

USA MASTERS
WEIGHTLIFTING



Technical & Competition Rules

1. IMWA RULES

The Masters follow the rules of weightlifting as defined by the current edition of the IWF TCRR, except as amended in this section.

2. ADDITIONAL RULES RELATING TO THE MASTERS

2.1 Age Groups

MEN

The IMWA organize lifting in eleven (11) age groups for men within each body weight category. Each age group spans 5 years which statistically is the longest age span suitable to enable a true competition between athletes of differing ages. The men's age groups are:

M35	age 35-39	M40	age 40-44
M45	age 45-49	M50	age 50-54
M55	age 55-59	M60	age 60-64
M65	age 65-69	M70	age 70-74
M75	age 75-79	M80	age 80-84
M85	age 85 and above		

USA Masters Weightlifting allows for infinite age groups when applicable: M90, M95, etc.

WOMEN

The IMWA organize lifting in eleven (11) age groups for women within each body weight category. The women's age groups are

W35	age 35-39	W40	age 40-44
W45	age 45-49	W50	age 50-54
W55	age 55-59	W60	age 60-64
W65	age 65-69	W70	age 70-74
W75	age 75-79	W80	age 80-84
W85	age 85 and above		

USA Masters Weightlifting allows for infinite age groups when applicable: W85, W90, etc.

- 2.2 A weightlifter can compete in Masters' weightlifting events on the 1st January in the year he or she becomes 35 years of age regardless of the fact that the birth date may be as late as the 31st December. The same principle applies when an athlete reaches the next age group.
- 2.3 For men and women in the M70 and W70 age groups and above, the use of a bar below the weight of 20kg is allowed, e.g., 15kg or 10kg. The bar must be loaded with a minimum of 2 full sized 2.5kg disc. USA Masters Weightlifting allows the use of spring collars in this case.

3. THE 80% RULE

- 3.1 **80% Rule** – The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed 80% of the weight of the **verified Entry Total**. The jury will exclude the athlete from the competition if this rule is not adhered to. The rule is known as the 80% Rule and determines the “minimum start total”.

Example: An athlete enters a competition with a verified Entry Total of 250 kg. As 80% of 250 kg is 200 kg, the total weight of the combined first attempts in the Snatch & Clean & Jerk must equal or exceed 200 kg, e.g., 90 kg and 110 kg or 87 kg and 113 kg or any other combination. The **minimum start total** in this example is 200 kg.

Note: *At Continental Championships the 80% rule can be applied to the official Qualifying Total for*

the athlete's age group/bodyweight category instead of applying it to the verified Entry Total.

3.2 The athlete may submit an Entry Total that is *lower* than the total actually achieved at their qualifying competition but it must be equal to or greater than the official Qualifying Total for their age and bodyweight category.

3.3 No changes can be made to the Entry Total after the deadline date for entries has passed.
(Not applicable to USA held National events)

**3.4 Changes to the Minimum Start Totals
(In compliance with the 80% Rule)**

3.4.1 If the athlete remains in the bodyweight category entered the minimum start total remains unchanged and no changes are allowed.

3.4.2 If the athlete moves down to a lower bodyweight category at the Verification Meeting, then the minimum start total is *decreased* by an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

Example: The athlete enters M65/102kg category with an entry of 200 kg total and minimum start total of **160 kg** i.e., 80% of the entry total. At the Verification Meeting the athlete moves down to M65/96kg. The qualifying total for M65/96kg is 4 kg lower than for M65/102kg therefore the minimum start total is *reduced* to **156 kg**.

3.4.3 If the athlete moves up to a higher bodyweight category at the weigh-in or earlier then the minimum start total is *increased* by an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

Example: The athlete enters W35/59kg category with an entry total of 200 kg and minimum start total of **160 kg**, i.e., 80% of the entry total. At the weigh-in the athlete moves up to W35/64kg category. The qualifying total for W35/64kg is 5 kg higher than for W35/59kg therefore the minimum start total is *increased* to **165 kg**.

4. MASTERS BODYWEIGHT CHANGE RULE

4.1 At the Verification Meeting before the start of the Championships, the final entry list of athletes are confirmed including name of the athlete, age group, and bodyweight category.

4.2 At the Verification Meeting athletes may move up to a higher body weight category or down to a lower body weight category.

Note – Rules 3.1 and 3.2 ensure that an athlete can achieve the qualifying standard. Advanced changes of body weight categories must be notified to the Secretariat, by e-mail or other means.

4.3 An athlete can move up to a higher body weight category at the time of the weigh-in. In order to do this the athlete must first attend the weigh-in for the body weight category he or she has entered and then also attend the weigh-in for the next body weight category above. An athlete is not allowed to go down a body weight category at the weigh-in. Weigh In Rules protocols are the same as IWF.

**** NEW WEIGH IN RULE:** Athletes **MUST** be weighed in undergarments (articles of the athlete outfit: costume, unitard, shorts and T-shirt are not considered as undergarments). Athletes must not wear shoes or socks or any other footwear during weigh-in.

An athlete who is within the weight of the bodyweight category in which he / she is officially entered is weighed only once. An athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary to make the bodyweight category. The returning athlete does not have to follow the sequence of weigh-in order.

4.4 After information is verified at the Verification Meeting the entries are considered final. There cannot be any modification of the names or bodyweight categories of the athletes except in the case of an athlete moving up into a higher bodyweight category as in 4.3.

4.5 It is possible that the Final Verification meeting will be conducted online up to 5 days before the start of the championships. In this case athletes will be notified by the email sent regarding the official opening of the registration.

5. MASTERS AGE AND BODYWEIGHT FORMULAS (Men and Women)

5.1 A system of points is used to decide the best lifters in age groups and the overall championship best lifters for men and women referred to as Grand Master Men and Grand Master Women. Points are calculated using bodyweight coefficients and age coefficients.

5.2 The **Sinclair-Meltzer-Faber Formula (SMF)** is used at IMWA World and Continental championships to compute the best lifter in each age group and best overall lifter in the championship for men. The formula uses the Sinclair Body Weight Coefficients and the Meltzer-Faber Age Coefficients which remain static unless and until changes are approved by the IMWA Congress and/or Executive Board.

Only first place winners are eligible for an Age Group Best Lifter Award, and the Overall Best Lifter Men in the championship is selected from the men's Age Group winners by virtue of having the highest number of SMF points.

5.3 The **Sinclair-Huebner-Meltzer-Faber Formula (SHMF)** is used at IMWA World and Continental championships to compute the best lifter in each age group and best overall lifter in the championship for women. The formula uses the Sinclair Body Weight Coefficients and the Huebner, Meltzer, Faber Age Coefficients which remain static unless and until changes are approved by the IMWA Congress and/or Executive Board.

Only first place winners are eligible for an Age Group Best Lifter Award and the Overall Best Lifter Women in the championship is selected from the women's Age Group winners by virtue of having the highest number of SHMF points.

6. TEAM COMPETITION

6.1 At IMWA World, Continental, and National championships team entries are accepted - either Men's National Team Competition and/or the Women's National Team Competition. The men's team consists of a maximum of ten (10) athletes and the women's team ten (10) athletes, plus 3 reserves in each case. A team may have less than the stipulated number.

Team selection is spread over the different age and body weight categories with a maximum of two (2) athletes in any age and body weight category. *Note:* If a team member goes up or down in body weight at the Verification meeting, and doing so would result in more than two team athletes in a single age/body weight category, one or more members must be removed from the team roster before the end of the meeting to enforce the two-person limit. If a team member goes up a bodyweight category at weigh-in and this results in more than two team members in a single age/body weight category, only two (chosen by lower lot number) of these team members will count for team points.

- This competition is for team points only and team points are applied according to the IWF Rules, for the total only (*not* including points separately for Snatch and Clean & Jerk).
- A team may include only a single individual, or a maximum of ten, or any number from one to ten.
- Should a team member be unable to participate or be excluded due to two other team

members being in the same age group and body weight category, the first reserve will take the place of the absent team member. Should two (2) team members be unable to participate, the first two reserves will take the place of the absent team members. Should three (3) team members be unable to participate, all three reserves will take the place of the absent team members.

- A reserve can only be used as a substitute in a team if a named team member is withdrawn from the competition prior to the first attempt on the snatch, except as noted above.

6.2 Team selection is from the official Start list in the version published before the beginning of the final Verification meeting.

- In the team competition (men's and women's teams) if there is only one lifter listed on the final competition results in an age group/body weight category and that lifter is selected for a team, the maximum points that can be earned is 23 (equivalent to 3rd place). If there are two (2) people listed on the final competition results in the age group/body weight category, the winner, if a team member, would earn 25 points and the second, if a team member, would earn 23 points (equivalent to 2nd and 3rd places).
- Team entries should be submitted and paid at the Verification Meeting and will not be accepted after the start of the competition.

6.3 Team points for each athlete are calculated on the athlete's final position in the competition within the athlete's age group and body weight category. Points are based on the IWF team points system. SMF or SHMF points for each athlete are computed based on their total weight lifted.

6.4 The points of each team member are added together to give the total points for the team. The team with highest number of total points is the winning team.

- If two (2) or more teams have equal totals of points, the winning team will be selected on basis of medals won, i.e., most gold, silver, bronze, as follows: The team with the most gold medals is placed higher; if number of gold medals is equal, the team with the most silver medals is placed higher; if number of silver medals is also equal, then the team with the most bronze medals is placed higher.
- If two (2) or more teams have identical medal distributions, then the SMF or SHMF points earned by each team member are added together to give a total SMF or SHMF points for the team. The winning team is then selected on the highest team total of SMF or SHMF points.

7. MEDALS

7.1 Medals are awarded to the first three places in each body weight and age category for totals only. In USA Masters Weightlifting National events, medals are awarded for snatch, clean and jerk and total.

7.2 In the event of a tie the lifter who achieved the total first is the winner, regardless of age or body weight.

7.3 Regardless of an athlete achieving a finish in the first three, *failure to achieve the qualifying standard will result in the athlete not being awarded a medal.*

8. BEST LIFTER AWARDS

8.1 Best lifter awards will be given for each age category, men and women.

8.2 All best lifter awards are based on the highest number of SMF or SHMF Points amongst the gold medalists within each age group. Athletes who are not first in their age and body weight category are ineligible for the best lifter and grand master awards.

8.3 “**Grand Master**” Awards for men and women may be awarded to the best overall man and woman having achieved the highest overall SMF or SHMF Points in a championship, chosen from among the Age Group winners.

9. INTERNATIONAL MASTERS CHAMPIONSHIPS

9.1 GENERAL PROVISIONS

9.1.1 The format of a championship can only be changed by agreement with the IMWA or Continental Masters Committee (Pan American Masters).

9.1.2 The format of a championship is the format specified when the Championship Competition Schedule is produced. No additional days, no special award ceremonies, no “non-competition rest days”, and no other variations can be introduced without the sanction of the appropriate International Masters Committee.

9.2 IMWA WORLD CHAMPIONSHIPS

The IMWA World Championship will be held every year in the approximate period of late August to early October. At this championship athletes may set World Masters records and Continental records relative to the country in which an athlete resides. Doping controls must be applied to enable ratification of records.

9.3 WORLD MASTERS GAMES (WMG)

A WMG is normally held every 4 years and the IMWA will decide if the WMG will be sanctioned to include the IMWA World Championship within the WMG. If sanctioned the following rules will apply:

- At this championship athletes can set World Masters records and Continental records relative to the country an athlete represents. Athletes can also set new WMG records.
- Doping controls must be applied to enable ratification of records.
- In addition to the official WMG entry fee and method of registration, the IMWA require an additional fee to cover costs of the organizing committee, including administration and anti-doping. Arrangements will be made for additional fees to be paid by each national Masters Chairman to cover all their competing athletes.

9.4 CONTINENTAL MASTERS CHAMPIONSHIPS (Pan American Masters)

At Continental Masters Championships athletes can set World Masters records and Continental Masters records relative to the country and continent in which an athlete holds a passport or complies with rules on residency. Doping controls must be applied to enable ratification of records.

9.5 OTHER INTERNATIONAL MASTERS CHAMPIONSHIPS

9.5.1 DOPING CONTROL and SANCTIONS (for IMWA)

- Doping controls must be applied to enable ratification of IMWA World Masters records.
- Doping Controls must be carried out only at WADA approved laboratories.
- Any International Masters Championship event other than those listed in 9.2, 9.3, and 9.4 above must be sanctioned by the IMWA.
- To enable the IMWA to sanction international Masters weightlifting events, other than Continental Championships, the Organizing Committee must invite members from the IMWA Executive Board to attend, oversee, and agree that the event complies with all IMWA rules.
- All sanctioned non-IMWA events must provide (sent by email) a list of selected athletes for doping control and inform the IMWA Anti-Doping Panel immediately of any positive result.

- The result management of doping results at non-IMWA events shall be conducted by the respective NADA who carried out the doping control.

9.5.2 CONTINENTAL MASTERS GAMES (Pan American Masters)

The IMGA has now introduced Masters Games across all continents. Relative Continental Masters Committees must make their own decisions on attending these events or not, depending on if they are invited to attend.

1. NATIONALITY RULE FOR COMPETING ATHLETES

- 1.1** Masters are only allowed to compete for the nation issuing their passport. In cases of dual nationality where an athlete has two passports the athlete must decide which country he or she will compete for.
- 1.2** When an athlete decides to compete for a new, second nation, it must be done by formal request to the IMWA with supporting documents of proof including an official release from the previous national federation or recognized Masters body.
- 1.3** In cases where the first nation may be suspended from international competition by the IMWA because of doping offences, athletes may only compete for the second nation if they have not competed in any competition for the first nation in the previous 12 months.

2. ENTRY FROM OUTSIDE THE COUNTRY OF NATIONALITY

- 2.1** Athletes who live and work in a country for which they do not hold a passport must still be allowed the possibility to compete in Masters International Championships.
- 2.2** Such athletes are rightly being allowed to compete in National Masters Championships in the countries where they live and work.
- 2.3** If the National Masters Chairman of any country has doubts about the international qualification of an athlete from that country and now working and living in another country it can be resolved by the athlete sending a copy of a results protocol signed by at least two T.O.'s to that national chairman.
- 2.4** On behalf of all Masters across the world the IMWA will do their utmost to ensure this rule is observed and allow all Masters to compete in a selected championship.

3. SINGLET'S RULE

Weightlifting costumes for IMWA are the same as those described in the IWF TCRR except as follows:

The design on the upper thigh must be cut in a horizontal fashion such that the gluteal fold always remains covered. Ideally, the weightlifting costume worn by a master's athlete should be similar to that worn by senior athletes of their home country at IWF international events. Bikini cut designs are unacceptable on IMWA competition platforms for both genders.

USEFUL WEBSITES RELATING TO MASTERS WEIGHTLIFTING

IWF

www.iwf.sport

IMWA website

www.imwla.com

REGISTRATION SYSTEM

**www.imwa-reg.com
(Used for IMWA & EMWA)**

