



NORDIC WEIGHTLIFTING FEDERATION

Rules and Regulations as per October 11, 2019

§ 1 Objective

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

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

§ 2 Organization

The NTF must comply with the Rules and Regulations of the International Weightlifting Federation (IWF).

§ 3 Congress

A Congress will be arranged in connection with Nordic Youth/Junior and Senior Championships. English is the official language at the Congress.

§ 4 NTF's Board

The Executive Board of the NTF is elected every other year in connection with the Nordic Senior Championships. The Executive Board consists of the President, the Vice President, the General Secretary and a representative from each of the National Federations, from here on referred to as Member 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 NTF Board responsibilities

The Executive Board has the following obligations:

- Keep the Minutes from the Congress
- Prepare motions 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 the record lists 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 an Activity Report, including a Financial Report every year

§ 6 Board member working period

The working period is the time between the Nordic Senior Congresses in odd years.

§ 7 Affiliation fee

Each Member 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 Fee is 600 Euro per year. The amount of the fee is to be decided at every Senior Congress.

§ 8 Nordic Championships regulations

- a) Nordic Championships for women and men shall be organised every year except for Masters. The athletes compete in age groups and weight categories in accordance with the current IWF Rules and Regulations.
- b) For both women and men in the Senior, Junior and Youth Championships a team trophy is set up. The trophy goes to the National Team that has the highest score points. If a National Team has won the trophy three times, the team keeps the trophy, and it is the responsibility of this federation to set up a new trophy.
- c) An athlete who is nominated to the Youth Championships is not entitled to change her / his entry to the Junior Championships.
- d) Invitation to the Championships should 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.
- e) 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. Participating countries shall provide at least one referee, as the organising federation provides 2 referees.
- f) At every Nordic Championships a Jury of 3 members shall be appointed at the Congress. The organising federation appoints Chief Marshals, a Timekeeper and Speakers.
- g) At each Nordic Championships, all the participants shall present identity cards at the weigh-in.
- h) At Nordic Championships the organisers shall provide free board and lodging for two of the following NTF persons: the President, the General Secretary and the Vice President.

- i) If only one athlete is entered in a weight category, he / she is still entitled to lift and will be awarded a gold medal and 7 points in the Team competition.
- j) Doping controls can be performed at all Nordic Championships.
- k) At Nordic Championships there will be one weigh-in each competition day unless otherwise required by IWF Rules and Regulations.
- l) 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) Athletes placed 1, 2 and 3 in total in each category will receive gold, silver and bronze medals respectively.

Points in the competition are the following: 1st place- 7 points, 2nd place- 5 points, and furthermore 4, 3, 2 and 1 point. The sum of the points will make the team result. To get team points the lifter must make a total.

- b) The team trophy is won by the nation with the highest score according to the above mentioned points.
- c) The lifters of the competition shall be ranked in accordance with the current Sinclair formula or by Robi points.

§ 10 Congress

At the Congress each Member 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).

§ 11 NTF costs at Nordic Championships

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.

§ 12 Nordic Records

Nordic Records are registered in all age groups and weight categories in accordance with the current IWF Rules and Regulations, except for Masters. 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 within 1 month. The NTF Record Form must be used.

§ 13 Awards

NTF's Board 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 one's own federation, or if he or she 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:

Category (kg)	Total (kg)
45	143
49	154
55	173
59	182
64	192
71	205
76	210
81	211
87	213
+87	218

Men:

Category (kg)	Total (kg)
55	222
61	248
67	272
73	297
81	311
89	327
96	336
102	347
109	353
+109	371

The Nordic Elite pin can only be awarded to athletes who have not received doping convictions. Holders of the Honorary Awards and the Elite pins have free entry to all weightlifting competitions organised in the Nordic countries.

§ 14 Congress proposals

Proposals may be put forward by Member 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 in connection with the Congress held at the Nordic Senior Championships.

§ 15 Disorganization

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.

§ 16 Execution

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

Vigrestad October 11, 2019

Tryggve Duun
President

Trond Kvilhaug
General Secretary

Karoliina Lundahl
Vice President