

**2.4 NEW 80% RULE [Passed by 2019 Congress, Montreal and replaces the “15/10 Kilo Rule”]**

**2.4.1 80% Rule** – The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed 80% of the weight of the verified Entry Total. The jury will exclude the athlete from the competition if this rule is not adhered to. The rule is known as the “80% Rule” and determines the “minimum start total”.

**Example:** An athlete enters a competition with a verified Entry Total of 250 kg. As 80% of 250 kg is 200 kg the total weight of the combined first attempts in the Snatch & Clean & Jerk must equal or exceed 200 kg. e.g., 90 kg and 110 kg or 87 kg and 113 kg or any other combination. The **minimum start total** in this example is 200 kg.

**Note:** At Continental Championships the 80% rule can be applied to the official Qualifying Total for the athlete’s age group/bodyweight category instead of applying it to the verified Entry Total.

**2.4.2** The athlete may submit an Entry Total that is *lower* than the total actually achieved at their qualifying competition but it must be equal to or greater than the official Qualifying Total for their age and bodyweight category.

**2.4.3** No changes can be made to the Entry Total after the deadline date for entries has passed.

**2.5 Changes to the Minimum Start Total (In compliance with the 80% Rule)**

**2.5.1** If the athlete remains in the bodyweight category entered the minimum start total remains unchanged and no changes are allowed.

**2.5.2** If the athlete moves down to a lower bodyweight category at the Technical Conference or Verification Meeting **then** the minimum start total is *decreased by* an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

**Example:** The athlete enters M65/102kg category with an entry total of 200 kg and minimum start total of **160 kg** i.e., 80% of the entry total. At the Technical Conference or verification of entries the athlete moves down to M65/96kg. The qualifying total for M65/96kg is 4 kg lower than for M65/102kg therefore the minimum start total is *reduced to 156 kg*.

**2.5.3** If the athlete moves up to a higher bodyweight category at the weigh-in or earlier then the minimum start total is *increased by* an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

**Example:** The athlete enters W35/59kg category with an entry total of 200 kg and minimum start total of **160 kg**, i.e., 80% of the entry total. At the weigh-in the athlete moves up to W35/64kg category. The qualifying total for W35/64kg is 5 kg higher than for W35/59kg therefore the minimum start total is *increased to 165 kg*.

**2.6 Masters Bodyweight Change Rule**

**2.6.1** At the Technical Meeting before the start of IWF Masters World or Continental Masters Championships, each National Federation confirms the final entry list of their athletes including name of the athlete, age group, and bodyweight category.

**2.6.2** At the Technical Meeting athletes may move up to a higher body weight category or down to a lower body weight category (by one category only in either case).

**Note** – Rules 2.4.1 and 2.4.2 ensure that an athlete can achieve the qualifying standard. Advanced changes of body weight categories must be notified to the Secretariat.

**2.6.3** An athlete can move up to a higher body weight category at the time of the weigh-in. In order to do this the athlete must first attend the weigh-in for the body weight category he or she has entered and then also attend the weigh-in for the next body weight category above. An athlete is not allowed to go down a body weight category at the weigh-in.

**2.6.4** After information is verified at the Technical Meeting, the entries are considered final. There cannot be any modification of the names or bodyweight categories of the athletes, except in the case of an athlete moving up into a higher bodyweight category as in 2.5.3

**2.6.5** When, for any reason, a delegation of a National Federation does not attend this Technical Meeting, the entry forms previously submitted by that National Federation are considered the Final Verified Entries for that country.