

2018 Uesaka Barbell Australia Queensland Cup Competition Regulations

- Eligibility:** The Queensland Cup competition is open to all QWA members. There is no minimum qualifying standard for entry. 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. Competitors must nominate their bodyweight category in the registration process; however this can be changed at the verification of final entries. Cost of entry is \$50 per competitor.
- Competition Format:** There are two age groups: Junior (20 years and under) and Open. All competitors compete within bodyweight categories within the age groups. Juniors compete in both age groups for no additional fee. Ranking within each age group and bodyweight category will be determined by the Total. Any lifter who fails to register a successful lift in the Snatch can choose to continue to the Clean & Jerk part of the competition. Where two or more lifters in the same category achieve the same final Total, the lifter who achieved the Total first in the competition will be ranked higher.
- Bodyweight Categories:** Male: 55, 61, 67, 73, 81, 89, 96, 102, 109, +109
Female: 45, 49, 55, 59, 64, 71, 76, 81, 87, +87
- 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.
- Awards:** Gold, Silver and Bronze medals are awarded for 1st, 2nd and 3rd place in each bodyweight Category in both Junior & Senior age groups, according to the Total.

Trophies (The Qld Cup) will be awarded to the Best Male; Best Female; Best Junior Male and Best Junior Female according to the Sinclair formula.

