



ALPE ADRIA INTERNATIONAL WEIGHTLIFTING TOURNAMENT TECHNICAL RULES FOR 2024-2030 CYCLE

*Approved at Alpe Adria Congress 23/03/2024 convened via Internet
and amended at Alpe Adria Congress 28/03/2026 convened via Internet*

Up to date: 30/07/2026

Under support of:



1) The ALPE ADRIA International Weightlifting Tournament (shortened to "Alpe Adria") was founded in 1965 by the neighboring regions/nations of Friuli Venezia Giulia (ITA) - Mr. Marcello Zoratti; Slovenia (SLO, formerly Yugoslavia) - Mr. Janko Groselj; and Carinthia (AUT) - Mr. David Koffel. Over the years, other neighboring regions/nations have been admitted to participate. Currently (since 2010), there are seven regions/nations authorized to participate: 1 - Bosnia and Herzegovina (BIH); 2 - Croatia (CRO); 3 - Friuli Venezia Giulia (ITA); 4 - Niederösterreich (AUT); 5 - Slovenia (SLO); 6 - Veneto (ITA); and 7 - Zala (HUN). Requests for participation from other regions/nations will be considered only upon the full consent of all participating regions/nations.

2) It was subsequently established that the official language of ALPE ADRIA would be English, the official headquarters would be in Ljubljana (SLO), the Secretary General would be appointed by Slovenia and the President by Friuli Venezia Giulia (ITA).

3) The Presidents of the regional/national weightlifting federations of the regions/nations officially participating in the Alpe Adria are ex officio members of the Alpe Adria Executive Committee. During the annual congress held in the final year of the cycle, the President, Vice-President, and Secretary General of the Alpe Adria shall be elected for the subsequent seven-year cycle.

4) During the meeting held in Ljubljana (SLO) on June 6, 2004, the delegations elected Mr. Ernesto Zanetti (ITA) as President and Mr. Jože Zaluberšek (SLO) as Secretary of ALPE ADRIA for the 2015-2021 cycle. (Due to the coronavirus epidemic, the 2020 and 2021 competitions did not take place, and the seven-year cycle concluded in 2023). They also appointed Mr. Marcello Zoratti as Honorary President for life of ALPE ADRIA.

During the Elective Congress held in Zalaegerszeg (HUN) on Friday, June 23, 2023, Ernesto Zanetti (ITA) was elected President, Damjan Čanžek (SLO) Vice-President, and Jože Zaluberšek (SLO) Secretary General for the seven-year cycle 2024-2030.

5) The objectives of the annual meetings, which will be held according to the schedule (see point 19), are to strengthen existing strong bonds of friendship and to deepen technical knowledge regarding the various weightlifting schools. These

objectives have been pursued since 1965, the year the tournament began.

6) Each national or regional team shall consist of four athletes: one male Senior athlete, one male Under-17 athlete, one female Senior athlete, and one female Under-17 athlete. If necessary, Under-17 or Junior athletes may compete in the Senior age class. Conversely, athletes are not permitted to compete in a age class lower than their own. The national or regional team also includes a head of delegation, an international referee, and two coaches, making a total of eight people.

7) For the new 2024-2030 cycle, a special SUPERTROPHY (presented by the President) will be permanently awarded to the region/nation achieving the highest score at the end of the seven-year cycle.

8) The competitions will take place according to IWF regulations. A "Robi Point" coefficient will be applied to the "Olympic Total" of each athlete (for the Senior male and female categories, limited to athletes competing in the Senior group, and for the Youth male and female categories, for athletes competing in the U17 group) based on the IWF table.

The "Robi Point" formula used for the team ranking may be replaced, subject to approval by the Alpe Adria Congress, by other formulas compliant with the indications of the IWF Technical Regulations, should the need arise.

9) If an athlete fails three attempts in one exercise, the Robi Point score will be calculated based on the best valid attempt in the other exercise.

The sum of the Robi Point scores achieved by each team member will determine the final ranking for each competition. In the event of a tie, the team with the athlete who achieved the highest Robi Point score will be the winner.

10) The team achieving the highest score in each competition will be declared the winner and may temporarily retain the Alpe Adria SuperTrophy until the following year. The team shall also have the right to affix a 7 x 3 cm label to the base of the trophy, bearing the winning team's name and the year the competition took place.

11) The region or nation hosting each Tournament shall be responsible for organizing the technical meeting, which is traditionally held on the Friday evening prior to the competition. They shall also arrange the award ceremony for the top three ranked teams, as well as for the best Under-17 athlete and the best Senior athlete (in both men's and women's categories). The organizers shall also handle the technical management of the competition: they will organize the weigh-in procedures and provide an adequate number of competition officials, announcers, technical controllers, a competition doctor, etc., as required to complete the staff of referees and officials stipulated by the International Technical Regulations. They shall appoint a group of experts and provide the necessary equipment for managing the competition and printing individual and team results; furthermore, they shall provide the competition

numbers to be worn on the athletes' suits during the event.

12) Each participating regional or national team will cover its own travel expenses, while the host region or nation will provide suitable full-board accommodation for all participating teams, from the afternoon of the Friday preceding the competition until breakfast on the following Sunday morning. The organizers will book two single rooms and three double rooms for each team. Furthermore, the organizers will ensure adequate public and private promotion through print, radio, and television advertising; they will also promote the EWF - which supports the Alpe Adria competition - by displaying the EWF logo.

13) Each participating regional or national team must send the organizers the complete team roster - including the names of all members and details regarding arrival and departure times - at least 20 days prior to the competitions. A copy of this communication must also be sent to the President and to Secretary General.

14) The organizing region or nation shall also cover the costs of board and lodging for the President, the Honorary President, the Secretary General, and the Honorary Secretary General, should they be present at the stages of the Tournament.

15) In keeping with tradition, the annual Tournament competition will take place on the first Saturday of June each year. The host region or nation is required to provide all logistical information (hotels and competition venues) 60 days prior to the event, along with the final competition schedule.

16) The region or nation hosting the "Alpe Adria" International Weightlifting Tournament shall also be responsible for organizing - in accordance with the instructions of the Secretary General - a preparatory meeting for the annual Congress. This meeting is to be held in Ljubljana (Slovenia) in March, traditionally on the Saturday of the week preceding Easter. The meeting will provide an opportunity to discuss various issues, examine all proposals, and finalize the program for the competition scheduled for the following June. The cost of the dinner following the preparatory meeting shall be borne by the region or nation hosting the annual competition. Two representatives per team may attend the meeting; travel expenses for participation shall be borne by the participants themselves.

From 2020, the annual Congress meeting may also be convened via the Internet

17) The organizing region or nation must ensure thorough preparation for the event in accordance with the IWF Technical Regulations. Furthermore, a panel displaying the event's name and logo must be positioned behind the competition platform. The Alpe Adria logo, as well as the EWF and IWF logos, shall also be promoted.

18) The competitions will be officiated by three international referees appointed during the technical meeting prior to the competition. A jury composed of three international referees will also be appointed at that time.

19) The schedule for the new seven-year cycle, commencing in 2024, has been approved as follows:

58 Alpe Adria 06/07/2024 SPLIT (CRO)

59 Alpe Adria 07/06/2025 VENETO (ITA)

60 Alpe Adria 06/06/2026 FRIULI VENEZIA GIULIA (ITA)

61 Alpe Adria 05/06/2027 NIEDERÖSTERREICH (AUT)

62 Alpe Adria 03/06/2028 ZALA (HUN)

63 Alpe Adria 02/06/2029 SLOVENIA (SLO)

64 Alpe Adria 01/06/2030 BOSNIA HERZEGOVINA (BIH)

20) The organizing regions/nations shall provide adequate and timely information regarding the agreements reached and decisions taken to their respective National Federations and to political and sports authorities.

21) Each participating region/nation must bring its own flag (approximately 2 x 1 m) for the official opening ceremony at each competition venue.

22) During the technical meeting preceding the competition, the participating regions/nations must pay the Alpe-Adria Secretary General the sum of €200.00 as the "Alpe Adria entry fee," serving as a flat-rate contribution towards administrative expenses.

Addendum:

The Alpe Adria Congress of 04/23/2024 decided that, starting from the 59th edition of the Alpe Adria Tournament 2025 Mestre (ITA) each participating team will pay the organizers a "Participation Fee" of € 300,00 to contribute to the costs for food and accommodation. The organizers will provide to send the EU IBAN bank code in due time into which the participants can pay the participation fee (which can also be paid in cash upon arrival) and for which they will issue a regular receipt.

The Alpe Adria Congress of 03/28/2026 decided that, starting from the 60th edition of the Alpe Adria Tournament 2026 Lignano (ITA) the athletes must have the citizenship of the teams they are competing for.