

**2021 Australian Masters Championships  
2021 Oceania Masters Championships  
2021 Commonwealth Masters Championships**

Eligibility	<p>The Australian Masters Championships are open to members of the Australian Weightlifting Federation who:</p> <ul style="list-style-type: none"> <li>• are aged 35 or over</li> <li>• are capitated members of the AWF</li> <li>• are approved by their State/Territory Weightlifting Association</li> <li>• have achieved a Total in an official competition between 8<sup>th</sup> January 2021 and 25<sup>th</sup> July 2021</li> </ul> <p>The Oceania Masters Championships are open to members of OWF Member Federations who:</p> <ul style="list-style-type: none"> <li>• are aged 35 or over</li> <li>• are approved by their National Weightlifting Federation</li> <li>• hold citizenship of the country of their National Weightlifting Federation</li> </ul> <p>The Commonwealth Masters Championships are open to members of CWF Member Federations who:</p> <ul style="list-style-type: none"> <li>• are aged 35 or over</li> <li>• are approved by their National Weightlifting Federation</li> <li>• hold citizenship of the country of their National Weightlifting Federation</li> </ul>
Host City, State, Country	Cairns, Queensland, Australia
Dates of Competition	10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup> September 2021
Competition Venue	Pullman Cairns International Hotel, 17 Abbott Street, Cairns, Queensland, Australia
Age Eligibility	Athletes born during or before 1986
Categories	45-49-55-59-64-71-76-81-87-87+    WOMEN 10 Categories 55-61-67-73-81-89-96-102-109-109+    MEN 10 Categories
Age Groups	As per IWF-Masters Rules
Entry method	Via the AWF Online Entry System: <a href="http://www.awf.com.au/registration/">www.awf.com.au/registration/</a>
Close of Entries	Midnight AEST, Friday 30 <sup>th</sup> July 2021
Entry Fee	\$145.00
Preliminary Entries	Published on the AWF website no later than Monday 9 <sup>th</sup> August 2021
Verification of final entries	Via the AWF Online Verification system no later than 12:00 noon on Wednesday 8 <sup>th</sup> September 2021: <a href="http://www.awf.com.au/verification/">www.awf.com.au/verification/</a>
Awards	<ul style="list-style-type: none"> <li>• T-Shirt – all competitors</li> <li>• Medals – Top 3 per age group and bodyweight category</li> <li>• Team Trophy – Men/Women</li> <li>• Awards presented for best performances across all three events             <ul style="list-style-type: none"> <li>○ Male / Female Best Lifter in Age Group (SHMF Score)</li> <li>○ Male / Female Champion of Champions (SHMF Score)</li> </ul> </li> </ul>



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## IMPORTANT NOTES:

- Payments and individual entries must be submitted via website link: [www.awf.com.au/registration/](http://www.awf.com.au/registration/) **no later than Friday 30<sup>th</sup> July 2021**
- The AWF office will send all received entries to the respective Australian State Association or National Federation who will review and endorse the participation of their members via email [imoir@awf.com.au](mailto:imoir@awf.com.au) **no later than Friday 6<sup>th</sup> August 2021**.
- Should a State Association or National Federation **not endorse** an individual entry, that person will not be permitted to compete, and they will receive a refund of their entry fee less \$15 administration fee.
- **No refunds will be made for withdrawals notified after the Preliminary Entries are published.**

## REGULATIONS:

1. The competition will be conducted according to the IWF Technical and Competition Rules & Regulations (TCRR).
2. The minimum weights that can be attempted will be in accordance with the IWF TCRR:  
Men = twenty-six (26) kg  
Women = twenty-one (21) kg
3. With reference to IWF TCRR, the 20 kg Rule will apply. The weight of the competitor's first Snatch attempt and the weight of their first Clean & Jerk attempt must add up to within 20 kg of their verified Entry Total. **The Entry Total can be changed via the AWF Online Verification System prior to 12:00 noon on Wednesday 8<sup>th</sup> September 2021.**
4. Athletes **must produce** a valid Passport or Australian Driver's Licence at the weigh-in for identification. Failure to submit correct ID at the weigh-in will result in the athlete not being able to contest the event.
5. Athletes may compete in the category in which they have entered or go up or down categories. **All changes must be declared prior to 12:00 noon on Wednesday 8<sup>th</sup> September 2021 via the AWF Online Verification System.**

To change your entry:

- a) Go to [www.awf.com.au/verification/](http://www.awf.com.au/verification/)
- b) Enter the Payment ID from your registration confirmation email
- c) Enter your date of birth and email address
- d) Click on Verify Entrant
- e) Change your Bodyweight Category and/or Entry Total
- f) Click the Update button

Changes will be confirmed on the screen and by email. **Please wait for confirmation before leaving the web page.**

6. **Individual Placing** will be calculated by **Totals** only.
7. An athlete who does not register a successful Snatch will **not be allowed** to continue in the Clean & Jerk;
8. Athlete dress standard **MUST** conform to the IWF TCRR.
9. All individual entries and payments **MUST** be submitted online **no later than Friday 30<sup>th</sup> July 2021 via website link: [www.awf.com.au/registration/](http://www.awf.com.au/registration/) **NO LATE ENTRIES WILL BE ACCEPTED****



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10. **Refunds** to individuals will only be issued in the instance where an AWF State Member Association or National Federation **does not** endorse the entry of an individual or if the entrant notifies the AWF prior to the publication of the Preliminary Entries. **No refunds will be made for withdrawal after the publication of the Preliminary Entries for any reason.**

### 11. Team Nomination

National Team and State Team nominations must be submitted by 12:00 noon on Wednesday 8<sup>th</sup> September. Each Nation and State may enter one team with no restriction on age or body weight categories. Teams consist of a maximum of five (5) men and five (5) women.

Scoring for the Masters Championship Team competitions will be as per the IWF TCRR and points table below, with the following proviso: If a team member is the only lifter in an age and bodyweight group, the maximum points that can be earned is 23 (equivalent to 3<sup>rd</sup> place). If there are two lifters in the age and bodyweight group and both were selected in teams, the winner would earn 25 points and second would earn 23 points (equivalent to 2<sup>nd</sup> and 3<sup>rd</sup> places). There must be at least three competitors in the same age group and bodyweight category for 28 points (1<sup>st</sup> place) to be awarded to the gold medalist in that age group and bodyweight category.

In the case of two or more teams achieving equal point scores, the teams' SMF (men) or SHMF (women) scores will be used to break the tie.

Placing in Competition	Team Classification		Placing in Competition	Team Classification
<b>Gold</b>	<b>28 points</b>		14 <sup>th</sup> Place	12 points
<b>Silver</b>	<b>25 points</b>		15 <sup>th</sup> Place	11 points
<b>Bronze</b>	<b>23 points</b>		16 <sup>th</sup> Place	10 points
4 <sup>th</sup> Place	22 points		17 <sup>th</sup> Place	9 points
5 <sup>th</sup> Place	21 points		18 <sup>th</sup> Place	8 points
6 <sup>th</sup> Place	20 points		19 <sup>th</sup> Place	7 points
7 <sup>th</sup> Place	19 points		20 <sup>th</sup> Place	6 points
8 <sup>th</sup> Place	18 points		21 <sup>st</sup> Place	5 points
9 <sup>th</sup> Place	17 points		22 <sup>nd</sup> Place	4 points
10 <sup>th</sup> Place	16 points		23 <sup>rd</sup> Place	3 points
11 <sup>th</sup> Place	15 points		24 <sup>th</sup> Place	2 points
12 <sup>th</sup> Place	14 points		25 <sup>th</sup> Place	1 point
13 <sup>th</sup> Place	13 points			

### ACCOMMODATION

The recommended accommodation is the **Pullman Cairns International Hotel**. Participants are responsible for their own accommodation bookings and payment to the hotel. For enquiries and bookings, contact the hotel directly on Tel: +61 7 4050 2152 or email [H8772-RE1@accor.com](mailto:H8772-RE1@accor.com)

**To obtain the special room rates quote Reference Number 2260767 or tell the hotel staff that you're attending the weightlifting event.**



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