

<b>2024</b> <b>Australian Masters Championships</b> <b>Oceania Masters Championships</b> <b>UMWF Masters World Cup</b>	
Eligibility	<p>Australian Masters Championships: open to Australian Citizens and Australian Residents who hold a current AWF Membership and have competed in any AWF Sanctioned Event listed on the AWF Calendar between 3<sup>rd</sup> November 2023 and 5<sup>th</sup> May 2024.</p> <p>Oceania Masters Championships: open to any member of an Oceania Weightlifting Federation Member Nation, and who are approved by their national weightlifting body to represent their country of citizenship in international events.</p> <p>UMWF Masters World Cup: Open to lifters who have achieved a total in an official weightlifting competition within the period of 3<sup>rd</sup> November 2023 and 5<sup>th</sup> May 2024 that can be verified by the relevant federation.</p>
Host Federation	Australian Weightlifting Federation
Dates of Competition	19 <sup>th</sup> -23 <sup>rd</sup> June, 2024
Competition Venue	Mantra On View, 22 View Ave, Surfers Paradise, Gold Coast, Queensland, Australia
Age Eligibility	Athletes born on or before 31 <sup>st</sup> December, 1994
Bodyweight Categories	50,55,60,66,73,81,87,87+ WOMEN 8 Categories 60,66,73,82,90,98,109,109+ MEN 8 Categories
Age Groups	30-34,35-39,40-44, 45-49,50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Close of Entries	Midnight AEST (GMT +10), Monday 6 <sup>th</sup> May, 2024
Entry Fee (includes AUD 50 anti-doping fee)	One event: AUD 200 Two events: AUD 210 Three events: AUD 220
Verification of Final Entries	The Verification of Final Entries will be done online via this link: <a href="https://www.awf.com.au/verification">https://www.awf.com.au/verification</a> All changes must be made before midnight AEST on Friday 14 <sup>th</sup> June 2024.
Awards	<ul style="list-style-type: none"> <li>• T-Shirt for all participants</li> <li>• Medals – Top 3 per category</li> <li>• Champion of Champions Trophy (SMF Score)</li> <li>• Age Group Trophies (SMF Score)</li> <li>• Team Trophies</li> </ul>
Therapeutic Use Exemptions	Therapeutic Use Exemptions must be completed and sanctioned by the competitor's National Anti-Doping Authority or TUE Committee. You must bring a copy of all relevant documents related to your T.U.E for Anti-doping purposes.

## IMPORTANT NOTE:

- Payments and individual entries must be submitted via the website link: [www.awf.com.au/registration/](http://www.awf.com.au/registration/) **no later than Monday 6<sup>th</sup> May, 2024**

## REGULATIONS:

1. The minimum weights which must be will be in accordance with the IWF TCRR:  
Men = twenty-six (26) kg (20 kg bar, collars and two 0.5 kg discs)  
Women = twenty-one (21) kg (15 kg bar, collars and two 0.5 kg discs)
2. 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. The Jury will exclude the athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the "20 kg Rule".
3. Athletes **must produce** Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being able to contest the event.
4. Athletes may compete in the bodyweight category in which they have entered or go up or down categories. The category of choice must be declared via the online verification system **prior to midnight AEST on Friday 14<sup>th</sup> June 2024**. Verification link: <https://www.awf.com.au/verification>
5. **Individual Placing** will be calculated on **Totals** only.
6. Each Male or Female team will consist of five (5) lifters. Scoring for the **Australian Masters Championship Teams competition** and the **Oceania Masters Championship Teams competition** will be as per the IWF TCRR with the following proviso: If a team member is the only lifter in an age and weight group, the maximum points that can be earned is 23 (equivalent to 3rd. place). If there are two competitors in the age and weight group and both were selected in teams, the winner would earn 25 points and second would earn 23 points (equivalent to 2nd and 3rd. places).
7. The final teams submitted by each State or Nation consisting of a maximum of five men and five women must be declared **prior to midnight AEST on Friday 14<sup>th</sup> June 2024**.
8. An athlete who does not register a successful Snatch will **not be allowed** to continue in the Clean & Jerk;
9. Athlete dress standard **MUST** conform to the IWF TCRR.
10. All individual entries and payments **MUST** be submitted before **midnight AEST on Monday 6<sup>th</sup> May, 2024** via website link: [www.awf.com.au/registration/](http://www.awf.com.au/registration/) **NO LATE ENTRIES WILL BE ACCEPTED**
11. **No refunds** will be issued once the Preliminary Entry List has been posted on the AWF website and circulated through AWF social media channels.
13. **Accommodation:** Mantra on View Hotel will offer 10% discount on the best available rate to competitors. The booking code to access this discount is **AWF2024**. This discount is only valid when the booking is made directly with the hotel reservation department.

For accommodation bookings or enquiries, contact the Hotel Reservations Department  
Telephone: +61 7 5579 1060 or Email: [view.res2@mantra.com.au](mailto:view.res2@mantra.com.au)