proposed and appointed by the Local Organizing Committee (LOC), and shall perform their duties under the direction and supervision of the Competition director, in accordance with current technical provisions and with FISU AMERICA approval.

Article 10. CONDUCT AND FAIR PLAY

The conduct, sports ethics and Fair Play rules established by the IWF shall apply, as well as the disciplinary provisions contained in the General Regulations of the Games.

Article 11. UNFORESEEN CASES

Matters not covered in these Technical Regulations shall be resolved in accordance with Article 58 of the General Regulations of the IV FISU AMERICA GAMES LIMA 2026 and the current rules of the International Weightlifting Federation (IWF).

ORGANIZING COMMITTEE





IV FISU AMERICA GAMES
LIMA 2026



“ One continent,
one passion ”