

INTERNATIONAL WEIGHTLIFTING

FEDERATION

MASTERS COMMITTEE



***IWF MASTERS HANDBOOK
(Incorporating the Constitution
and the Rules)***

***Approved by
The IWF MASTERS Congress of Nations
at the 2019 IWF Masters World Championships
Montreal, Canada 21st August 2019***

2019 EDITION

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IWF MASTERS CONSTITUTION

1 DEFINITION

1.1 NAME AND PRINCIPLES

- 1.1.1** The INTERNATIONAL WEIGHTLIFTING FEDERATION MASTERS COMMITTEE hereinafter called the IWF Masters is a voluntary committee formed at the 1989 World Masters Games in Aalborg, Denmark, and granted the status of being a committee of the IWF circa 1994.
- 1.1.2** The IWF Masters is responsible for the running of an annual IWF Masters Weightlifting Championship. This includes championships organised by the IWF Masters within the structure of a World Masters Games.
- 1.1.3** **The IWF have bestowed the IWF Masters the privilege of being the Governing Body for all Masters weightlifting (2015).**

2 IWF MASTERS EMBLEM AND FLAG

2.1 IWF MASTERS EMBLEM

- 2.1.1** The IWF Masters emblem consists of the following elements.
- A terrestrial globe with its meridians and parallels, some of which are in colour. Impressed on the globe are the weightlifting figures of a man and a woman.
 - The emblem surround depicts IWF Masters weightlifting.

2.2 THE IWF MASTERS FLAG

- 2.2.1** The flag carries the image of the emblem.

2.3 IWF MASTERS AUTHORISATION

- 2.3.1** The IWF Masters emblem must not be used without the permission of the IWF Masters Committee.
- 2.3.2** The IWF Masters emblem must not be fabricated (badges, medals, etc) without the permission of the IWF Masters Committee.

3 GENERAL PROVISIONS

- 3.1.** The IWF Masters is recognised as an “age committee” of the IWF.
- 3.2.** The IWF Masters follows the IWF Constitution, Anti Doping Policy and the Technical Rules and Regulations and adds supplementary rules and regulations for Masters WL that are not contradictive.
- 3.3.** The IWF Master forbids political and religious discussions.
- 3.4.** The IWF Masters supports a policy of peace, understanding, and friendship.
- 3.5.** The IWF Masters does not distinguish between continents, countries, or individuals for reasons of race, color, gender, religion, or politics.

- 3.6. The IWF Masters recognises only one Masters representative body from each country. This official Masters body must be officially recognized by a National Weightlifting Federation or approved by a National Olympic Committee.

4 OFFICIAL LANGUAGES OF THE IWF MASTERS

- 4.1. The IWF Masters complies with the IWF regarding the official languages. The working language is English and each nation is required to translate all IWF Masters documentation including IWF Masters Anti-Doping documentation and inform all national Masters athletes accordingly.
- 4.2. All the publications, reports, and letters of the IWF Masters are in English.
- 4.3. The proceedings of all IWF Masters meetings are conducted in English and members must be able to participate in English or provide an interpreter.
- 4.4. The organisers of IWF Masters Congresses must provide facilities suitable for the Congress of Nations.

5 IWF MASTERS BODIES

- 5.1. The IWF Masters is composed of the following bodies.
- The Congress.
 - The Executive Board.
 - Other Masters Committees
 - Technical Committee
 - Anti-doping panel.
 - Disciplinary committee

6 IWF MASTERS CONGRESS OF NATIONS

- 6.1. Congress is the highest authority.
- 6.2. An annual Congress is convened at all IWF Masters World Weightlifting Championships and World Masters Games.
- 6.3. The IWF Masters Congress is composed of the delegates of the countries who are recognised member bodies by their National Weightlifting body or their National Olympic Committee and in good standing with the IWF Masters Committee. Each country may be represented by two delegates but is entitled to only one vote. The delegates must be citizens of the country they represent. A delegate can only represent one country at a time.
- 6.4. The Chairman and the General Secretary must be present at all Congresses unless illness or another significant reason prevents attendance.
- 6.5. Congress will only discuss items listed on the agenda. Decisions of Congress are by a simple majority vote.
- 6.6. The following items must be on the agenda.
- Annual reports of the officials of the IWF Masters Committee.
 - Approval of the IWF Masters financial report.
 - Information and/or Reports on future approved IWF Masters World Championships.
 - Bids for future IWF Masters World Championship.
 - Bids (on any subject) must be submitted to the Secretariat in the 6 to 8 weeks prior to the start of the championship.

6.7 Countries wishing to have items and/or proposals on the Congress Agenda must submit such items 120 days before the Congress date.

6.8 Congress sessions are private and closed.

6.9 The disciplinary decisions of the Congress are final.

7 IWF MASTERS ELECTORAL CONGRESS

7.1 The IWF Masters will hold elections within the normal annual Congress every four (4) years and always in an “Olympic Games year”.

7.2 All the stipulations in section 6 also apply to section 7.

7.3 Election of officers will be the most important part of an electoral congress.

7.4 Elections are decided by simple majority vote.

7.5 Voting will be by secret ballot or show of hands at the majority request of Congress.

7.6 The IWF Masters Secretariat shall inform all nations of the election at least 90 days before. All Nominations must be forwarded to the General Secretary 60 days or more before the date of the Congress.

7.7 When there are two or more candidates for one position and where two or more candidates obtain an equal number of votes another ballot will be held. If there is still a tie after the second ballot the IWF Masters Committee has a casting vote.

7.8. Nominations must state which position within the committee the nominee is seeking.

8 IWF MASTERS EXECUTIVE BOARD

8.1 COMPOSITION OF THE EXECUTIVE BOARD

8.1.1 Elected Members

- The Chairperson
- The General Secretary
- The Treasurer
- Technical Officer
- IWF-Masters Women’s Officer
- IWF-Masters Secretariat

8.1.2 Appointed Positions (non-voting)

IWF-Masters Anti-doping Secretariat
Anti-doping assistant (Championships only)
Chief Referee
Chief Marshal

8.1.3. Co-opted Members

When required the IWF Masters Committee will appoint reliable people to help at championships.

8.2 ROLES AND FUNCTIONS OF THE IWF MASTERS EXECUTIVE BOARD

- 8.2.1** The IWF Masters Executive Board is responsible for the sport of Masters Weightlifting and its organisation at all World and Continental Masters events.
- 8.2.2** The IWF Masters Executive Board meets once a year at IWF World Masters Championships.
- 8.2.3** All members must attend the meetings and if unable to attend must inform the IWF Masters General Secretary prior to the meeting and give a valid reason for absence.
- 8.2.4** Only elected members are eligible to vote on matters discussed by the Executive Board.
- 8.2.5** The IWF Masters Executive Board has the power to suspend members who, without reason, have been absent from two consecutive meetings.
- 8.2.6** The IWF Masters Executive Board has the power to suspend members who, for whatever reason, no longer serve the IWF Masters Committee. It also has the power to suspend any member whose actions are not in the best interests of Masters Weightlifting.
- 8.2.7** Minutes of the Executive Board meeting are recorded and sent to all Board members on a confidential basis.
- 8.2.8** The IWF Masters Executive Board selects all the technical officials for the Championships.
- 8.2.9** The IWF Masters Executive Board monitors the finances of the IWF Masters Committee.
- 8.2.10** The IWF Masters Executive Board decides yearly who will represent the IWF Masters at the IWF Congress.

8.3 IWF MASTERS COMMITTEE JOB DESCRIPTIONS (For Executive Board members and co-opted members)

8.3.1 The IWF Masters Chairperson

- Supervises the activities of the IWF Masters, including control of the administration and the finances in accordance with the decisions of Congress and the Executive Board.
- Ensures that doping controls are carried out at all championships.
- Presides over Congress and the meetings of the IWF Masters Executive Board.
- Attends the IWF World Masters Championships and all World Masters Games.
- Submits annual reports to Congress and to the IWF Masters Executive Board, including responsibility for ensuring the presentation of the annual financial reports.
- Presents the medal to winners at IWF Masters World Championships and WMG, but may delegate other persons to do this duty.
- If absent the IWF Masters Chairperson will delegate another suitable official to attend to the duties related to this position.

8.3.2 The IWF Masters General Secretary

- Assists with the administration and operations of the IWF Masters and supports the sport of weightlifting in accordance with Congress, the IWF Masters Executive Board, and in consultation with the IWF Masters Chairperson.
- Ensures that doping controls are carried out at all championships.

- Assists the Chairperson to supervise the activities of the IWF Masters, including control of the administration and finances in accordance with the decisions of Congress and the Executive Board.
- Assists the Treasurer in producing a financial Trial Balance prior to sending all the financial papers, i.e. receipts, invoices, etc., to the accountant.
- Arranges the IWF Masters meetings.
- Produces an annual report for the Executive Board and Congress.
- Attends the IWF World Masters Championships and all World Masters Games.
- Sets the agenda for IWF Masters Executive Board Meeting and Congress, in consultation with the Chairman, and produces the minutes from these meetings.
- If for any acceptable reason the General Secretary is absent from an event the IWF Masters Chairman will appoint another suitable official to carry out these duties.
- Liaises with the Chairman and the Anti-Doping Secretariat in all matters and ensures that an annual list of any and all positive tests is produced and published to appropriate websites and available for championships.

8.3.3 The IWF Masters Treasurer

- Responsible for all the financial matters relating to the IWF Masters.
- Controls all IWF Masters expenditure.
- Reports and liaises with the IWF Masters Chairperson and General Secretary.
- After each championship the Treasurer will ensure that all the necessary procedures relating to revenue and expenditure are dealt with.
 - Payment of championship revenue to the Organising Committee.
 - Payment of all invoices relating to doping control.
 - Annual payment to the IWF.
 - Annual payment to the Medical Foundation in the USA.
 - Gather all the necessary papers together to produce a Trial Balance of the IWF Masters accounts and to send all such papers to a private accountant.
- Ensure the final accounts produced by a private accountant are put before the IWF Masters Executive Board.

8.3.4 THE IWF Masters Technical Officer

- The IWF Masters Technical Officer will be responsible for the maintenance of the IWF Masters website, records, Hall of Fame Lists, and the rulebook.
- Organising and controlling the Technical Conference before the start of championships.
- Ensure that the Chief Referee has designated the officials for every championship session.
- Ensuring the championship results and the results of the national team competition are produced at the end of all championships.
- Liaise with the Women's Officer on Hall of Fame matters.
- Liaise with and report to the Chairperson and the General Secretary.

8.3.5 The IWF Masters Secretariat (Specific)

- The day to day tasks of the Secretariat are to deal with incoming IWF Masters email enquiries and to reply within an acceptable time frame.
- The Secretariat will receive and process all championship entries and relate these to bank statements to ensure the correct entry fees have been paid. Any underpayments will be collected on arrival at the championship venue.
- At championships the Secretariat will issue any necessary receipts, e.g. national team entries, and keep a file of the receipts for the financial accounts, and to keep the receipts for any approved items of expenditure.
- Provide the Treasurer/CFO with copies of all receipts and the necessary bank statements to enable the completion of a trial balance of the financial accounts.
- Assist the Chairman and General Secretary to ensure doping control will be done at all championships.
- Liaise with the General Secretary and Treasurer to ensure that the invoice for doping control is paid promptly with any other payments which are due in a current financial year.
- Liaise and assist in preparing the financial accounts trial balance.

8.3.6 The IWF Masters Anti-Doping Secretariat

- This Secretariat will be a separate unit from the specific Secretariat, however, there are occasions when it will be necessary for them to work together.
- Ensures that doping controls are carried out at all championships in cooperation with the Chairperson and General Secretary.
- The Secretariat will ensure that competition venues have the correct facility for the conducting of doping control and will liaise with the DCO's (Doping Control Officers) through the time of the championship.
- The Secretariat will be involved in the selection of those athletes required for testing.
- At the end of a championship the Secretariat will collect the doping control forms for all the athletes tested and keep these filed in a secure place for a period of ten years or during this period until they might be required. After this time the documents will be destroyed in accordance with data protection privacy.
- The Secretariat will deal with all enquiries relating to Masters TUE's.
- The Secretariat will receive the laboratory test results and be responsible for all results management in consultation with the IWF Masters Anti-Doping Panel. The Secretariat will also keep the Chairperson and the General Secretary informed on all matters.
- The Secretariat will be an integral part of the IWF Anti-Doping Panel and involved in all aspects of decisions regarding adverse analytical findings.

8.3.7 The IWF Masters Women's Officer

- At every championship the Women's Officer will organise a meeting inviting all the women athletes to attend.
- Produce a report summary on the meeting to present to the Executive Board and publish to the website.
- Liaise with the Technical Officer and General Secretary.
- Arrange all Hall of Fame meetings.
- Take a lead role in making new appointments to the Hall of Fame, report on this to the Executive Board.

8.3.8 The IWF Masters Chief Marshal (co-opted)

- The Chief Marshal will operate in the warm-up area to convey athlete's changes to attempts, must be capable of performing these duties by electronic (computer) means or such equipment as may be used at a championship.
- Must be an IWF TECHNICAL Official and know all the "attempt change rules" in addition to other technical rules.
- Will liaise with the Technical Officer.
- Will be capable of teaching others to be able to carry out marshaling duties.

8.3.9 The IWF Masters Chief Referee (co-opted)

- The Chief Referee will report direct to the Technical Officer.
- Responsibility for ensuring that the weigh in room is correctly prepared and that the referees are present at all the weigh in sessions.
- Responsibility for ensuring that every championship weightlifting session has three referees, a Technical Controller, a Marshal, and a Jury.
- Responsibility for ensuring that the correct Start Cards are there at the start of each weigh in session and that the official scales are working and accurate.
- Assists in the running of the Technical Conference.
- Must have good knowledge of the IWF and Masters rules and recent modifications.

8.3.10 The IWF Masters Executive Board (General additional duties)

- All Executive Board members have voting rights on all the decision making of the Executive Board.
- Supervise the weightlifting activities, monitor the implementation of the Congress and the Executive Board decisions in accordance with the IWF Technical and Competition Rules and additional IWF Masters Rules shown in this rulebook and relating entirely to the Masters.
- Attend the meetings of the Executive Board.
- Attend and assist in the running of Congress upon the discretion of the Chairperson and the General Secretary.

- Assist championships by being in “official uniform” during the days of the championship and working as Jury Members, Referees, and Technical Controllers.
- Give support to Organising Committees of IWF World Masters Championships and WMG.
- Must be IWF Category I or Category II Technical Official and must be prepared to act as a Referee, Timekeeper, Technical Controller, Marshal, or serve on the Jury at IWF World Masters Championships and WMG.
- Must have strong knowledge of the IWF and IWF Masters technical rules and be aware of any recent modifications.
- For all IWF World Masters Championships, and after the registration closing date, the IWF Masters Committee is responsible for producing and publicising the Competition Start List and the Competition Schedule.
 - The Start List will show all the registered lifters in bodyweight category within age group.
 - The Competition Schedule will show how many sessions, depending on the number of registrations, and also the details for each session which are weigh-in time, session start time, bodyweights and age groups for the session, number of lifters in each session, and the session number.

8.4. CRITERIA FOR BEING ELECTED TO THE IWF MASTERS BOARD

- 8.4.1.** A prospective candidate must have the support of, and a recommendation from their national federation or recognised National Masters body, or be able to show evidence of having served their own National Masters for a period of time and also a willingness to help at International Masters events.
- 8.4.3.** It is necessary to hold a current IWF Category I or Category II Referee’s license.
- 8.4.4.** It is necessary to be able to speak and write English and have some computer expertise, e.g. email (minimum).
- 8.4.5.** Prospective candidates must have the following criteria –
- They must not have given a positive drug test at a sporting event.
 - They must have no history of bad behaviour with regard to Masters weightlifting, or weightlifting at any level, that is deemed to be inappropriate by the IWF Masters Board.
 - They should be in good standing with their National (Masters) Federation.
- 8.4.6.** Prospective candidates for all positions must submit a CV showing brief academic achievements to support their application and to show their involvement in Masters weightlifting. Knowledge of the IWF rules is also a necessity. Nominations for all positions will be vetted to decide the suitability of applicants for the position applied for.

9 IWF MASTERS COMMITTEES

9.1 GENERAL PROVISIONS

9.1.1 The following Committee(s) have been approved by Congress.

- the Anti-Doping Panel (Congress 2009)
- Technical Committee.
- the Hall of Fame Committee
- Grievance/Disciplinary Committee
- Women’s Committee
- Referee’s Committee

9.1.2 Functions of the IWF Masters Committees :

- *Anti-Doping Panel*

- Ensuring that a contract has been agreed with a NADO to conduct testing at championships and secure transportation of samples to a WADA approved laboratory. (This includes agreements on costs).
- The IWF Masters only deal with TUE’S when a retrospective TUE is required, and only in cases where a NADA does not deal with Masters applications. (updated regulations published)

- The Anti-Doping Panel is responsible for selecting athletes for testing at all championships.
- The Anti-Doping Panel is responsible for the management of test results.
- Technical Committee**
 - Rulebook changes and interpretation.
 - Run a Technical Conference before the start of each championship.
 - Liaise with Hall of Fame Committee.
 - Ensure that venues and equipment are prepared and are suitable for the championship.
- Hall of Fame Committee**
 - Selection of athletes for Hall of Fame.
 - Liaise with the Technical Committee.
 - Responsible for Hall of Fame presentations.
 - Ensure website Hall of Fame lists are updated after championships.
 - Keep the Chairperson and General Secretary informed on all Hall of Fame matters.
- Grievance /Disciplinary Committee**
 - Listen to any athlete or official who wants to raise a complaint.
 - Convene meetings to make decisions.
 - Resolve all grievances.
- Women's Committee**
 - Organise a women's meeting each year at the championship.
 - Report to Executive Board.
 - Report to Congress.
- Technical Officials Committee**
 - Ensure all weigh in sessions have Referees available to conduct the weigh in.
 - Ensure all championship sessions have Referees, a Technical Controller, a Marshal, and a Jury.
 - Liaise with and report to the Technical Officer, Chairperson, and General Secretary.

10. CONTINENTAL MASTERS COMMITTEES

10.1. Only one Committee is allowed from any one continent.

European Masters Committee - active from 1991
 Pan American Masters Committee - active from 1995
 Oceania Masters Committee - active from 1995
 Asian Masters Committee
 African Masters Committee

10.2. Each continent can send one representative to attend the IWF Masters Executive Board Meeting held each year one day before the start of the World Masters Championship. Representatives must cover their own costs for travel and accommodation.

10.3. Setting up a future continental Masters Committee

- Careful planning must be applied to form a new Continental Masters Committee.
- The IWF Masters have set the standards for the election of future continental committees by a continuous democratic process and this would be the expected requirement for new continents.
- Taking into consideration that the foundation of the entire Masters movement evolved and revolves around volunteers with a passion for the Masters it is accepted that this will be the starting point for future committees.
- All nations within a Continent must be informed at all stages and given the opportunity to be involved.
- Continental Masters Committees must primarily follow the IWF rules and secondly the IWF Masters rules accepted and approved by the IWF.

11 IWF MASTERS ELECTIONS

11.1 GENERAL PROVISIONS

11.1.1 Members of the IWF Masters Executive Board are elected at Congress and serve until the next Electoral Congress unless they are unable to fulfill their duties to the satisfaction of the Executive Board.

11.1.2 Candidatures for positions on the Board must reach the IWF Masters General Secretary 60 days before the date set for Congress. A person may only be a candidate for one position.

11.1.3 Voting can be by Secret Ballot or by Open Ballot, i.e. a show of hands.

11.2 SECRET BALLOT

11.2.1 Ballot papers will be issued to Congress delegates with each of the Executive Board positions printed and against each position the names of all the candidates nominated.

11.2.2 Delegates must vote for one candidate for each of the positions on the Executive Board. Ballot papers will only be deemed to be valid if there is a vote indicated for each candidate.

11.2.3 Ballot papers will be collected and appointed scrutineers will check that ballot papers are valid and also keep a count of the number of votes for each candidate.

11.2.4 The persons who obtain the most votes will be elected.

11.3 OPEN BALLOT BY SHOW OF HANDS

11.3.1 Each country will be given a colored voting card.

11.3.2 A member of the IWF Masters Executive Board will conduct the ballot.

11.3.3 The official will call out the position for which the ballot is being conducted. The names of each candidate will be called and for each candidate called the delegates will be asked to raise their voting cards. A count will be taken of the voting cards raised.

11.3.4 The persons who obtain most votes in the counts will be elected.

11.3.5 The order of election in a ballot by show of hands is as follows.

- The Chairperson
- The General Secretary
- The Treasurer
- Technical Officer
- IWF-Masters Women's Officer
- IWF-Masters Secretariat

11.4 TERMINATION OF SERVICE OF ELECTED OFFICIALS

11.4.1 By resignation. Any official may resign by word of mouth or by letter to the IWF Masters General Secretary.

11.4.2 By a decision of the Executive Board for failure to perform their duties to the satisfaction of a majority of members of the Board.

11.4.3 By suspension or expulsion in accordance with the applicable sections 8.2.5. and 8.2.6.

12 IWF MASTERS FEES

12.1. REVENUE

12.1.1 All championship revenue is provided by the payment of championship entry fees. A fair and reasonable share of the entry fees will be paid to the Organising Committee to cover such costs as venue hire, medals, etc. This is regardless of any future increases in the entry fee due to increasing costs, e.g., anti-doping, where increases are a necessity. The balance of revenue from entry fees is paid to the IWF Masters Committee to cover all committee expenditure, e.g., doping control, Hall of Fame, Website, any other expenses.

13 DISCIPLINARY ACTIONS AND PENALTIES

13.1 General Provisions

13.1.1 This section will deal with any misdemeanors through the Disciplinary Committee.

13.1.2 The Disciplinary Committee reports back to the IWF Masters Committee.

13.1.3 This committee will not deal with anti doping offences.

13.1.4 Any person who does not agree with a decision of the Disciplinary Committee has the right of appeal directly to the IWF Masters Committee.

13.2 Disciplinary

13.2.1 Athletes or officials suspended by their country or by the IWF will be considered suspended by IWF Masters. Athletes or officials suspended by the IWF Masters will be considered suspended by affiliated National Masters Bodies.

If a National Masters Association or Representative Body suspends an athlete or official who still wishes to compete in, or attend International Masters events, they must forward a written explanation of why the athlete is suspended to the IWF Masters Committee.

13.2.2 A Disciplinary Committee under the direction of the Executive Board or the Chairperson will have the following duties:

- To deal with all IWF Masters disciplinary matters.
- To deal with grievances of athletes and officials.
- To report back to the IWF Masters Chairperson and Executive Board.

13.2.3 In the case of an appeal the appellant has the right to be heard by the Executive Board before the Board passes a final decision. Appeals must be submitted in writing (in English) to the IWF Masters General Secretary within 30 days from the date on which the disciplinary panel made a decision.

During the course of a championship and where a person such as an athlete, coach, or technical official makes a complaint against another person for any of the reasons listed in 13.2.5. this must be reported to the IWF Masters Chairperson or a member of the IWF Masters Executive Board upon occurrence of the alleged misconduct without measurable delay. Likewise, if the complaint is concerning an infringement of the technical rules it must be reported immediately.

13.2.4 The IWF Masters Executive Board has the right to refuse or remove the accreditation of individuals whose participation in IWF Masters (or Continental Masters) events would be a discredit to the sport of weightlifting.

13.2.5 Disciplinary action will be taken against any athlete, official, or member of a championship organising committee, found guilty by the disciplinary committee, of acting in a way that might bring disrepute to the IWF or Continental Masters.

- Disruption of a championship.
- Failure to comply with any IWF or IWF Masters rule.
- Any action causing physical harm to another athlete or official causing interruption to the performance of another athlete.
- Any action which causes harm or problems for another person or persons attending a championship in any capacity, e.g. theft, acts of aggression, indecency, harassment, falsification of documents, bribery, extortion, racism, ageism, sexism, or any other action causing offence.
- Where a member of a championship organising committee takes any unwarranted action against a member of the IWF Masters Committee or Continental Masters Committee that may be construed as insulting or threatening, and without justification
- Any breach of the agreement between the championship organising committee and the IWF Masters Committee or Continental Masters Committee.
- Any person disciplined has the right to appeal to the IWF Masters Committee.

IWF MASTERS TECHNICAL AND COMPETITION RULES **and BYE-LAWS**

1. IWF MASTERS RULES

1.2 The IWF Masters follow and abide by all the IWF Rules relating to the following.

- The two lifts and general technical rules relating to the two lifts.
- Categories (body weight) and any IWF/IOC modifications.
- Equipment
- Jury
- Competitors clothing, e.g., costume, footwear, belt, and bandages.

2. ADDITIONAL RULES RELATING TO THE MASTERS

2.1 The IWF Masters organise lifting in ten (age) groups for men within each body weight category. Each age group spans 5 years which statistically is the longest age span suitable to enable a true competition between athletes of differing ages. The men's age groups are:

M35	age 35-39	M40	age 40-44
M45	age 45-49	M50	age 50-54
M55	age 55-60	M60	age 60-64
M65	age 65-69	M70	age 70-74
M75	age 75-79	M80	age 80 and above

2.2 The IWF Masters organise lifting in eight (8) age groups for women within each body weight category. The age groups are

W35	age 35-39	W40	age 40-44
W45	age 45-49	W50	age 50-54
W55	age 55-59	W60	age 60-64
W65	age 65-69	W70	age 70 and above

2.3 A weightlifter can enter the Masters program on the 1st January in the year he or she becomes 35 years of age regardless of the fact that the birth date may be as late as the 31st December. The same principle applies when an athlete reaches the next age group.

2.4 NEW 80% RULE

Passed by 2019 Congress, Montreal and replaces the “15/10 Kilo Rule”

2.4.1 80% Rule – The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed 80% of the weight of the verified Entry Total. The jury will exclude the athlete from the competition if this rule is not adhered to. The rule is known as the 80% Rule and determines the “minimum start total”.

Example: An athlete enters a competition with a verified Entry Total of 250 kg. As 80% of 250 kg is 200 kg the total weight of the combined first attempts in the Snatch & Clean & Jerk must equal or exceed 200 kg, e.g., 90 kg and 110 kg or 87 kg and 113 kg or any other combination. The **minimum start total** in this example is 200 kg.

Note: *At Continental Championships the 80% rule can be applied to the official Qualifying Total for the athlete’s age group/bodyweight category instead of applying it to the verified Entry Total.*

2.4.2 The athlete may submit an Entry Total that is *lower* than the total actually achieved at their qualifying competition but it must be equal to or greater than the official Qualifying Total for their age and bodyweight category.

2.4.3 No changes can be made to the Entry Total after the deadline date for entries has passed.

2.5. Changes to the Minimum Start Totals (In compliance with the 80% Rule)

2.5.1 If the athlete remains in the bodyweight category entered the minimum start total remains unchanged and no changes are allowed.

2.5.2 If the athlete moves down to a lower bodyweight category at the Technical Conference or Verification Meeting then the minimum start total is *decreased* by an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

Example: The athlete enters M65/102kg category with an entry of 200 kg total and minimum start total of **160 kg** i.e., 80% of the entry total. At the Technical Conference or verification of entries the athlete moves down to M65/96kg. The qualifying total for M65/96kg is 4 kg lower than for M65/102kg therefore the minimum start total is *reduced* to **156 kg**.

2.5.3 If the athlete moves up to a higher bodyweight category at the weigh-in or earlier then the minimum start total is *increased* by an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

Example: The athlete enters W35/59kg category with an entry total of 200 kg and minimum start total of **160 kg**, i.e., 80% of the entry total. At the weigh-in the athlete moves up to W35/64kg category. The qualifying total for W35/64kg is 5 kg higher than for W35/59kg therefore the minimum start total is *increased* to **165 kg**.

2.6 Masters Bodyweight Change Rule

2.6.1 At the Technical Conference before the start of IWF Masters World or Continental Masters Championships, each National Federation confirms the final entry list of their athletes including name of the athlete, age group, and bodyweight category.

2.6.2 At the Technical Conference athletes may move up to a higher body weight category or down to a lower body weight category (by one category only in either case).

Note – *Rules 2.4.1 and 2.4.2 ensure that an athlete can achieve the qualifying standard. Advanced changes of body weight categories must be notified to the Secretariat.*

2.6.3 An athlete can move up to a higher body weight category at the time of the weigh-in. In order to do this the athlete must first attend the weigh-in for the body weight category he or she has entered and then also attend the weigh-in for the next body weight category above. An athlete is not allowed to go down a body weight category at the weigh-in.

- 2.6.4** After information is verified at the Technical Conference, the entries are considered final. There cannot be any modification of the names or bodyweight categories of the athletes, except in the case of an athlete moving up into a higher bodyweight category as in 2.5.3
- 2.6.5** When, for any reason, a delegation of a National Federation does not attend this Technical Conference, the entry forms previously submitted by that National Federation are considered the Final Verified Entries for that country.

3 MASTERS AGE AND BODYWEIGHT FORMULAS (Men and Women)

- 3.1** A system of points is used to decide the best lifters in age groups and the overall championship best lifters for men and women referred to as Grand Master Men and Grand Master Women. Points are calculated using bodyweight coefficients and age coefficients.
- 3.1** The *Sinclair-Meltzer-Faber Formula (SMF)* is used at IWF World Masters and Continental Masters championships to compute the best lifter in each age group and best overall lifter in the championship for men. The formula uses a Sinclair Body Weight Coefficients and the Meltzer-Faber Age Coefficients which remain static. Only first place winners are eligible for an Age Group Best Lifter Award and the Overall Best Lifter Men in the championship is selected from the men's Age Group winners by virtue of having the highest number of SMF points.
- 3.2** The *Sinclair-Huebner -Meltzer-Faber Formula (SHMF)* is used at IWF World Masters and Continental Masters championships to compute the best lifter in each age group and best overall lifter in the championship for women. The formula uses the Sinclair Body Weight Coefficients and the Huebner, Meltzer, Faber Age Coefficients which remain static. Only first place winners are eligible for an Age Group Best Lifter Award and the Overall Best Lifter Women in the championship is selected from the women's Age Group winners by virtue of having the highest number of SHMF points

4 IWF MASTERS NATIONAL TEAM COMPETITION

- 4.1** At IWF Masters and Continental Masters championships each country may enter a team into the Men's National Team Competition and/or the Women's National Team Competition. The men's team consists of a maximum of ten (10) athletes and women's team ten (10) athletes plus 3 reserves in each case. A team may have less than the stipulated number.
Note: The IWF rules states a **maximum** of 10 men and women.
Team selection is spread over the different age and body weight categories with a maximum of two (2) athletes in any age and body weight category.
This competition is for team points only and team points are applied according to the IWF Rules.
A team can be as few as a single individual.
Should a team member be unable to participate the first reserve will take the place of the absent team member.
Should two (2) team members be unable to participate the first two reserves will take the place of the absent team members. Should three (3) team members be unable to participate all three reserves will take the place of the absent team members.
A reserve can only be used as a substitute in a team if a named team member is withdrawn from the competition prior to the first attempt on the snatch.
- 4.2** Team selection is from the official entry list.
In the team competition (men's and women's teams) if there is only one lifter in an age group and that lifter is selected for a team, the maximum points that can be earned is 23 (equivalent to 3rd place). If there are two (2) people in the age group and both were selected in teams, the winner would earn 25 points and the second would earn 23 points (equivalent to 2nd and 3rd places).

Team entries should be submitted and paid at the Technical Meeting and will not be accepted after the start of the competition.

- 4.3** Team points for each athlete are calculated on the athlete's total and final position in the competition within the athlete's age group and body weight category. Points are based on the IWF team points system.
- 4.4** The points of each team member are added together to give the total points for the team. The team with highest number of total points is the winning team.
If two (2) or more teams have equal totals of points the winning team will be selected on basis of medals won, i.e. most gold, silver, bronze.
If two (2) or more teams have won identical medal distribution then the SMF points earned by each team member are added together to give a total SMF points for the team. The winning team is then selected on the highest team total of SMF points.

5 MEDALS

- 5.1** Medals are awarded to the first three places in each weight and age category for totals only.
- 5.2** In the event of a tie on totals the lifter who achieved the total first is the winner, regardless of age or body weight.

6 BEST LIFTER AWARDS

- 6.1** Best lifter awards will be given for each age category, men and women.
- 6.2** All best lifter awards are based on the highest number of SMF Points amongst the gold medalists within each age group. Athletes who are not first in their age and body weight category are ineligible for the best lifter and grand master awards.
- 6.3** “**Grand Master**” Awards for men and women may be awarded to the best overall man and woman having achieved the highest overall SMF Points in a championship.

7 INTERNATIONAL MASTERS CHAMPIONSHIPS

7.1 General Provisions

- 7.1.1** The format of a championship can only be changed by agreement with the IWF Masters or Continental Masters Committee.
- 7.1.2** The format of a championship is the format specified when the Championship Competition Schedule is produced. No additional days, no special award ceremonies, no “non competition rest days”, and no other variations can be introduced without the sanction of the appropriate International Masters Committee.

7.2 IWF Masters World Championships

The IWF Masters World Championship will be held every year in the approximate period of late August to early October.

At this championship athletes may set World Masters records and Continental records relative to the country in which an athlete resides. Doping controls must be applied to enable ratification of records.

7.3 World Masters Games (WMG)

A WMG is normally held every 4 years and the IWF Masters Committee will decide if the WMG will be sanctioned to include the IWF Masters World Championship within the WMG.

If sanctioned the following rules will apply.

At this championship athletes can set World Masters records and Continental records relative to the country an athlete represents. Athletes can also set new WMG records.

Doping controls must be applied to enable ratification of records.

In addition to the official WMG entry fee and method of registration the IWF Masters Committee require an additional fee to cover costs organising committee including administration and anti-doping. Arrangements will be made for additional fees to be paid by each national Masters Chairman to cover all their competing athletes.

7.4 Continental Masters Championships

At Continental Masters Championships athletes can set World Masters records and Continental Masters records relative to the country and continent in which an athlete holds a passport or complies with rules on residency. Doping controls must be applied to enable ratification of records.

7.5 Other International Masters Championships

7.5.1 General Provisions

- Doping controls must be applied to enable ratification of records.
- Doping Controls must be carried out only at WADA approved laboratories.
- Any International Masters Championship event other than those listed in 7.1, 7.2, and 7.3 above must be sanctioned by the IWF Masters Committee.
- To enable the IWF Masters Committee to sanction international Masters weightlifting events, other than Continental Championships, the Organising Committee must invite members from the IWF Masters Committee to attend, oversee, and agree that the event complies with all IWF Masters rules.
- All sanctioned Non-IWF Masters events must provide (sent by email) a list of selected athletes for doping control and inform the IWF Masters Anti Doping Panel immediately of any positive result.
- The result management of Non-IWF Masters events shall be conducted by the respective NADA who carried out the doping control. The IWF Masters Anti-Doping Panel will only carry out the result management by written agreement and fee settlement

7.5.2 Continental Masters Games

The IMGA is now introducing Masters Games across all continents. Relative Continental Masters Committees must make their own decisions on attending these events or not, depending on if they are invited to attend.

IWF MASTERS ANTI DOPING

1 WADA/IWF

- 1.1** The IWF Masters and Continental Masters follow the WADA and IWF Rules on Anti-Doping.
- 1.2** The IWF Masters Anti -Doping Panel deals with all aspects of anti-doping and this is a separate committee from the Disciplinary Committee. It is in direct cooperation with the IWF and NADO's and responsible for aspects of anti-doping including results management.
- 1.3** Any person found guilty of a doping offence will receive a pro forma letter, based on the IWF format, and stating the athlete's rights and any penalty applied by the IWF Masters. Penalties imposed are those applicably under IWF rules and the WADA Code.

2 THE IWF MASTERS ANTI-DOPING PANEL

- 2.1** The IWF Masters Anti-Doping Panel handles only Retroactive TUE applications according to its current regulations, which are continuously updated and published.
- 2.2** The IWF Masters has an Anti-Doping Panel to discuss all Adverse Analytical Findings (AAF) received from tests conducted by a WADA approved laboratory and make decisions based on the results from the said laboratory and

other relevant information, e.g., doping control documents; and in accordance with WADA rules and instructions that may relate specifically to the Masters. All the functions of this committee can be found in Section 9.1.2.

- 2.3 If any AAF results in a test being declared positive the panel will inform the athlete, WADA, IWF and National Federation/National Masters body as stated in 1.3. above.
- 2.4 The panel will meet once a year at IWF Masters Championships and will be in contact by telephone, letter, and email, at other times necessary to deal with all anti-doping issues.
- 2.5 The panel reports back to the IWF Masters Executive Board.

3 PROCEDURES OF THE IWF MASTERS ANTI -DOPING PANEL

- 3.1 The IWF Masters (and Continental) will only use WADA approved laboratories for testing.
- 3.2 The IWF and Continental Masters Committees are responsible for ensuring that doping control is done at championships under their control.
- 3.3 The total cost for dope testing will be met by the IWF Masters and Continental Masters Committees from the revenue received from **their share of** the championship entry fees.
- 3.4 Before each championship, and immediately after the closing date for entries, the committee will obtain the total number of entries to enable a budget to be prepared to meet the cost of anti doping. The number of tests to be carried out at any championship will depend upon the budget.
- 3.5 All entry forms contain a statement whereby the athlete agrees to the IWF Masters rules on anti doping, this includes selection of any athlete. An athlete can be selected at any time and on any day during the days of a championship.

4 IWF Masters Rules on Anti Doping (Resulting from a laboratory adverse analytical finding)

4.1 Decisions on Adverse Analytical Findings

- 4.1.1 In agreement with the Anti-Doping Panel the IWF Masters Anti Doping Secretariat will write and mail a letter to the person named in the adverse finding. The letter will explain the rights of the athlete, give the result of the adverse finding and the penalty imposed on the athlete, it will also ask for an explanation from the athlete within a specific time scale.
- 4.1.2 In addition to imposing disqualification and a suspension for an adverse analytical finding the IWF Masters Anti-Doping Panel will also request the immediate return of the medal/Award.
- 4.1.3 The medal must be returned by a mailing from the athlete directly to a named member of the IWF Masters Anti-Doping Panel or to the IWF Masters secretariat.
- 4.1.4 Any competitor found in a venue with a hypodermic syringe will be immediately ejected from the building and subject to the findings of the IWF Masters Anti-Doping Panel.
- 4.1.5 Any competitor found “tampering” with their blood or body in any way whatsoever will treated the same as in rule 4.1.4, above.
- 4.1.6 All positive cases will be disclosed on the IWF Masters website.

- 4.1.7** Any suspended competitor giving false information in public, or giving false impressions as a result of false information regarding a suspension will incur further consequences accordingly.

COMPETITION ENTRY - ONLINE REGISTRATION and PAYMENTS SYSTEM

1. All entries will be by online registration only.

- 1.2.** Entry fees are payable to National Masters Chairmen who will issue an “access code” to enable the athlete to register.

Note: The online system will close on the date listed as the closing date on the home page and no late entries will be possible.

- 1.3.** The online registration allows input of all an athlete’s individual details to enable the Competitor Start Lists and Competition Schedule to be produced.

- 1.4.** The system has pages that will display information relating to the current Championship.

- All championship details, e.g., dates, entry fee, venue name and address. etc.
- Qualifying standards.
- Medical form.

- 1.5.** Due to the huge increase in the number of athletes wishing to compete in Masters weightlifting at an international level the online registration system and the method of payment for entry fees can be subject to change. The decision to make and control changes will be at the discretion of the IWF Masters Committee who will report to Congress.

2. National Masters Committee

- 2.1.** The IWF Masters will recognise **only one** National Masters Committee. Any persons forming a second committee will not be recognised and do so at their own risk .

A National Masters Committee can be recognised in the following ways:

- 2.2.** When a National Masters Committee and all the national Masters are members of the National Weightlifting Federation.
- 2.3.** When a National Weightlifting Federation does not recognise the Masters and it has been necessary to form a Masters Committee to enable national Masters to compete in International Masters championships.
- 2.4.** The IWF Masters will not get involved in the internal disputes between groups of Masters within a country. The IWF Masters will not enter into discussion on any level relating to internal disputes and any such dispute must be settled between the two or more Masters groups within a country.
- 2.5.** Entry fees must be paid according to the instruction ON THE REGISTRATION SYSTEM.

IWF MASTERS BYE-LAWS

3. Visa Law

- 3.1.** Athletes and persons accompanying athletes who have received a visa to visit another country are not allowed to stay in that country for personal or other reasons, e.g., political, religion, war
- 3.2.** Any athletes or persons accompanying athletes who have received a visa to visit another country deciding to stay and live in the country being visited will be banned from all future IWF Masters events.

3.3. The IWF Masters is a non-profit, non-political organization acting under the law of the International Olympic Committee.

4. Masters Nationality Rule for competing athletes.

4.1. Masters are only allowed to compete for the nation issuing their passport. In cases of dual nationality where an athlete has two passports the athlete must decide which country he or she will compete for.

4.2. When an athlete decides to compete for the second nation it must be done by formal application to the IWF Masters with supporting documents of proof including an official release from the previous national federation or recognised Masters body.

4.3. In cases where the first nation may be suspended from International competition by the IWF because of doping offences athletes may only compete for the second nation if they have not competed in any competition for the first nation in the previous 12 months.

5. Entry from outside the country of nationality.

5.1. Athletes who live and work in a country for which they do not hold a passport must still be allowed the possibility to compete in Masters International Championships.

5.2. Such athletes are rightly being allowed to compete in National Masters Championships in the countries where they live and work.

5.3. If the National Masters Chairman of any country has doubts about the international qualification of an athlete from that country and now working and living in another country it can be resolved by the athlete sending a copy of a results protocol signed by at least two T.O.'s to that national chairman.

5.4. On behalf of all Masters across the world the IWF Masters will do their utmost to ensure this rule is observed and allow all Masters to compete in a selected championship.

6. Singlets Rule

6.1. The IWF have produced a document on their website which includes some instructions on what can be worn and is correct. The items range from headwear to footwear.

6.2. The IWF document states that

- Athletes must wear only one costume which complies with the following criteria:
 - Must be one piece.
 - Must be collar-less.
 - It can be any colour but only one colour.
 - Must not cover the elbows.
 - Must not cover the knees.
 - T-shirt and shorts cannot be worn instead of the costume.
 - A unitard can be worn under the costume.

6.3 Weightlifting costumes for IWF Masters sanctioned championships shall be consistent with IWF regulations. The design on the upper thigh must be cut in a horizontal fashion such that the gluteal fold always remains covered. Ideally, the weightlifting costume worn by a Master's athlete should be similar to that worn by Senior athletes of their home country at IWF international events. Bikini cut designs are unacceptable on IWF Masters competition platforms for both genders.

LIST OF OFFICIALS OF THE IWF MASTERS:

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Useful websites relating to Masters weightlifting –

IWF	www.iwf.net	
Old IWF Masters	www.iwfmasters.net	(no longer the IWFM website)
New IWF Masters website	www.iwfmasters.org	Official from 1 st Jan. 2020
European Masters	www.europeanmasterswl.com	
Registration System (Used for IWF Masters & European Masters)	www.masterswlreg.com	
Yves Ducos (France)	http://www.everyoneweb.fr/Mastersweightyves/	

