

IWF WORLD YOUTH CHAMPIONSHIPS Cali (COL) - July 5-11, 2026

José Quiñones: "We are on the right track for Cali 2026!"

The 2026 IWF World Youth Championships, to be held in Cali (COL) from July 5-11 is already moving! In the last week of February, an IWF delegation composed by José Quiñones (General Secretary), Matyas Lencser (Competition Manager), Timea Horvath (Development and Education Manager), and Andrea Peña (IWF staff) was in Colombia to discuss with the organisers about the preparation of the event.

The IWF representatives were welcomed by the OC Chair William Peña and his team and could review topics such as transportation and accommodation plans, TV production, competition and training facilities, anti-doping operations, and promotion of the competition in general.

Other matters such as Opening and Closing Ceremonies, security, look of the venue, and marketing programme were also part of the meeting agenda.

A Press Conference was also staged with the local authorities, an opportunity for the hosts to reiterate their firm commitment in a successful delivery of the championships. Colombia, and its capital Bogota, had hosted in December 2022 the IWF World Championships, the first qualification event for the 2024 Olympic Games in Paris. "We are extremely satisfied and optimistic after this visit! Our Colombian friends have a consolidated experience in organising top-level IWF events, and Cali 2026 will be no exception to that rule," stated Mr Quiñones after the two-day visit.

"In July, our best young athletes will live an unforgettable experience! Colombians are known for their hospitality and we are sure they will also enthusiastically stage a wonderful competition. So far, the preparations are progressing well, and we are definitively on the right track," concluded the IWF General Secretary.

The Cali rendezvous will be the second world event of the year, after the IWF World Junior Championships in Ismailia (EGY, May 2-8), and before the IWF World Championships in Ningbo (CHN, October 27-November 8).



William Peña (OC Chair, in the middle), with the IWF delegation – From left to right: Matyas Lencser, Andrea Peña, Timea Horvath and José Quiñones



Attending a Press Conference to promote the event and general view of the meeting IWF/OC Cali 2026

IWF in Milano for the start of the Olympic Winter Games

The IWF President Mohammed Jalood and the IWF General Secretary José Quiñones were in Milano (ITA), where they had the opportunity to attend the IOC Session, a few days before the Opening Ceremony of the Olympic Winter Games. During their stay in Italy, the IWF dignitaries could meet many IOC members and discuss matters of common interest for the Olympic Movement. They emphasised the commitment of the weightlifting family to remain a stronger partner and an added-value of the Olympic programme in future editions of the Games, and underlined the profound renovation our International Federation has undergone in recent years.

"We had very fruitful meetings here in Milano and we are clearly convinced that weightlifting is now seen as a reliable, credible and renovated sport. The changes we implemented in the fight against doping, and in ensuring the good governance of our Federation, have paid off. The success of our competition at the 2024 Olympic Games in Paris and in the subsequent editions of the IWF World Championships are also a proof that we are evolving in the right direction," considered the IWF President Mohammed Jalood.

Mr Quiñones was present at the superb Opening Ceremony of the Milano Cortina Olympic Games and could witness some of the athletes' astonishing performances during the first days of the competition.

"We need to sincerely thank the IOC for trusting and supporting our efforts to modernise and make weightlifting more attractive to the youth. We work hand in hand for the development of Sport, with the ultimate goal of creating a more peaceful, healthier and happier world. In Milano, the organisation has been outstanding, and we can see once more why the Olympic Games are a source of inspiration for many millions of athletes in the five continents," stated the IWF General Secretary.



IWF President Mohammed Jalood and IWF General Secretary José Quiñones with Pau Gasol, new IOC Athletes Commission Chair (top photo); With Ms Baklai Temengil, from Palau, President of Oceania National Olympic Committees (photo above); With Italian Weightlifting Federation representatives, namely its President Alberto Miglietta (photo left)

Qualification System for the Olympic Games LA 2028 has been approved

The Weightlifting Qualification System for the Olympic Games LA 2028 has been approved by the IOC Executive Board, after extensive consultation and collaboration with the IWF.

The sport of Weightlifting will be represented at the upcoming edition of the Olympic Games by 120 lifters (60 men and 60 women), competing in 12 bodyweight categories (six for men and six for women). From this total number, 108 athletes will be selected through quota places (including 96 through a Qualification ranking, and 12 from continental representation), six can be selected as Host Country representatives, and another six will come through Universality quota.

The qualification timeline will run from July 27, 2026 through May 7, 2028 and will include two main qualification periods and events:

Period 1 / 6 events

- 2026 IWF World Senior Championships
- 2026 IWF Qualifier I
- 2027 IWF Qualifier II
- 2027 Continental Senior Championships (or Continental Senior Games)
- 2027 IWF Qualifier III
- 2027 IWF World Senior Championships

Period 2 / 4 events

- 2027 IWF Qualifier IV
- 2028 IWF Qualifier V
- 2028 Continental Senior Championships
- 2028 IWF World Senior Championships

In order to be eligible for the IWF Olympic Qualification Ranking, lifters must achieve three Total results during Period 1 and two Total results during Period 2

QUALIFICATION SYSTEM - WEIGHTLIFTING OLYMPIC GAMES LOS ANGELES 2028



Cyrille Tchatchet II appointed to WADA Health, Medical and Research Standing Committee

Cyrille Tchatchet II, IWF Athletes Commission member, has been appointed to the World Anti-Doping Agency (WADA) Health, Medical and Research Standing Committee.

Already a WADA Athlete Council member (elected in December 2024), the term of his new appointment started on February 11, 2026 and will run through to December 31, 2028.

Cyrille represented the Refugee Olympic Team at the Tokyo 2020 Olympic Games. He later competed for England at the Birmingham 2022 Commonwealth Games and is currently preparing for Glasgow 2026 Commonwealth Games. Cyrille will also represent Great Britain at the 2026 European Weightlifting Championships, to be held in April 2026 in Batumi, Georgia. Beyond sport, Cyrille works as a Senior Mental Health Practitioner with the Black Country Healthcare NHS Foundation Trust, bringing frontline clinical experience and a deep understanding of athlete wellbeing to his international roles. This combination of elite sporting experience and professional healthcare expertise gives him a credible perspective within the global anti-doping and medical landscape.

The Health, Medical and Research Standing Committee plays a critical role within WADA's governance structure, providing expert advice and oversight on scientific, medical and research matters that underpin the global anti-doping framework.



Amendments to the IWF By-Laws

IWF National Member Federations were informed about the updated version of the IWF By-laws (available in the IWF website), and in force since 1 January 2026.

The most significant changes to this document include:

1. The annual membership fee can be set by the IWF Executive Board in an amount in the range between USD 500 and 1'000 and is due by 31 March of each year.
2. There is a new set of rules governing the requests for the change of sporting nationality of athletes (Section 4, Part A of the By-Laws). According to the updated rules, there is a limit in the number of athletes a Member Federation can request to register or release within a 4-year period starting as of 1 January 2026 and for every change of nationality request a non-refundable fee must be paid to IWF.

Moreover, Member Federations were also informed that in accordance with Article 6 of the Introductory Provisions of the following corrections for typographical and clerical errors in the By-Laws which have also been included in this version of the By-laws

- a) Section 3, Part B, Article 5.4: "may differ" was replaced by "may defer"
- b) Section 3, Part B, Article 10.1: language added in the last sentence which now reads "Once a report has been filed the investigation and EDC proceedings are no longer subject to limitations."

UPDATED IWF BY-LAWS

