



Olympic Weightlifting New Zealand's Masters Athlete Information Booklet for 2018 International Masters Weightlifting Events (as at 09/01/2017)

Introduction

This Policy sets out how OWNZ masters athletes can qualify and have their entry approved for 2018 International Masters Weightlifting Events. These event/s include:

- a) 2018 Singapore Weightlifting Open (Masters Division)
- b) 2018 Oceania Masters Championships & Australian Open
- c) 2018 World Masters Championships
- d) 2018 Asia Pacific Masters Games
- e) 2018 Masters World Cup

Eligibility

To be eligible to be compete for New Zealand at a 2018 International Masters event, an athlete must:

- a) The athlete must be 35 years or older (please see table below);
- b) Be a New Zealand citizen with a NZ passport;
- c) Be a current financial member of OWNZ;
- d) Not be under investigation for any breach of, nor to have breached and serving a period of ineligibility under, any rule under the OWNZ Constitution, or any rules or regulations of the IWF, the IOC or the NZOC;
- e) Not be under investigation for any breach of, or anti-doping rule violation under, any part of the OWNZ Anti-Doping Regulation (which includes the Sports Anti-Doping Rules), the IWF Anti Doping Regulations, or the WADA Code and serving a period of ineligibility for such breach or violation;
- f) Not have used or administered any substance which, if it had been detected as being present in the Athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in the Sports Anti-Doping Rules, the IWF Anti-Doping Regulations, or the WADA Code;
- g) Not be under investigation for, charged with, or convicted or any criminal offence, unless any sentence imposed has been served by the Athlete;

Table of Masters Age Groups

**TABLE OF AGE GROUPS AND CORRESPONDING YEARS OF BIRTH 2018
(Men and Women)**

Age Range	Year of Birth	Age Group	Age Range	Year of Birth	Age Group
35-39	1979-83	M&W35	65-69	1949-53	M&W65
40-44	1974-78	M&W40	70-74	1944-48	M70
45-49	1969-73	M&W45	70+	to 1948	W70
50-54	1964-68	M&W50	75-79	1939-43	M75
55-59	1959-63	M&W55	80+	to 1938	M80
60-64	1954-59	M&W60			

Event Information

2018 Dates	Event	Location	IWF Masters Sanctioned	Qualification Period	Close of Entry	OWNZ Close of Entry
10 th – 11 th March	2018 Singapore Weightlifting Open	Singapore	No	TBC	TBC	TBC
25 th – 27 th May	2018 Oceania Masters Championships & Australian Open	Melbourne, Australia	Yes	No qualification standard to be met	TBC	TBC
18 th – 25 th August	2018 World Masters Championships	Barcelona, Spain	Yes	01/09/2017 – 30/06/2018	30/06/2018	25/06/2018
7 th – 15 th September	2018 Asia Pacific Masters Games	Penang, Malaysia	Pending	TBC	TBC	TBC
3 rd – 6 th December	2018 Masters World Cup	Fuzhou, China	Not as at 21/12/2017 (TBC)	TBC	TBC	TBC

Male Qualification Standards

Qualifying Standards for MEN:

Age Group	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56 kg	155	147	140	130	115	105	92	75	67	55
62 kg	172	162	155	142	127	117	102	82	75	55
69 kg	187	177	170	157	140	127	112	90	82	60
77 kg	202	192	185	170	152	137	120	97	87	65
85 kg	215	205	195	180	162	147	127	102	95	70
94 kg	227	215	205	190	170	155	135	107	97	72
105 kg	237	225	212	197	177	160	140	112	102	77
+105 kg	245	232	222	205	182	167	145	117	107	80

Female Qualification Standards

Qualifying Standards for WOMEN with the 2 new body weight categories included

Age Group	W35	W40	W45	W50	W55	W60	W65	W70
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48 kg	82	80	72	67	60	55	50	46
53 kg	90	85	77	72	65	57	52	48
58 kg	95	90	82	75	67	62	55	50
63 kg	100	95	85	77	70	65	57	53
69 kg	102	97	90	82	75	67	60	56
75 kg	107	100	92	85	77	70	62	58
90 kg	112	105	97	90	82	72	65	61
+90kg	118	111	102	95	86	75	67	63

Entry Requirements

Athletes are NOT to enter or make payments to these events online. OWNZ, on behalf of all athletes wanting to compete at an international event, will complete entry forms and entry fees.

Once entry forms are released, OWNZ will collect our athletes details via the online athlete form and collect entry fee's to then make a lump sum payment to the hosting country.

Coach Requirements

Athletes that compete overseas for New Zealand are advised to have a Coach assisting them in their competition unless proven capable of competing on their own without a Coach's help.

Things to consider:

- Discuss with the Coach potential financial assistance that might need to be provided for that Coach to travel to the international event;
- Let other NZ team members know that your coach is coming to this event so that your Coach can potentially help other NZ athletes competing and those athletes can contribute financially as well;
- We will be selecting a Head Coach for each international masters event to assist athletes where needed. This Coach's main responsibility will be attending the Verification of Entries Meeting to ensure our athletes details are correct and to submit team entries if required.

Other Requirements

Athletes must also:

1. Complete the OWNZ **online expression of interest form** for the event you are interested in attending;
2. When the hosting country has released entry details and you have qualified, OWNZ will provide an **online athlete form** for you to fill out. Banking details will also be provided for you to pay your entry fee and uniform costs. This online form will gather entry information, coach information, travel details and the option to order NZ uniform. This online form will also include a code of conduct that all athletes must agree to; and
3. Provide **on-going communication** about entry changes to OWNZ. i.e. you are moving weight classes or need to change your entry total due to injury. We need to be up to date with these details so that we can select the best point scorers for our New Zealand Teams.
4. Note that entering the event is still up to the individual athlete.

Team Entry, Team Fees & Prize Money

With the information provided by our masters athletes competing at such events, the OWNZ Selection Panel will do its best to select the best possible point scoring team for New Zealand. Once approved by the OWNZ Executive Group, these teams will be announced publically.

As mentioned above, if something comes up like you need to withdraw from the competition, change weight classes or you have an injury then please let OWNZ know as this may influence the team selection.

Note that some events require teams to pay a fee. In such case, this fee falls back on the athletes selected into the team. If any athlete does not wish to contribute towards the team fee then you can opt out of being eligible for team selection (this option will be available on the OWNZ online athlete form). If there is prize money for team placing's then this will be split evenly between all team members. Reserves are not considered a team member unless they are used to contribute points to the teams placing.

IWF Masters Rules

It is the athlete's responsibility to be aware of the rules that apply to you when competing at an International Masters Weightlifting Event. The most recent rule book is from 2016 and can be accessed via this link:

http://www.iwfmasters.net/rules/2016_iwf_masters_rulebook.pdf

Each hosting Federation can decide which rules the event will follow ie some will follow IWF Masters rules and others will follow IWF rules (or a combination of both). It is the athlete's responsibility to be aware of the rules – OWNZ will assist in ensuring all athletes are kept informed with the event's information.

Some rules to be aware of:

Age Group Classification

- 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.

Minimum Starting Attempts Total Rule (15/10 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 kilos below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for men is 15 kilos 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 kilos below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for women is 10 kilos 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.

Masters Bodyweight Change Rule

- Any 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.

2018 Singapore Weightlifting Open – Masters Division

- This event will feature a Masters division again following our successful inaugural launch of this division last year. All Masters will compete together in their respective age categories (regardless of bodyweight), and the winner will be decided on the SMF points attained, regardless of total weight lifted. There will be separate categories for male and female lifters. More details will follow shortly when registration opens at the Singapore Weightlifting Federation website.

Website Links

Link to IWF Masters Website: <http://www.iwfmasters.net/main.php?sec=home&sbhom=>

Drug Free Sport NZ: <https://drugfreesport.org.nz>

2018 Asia Pacific Masters Games Information Book:

<https://www.apmg2018.com/sig/nov2017/APMG2018WEIGHTLIFTING30oct.pdf>

Contacts

All enquiries regarding Masters International Events are to come to OWNZ (Emma and/or Neroli).

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