



Announcement



MAKE YOUR CALL!

- Who?** Organised by the German Weightlifting Federation (BVDG) and AC Potsdam
- What?** The LUXIAOJUN German Weightlifting Open is the summer event of the German Weightlifting Federation (BVDG). The competition pursues a holistic approach by bringing together performance-oriented sport with ambitious amateur sport and is open to alternative approaches to weightlifting (e.g. CrossFit, Functional Fitness) and international lifters.
- When?** Saturday, July 4, and Sunday, July 5, 2026
- Where?** Haeckelstr. 74
14471 Potsdam, Germany

Competition A: Men and Women (Seniors)

Olympic weightlifting (Snatch and Clean & Jerk).
The regulations of the BVDG apply.

Competition B: Clubs and Affiliations

A team consists of six lifters, of which the best five are scored. The prerequisite is that five lifters finish with a valid total. Relative scoring applies. The regulations of the BVDG apply in conjunction with the IWF TCRR.



Eligibility and Qualification Standards:

All athletes born in **2010 or earlier** who have met the following qualification standards between July 5, 2025 and June 20, 2026:

| Men | | Women | |
|--------------|-------|--------------|-------|
| Weight Class | Total | Weight Class | Total |
| 60kg | 140kg | 48kg | 70kg |
| 65kg | 157kg | 53kg | 76kg |
| 71kg | 175kg | 58kg | 85kg |
| 79kg | 204kg | 63kg | 97kg |
| 88kg | 217kg | 69kg | 110kg |
| 94kg | 229kg | 77kg | 122kg |
| 110kg | 250kg | 86kg | 130kg |
| 110+kg | 257kg | 86+kg | 135kg |

It will not be possible to change weight classes after the registration deadline on June 20, 2026!

Juniors compete in the respective senior classes and not in separate classes, but the juniors with the best relative points are honoured at the end of the competition.

Lifters who do not belong to a club and international lifters who are not affiliated with a national federation must prove that they meet the standards by submitting three video documents: 1. Weigh-in, 2. Snatch, 3. Clean & Jerk.

Ad 1. – Weigh-in:

Before stepping on the scale, athletes prove their identity by holding up a photo ID to the camera.

The scale itself is checked for accuracy by placing a clearly standardised and labelled weight disc on them while the camera is running.

To maintain privacy, the weigh-in itself takes place in clothing on the video created. For this purpose, 200 grams are deducted from the weight recorded.

Ad 2. und 3. – Snatch and Clean & Jerk

The athletes load their barbells and demonstrate the correct loading of each lift by walking around the barbell once with the camera (plastic collars are not included in the barbell load). The camera is then positioned at a 45-degree angle in front of the platform at hip height and records each lift from start to finish. The athlete and barbell must be fully visible throughout the entire movement.

No more than 2 hours may have elapsed between the weigh-in and the first lift (evidence of time stamp in the video).

The video documents must be sent to one of the following two email addresses shortly before the registration deadline, e.g. via WeTransfer or another service: jantzen@bvdg-online.de or rieger@bvdg-online.de.



All three videos will be judged by a referee with at least GWL 1 qualification, and athletes will be contacted directly if they lack the necessary qualifications or if there are any further queries.

All videos will be deleted after the competition.

Registrations:

Registrations must be submitted by **June 20, 2026**, stating the name, club (optional), weight class, the entry total and the achieved total as qualifying standard for the competition, through the following form:

[Meldeformular / registration form LUXIAOJUN GWL OPEN 2026](#)

Late registrations can only be considered if they are sent by email to the above address at least eight days before the start of the event.

Maximum number of participants: 120 athletes.

We reserve the right to implement a participant limit per weight class. In this case, the order in which registrations are received will be decisive. (First come, first serve!)

Entry fees:

The entry fees per registered participant are:

- €70 per athlete
- €80 per team.

Late registration fees increase by €10 for each category. Transfers must be made by June, 20 2026 to the following PayPal account: info@bvdg-online.de.

Entry fees are non-refundable.

Competition Management:

Thomas Rieger, Vice-President

Daniela Jantzen, Vice-President

Organisation:

The AC Potsdam team with administrative support from the BVDG.



Provisional Timetable:

| Saturday, July 4 2026 | | | |
|-----------------------|----------|----------------------|--------------|
| Women | | | |
| Group | Weigh-in | Start of Competition | Weight class |
| 1 | 8:00 | 10:00 | 48/53 |
| 2 | 10:00 | 12:00 | 55 |
| 3 | 12:15 | 14:15 | 63 |
| 4 | 14:30 | 16:30 | 69 |
| 5 | 17:00 | 19:00 | 77/86/86+ |
| Sunday, July 5 2026 | | | |
| Men | | | |
| Group | Weigh-in | Start of Competition | Weight class |
| 6 | 9:00 | 11:00 | 60/65/71 |
| 7 | 11:00 | 13:00 | 79 |
| 8 | 13:00 | 15:00 | 88 |
| 9 | 15:00 | 17:00 | 94 |
| 10 | 17:00 | 19:00 | 110/110+ |

The finalised schedule will be announced on the website <https://german-weightlifting.de> and associated social media channels after the registration deadline.

Referees:

Will be announced by Mike Höffler, Speaker of the Technical Committee.

Media coverage:

A livestream will be provided. Further information will follow on German Weightlifting's communication channels (website, Instagram, etc.).

Awards:

The top three in each weight class will receive medals and certificates. The three best overall athletes in the men's, women's, junior men's and junior women's categories and the overall best clubs will receive trophies.

A pair of the new LUXIAOJUN – German Weightlifting shoes will be raffled off among all participants. Prerequisite is the achievement of a valid Total. Information on this will follow on the German Weightlifting communication channels (website, Instagram, etc.).



General Information: Participation at the LUXIAOJUN GERMAN WEIGHTLIFTING OPEN is at your own risk. Any liability of the association and its auxiliary persons for personal injury or damage to property is excluded, except in cases of intent or gross negligence.