



## 2022 QUEENSLAND STATE MASTERS CHAMPIONSHIPS

Location	NOOSA WEIGHTLIFTING CLUB – 26 PROJECT AVE. NOOSAVILLE
Date of Competition	Saturday 14 May – Sunday 15 May
Age Eligibility	Competitors must be born before or during 1987 and will compete within age group categories.
Age Categories	35-39;40-44;45-49;50-54;55-59;60-64;65-69;70-74; 75-79
Bodyweight Categories	MEN - 55/61/67/73/81/89/96/102/109/+109 WOMEN - 45/49/55/59/64/71/76/81/87/+87
Awards	<ul style="list-style-type: none"> <li>• Medals – Top 3 per category</li> <li>• Boks Bacon product prize for each age-group male and female</li> <li>• Best Masters Male and Female trophies</li> </ul>
Verification of Final Entries	Final Entries must be verified no later than 5:00pm on Wednesday 11 <sup>th</sup> May 2022 via email to <a href="mailto:gwa@gwa.org">gwa@gwa.org</a> OR text 0438031377 Lifters failing to make weight will be unable to lift in any capacity in the competition. The 20kg rule will be in use.

**REGULATIONS:**

1. Athletes must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event.
2. All competitors must wear a one-piece lifting suit that covers the trunk.  
Competitors may also wear:  
A collarless T shirt under a one piece lifting suit  
Close-fitting pants under a one-piece lifting suit  
A full body, one-piece **non-patterned unitard** under a one-piece lifting suit  
The top of a non-patterned unitard that covers the elbows under a one-piece lifting suit  
/ or just the bottoms on their own under a one-piece lifting suit  
Competitors cannot wear:  
Pants and a top instead of a one-piece lifting costume  
Loose fitting clothing  
Anything that covers the elbows (apart from a unitard)  
Any clothing that displays words, slogans, or images other than brand trademarks  
and/or weightlifting club / team names or logos  
Lifting belts wider than 120mm
3. Any athlete not registering a result in the Snatch will not be allowed to participate in the Clean & Jerk section of the competition.
4. IWF TCRR 6.6.5 (20kg Rule) will apply. The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total minus twenty (20) kg. Preliminary Entry Totals can be changed at the verification of final entries.

