



MASTERS
COMMITTEE
SUPPLEMENT

IWF MASTERS PROGRAM

The IWF Masters Committee was founded in 1992 as a sub committee of the IWF.

Participation in the IWF Masters program allows men and women (age 35 years and older) to compete with athletes of the same age in IWF Masters weightlifting events designated for masters.

Participation in IWF Masters weightlifting competition is open to all Masters age weightlifters (men and women) who are registered as masters with their respective IWF Affiliated National Weightlifting Federation.

The current IWF Constitution, By Laws, and Technical Rules apply to all IWF Masters weightlifting events (except for certain modifications to accommodate for the age of the lifters and the financing of the events).

The By Laws for the IWF Masters Committee are published by the IWF Masters Committee each year and are distributed to the Affiliated National Federations (and other interested parties). A detailed Rulebook is updated each year and can be obtained through the IWF Masters Chairman. The Technical Rules modifications for IWF Masters competitions are summarized in the following section.



IWF MASTERS TECHNICAL RULES —

1

PROGRAM OF THE COMPETITION

1.2.2

In its activities, the IWF Masters recognizes ten (10) age groups for men.

- | | |
|--------------|-----------------|
| 1. age 35-39 | 6. age 60-64 |
| 2. age 40-44 | 7. age 65-69 |
| 3. age 45-49 | 8. age 70-74 |
| 4. age 50-54 | 9. age 75-79 |
| 5. age 55-59 | 10. age 80 plus |

1.2.3

In its activity, the IWF Masters recognizes seven (7) age groups for women.

- | | |
|--------------|----------------|
| 1. age 35-39 | 5. age 55-59 |
| 2. age 40-44 | 6. age 60-64 |
| 3. age 45-49 | 7. age 65 plus |
| 4. age 50-54 | |

1.2.4

A weightlifter becomes a Master Lifter on January 1st of the year in which he or she attains the thirty-fifth anniversary. A Master's age for the entire year is the oldest the athlete will be that year. (For example, an athlete born on June 2, 1952 is considered to be age 50 years old for the entire year of 2002).

1.3.3

Team Awards. At Men's World and Continental Masters Weightlifting Championships, each country may enter a team of eight (8) men athletes and only three (3) reserves spread over the different age/bodyweight categories, with a maximum of two (2) athletes per age/bodyweight category.



- 1.3.4** Team Awards. At Women’s World and Continental Masters Weightlifting Championships, each country may enter a team of seven (7) women athletes and only three (3) reserves spread over the different age/bodyweight categories, with a maximum of two (2) athletes per age/bodyweight category.
- 1.3.6** Team selection is from the official entry list or nominations provided by the Host Committee. No lifter can be selected as a team member unless the same lifter has a minimum of two (2) other lifters for the competition in the same age/bodyweight category taken from the nomination list.
- 1.3.7** The Sinclair Bodyweight Factor and the Meltzer Age Factor will be used to compute the Best Lifter in each Age Group and Overall Best Lifter.
- Only first place winners are eligible for the Age Group Best Lifter award.
- The Best Overall Lifter is selected from the Age Group winners. The Best Overall Lifter is the Age Group winner with the highest number of Sinclair-Meltzer formula points.
- 1.3.8** At IWF Masters World Championships and at World Masters Games. A separate “Small Nations Men’s Team Competition” is held. This competition is limited to nations with six or fewer men entered in the IWF Masters World Championships or World Masters Games. These nations may enter a team of up to six (6) men, spread out over the different age/body weight categories. (These athletes compete in the Championships as individual lifters for age/body weight medals and Best Lifter, just as any other athlete entered in the Championships.)



Team point calculations for Small Nations Teams are calculated according to the IWF Rules on Classification of Teams, under 6.7.4 through 6.7.8 except for the modifications summarized in IWF Masters section below.

2

COMPETITIONS

2.1

In all IWF Masters competitions for which a qualifying total has been established, including IWF World Masters and Continental Masters Championships, all competitors must meet or exceed the qualifying total for the age group and bodyweight category in which they will compete. They must meet or exceed this qualifying total during the period specified by IWF Masters Technical Congress (in the case of IWF World Masters Championships) or by the respective Continental Masters Federation (in the case of the Continental Masters Championships). The qualifying period established for each competition must be published in the official entry form for that competition.

In the case of an athlete entering a new age group in the year of a competition for which a qualifying total applies, the qualifying total may be achieved by the athlete when he or she is in a lower age group than the one in which he or she will compete, provided that the qualifying total is achieved during the specified qualifying period.

2.2

In all IWF Masters competitions, including IWF World Masters and Continental Championships, no competitor may compete in a bodyweight category lower than the one in which he or she has been entered. The athlete will not be permitted to declare, at the time of the Technical Conference, a lower bodyweight than the one in which he or she was entered.



2.3

Weigh in

Because Master athletes finance their own way to World and Continental Championships, they are allowed to move up in bodyweight category.

After the Technical Conference, an athlete may move up to a higher bodyweight category by notifying the Competition Secretary prior to the start of the weigh in for the category they were officially registered for. After the start of that weigh in, the athlete may only move up to a higher bodyweight category if they get on the scale and weigh more than the bodyweight limit for that category. In that case, they must weigh in again at the regular time for the weigh in of the next higher bodyweight category. (In order to compete, they must meet the qualifying total for the heavier bodyweight category).

2.4

Classification of Athletes and Teams

2.4.1

Team points shall be calculated from the ranking for Total. No additional team points are awarded for ranking in the snatch or the clean and jerk.

Competitors cannot continue on to the clean and jerk after three failures in the snatch.

2.4.2

When two or more competitors obtain the same results at a competition where they registered at the same bodyweight, the competitor whose age is greatest is classified before the younger ones. (In the event of a tie, the older lifter is ranked before a younger one).

2.4.3

In the case of a tie in the classification of teams, where two or more teams have identical numbers of placing in first, second, etc., the team having the highest number of points



using the men's or women's formula will be classified first. That is, the total number of Sinclair-Meltzer points accumulated by all members of the team will determine the final placing.

