

Australia Queensland Cup Competition Format

The 2017 Uesaka Barbell Australia Queensland Cup is an open event comprising an individual competition; and a Club Team competition, you do not have to be in a team to enter.

- Dates:** 7-8th October, 2017
- Location:** Cougars Weightlifting Club, Chandler, Brisbane
- Eligibility:** The 2017 Uesaka Barbell Australia Queensland Cup competition is open to all QWA members.
There is no minimum qualifying standard for entry into the Uesaka Barbell Australia Queensland Cup. Note: the minimum weight that can be attempted at all QWA competitions is 15kg.
- Entries:** All competitors must enter via the QWA online registration system.
The number of competitors will be capped at a maximum of 150.
All competitors must nominate their bodyweight category in the registration process; however this can be changed at the verification of final entries.
- Competition Format:** All competitors compete within bodyweight categories.
Ranking within each bodyweight category will be determined by the Total.
The applicable IWF rules will be used to determine the ranking where two or more lifters in the same category achieve the same Total.
- Bodyweight Categories:** Male: 56, 62, 69, 77, 85, 94, 105, +105
Female: 48, 53, 58, 63, 69, 75, 90, +90
- Competition Schedule:** Weigh-in and competition times for each category will not be known until all preliminary entries are processed, however the schedule will follow the traditional pattern of starting with the lightest categories and progressing to the heaviest categories, alternating men's and women's sessions where possible.
- Verification of Final Entries:** Changes to nominated bodyweight categories must be notified to the QWA office by 12:00 noon on the Friday before the first day of the competition.
- Outfit of Competitors:** The outfit of competitors must comply with the IWF rules and include a one-piece lifting costume.
- Individual Awards:** Gold, Silver and Bronze medals are awarded for 1st, 2nd and 3rd place in each bodyweight Category.
- Team Composition:** The Club Team competition is open to all Clubs affiliated to the QWA.
Club Teams consist of up to 3 men and up to 3 women(6 lifters constitute a full team).
All team members must be registered to the same Club in the QWA database.
Any number of Team members can compete in the same bodyweight category.
Only one Team per Club is permitted to win however multiple can be nominated.
You do NOT have to be in a team to enter the competition.
- Team Nomination:** Club Teams must be nominated at the final verification of entries.
- Team Points:** Team points are calculated as the sum of the IWF championship points achieved by the team members according to their ranking within their bodyweight category.
- Team Award:** The winning Club will be awarded the 2017 Uesaka Barbell Australia Queensland Cup trophy.