



SPORTS INFORMATION GUIDE: COMPETITION VERSION 1.0

The Weightlifting competition at World Masters Games 2017 (WMG2017) is also the International Weightlifting Federation (IWF) Masters Weightlifting Championships.

1.0 Competition Dates

A detailed schedule and start list has been published to all registered Athletes and Non-Playing Officials.

Date	22/4 Sat	23/4 Sun	24/4 Mon	25/4 Tue	26/4 Wed	27/4 Thu	28/4 Fri	29/4 Sat
Comp Day	1	2	3	4	5	6	7	8
Age Group Men: All Bodyweight Categories	M 80, 75, 70	M 70, 65	M 60, 55	M 50	M 50	M 45	M 40	M 35
Age Group Women: All Bodyweight Categories	W 70, 65	W 60	W 55	W 50	W 45	W 40	W 35	W 35

Further details of ancillary events are outlined in Section 4.4.

2.0 Venue Details

WMG2017 Weightlifting competition will take place at the following competition venue:

Venue Name	AUT Millennium
Venue Information	17 Antares Place, Rosedale, Auckland 0632; located just over 15km north of central Auckland.
Transport Information	As parking is very limited at the venue, WMG2017 strongly recommends the use of public transport. Please see the Transport Information Guide for more detailed transport information.

A competition area will be established within the area, together with a warm-up area. The venue has been used for previous national and regional Weightlifting events and is within a venue precinct also including Athletics, Softball and Swimming.

2.1 Amenities

Food & beverage options, toilets, showers and change facilities will be available at the venue.

3.0 Competition Format

The WMG2017 Weightlifting competition involves the events in the following weight and age categories:

Event	Weight Category	Age Categories
Men's	56kg , 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Women's	48kg, 53kg, 58kg, 63kg, 69kg, 75kg, 90kg, +90kg	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

The winner of each category will be the athlete with the highest total score, when combining the results from the respective Snatch, and Clean and Jerk lifts in the competition.

Please note that as of 1 January 2017, the IWF will include two new Women's body weight categories, which will be comprised in the WMG2017 competition.

In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as at 31 December 2017. For example, if you turn 40 by 31 December 2017, you would compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age and weight category in which they originally entered.

4.0 Competition Details

4.1 Competition standards and rules

The WMG2017 Weightlifting event will be conducted in line with the competition rules of the International Weightlifting Federation (IWF) Masters, or as otherwise specified in this document.

4.2 Minimum qualification standards

In order to compete in the World Masters Weightlifting Championships (as part of WMG2017), each athlete must be able to satisfy the minimum qualification standard for total lift as outlined by IWF Masters Weightlifting. Each athlete is requested to provide details of most recent best performance, in addition to minimum starting lifts, as part of the registration process. See below for current IWF Masters Qualifying Totals;

Men's Qualifying Totals

Weight Category	Age Groups									
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
-										
56	155.0	147.0	140.0	130.0	115.0	105.0	92.0	75.0	67.0	55.0
62	172.0	162.0	155.0	142.0	127.0	117.0	102.0	82.0	75.0	55.0
69	187.0	177.0	170.0	157.0	140.0	127.0	112.0	90.0	82.0	60.0
77	202.0	192.0	185.0	170.0	152.0	137.0	120.0	97.0	87.0	65.0
85	215.0	205.0	195.0	180.0	162.0	147.0	127.0	102.0	95.0	70.0
94	227.0	215.0	205.0	190.0	170.0	155.0	135.0	107.0	97.0	72.0
105	237.0	225.0	212.0	197.0	177.0	160.0	140.0	112.0	102.0	77.0
+105	245.0	232.0	222.0	205.0	182.0	167.0	145.0	117.0	107.0	80.0

Women's Qualifying Totals

Weight Category	Age Groups							
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
-								
48	82.0	80.0	72.0	67.0	60.0	55.0	50.0	46.0
53	90.0	85.0	77.0	72.0	65.0	57.0	52.0	48.0
58	95.0	90.0	82.0	75.0	67.0	62.0	55.0	50.0
63	100.0	95.0	85.0	77.0	70.0	65.0	57.0	53.0
69	102.0	97.0	90.0	82.0	75.0	67.0	60.0	56.0
75	107.0	100.0	92.0	85.0	77.0	70.0	62.0	58.0
90	112.0	105.0	97.0	90.0	82.0	72.0	65.0	61.0
+90	112.0	105.0	97.0	90.0	82.0	72.0	65.0	61.0

As Women's weight categories have changed since registrations opened in February 2016, Women in the new 90 and +90 weight class will be verified under their previous qualification.

4.3 Qualifying period

Athletes had the opportunity to meet the above qualification standards at any nationally recognised event up to **3 March 2017**.

4.4 Ancillary Events

Date	Ancillary Event	Location
Friday 21 April 2017	Verification of Entries (2:00pm)	AUT Millennium, Rosedale, Auckland
	Technical Meeting (3:00pm)	AUT Millennium, Rosedale, Auckland
	WMG2017 Opening Ceremony (5:30pm)	Eden Park, Kingsland, Auckland
Wednesday 26 April 2017	IWFM Congress of Nations (7:30pm)	AUT Millennium, Rosedale, Auckland
Saturday 29 April 2017	IWFM Closing Awards Function (7:00pm)	AUT Millennium, Rosedale, Auckland
Sunday 30 April 2017	WMG2017 Closing Ceremony (6:00pm)	Queens Wharf, Central Auckland

4.5 National Federation verification of athlete registration

In order to compete in the World Masters Weightlifting Championships (as part of WMG2017), details of your registration will be sent to your National Weightlifting Federation by WMG2017 for verification and endorsement. Confirmed registration in the Weightlifting competition is subject to National Weightlifting Federation endorsement.

An athlete is not required to be 'selected' by a National Federation to compete at the Games, as entry is open to any athlete that can satisfy the minimum qualifying standards. However, each athlete registration will require verification by the National Federation to ensure that the athlete is in good standing and not subject to any current form of sanction.

4.6 Verification of Entries

Athletes are not required to attend Verification of Entries, unless they wish to **drop down** a bodyweight division or change their Entry Total. In which case, the athlete or nominated representative is required to attend the Verification of Entries at AUT Millennium (competition venue) on Friday 21 April 2017 at 2pm. If you or a nominated representative is unable to attend this meeting, notification of the drop in body weight must be emailed to weightlifting@wmg2017.co.nz by Friday 14 April 2017.

4.7 Technical meeting

A Weightlifting Technical meeting for Officials is proposed to be held at AUT Millennium on Friday 21 April 2017 at 3pm. Officials will be briefed and duties during the event will be confirmed. Athlete's are not required to attend this meeting.

4.8 Weigh-in

A weigh-in will be scheduled for two hours prior to the commencement of each session. Each weigh-in will be open for a maximum of one hour and all athletes must attend the weigh-in time allocated for their weight category. For example, if your session is scheduled to commence at 0900 hrs, weigh-in will be open between 0700 – 0800 hrs, or until the last registered athlete has completed weigh-in.

If an athlete wishes to **move up** a bodyweight division, they must attend the weigh -in for the division in which they have entered, plus the new bodyweight division (if held on a separate day).

All athletes must bring their WMG2017 Accreditation and Passport with them to their allocated weigh-in, indicating their full name and date of birth.

4.9 Technical Delegate

The IWF has endorsed the appointment of Garry Marshall (NZL) to act in the role of Technical Delegate for the WMG2017 Weightlifting competition. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

4.10 Technical Officials

An opportunity exists for Weightlifting athletes competing at WMG2017 who are also a qualified IWF technical official, to join the officials panel for the Games. If an athlete is interested in this opportunity, details are collected as part of the athlete registration process.

4.11 Games Accreditation

Games Accreditation can be collected from the Accreditation Centre (Queens Wharf) from 16 – 30 April 2017. Accreditation will be required to access the Opening Ceremony, participant-only social functions and the Warm-up and competition area at the Weightlifting competition AUT Millennium. Non-athletes must have a coaches pass to access the warm-up area, see below for further information

4.12 Coach Passes

All non-athletes wishing to enter the warm-up area will require a coaches pass to do so. IWF rules apply in regards to coach pass allocation:

- Pass allocation is at the organisers discretion, depending on the number of athletes and warmup space.
- Immediately after the competitor has weighed within the category, lifter will be given three (3) passes for accompanying coaches for the warm-up area.

- When there are two competitors from the same country, one (1) additional pass per athlete will be given after the second lifter has weighed.
- The persons who have been issued with passes are the only ones permitted to enter the warm-up area. Passes are issued for each specific group in all the categories.
- Passes are NOT for spectators friends, family to watch. The warmup area is strictly a place for athletes to focus and concentrate.

4.13 Minimum Starting Attempts Total Rule ('10/15 Kilo Rule')

At World and Continental Masters Championships for men, their first attempt snatch plus the first attempt clean and jerk must total no less than a total that is 15 kilograms below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for men is 15 kilograms below their Qualifying Total.

At World and Continental Masters Championships for women, their first attempt snatch plus the first attempt clean and jerk must total no less than a total that is 10 kilograms below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for women is 10 kilograms below their Qualifying Total.

Failure to achieve the qualifying standard will result in the athlete not receiving a medal regardless of that athlete's position in the championship.

5.0 Equipment & Clothing

5.1 Competition equipment

WMG2017 Weightlifting will provide all competition equipment (platforms, barbells, bar, discs, collars) including an electronic referee light system. All equipment for competition will meet with IWF specifications. The Eleiko brand of competition equipment will be used for the Weightlifting event.

5.2 Warm-up equipment

Warm-up equipment will also be provided, however this may not be the same as the equipment provided for competition, but will be of a suitable standard to enable sufficient athlete warm-up prior to competition.

5.3 Uniforms

All athletes must comply with clothing rules and regulations as outlined by the IWF, including costume, belt, footwear and any bandages, tapes or plasters.

6.0 Athlete Training

A list of training facilities throughout Auckland can be found on the [Weightlifting page](#) of the WMG2017 website.

7.0 Results

7.1 Results display

All results will be displayed at the venue via an electronic scoreboard and online via the WMG2017 and Olympic Weightlifting Auckland website. A full results book will be published on the IWFM website at the conclusion of competition.

7.2 Medal Ceremonies

Medal ceremonies for each age and weight category will follow each session.

8.0 Medical Services

8.1 First Aid

Qualified medical professionals will be available at the venue during Games time, and allocated treatment areas will be clearly identifiable.

NEW ZEALAND EMERGENCY NUMBER: 111

If you are not at a Games Venue and require emergency medical support, the number to call in New Zealand is 111.

8.2 Physiotherapy and Massage Therapy

At AUT Millennium, physiotherapy services will be provided by Healthzone. For more information and pre games bookings see: www.healthzone.org.nz. There are no onsite massage services at AUT Millennium, see below for more info on where to find a massage therapist.

8.3 Physiotherapy and Massage – Find a Clinic

For participants looking for treatments or medical services outside of their Games Venue or competition the following website links are for New Zealand Registered Practitioners. Using the links below participants can enter their current location or accommodation address and find clinics located nearby.

- **FIND SPORTS PHYSIOTHERAPISTS IN NEW ZEALAND:**
<http://physiotherapy.org.nz/about-physiotherapy/find-a-physio/>
- **FIND MASSAGE THERAPISTS IN NEW ZEALAND:**
<https://www.massagenewzealand.org.nz/>

9.0 Anti-Doping

Drug Free Sport New Zealand is the recognised National Anti-Doping Organisation (NADO) in New Zealand and will implement the WMG2017 anti-doping programme on behalf of the International Masters Games Association (IMGA). In accordance with the [Participation Terms and Conditions](#), all Participants are subject to the [IMGA Anti-Doping Rules](#). Participants should also be familiar with sport-specific anti-doping rules. For more information on anti-doping at WMG2017, click [here](#).

10.0 Insurance

It is the athlete's responsibility to secure private travel and medical insurance to cover any liabilities associated with their travel and accommodation in relation to attending or participating in their sport/event.

11.0 Further Information

All participants are encouraged to monitor the WMG2017 website at www.worldmastersgames2017.co.nz and other Games communication channels to find out all of the latest information.

11.1 Enquiries

General enquiries - contactus@wmg2017.co.nz

Weightlifting-related enquiries – weightlifting@wmg2017.co.nz

11.2 Ceremonies and Social Events

The Opening Ceremony is scheduled for the evening of Friday 21 April 2017 with the Closing Ceremony on the evening of Sunday 30 April 2017.

11.3 Important Documents

WMG2017 recommend that all athletes thoroughly read and print their Sports Information Guide, Transport Information Guide and any other relevant materials (ie. Venue Maps), as these materials will not be available at the Competition Venue or Accreditation Centre.