



The 26th Thailand Sports School Games Regulation on Weightlifting

Whereas it is expedient to have the 26th Thailand Sports School Games Regulation on Weightlifting;

By virtue of Article 9 (2) of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2568 (2025), the regulation has been issued as follows:

Article 1: This regulation is called “the 26th Thailand Sports School Games Regulation on Weightlifting”.

Article 2: This regulation shall be enforced in the 26th Thailand Sports School Games on Weightlifting.

Article 3: Rules and regulation of the competition

3.1 The 26th Thailand Sports School Games Regulation on Weightlifting shall be applied.

3.2 The rules of the International Weightlifting Federation (IWF), Thai version, certified by the Thai Amateur Weightlifting Association shall be applied.

3.3 The 26th Thailand Sports School Games Regulation on Weightlifting shall be applied in case of disagreement.

Article 4: Age groups, types, and events of the competition

4.1 Ages are classified into 3 groups as follows:

4.1.1 U14 (not born before 2011)

4.1.2 U16 (born between 2009 - 2010)

4.1.3 U18 (born between 2007 - 2008)

4.2 The competition is divided into 2 types as follows:

4.2.1 Men's team

4.2.2 Women's team

4.3 The competition events are as follows:

No.	Events	U14		U16		U18	
		Men	Women	Men	Women	Men	Women
1	48.0 kg (body weight does not exceed 48.0 kg)	✓	-	-	-	-	-
2	52.0 kg (body weight exceeds 48.0 kg but does not exceed 52.0 kg)	✓	-	-	-	-	-
3	56.0 kg (body weight exceeds 52.0 kg but does not exceed 56.0 kg)	✓	-	-	-	-	-
4	60.0 kg (body weight exceeds 56.0 kg but does not exceed 60.0 kg)	✓	-	-	-	-	-
5	65.0 kg (body weight exceeds 60.0 kg but does not exceed 65.0 kg)	✓	-	-	-	-	-
6	71.0 kg (body weight exceeds 65.0 kg but does not exceed 71.0 kg)	✓	-	-	-	-	-
7	71.0+ kg (body weight exceeds 71.0 kg)	✓					
8	40.0 kg (body weight does not exceed 40.0 kg)	-	✓	-	-	-	-
9	44.0 kg (body weight exceeds 40.0 kg but does not exceed 44.0 kg)	-	✓	-	-	-	-
10	48.0 kg (body weight exceeds 44.0 kg but does not exceed 48.0 kg)	-	✓	-	-	-	-
11	53.0 kg (body weight exceeds 48.0 kg but does not exceed 53.0 kg)	-	✓	-	-	-	-
12	58.0 kg (body weight exceeds 53.0 kg but does not exceed 58.0 kg)	-	✓	-	-	-	-
13	63.0 kg (body weight exceeds 58.0 kg but does not exceed 63.0 kg)		✓				
14	63.0 + kg (body weight exceeds 63.0 kg)	-	✓	-	-	-	-
15	56.0 kg (body weight does not exceed 56.0 kg)	-	-	✓	-	-	-
16	60.0 kg (body weight exceeds 56.0 kg but does not exceed 60.0 kg)	-	-	✓	-	-	-
17	65.0 kg (body weight exceeds 60.0 kg but does not exceed 65.0 kg)	-	-	✓	-	-	-
18	71.0 kg (body weight exceeds 65.0 kg but does not exceed 71.0 kg)	-	-	✓	-	-	-
19	79.0 kg (body weight exceeds 71.0 kg but does not exceed 79.0 kg)	-	-	✓	-	-	-
20	88.0 kg (body weight exceeds 79.0 kg but does not exceed 88.0 kg)	-	-	✓	-	-	-
21	88.0 + kg (body weight exceeds 88.0 kg)	-	-	✓	-	-	-

No.	Events	U14		U16		U18	
		Men	Women	Men	Women	Men	Women
22	44.0 kg (body weight does not exceed 44.0 kg)	-	-	-	✓	-	-
23	48.0 kg (body weight exceeds 44.0 kg but does not exceed 48.0 kg)	-	-	-	✓	-	-
24	53.0 kg (body weight exceeds 48.0 kg but does not exceed 53.0 kg)	-	-	-	✓	-	-
25	58.0 kg (body weight exceeds 53.0 kg but does not exceed 58.0 kg)	-	-	-	✓	-	-
26	63.0 kg (body weight exceeds 58.0 kg but does not exceed 63.0 kg)	-	-	-	✓	-	-
27	69.0 kg (body weight exceeds 63.0 kg but does not exceed 69.0 kg)	-	-	-	✓	-	-
28	69.0 + kg (body weight exceeds 69.0 kg)	-	-	-	✓	-	-
29	60.0 kg (body weight does not exceed 60.0 kg)	-	-	-	-	✓	-
30	65.0 kg (body weight exceeds 60.0 kg but does not exceed 65.0 kg)	-	-	-	-	✓	-
31	71.0 kg (body weight exceeds 65.0 kg but does not exceed 71.0 kg)	-	-	-	-	✓	-
32	79.0 kg (body weight exceeds 71.0 kg but does not exceed 79.0 kg)	-	-	-	-	✓	-
33	88.0 kg (body weight exceeds 79.0 kg but does not exceed 88.0 kg)	-	-	-	-	✓	-
34	98.0 kg (body weight exceeds 88.0 kg but does not exceed 98.0 kg)	-	-	-	-	✓	-
35	98.0 + kg (body weight exceeds 98.0 kg)	-	-	-	-	✓	-
36	48.0 kg (body weight does not exceed 48.0 kg)	-	-	-	-	-	✓
37	53.0 kg (body weight exceeds 48.0 kg but does not exceed 53.0 kg)	-	-	-	-	-	✓
38	58.0 kg (body weight exceeds 53.0 kg but does not exceed 58.0 kg)	-	-	-	-	-	✓
39	63.0 kg (body weight exceeds 58.0 kg but does not exceed 63.0 kg)	-	-	-	-	-	✓
40	69.0 kg (body weight exceeds 63.0 kg but does not exceed 69.0 kg)	-	-	-	-	-	✓
41	77.0 kg (body weight exceeds 69.0 kg but does not exceed 77.0 kg)	-	-	-	-	-	✓
42	77.0 + kg (body weight exceeds 77.0 kg)	-	-	-	-	-	✓

No.	Events	U14		U16		U18	
		Men	Women	Men	Women	Men	Women
The number of events in each age group		7	7	7	7	7	7
Total number of events in all age groups		42					

Article 5: The number of athletes and team officials

5.1 Each sports school is permitted to send one team in each type to compete.

5.2 For U14 men's team and women's team, the competition shall be divided into 6 weight classes. Each team is permitted to submit the list of 8 athletes, which consist of 6 starting athletes and 2 substitutes. The maximum number of 2 athletes is permitted to compete in each weight class.

5.3 For U16 men's team and women's team, the competition shall be divided into 7 weight classes. Each team is permitted to submit the list of 9 athletes, which consist of 7 starting athletes and 2 substitutes. The maximum number of 2 athletes is permitted to compete in each weight class.

5.4 For U18 men's team and women's team, the competition shall be divided into 7 weight classes. Each team is permitted to submit the list of 9 athletes, which consist of 7 starting athletes and 2 substitutes. The maximum number of 2 athletes is permitted to compete in each weight class.

5.5 Athlete is permitted to compete in only 1 age group and 1 weight class.

5.6 Team officials in each age group consist of:

5.6.1 Team manager	1	person
5.6.2 Coach	1	person
5.6.3 Assistant coach	1	person

Article 6: Qualifications of athletes

The qualifications shall be based upon Section 5 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E 2568 (2025).

Article 7: The competition prizes

7.1 Winning athletes shall receive the competition prizes in accordance with Section 7, Article 22 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2568 (2025) as follows:

7.1.1 The winner shall receive a gold medal and a certificate.

7.1.2 The first runner-up shall receive a silver medal and a certificate.

7.1.3 The second runner-up shall receive a bronze medal and a certificate.

7.2 The prize for men's team and women's team shall be considered from the Snatch, the Clean & Jerk, and the Total.

7.3 Sports school which has the highest total scores shall receive a trophy of honor in accordance with Section 7, Article 23 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2568 (2025). The point calculation shall be as follows:

The 1 st place gets	28	points
The 2 nd place gets	25	points
The 3 rd place gets	23	points
The 4 th place gets	22	points
The 5 th place gets	21	points
The 6 th place gets	20	points

The 7 th place gets	19	points
The 8 th place gets	18	points
The 9 th place gets	17	points
The 10 th place gets	16	points
The 11 th place gets	15	points
The 12 th place gets	14	points
The 13 th place gets	13	points
The 14 th place gets	12	points
The 15 th place gets	11	points
The 16 th place gets	10	points
The 17 th place gets	9	points
The 18 th place gets	8	points
The 19 th place gets	7	points
The 20 th place gets	6	points
The 21 st place gets	5	points
The 22 nd place gets	4	points
The 23 rd place gets	3	points
The 24 th place gets	2	points
The 25 th place gets	1	point

7.4 Best athlete and coach awards

The best athlete and coach shall receive a certificate of honor under the criteria of consideration as follows:

7.4.1 The best athlete awards shall be given to three men and three women in accordance with their age groups (U14, U16 and U18).

7.4.2 The best athlete awards shall be considered from athletes who break the record in each weight class. If the record is not broken, the weightlifting sport technical sub-committee shall consider and operate for the best athlete award.

7.4.3 The best coach awards shall be considered from the team total points in each age group. The best coach awards shall be given to three men's team coaches and three women's team coaches.

Article 8: The competition organizing methods

8.1 The competition shall be based upon the rules of the International Weightlifting Federation (IWF), Thai version, certified by the Thai Amateur Weightlifting Association.

8.2 Drawing lots for identification number and athletes' body weighing shall be based upon the rules of the Thai Amateur Weightlifting Association.

8.3 Participating teams shall have to come and compete on the date, time and venues specified by the organizing committee. Weighing in each weight class shall have to be proceeded 2 hours prior to the competition and have to be completed 1 hour prior to the competition. The athletes who do not appear shall be disqualified from the competition.

8.4 Minimum standard statistics

8.4.1 Athletes in U14 age group shall have to first lift the barbell with the minimum weight of 21 kg for the Snatch and of 26 kg for the Clean & Jerk.

8.4.2 Athletes in U16 age group shall have to first lift the barbell with the minimum weight of 35 kg for the Snatch and the Clean & Jerk.

8.4.3 Athletes in U18 age group shall have to first lift the barbell with the minimum weight of 40 kg for the Snatch and the Clean & Jerk.

Article 9: Determination of the competition date, time and venues

The organizing committee shall be responsible for determination of the competition date, time and venues.

Article 10: The competition uniform and equipment

10.1 Athletes shall have to wear uniform provided by their sports school but it must not violate the rules and regulation of the International Weightlifting Federation (IWF) which officially promulgated by the Thai Amateur Weightlifting Association.

10.2 Barbell set for the competition which is certified by the International Weightlifting Federation shall be used.

10.3 Adding more weight plates/discs: the collars can be excepted if necessary.

10.4 Girls' competition: 15 kg bar shall be used for girls.

10.5 Boys' competition: 20 kg bar shall be used for boys.

10.6 Barbell set for warming up: TAWA weight discs/plates or others shall be used.

10.7 Barbell set for practice: TAWA weight discs/plates or others shall be used.

Article 11: Referees and officials

The sport technical sub-committee shall consider the referees and the officials for the competition under an approval of the organizing committee.

Article 12: Protest and appeal

The protest and appeal shall be based upon Section 8 and Section 10 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2568 (2025).

Article 13: Penalty

The penalty shall be based upon Section 9 of the Thailand National Sports University Regulation on Thailand Sports School Games, B.E. 2568 (2025).

Article 14: Chairperson of the 26th Thailand Sports School Games Organizing Committee shall have charge and control of the execution of this regulation and act as an arbiter in case of any problems which may occur from applying this regulation.

Announced on 1 April B.E. 2568 (2025)



(Mr. Boonsan Srikhan)

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Chairperson of the 26th Thailand Sports School Games Organizing Committee
“Ubon Ratchathani Games”