

2023 Physique Science QWA Club Challenge Format and Rules

The 2023 Physique Science QWA Club Challenge is open to all QWA Affiliated Clubs, and QWA members and consists of three competition Rounds. The Rounds are Club competitions held within each of the participating clubs on the scheduled dates. Lifters may participate in Club competitions conducted at another Club's venue and still have their results included under their own Club's name. Lifters participating in Round 2 may only compete on one day – not both.

Round 1: 11th March

Round 2: 8-15th July

Round 3: 28th October

PRIZES

Supplied by Physique Science

Perpetual Team shield + \$200 for the highest scoring club across all rounds.

Individual Age Group Prizes

Senior M & F	\$250 each
U23 M & F	\$200 each
Junior M & F	\$200 each
Youth M & F	\$100 each
U15 M & F	\$50 each
Masters M & F	\$100 each

The QWA Club Challenge rounds are officially sanctioned competitions and therefore must comply with the by-laws and technical rules of the Australian Weightlifting Federation, including the following:

All Clubs must be currently **affiliated** with the QWA

All Competitors must be members of the QWA at the time of competing

All Competitions must:

- Include at least three (3) competitors;
- *Provide a weigh-in period of up to one (1) hour which ends no more than one (1) hour prior to the commencement of the competition;*
- Be judged by three weightlifting referees of a minimum of 1 State Referee and 2 Club Referee qualification.



Results Management

Clubs have **one week** after the competition to submit results via email. The results need to be in Michael Noonan Program format. The QWA is happy to advise Clubs on how to use the program but are unable to enter competition results into the required format for Clubs – clubs not complying with the format requirement will FORFEIT their club and individual lifter points, and not have competition results uploaded onto the AWF website.

A lifter can represent only one Club in the QWA Club Challenge in any one calendar year.

Any number of lifters may participate in the Club competitions which form the QWA Club Challenge however each Club's score in each Round will be the sum of the scores achieved by the highest six (6) scoring lifters only, from each Club. Club scores will be calculated when results are uploaded to the AWF online system.

The final placings in the QWA Club Challenge will be determined by the sum of the highest points achieved by each Club in three (3) out of the three (3) Rounds; and each age-group winner (m/f) decided by the sum of the highest points achieved by each athlete in three (3) out of the three (3) Rounds

Scoring System

The QLD Club Challenge Scoring System incorporates four elements in each Round:

1. Percentage of AWF National Grades

The lifter's final total is calculated as a percentage of the AWF National Grade relevant to gender and bodyweight categories, according to the following scale:

Lifters 17 years of age and under – AWF **K Grade (Men & Women)**

Lifters 18 to 20 years of age – AWF **I Grade (Men & Women)**

Lifters 21 to 39 years of age – AWF **E (Men & Women)**

Lifters 40 to 49 years of age – AWF **I Grade (Men & Women)**

Lifters 50 years of age and over – AWF **K Grade (Men & Women)**

2. Bonus Points for Consistency in Performance

Three successful attempts in snatch 3 points

Three successful attempts in clean & jerk 3 points

3. Bonus Points for Personal Best Performance

Final Total equalling Previous Personal Best 1 Point

Final Total exceeding Previous Personal Best by 1kg 2 Points

Final Total exceeding Previous Personal Best by 2kg 3 Points

Final Total exceeding Previous Personal Best by 3kg 4 Points

Final Total exceeding Previous Personal Best by 4kg or more 5 Points

4. Penalties for Performance Below Previous Best

Final Total 5kg below Personal Best -1 Point

Final Total 6kg below Personal Best -2 Points





Physique Science

Measure it, manage it

Final Total 7kg below Personal Best	-3 Points
Final Total 8kg below Personal Best	-4 Points
Final Total 9kg or more below Personal Best	-5 Points

Calculating the individual lifter score

Percentage of National Qualification Standard + Bonus Points + Penalty Points = Score

Personal Best

For the purposes of the QWA Club Challenge, the Personal Best Total is the Total achieved in any official weightlifting competition held after 1st January 2021. Personal Best Totals are absolute, i.e. a lifter's Personal Best Total is his or her highest Total regardless of his or her bodyweight at the time of achieving the Total and regardless of his or her bodyweight at the relevant QWA Club Challenge.

A lifter in a QWA Club Challenge round who has not recorded a result in an official weightlifting competition after 1st January 2021 and therefore has no Personal Best Total for the purpose of this competition, will not receive Personal Best Bonus Points or Penalty Points in that Round, but will be eligible for the 'Consistency' bonus.

Any lifter with a current QWA membership can participate in this competition program even if they are not formally attached to an affiliated club, and be eligible for Individual Age Group prizes.

Lifters under 10 years of age can participate in Club Challenge rounds (in separate modified sessions), however their results will not be stored in the AWF Results Management System and they will not be eligible for the U15 Prize. These results will not count as results of the top 6 lifters of the club for the purposes of this competition.

