

International Weightlifting Federation Celebrates 120 Years of Existence



International Weightlifting Federation

Havana, Jun 10 (JIT) - Today, the International Weightlifting Federation (IWF) celebrates 120 years of its foundation, committed to continue promoting the development of this sport worldwide.

Founded in 1905 in the German city of Duisburg, the entity was established to form a global union aimed at achieving various objectives.

Among these objectives was to standardize the names, execution, and evaluation of exercises, as well as to hold competitions under a defined set of rules.

In that first meeting, an agreement was reached to accept only the participation of members affiliated with the new organization in official competitions.

The rules to be complied with by athletes, coaches, managers, and amateurs, as well as the regulations for records, were established on that occasion.

Eleven countries received invitations to attend the creation of the Federation, but only Denmark, Germany, Italy, and the Netherlands attended the event, so they are considered the founding members.

The first name of the world governing body for weightlifting was the World Amateur Athletic Union, which was changed permanently in 1972 to the International Weightlifting Federation.

By 1913, another 12 nations had joined the new organization, and over the years, others joined, until reaching the current figure of 192 affiliated countries.

According to the IWF website, Cuba has been a member of the organization since 1937.

The world governing body of weightlifting is currently responsible for organizing the world championships for juniors and seniors in the women's and men's categories.

The IWF celebrated its anniversary without international events in June, but is preparing to hold several competitions in Europe, Asia, and Oceania in July.

In the Americas, the Pan American championship of the sport will be held in Cali, Colombia, from the 12th to the 18th of next month.

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