QUALIFICATION SYSTEM
GAMES OF THE XXXIV OLYMPIAD – LA28

INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)

WEIGHTLIFTING

A. EVENTS

MEN (6)	WOMEN (6)
65kg (≤ 65.00kg)	53kg (≤53.00kg)
75kg (65.01kg-75.00kg)	61kg (53.01kg-61.00kg)
85kg (75.01kg-85.00kg)	69kg (61.01kg-69.00kg)
95kg (85.01kg-95.00kg)	77kg (69.01kg-77.00kg)
110kg (95.01kg-110.00kg)	86kg (77.01kg-86.00kg)
+110kg (>110.00kg)	+86kg (>86.00kg)

B. QUOTA PLACES

B.1. Total quota places for weightlifting			Total
Quota Places	54	54	108
Host Country Places	3	3	6
Universality Places	3	3	6
TOTAL	60	60	120

B.2. Maximum number of athletes per National Olympic Committee			
QUOTA per NOC	3 (+1) * - max 1 per event	3 (+1) * - max 1 per event	**6 (+2) ***

**The IWF will announce the overall Best Man Lifter and Best Woman Lifter of the Qualification Period after the final qualification event.*

*If an NOC whose athlete is awarded a Best Lifter title (one for men and one for women, as defined in **Section D.1**: Quota Places) has already reached the maximum quota for that gender (three athletes), it will receive one additional quota place. This allows the NOC to have up to four quota places for that gender, provided that all athletes have earned their quota places in accordance with Section D: Qualification Pathway, and the NOC adheres to the maximum quota permitted per Olympic bodyweight category.*

B.3. Maximum number of athletes per event:	
Men: Each bodyweight category	**10 (1 per NOC)**
Women: Each bodyweight category	**10 (1 per NOC)**

B.4. Type of allocation of quota places
Olympic Qualification Ranking (OQR) and Continental Representation quota places are allocated to the eligible athletes by name.
Host country quota places are allocated to the Host NOC for eligible athletes.
Universality quota places are allocated to the eligible athletes by name.

C. ATHLETE ELIGIBILITY

All athletes must respect and comply with the provisions of the Olympic Charter currently in force, including but not limited to Rule 41 (Nationality of Competitors) and Rule 43 (World Anti-Doping Code and the Olympic Movement Code on the Prevention of Manipulation of Competitions), as well as the IOC Policy on the Protection of the Female (Women's) Category in Olympic Sport and Guiding Considerations for International Federations and Sports Governing Bodies (the "Policy").

Only those athletes who respect and comply with the Olympic Charter, the Policy, the World Anti-Doping Code and the Olympic Movement Code on the Prevention of the Manipulation of Competitions, the conditions of participation established by the IOC, as well as the rules or policies of the IWF, may participate in the LA28 Olympic Games.

Age Requirements

C.1. To be eligible to participate in the Los Angeles 2028 Olympic Games, athletes must have been born on or before 31 December 2013.

Additional IF Requirements

C.2. To be eligible for an OQR and Continental quota place, an athlete must meet the criteria detailed in **Section D.1., D.2 and the ANNEX.**

For athletes to be eligible to receive Host Country Quota Places, they must achieve at least two Total results during Period 1, and at least one Total result during Period 2, that is a total of three Total Results in the same Olympic bodyweight category, in the official qualification events, and in accordance with **Section D.3. and the ANNEX.**

For Universality Places, athletes must achieve at least one Total result during Period 1, and at least one Total result during Period 2, that is a total of two Total Results in any Olympic bodyweight category, in the official qualification events, and in accordance with **Section D.4. and the ANNEX.**

With reference to article 5.5.16 of the IWF ADR, the list of athletes set to participate in any of the qualification events, as per **Section D and the ANNEX** (and the related whereabouts information as per this provision), must be submitted by a minimum of three months prior to the qualification event in question. For the avoidance of doubt, in the event of non-compliance, the consequences outlined in Article 5.5.13 of the IWF ADR are applicable.

All athletes must remain continuously available for anti-doping testing throughout the entire Qualification Period. In addition, athletes are required to provide accurate whereabouts information when requested. Any interruption in availability for testing or failure to comply with whereabouts obligations may result in ineligibility to participate in the Los Angeles 2028 Olympic Games and consequences as per the applicable IWF Anti-Doping Rules.

Consequences due to Anti-Doping Rule Violations

Without prejudice to the power of the Independent Panel as per article 12.1 IWF ADR (the "Independent Panel") to impose any other consequences, such as Member Consequences, under article 12 IWF ADR, the following provisions will apply:

a) In the event that, during the period from 26 July 2024 until 13 July 2028, a Member Federation (MF) is found to have breached an obligation under the IWF ADR, including, but without limitation, under Article 18 (but excluding the violations under Article 12), or has failed to comply with any directive or request on anti-doping matters issued by the IWF, the Independent Panel may withdraw some or all of the quota places from that MF/NOC with regard to the Los Angeles 2028 Olympic Games or the next Olympic Games.

b) Should three or more Anti-Doping Rule Violations sanctioned by the IWF or Anti-Doping Organisations other than a Member Federation or its National Anti-Doping Organisation have been committed by athletes and/or other persons affiliated to such MF/NOC from 26 July 2024 until 13 July 2028, the Independent Panel may withdraw some or all of the quota places from that MF/NOC with regard to the Los Angeles 2028 Olympic Games or the next Olympic Games. Quota reduction with respect to the next Olympic Games may be justified, for example where the third Anti-Doping Rule Violation is reported only after the Los Angeles 2028 Olympic Games. In cases where three or more of the underlying violations involve periods of Ineligibility of four years or more, all quota places will be withdrawn.

c) When considering the application of points a) and b) above, the Independent Panel may refer to the principles set forth in Articles 12.3.2 and 12.4 IWF ADR applicable to the imposition of Member Consequences. Similarly, the procedural rules of Article 12.7 of the IWF ADR apply by analogy to the process pertaining to the provisions above.

d) Any quota places withdrawn pursuant to points a) and/or b) above will be reallocated in accordance with the reallocation process as detailed in section **F. Reallocation of Unused Places**.

e) With reference to Article 12.3.3 IWF ADR, should two or more athletes or other persons affiliated to an MF/NOC be found to have committed an Anti-Doping Rule Violation giving rise to a period of ineligibility of four years or more on the occasion of the Los Angeles 2028 Olympic Games (including after further analyses of samples), the MF/NOC concerned will automatically be prevented from recommending, entering and/or proposing affiliated athletes or other persons for participation in the next Olympic Games following the final decision imposing the (first two) relevant sanctions (and will take all necessary measures to prevent such participation), without prejudice to any other sanction that may be imposed in accordance with the IWF ADR.

D. QUALIFICATION PATHWAY

	Number of quota places	Qualification events
MEN/WOMEN	**D.1.** 48 Men 48 Women **Total 96 athletes**	**IWF OQR – Refer to the ANNEX** The Qualification Period for the OQR will begin on 27 July 2026 and conclude on 7 May 2028. The Qualification Period is divided into two sub-periods (Periods 1 and 2). Total results/Ranking Points achieved by athletes in the same Olympic bodyweight category will be included on the OQR as follows: • The best three Total results from Period 1, and • the best two Total results from Period 2. After the end of the Qualification Period and the procedural steps as described in the Annex, the eight highest-ranked athletes in the OQR in each Olympic bodyweight category will be allocated a quota place. The total quota of the IWF OQR is inclusive of the Best Lifter title quota as highlighted in the Annex.
	D.2. 6 Men 6 Women **Total 12 athletes**	**OQR – Continental representation – Refer to the ANNEX** • The highest ranked eligible athlete in an Olympic bodyweight category whose NOC's continent is not represented in the top eight of that Olympic bodyweight category will be allocated a quota place. • If continental representation has already been achieved in a given Olympic bodyweight category, the continental quota place will be reallocated in accordance with **Section F. Reallocation of Unused Quota Places.**
	D.3. 3 Men 3 Women **Total 6 athletes**	**Host Country Places – Refer to the ANNEX** The Host Country is guaranteed a total of six quota places, three for men and three for women, in any Olympic bodyweight category, provided that the athletes meet the eligibility criteria outlined in **Section C.** After completion of the Qualification Period, the Host Country Places will be recalculated, taking into account any confirmed quota places obtained through the final OQR.

D.4. 3 Men 3Women **Total of 6 athletes**	**Universality Places** Six Universality places, three for men and three for women, are available to eligible NOCs for the Los Angeles 2028 Olympic Games. On 1 October 2027, the International Olympic Committee (IOC) will invite all eligible NOCs to submit their requests for Universality Places. The deadline for NOCs to submit their requests is 15 January 2028. The Tripartite Commission will confirm, in writing, the allocation of Universality Places to the relevant NOCs after the end of the qualification period for the sport concerned. Detailed information on Universality Places is contained in the "Los Angeles 2028 Olympic Games - Tripartite Commission Universality Places - Allocation Procedure" document.

E. CONFIRMATION PROCESS FOR QUOTA PLACES

E.1. Confirmation of Quota Places

The IWF will publish the Final Olympic Qualification Ranking by 29 May 2028 on its website.

The IWF will also confirm in writing to the NOCs, by 29 May 2028, the quota places they have obtained. NOCs must confirm to the IWF by 5 June 2028 whether they intend to use these quota places, as detailed in section **G. Qualification Timeline**.

E.2. Confirmation of Host Country Places

The IWF will confirm in writing to the Host Country, by 8 June 2028, the available host country quota places. The Host Country must then confirm in writing to the IWF, by 13 June 2028, whether it will use these Host Country places, as detailed in section **G. Qualification Timeline.**

F. REALLOCATION OF UNUSED QUOTA PLACES

F.1. Reallocation of unused Quota Places

If an allocated quota place obtained through the OQR is not confirmed by the NOC by the confirmation deadline of 5 June 2028, or is declined by the NOC, or is withdrawn by the Independent Panel, the quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category in the final OQR, while respecting the maximum quota per gender and per NOC.

Where the unused quota place is an additional fourth quota place allocated under the Best Lifter provision, the reallocation process set out under “Reallocation of an Unused Best Lifter Quota Place” in the Annex will apply.

If an allocated quota place obtained through continental representation is not confirmed by the NOC by the confirmation deadline of 5 June 2028, or is declined by the NOC, or is withdrawn by the Independent Panel, the quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category from a continent that is not yet represented, while respecting the maximum quota per gender and per NOC.

If all five continents are already represented in the Olympic bodyweight category, the continental quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category (regardless of continent), while respecting the maximum quota per gender and per NOC, as detailed in section **G. Qualification Timeline.**

F.2. Reallocation of unused Host Country Places

Unused Host Country places will be reallocated in accordance with **D.2. OQR-Continental Representation** within the Olympic bodyweight categories in which the Host Country qualified athletes through the OQR. The quota places will be allocated to the next highest-ranked eligible athletes from an NOC whose continent is not yet represented in the final OQR for those Olympic bodyweight categories, while respecting the maximum quota per gender and per NOC.

If continental representation has already been achieved in an Olympic bodyweight category, the quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category (regardless of continent), while respecting the maximum quota per gender and per NOC, as detailed in section **G. Qualification Timeline**.

F.3. Reallocation of unused Universality Places

Any unused Universality places will be reallocated to the next highest-ranked eligible athletes in the same Olympic bodyweight category in the final OQR, while respecting the maximum quota per gender and per NOC. This process will be repeated until the quota for each Olympic bodyweight category has been filled.

G. QUALIFICATION TIMELINE

Period	Date	Milestone
Qualification	27 July 2026 – 7 May 2028	Qualification Period
	15 January 2028	NOCs submit requests for Universality Places.
	11 May 2028	OQR is updated and published, including announcement of the Best Man Lifter and Best Woman Lifter.

Confirmation and reallocation	**12 May 2028**	IWF notifies NOCs whose athletes appear in the top eight of the OQR in more than one Olympic bodyweight category to select the category in which those athletes will remain in the top eight of the OQR.
	17 May 2028	NOCs confirm to IWF their selected Olympic bodyweight category for athletes ranked in the top eight of the OQR in more than one category.
	17 May 2028	OQR is updated and published.
	17 May 2028	IWF notifies NOCs that have more than three eligible athletes per gender (or more than four with the Best Lifters provision) ranked in the top eight of the OQR to select those athletes and their Olympic bodyweight categories that will remain in the OQR, respecting the maximum number of athletes per NOC.
	22 May 2028	NOCs confirm to IWF their selected athletes and Olympic bodyweight categories that will remain in the top eight of the OQR, respecting the maximum number of athletes per NOC.
	23 May 2028	OQR is updated and published.
	23 May 2028	IWF notifies NOCs that have more than three eligible athletes per gender (or more than four with the Best Lifters provision) to obtain an OQR and continental representation quota place to select the three athletes per gender and Olympic bodyweight categories that will remain eligible to receive the OQR and continental representation quota places, respecting the maximum number of athletes per NOC.
	26 May 2028	NOCs confirm to IWF their selected athletes and Olympic bodyweight categories eligible to receive the OQR and continental representation quota places, respecting the maximum number of athletes per NOC.
	29 May 2028	Final OQR is updated and published.

Confirmation and reallocation	29 May 2028	IWF notifies NOCs of their allocated quota places obtained through the final OQR and continental representation per Olympic bodyweight category.
	5 June 2028	NOCs confirm to IWF use of allocated quota places.
	5 June 2028	IWF notifies NOCs of the reallocation of any unused through the final OQR and continental representation quota places.
	8 June 2028	NOCs confirm to IWF use of the reallocated quota places.
	8 June 2028	IWF notifies the Host Country of the available Host Country quota places.
	13 June 2028	Host Country to confirm to IWF use of Host Country quota places.
	13 June 2028	IWF notifies NOCs of the reallocation of any unused Host Country quota places.
	13 June 2028	IWF informs IOC of Olympic bodyweight categories available for Universality Places.
	16 June 2028	NOCs confirm to IWF use of reallocated Host Country quota places.
	20 June 2028	Tripartite Commission notifies NOCs of the allocation of Universality Places.
	23 June 2028	NOCs confirm to IWF use of allocated Universality Places.
	23 June 2028	IWF notifies NOCs of the reallocation of Universality Places.
	26 June 2028	NOCs confirm to IWF use of reallocated Universality Places.
Sport Entries deadline	26 June 2028	**LA28 Olympic Games Sport Entries deadline**
Games time	14-30 July 2028	**LA28 Olympic Games**

ANNEX

IWF Olympic Qualification Ranking (OQR)

The IWF will establish, maintain and publish the OQR.

- The athletes will be ranked in the OQR according to the number of points they collect.
- The ranking points collected correspond to, and are equal to, the Total results achieved by an athlete (one kilogram equals one point).
- The Total result is the sum of an athlete's best Snatch and best Clean and Jerk results from the same competition.
- One athlete per NOC will be listed in the OQR in each Olympic bodyweight category.
- This athlete will be the highest ranked athlete from that NOC in the respective category, as indicated in Tables 1 and 2.
- The IWF will also publish a Long-List-OQR (LLR), which includes all eligible athletes regardless of the maximum number of athletes per Olympic bodyweight category per NOC.
- The final Ranking Points of an athlete in the OQR are the sum of the five best Total results achieved during the Qualification Period in the same Olympic bodyweight category at the qualification events.
- The Qualification Period for the OQR will begin on 27 July 2026 and end on 7 May 2028.
- The Qualification Period is divided into two sub-periods (Periods 1 and 2). Total results/Ranking Points achieved by athletes in the same Olympic bodyweight category will be included in the OQR as follows:
    - The best three Total results from Period 1, and
    - the best two Total results from Period 2.

- Athletes who fail to achieve:
    - three Total results in the same Olympic bodyweight category during Period 1 will be removed from the OQR,
    - two Total results in the same Olympic bodyweight category during Period 2 will be removed from the OQR.

IWF Qualification Periods and Events are as follows:

- **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 (one event per continent as officially approved by the IWF as a qualification event, following the TCRR with 8 men's and 8 women's categories, max. 8 athletes per gender)
        - 2027 Pan-American (Senior) Championships
        - 2027 European (Senior) Championships
        - 2027 Asian (Senior) Championships
        - 2027 African (Senior) Championships
        - 2027 Oceania (Senior) Championships
    - **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 African (Senior) Championships
    - 2028 Asian (Senior) Championships
    - 2028 European (Senior) Championships
    - 2028 Pan-American (Senior) Championships
    - 2028 Oceania (Senior) Championships
  - **2028 IWF World (Senior) Championships**

- The detailed calendar of events is available on the IWF website at https://iwf.sport/events/calendar
- The OQR (and the LLR) will be available on the IWF website at https://iwf.sport
- If two or more athletes record the same number of points in the same Olympic bodyweight category, they will be ranked based on which athlete achieved the Total Result first, using equivalent Greenwich Mean Time (GMT) if necessary.
- A Total Result obtained by an athlete at a Continental (Senior) Championship or Continental (Senior) Games will be included in the OQR, provided that the Member Federation represented by the athlete is affiliated with the respective Continental Federation.

Results achieved by athletes in non-Olympic bodyweight categories will be included in the OQR under the corresponding Olympic bodyweight category that incorporates their bodyweight, as indicated in Tables 1 and 2 below. For example, an athlete's Total result in M70kg achieved at the 2027 Continental Championships will be included in the M75kg Olympic bodyweight category. The highest Total achieved by each athlete in the events outlined above will count towards their overall place in the OQR.

Table 1

IWF Men's bodyweight categories	Olympic Men's bodyweight categories
60kg (≤ 60.00kg)	**65kg (≤ 65.00kg)**
65kg (60.01kg–65.00kg)	
70kg (65.01kg –70.00kg)	**75kg (65.01kg-75.00kg)**
75kg (70.01kg–75.00kg)	
85kg (75.01kg–85.00kg)	**85kg (75.01kg-85.00kg)**
95kg (85.01kg–95.00kg)	**95kg (85.01kg–95.00kg)**
110kg (95.01kg–110.00kg)	**110kg (95.01kg-110.00kg)**
+110kg (> 110.00kg)	**+110kg (>110.00kg)**

Table 2

IWF Women's bodyweight categories	Olympic Women's bodyweight categories
49kg (≤ 49.00kg)	**53kg (≤ 53.00kg)**
53kg (49.01kg–53.00kg)	
57kg (53.01kg–57.00kg)	**61kg (53.01kg-61.00kg)**
61kg (57.01kg–61.00kg)	
69kg (61.01kg–69.00kg)	**69kg (61.01kg-69.00kg)**
77kg (69.01kg–77.00kg)	**77kg (69.01kg-77.00kg)**
86kg (77.01kg–86.00kg)	**86kg (77.01kg-86.00kg)**
+86kg (> 86.00kg)	**+86kg (>86.00kg)**

After the end of the Qualification Period, and the procedural steps A), B) and C), as detailed below, the eight highest-ranked athletes in the Final OQR in each Olympic bodyweight category will be allocated a quota place.

A) If an athlete is ranked in the top eight in more than one Olympic bodyweight category in the OQR, the athlete's NOC, in consultation with the MF recognised by the IWF, must confirm to the IWF by 17 May 2028 the event in which that athlete will compete at the Los Angeles 2028 Olympic Games. The athlete will then be removed from the OQR in all other Olympic bodyweight categories. Any ranking position that this makes available will automatically be assigned to the next highest-ranked eligible athlete in the respective Olympic bodyweight category.

B) Should an NOC have more than three athletes (or four with through the Best Lifters provision) per gender from different Olympic bodyweight categories listed in the OQR, the NOC, in consultation with the MF, must confirm to the IWF by 22 May 2028 which of these athletes will be allotted the quota places. Any athletes not confirmed will then be removed from the OQR. Any ranking positions and quota places declined by the NOC will automatically be assigned to the next highest-ranked eligible athlete from an NOC that has not yet used its three quota places (or four with the Best Lifters provision).

C) **Best Lifters**

The IWF will announce the overall Best Man Lifter and Best Woman Lifter of the Qualification Period.

Only athletes ranked first in an Olympic bodyweight category in the Olympic Qualification Ranking (OQR) published following the final qualification event will be eligible for consideration for the Best Lifter title. The effect of a Best Lifter title on the maximum quota per NOC is set out in Section B.2 of the Olympic Qualification System. For further information on the Best Lifter title please follow this link.

OQR – Continental representation

To ensure the widest possible representation across the IWF-recognised Continental Federations (Africa, Asia, Europe, Oceania and Pan America), one quota place will be allocated in each Olympic bodyweight category based on the OQR and the following criteria:

- The highest ranked eligible athlete in an Olympic bodyweight category whose NOC's continent is not represented in the top eight of that Olympic bodyweight category will be allocated a quota place.
- If continental representation has already been achieved in a given Olympic bodyweight category, the continental quota place will be reallocated in accordance with **Section F. Reallocation of Unused Quota Places.**

Should an NOC have more than three athletes (or four with the Best Lifters provision) per gender from various Olympic bodyweight categories listed in the OQR/Continental representation, the NOC, in consultation with the MF, must confirm to the IWF by 26 May 2028 which of these athletes will be allotted the quota places. Any athletes not confirmed will then be removed from the OQR. Any ranking positions and quota places declined by the NOC will automatically be assigned to the next highest-ranked eligible athlete from an NOC that has not yet used its three quota places (or four with the Best Lifters provision).

Host Country Places

The total number of Host Country Places to be allocated is determined as follows:

Men's Host Country Places

- If the Host Country does not obtain any men's places through the OQR, a total of three men's Host Country places will be allocated.

- If the Host Country obtains one men's place through the OQR, an additional two men's Host Country places will be allocated.

- If the Host Country obtains two men's places through the OQR, an additional one men's Host Country place will be allocated.

- If the Host Country obtains three men's places through the OQR, no men's Host Country places will be allocated.

If the Host Country obtains three men's places through the OQR and its athlete achieves recognition as the Best Man Lifter, no men's Host Country places will be allocated.

If the Host Country obtains four men's places through the OQR through the Best Man Lifter provision, no men's Host Country places will be allocated.

Women's Host Country Places

- If the Host Country does not obtain any women's places through the OQR, a total of three women's Host Country places will be allocated.

- If the Host Country obtains one women's place through the OQR, an additional two women's Host Country places will be allocated.

- If the Host Country obtains two women's places through the OQR, an additional one woman's Host Country place will be allocated.
- If the Host Country obtains three women's places through the OQR, no women's Host Country places will be allocated.

If the Host Country obtains three women's places through the OQR and its athlete achieves recognition as the Best Woman Lifter, no women's Host Country places will be allocated.

If the Host Country obtains four women's places through the OQR through the Best Woman Lifter provision, no women's Host Country places will be allocated.