

IF YOU ARE SELECTED TO COMPETE AT THE 2019 WORLD MASTERS TAKE NOTE OF HOW THE 15/10 KG RULE APPLIES TO YOU

Under normal circumstances, the 15/10 rule works like this:

Your starting weights in the Snatch and Clean & Jerk, which you submit at weigh-in (at a competition), must adhere to what is called the 15/10 kg rule. Meaning: the total weight of the first attempts in the Snatch and Clean & Jerk must equal or exceed the qualifying standard minus 15 kg (for men) or 10 kg (for women).

However, the 15/10 kg rule is being applied differently at the 2019 World Masters depending on the level of competition (IWF vs NON IWF) used at registration time.

Take a look at these charts and then refer to the below example:

Meet Jane Smith.

Jane Smith is a 59 kg, Age 40, Female

Jane Smith lifted at the **2018 World Masters (IWF)** and totalled **120 kg**

Jane Smith also lifts at **2019 Auckland Champs (NON-IWF)** and totals **120 kg**

NOTE: SAME TOTAL BUT TWO DIFFERENT MEETS (one **IWF** and one **NON-IWF**)

IWF Competitions for OWNZ athletes within the qualifying period are most likely: 2018 World Masters Champs 2018 Barcelona and 2018 Australian, Oceania and Open Masters Melbourne

As per the tables:

Jane Smith's 2019 Worlds Masters qualifying total = 107 kg

Jane Smith's 2019 Worlds Masters starting weights = 97 kg

HERE'S WHERE YOU NEED TO PAY ATTENTION

Jane Smith can ONLY register for 2019 Worlds Masters ONE TIME

If she registers with her 2018 World Masters total (IWF):

As noted in the qualifying standards table:

Total = 107 kg – 10 kg = 97 kg (or more)

So when she weighs in, her openers could be: 38 kg Snatch / 59 kg Clean & Jerk (or more)

If she registers with her 2019 Auckland Champs total (NON-IWF):

NOT NOTED IN THE QUALIFYING STANDARDS TABLE:

Total = 120 kg – 10 kg = 110 kg (or more)

So when she weighs in, her openers could be: 45 kg Snatch / 65 kg Clean & Jerk (or more)

SUMMARY:

If you use a NON-IWF total, this will result in GREATER STARTING ATTEMPTS than if you use an IWF total.

BUT, it is still better to have the HIGHEST TOTALS from either IWF-or NON-IWF to be considered for selection purposes, as the process will be more competitive this year with the number of athletes to compete capped at 700. Just take note when it comes time to weigh in and state your starting attempts.

Note: Had Jane Smith obtained a 125kg total at 2019 Auckland Champs (non IWF), she would be more competitive to register with that total but her start weights will have to be higher (total of 115 kg for starting snatch and clean and jerks).