INTERNATIONAL

MASTERS WEIGHTLIFTING

ASSOCIATION

IMWA HANDBOOK
(Incorporating the Constitution and the Rules)

2023 EDITION

(Includes all changes voted by 2022 Congress, Orlando, and 2023 Wieliczka, Poland. In addition, a Social Media Policy applicable to IMWA officials only)

Produced by –
Bill Barton (GBR)
David Meltzer (USA)

INDEX

Item	Description	ITEM NR.	PAGE
CONSTITUTION		1	3
	Definition	2	3
	Emblem and flag	3	3
	National Masters Committees	3	3
	Official languages of the IMWA	4	4
	IMWA bodies	5	4
	IMWA Congress	6	4
	IMWA Electoral Congress	7	5
	IMWA Executive Board	8	5-6
	IMWA Executive Board Job descriptions	9	6-8
	Social Media Policy		8-9
	IMWA Committees	10	9
	Continental Masters Committees	11	9
	IMWA Elections	12	10
	Termination of Service of Elected Officials	13	11
	Disciplinary Actions and Penalties	14	11-12
	IMWA Anti-Doping	15	12
	IMWA Competition Entry and Registration	16	13
	Adaptive Weightlifting	17	13
	IMWA Gender Identity Policy	18	13-14
IMWA TECHNICAL and COMPETITION RULES			
	Statement	1	15
	Additional Masters Rules	2	15
	The 80% Rule	3	15-116
	Body Weight Change Rule	4	16
	Masters Formulas	5	17
	IMWA Masters National Team Competition rules	6	17-18
	Medals	7	18
	Best Lifter Award	8	18
	International Masters Championships	9	19-20
	Entry from outside their country of origin	10	20
	Singlet rule	11	20
	Video playback technology	12	20
OFFICIALS OF THE IMWA		/	21

IMWA MASTERS CONSTITUTION

1. DEFINITION

1.1 NAME AND PRINCIPLES

INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION**,** hereinafter called the IMWA is established as a voluntary non-profit association registered in 2022 in Belgium in accordance with Belgium Companies and Associations Code under Lasting Power of Attorney. It replaces the World Masters Committee formed at the 1989 World Masters Games in Aalborg, Denmark, and granted the status of being a committee of the IWF circa 1993.

1.2 The IMWA will run an annual IMWA World Masters Weightlifting Championship.

1.3 The IMWA is a non-profit, non-political organisation operating under the laws of the nation of Belgium.

1.4 It is intended to run Masters Weightlifting autonomously and provide all Masters weightlifters worldwide the opportunity to compete in well-organised International Masters Weightlifting Championships.

2. IMWA MASTERS EMBLEM AND FLAG

2.1 IMWA MASTERS EMBLEM

2.1.1 The IMWA 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 IMWA Masters weightlifting.

2.2 THE IMWA MASTERS FLAG

2.2.1 Flags show the image of the emblem.

2.3 IMWA AUTHORISATION

2.3.1 The IMWA Masters emblem must not be used without the permission of the IMWA.

2.3.2 The IMWA emblem must not be fabricated (badges, medals, etc.) without the permission of the IMWA.

3. NATIONAL MASTERS COMMITTEES

3.1. The IMWA recognises only one Masters representative body from each country. This official Masters body does *not* have to be officially recognised by a National Weightlifting Federation or approved by a National Olympic Committee. *Definition:* A Masters representative body is an administrative structure that governs Masters events and activities in a nation in accordance with the expressed desires of the Masters in that nation, and that is subject to the authority of recognized Masters leaders in that nation. IMWA will not recognize a takeover of Masters by a national governing body that is contrary to the expressed desires of the Masters in that nation. IMWA, at its sole discretion, will deny participation in IMWA events to entries submitted by national governing bodies in violation of the expressed will of the Masters of that nation.

3.1.1. The IMWA will recognize **only one** National Masters Committee. Any persons forming a second committee will not be recognized and do so at their own risk.

3.1.2. A National Masters Committee can be recognized in the following ways:
3.1.2.1 When a National Masters Committee and all the national Masters are members of the National Weightlifting Federation. In this case, the National Masters Committee must represent the expressed will of the Masters weightlifters of that nation, and must be subject to the authority of recognized Masters leaders in that nation.
3.1.2.2 When a National Weightlifting Federation does not recognize the Masters and it has been necessary to form a Masters Committee to enable national Masters to compete in International Masters championships.

3.1.3 The IMWA will not get involved in the internal disputes between groups of Masters within a country. The IMWA will not enter into discussion on any level relating to internal Masters disputes and any such dispute must be settled between the two or more Masters groups within a country.

3.1.4 The IMWA, through its Congress of Nations and its Executive Board, will be the **sole judge** of whether entries for IMWA events submitted by any nation are consistent with the rules regarding Masters representative bodies.

3.2 The IMWA follows the WADA Anti-Doping Policy and the Technical Rules and Regulations therein stated.

3.3 The IMWA forbids political and religious discussions.

3.4 The IMWA supports a policy of peace, understanding, and friendship.

3.5 The IMWA does not distinguish between continents, countries, or individuals for reasons of race, color, gender, religion, or politics.

4. OFFICIAL LANGUAGES OF THE IMWA

4.1 The working language of the IMWA is English and each nation is required to translate all IMWA documentation including Anti-Doping documentation and inform all national Masters athletes accordingly.

4.2 All the publications, reports, and letters of the IMWA are in English.

4.3 The proceedings of all IMWA meetings are conducted in English and members must be able to participate in English or provide an interpreter.

5 IMWA BODIES

5.1 The IMWA is composed of the following bodies.

- The Congress.
- The Executive Board.
- Other Masters Committees
    - The Anti-Doping Committee
    - Technical Committee.
    - The Hall of Fame Committee
    - The Grievance Committee

6 CONGRESS OF NATIONS

6.1 Congress is the highest authority.

6.2 An annual Congress is convened at all IMWA World Masters Weightlifting Championships and World Masters Games. Organisers must provide a suitable facility for this important meeting.

6.3 The IMWA Congress is composed of the delegates of the countries who have established representative Masters bodies recognised by the IMWA. Each country may be represented by two delegates but is entitled to only one vote. The delegates must represent a recognised national Masters body. A delegate can only represent one country at a time.

6.4 The Chairperson and the General Secretary must be present at all Congresses unless illness or another significant reason prevents attendance.

6.5 Congress sessions are private and closed and only items listed on the agenda will be discussed. Decisions of Congress are by a simple majority vote.

6.6 The following items must be on the agenda.

- Annual reports of officials of the IMWA.
- Approval of the IMWA financial report.
- Information and/or Reports on future approved IMWA World Championships.
- Bids for future IMWA World Championships.
    - Bids must be submitted to the Secretariat earlier than in the 6 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 to the IMWA Secretariat.

7 IMWA ELECTORAL CONGRESS

7.1 The IMWA will hold elections within the normal annual Congress every four (4) years and, when possible, in an "Olympic Games year".

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

7.3 Elections are decided by simple majority vote.

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

7.5 The IMWA Secretariat will inform all nations of the election at least 90 days before the date of the annual Congress. All Nominations must be forwarded to the General Secretary 60 days or more before the date of the Congress.

7.6 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 Executive Board will cast the decisive vote.

7.7 Nominations must state which position within the Executive Board the nominee is seeking.

8 IMWA EXECUTIVE BOARD

8.1 COMPOSITION OF THE EXECUTIVE BOARD

8.1.1 Elected Members

- The Chairperson
- The General Secretary
- The Treasurer
- IMWA Vice Chairperson (Technical)
- IMWA Vice Chairperson (Administrative)

8.1.2 Appointed Positions (non-voting)

IMWA Secretariat
IMWA Anti-Doping Secretariat
Anti-Doping assistant (Championships only)

8.1.3. Co-opted Members

When required the IMWA will appoint reliable people to help the committee at championships.

8.2 ROLES AND FUNCTIONS OF THE IMWA EXECUTIVE BOARD

8.2.1 The IMWA Executive Board is responsible for the sport of Masters Weightlifting and organising and running all World Masters events.

8.2.2 The IMWA Executive Board meets once a year at World Masters Championships.

8.2.3 All members must attend the meetings and if unable to attend, must inform the IMWA General Secretary and the Secretariat prior to the meeting and give a valid reason for absence.

8.2.4 The IMWA Executive Board has the power to suspend members who, without reason, have been absent from two consecutive meetings.

8.2.5 The IMWA Executive Board has the power to suspend members who, for whatever reason, no longer serve the IMWA. It also has the power to suspend any member whose actions are not in the best interests of Masters Weightlifting.

8.2.6 Minutes of the Executive Board meeting are recorded and sent to all Board members on a confidential basis.

8.2.7 The IMWA Executive Board selects all the technical officials for each Championship.

8.2.8 The IMWA Executive Board monitors the finances of the IWF Masters Committee.

9 JOB DESCRIPTIONS for THE IMWA EXECUTIVE BOARD

9.1 THE IMWA CHAIRPERSON

- Supervises the activities of the IMWA, 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 IMWA Executive Board.
- Attends the IMWA World Masters Championships.
- Submits annual reports to Congress and to the IMWA Executive Board, including responsibility for ensuring the presentation of the annual financial reports.
- If the IMWA Chairperson is absent the General Secretary will attend to the duties related to this position.

9.2 THE IMWA GENERAL SECRETARY

- Assists with the administration and operations of the IMWA and supports the sport of weightlifting in accordance with Congress, the IMWA Executive Board, and in consultation with the IMWA Chairperson.
- Ensures that doping controls are carried out at all championships.
- Assists the Chairperson to supervise the activities of the IMWA, including control of the administration and finances in accordance with the decisions of Congress and the Executive Board.
- Arranges the IMWA meetings.
- Produces an annual report for the Executive Board and Congress.
- Attends the IMWA World Masters Championships.
- Sets the agenda for IMWA Executive Board Meetings and Congress, in consultation with the Chairperson, and produces the minutes from these meetings.
- If for any acceptable reason the General Secretary is absent from an event, the IMWA Chairperson will appoint another suitable official to carry out these duties.
- Always support the Chairperson

9.3 THE IMWA TREASURER

- Responsible for all the financial matters relating to the IMWA.
- Controls all IMWA expenditure.
- Reports and liaises with the IMWA 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.
- Ensure the final accounts are produced and are put before the IMWA Executive Board and Congress.
- Always support the Chairperson

9.4 THE IMWA VICE CHAIRPERSON (Technical)

- 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.
- Ensuring the championship results and the results of the national team competition are produced at the end of all championships.
- Liaise with the Vice Chairperson (Administrative) on Hall of Fame matters.
- Liaise with and report to the Chairperson and the General Secretary.
- Always support the Chairperson.

9.5 THE IMWA VICE CHAIRPERSON (Administrative)

- Liaise with the Vice Chairperson (Technical) and General Secretary.
- Arrange Hall of Fame meetings.
- Take a lead role in making new appointments to the Hall of Fame, report on this to the Executive Board.
- Always support the Chairperson.

9.6 THE IMWA EXECUTIVE BOARD (General additional duties)

- All elected 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 Technical and Competition Rules.

- Issue emergency rules and regulations between annual meetings of the Congress, when urgently necessary, subject to approval/ratification or disapproval/rejection by the next annual Congress, and/or by e-mail or telephone vote during the interim period.
- 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 Weightlifting Officials.
- Give support to Organising Committees of IMWA World Masters Championships ~~and WMG.~~
- Must be prepared to act as weightlifting officials at championships.
- Must have strong knowledge of the IMWA technical rules and be aware of any necessary and required modifications.
- For all IMWA World Masters Championships, and after the registration closing date, the IMWA Executive Board is responsible for producing and publicising the Competition Start List and the Competition Schedule.
    - The Start List will show all the registered lifters in each bodyweight category within each age group.
    - The Competition Schedule will show how many sessions, depending on the number of registrations, and also the details for each session, i.e., the weigh-in time, session start time, bodyweights and age groups for the session, number of lifters in each session, and the session number.

9.7. CRITERIA FOR BEING ELECTED TO THE IMWA EXECUTIVE BOARD

9.7.1 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.

9.7.2 It is necessary to be able to speak and write English and have some computer expertise, e.g., email (minimum).

9.7.3 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 conduct with regard to Masters weightlifting, or weightlifting at any level, that is deemed to be inappropriate by the IMWA Board.
- They should be in good standing with their National Masters Committee.

9.7.4. Prospective candidates for all positions must submit a CV to the Secretariat showing brief academic achievements to support their application and to show their involvement in Masters weightlifting. Knowledge of the IMWA rulebook is also a necessity. Nominations for all positions will be vetted to decide the suitability of applicants for the position applied for.

9.8 IMWA MASTERS SOCIAL MEDIA POLICY
(Applicable to the IMWA OFFICIALS)

9.8.1 Official representatives of IMWA (including Board and Committee members) may not disclose confidential IMWA matters, nor violate other people's privacy, through social media. Although thoughtful criticisms of actions or policies of other members of the weightlifting community on weightlifting-related issues are acceptable, and reasoned debate on controversial weightlifting issues is permissible, it is *not* acceptable to insult other individuals or post derogatory remarks based on their race, colour, ethnicity, nationality, ethnic or national origin, gender (including transgender), religions and beliefs, sexuality, disability, and other conditions.

In addition, during the time they are serving on official IMWA bodies, including the Executive Board and Committees, members must refrain from engaging on social media in controversial social, political, cultural, or religious issues that might bring undesirable attention and criticism directed at the IMWA itself. By serving as official representatives of the IMWA, these members thus agree to limit the scope of their social media activities in order to protect the interests of the organization that they have chosen to represent.

10 IMWA COMMITTEES

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

- The Anti-Doping Committee
- Technical Committee.
- The Hall of Fame Committee
- The Grievance/Disciplinary Committee

10.2 Functions of the IMWA Committees:

Anti-Doping Committee

- Ensuring that a contract has been agreed with HUNADO to conduct testing at championships and secure transportation of samples to the WADA approved laboratory in Austria. (This includes agreements on costs.)
- The IMWA do not issue TUE's but may help in the obtaining of a "retroactive TUE".
- The DCO's [Doping Control Officers] of the HUNADO are responsible for selecting athletes for testing at all championships.
- Management of test results is the responsibility of HUNADO's Legal Dept. which is recognised by WADA.

Technical Committee

- Rulebook changes and interpretation.
- Run a Technical Conference before the start of each championship.
- Ensure that venues and equipment are prepared and are suitable for the championship.
- Ensure all weigh-in sessions have Referees available to conduct the weigh-in.
- Ensure all championship sessions have all the necessary weightlifting officials.
- Liaise with and report to the Vice-Chair (Technical), the Chairperson, and the General Secretary.

Hall of Fame Committee

- Selection of athletes for Hall of Fame.
- 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 non-national grievances.

11. CONTINENTAL MASTERS COMMITTEES

11.1. Only one Masters 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

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

11.3. Setting up a future continental Masters Committee

- Careful planning must be applied to form a new Continental Masters Committee. The IMWA 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 that participate in Masters weightlifting must be informed at all stages and given the opportunity to be involved.
- Continental Masters Committees must primarily follow the IMWA rules accepted and approved by the Masters Congress
- New Continental Masters Committee must inform the IMWA of developments during its planning and formation process.

12 IMWA ELECTIONS

12.1 VOTING

12.1.1 Members of the IMWA 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.

12.1.2 Applications for positions on the Board must reach the IMWA Secretariat and the General Secretary 60 days before the date set for Congress as noted in 7.5. A person may only be a candidate for one position during each election cycle.

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

12.2 SECRET BALLOT

12.2.1 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.

12.2.2 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.

12.2.3 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.

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

12.3 OPEN BALLOT BY SHOW OF HANDS

12.3.1 Each country will be given a colored voting card.

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

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

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

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

- The Chairperson
- The General Secretary
- The Treasurer
- Vice Chairperson (Technical)
- Vice Chairperson. (Administrative)

13 TERMINATIONS OF SERVICE OF ELECTED OFFICIALS

13.1 By resignation. Any official may resign by word of mouth or by letter to the IMWA General Secretary.

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

13.3 By suspension or expulsion in accordance with the applicable sections 14.2.3 and 14.2.5. In addition the Social Media Policy in rule 9.

14 DISCIPLINARY ACTIONS AND PENALTIES

14.1 GENERAL PROVISIONS

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

14.1.2 The Disciplinary Committee reports back to the IMWA Executive Board unless it is initially decided, by the Board or by the Disciplinary Committee, that the entire Board will deal with an issue.

14.1.3 This committee will not deal with Anti-Doping offences.

14.1.4 Any person who does not agree with a decision of the Disciplinary Committee has the right of appeal to the Executive Board.

14.2 DISCIPLINARY

14.2.1 Athletes or officials suspended by their national Masters Committee will be considered suspended by IMWA. Athletes or officials suspended by the IMWA will be considered suspended by National Masters Bodies.

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

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

- To deal with disciplinary matters as and when they occur.
- To deal with grievances of athletes and officials.
- To report back to the IMWA Chairperson and Executive Board.

14.2.4 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 IMWA General Secretary within 30 days from the date on which the disciplinary panel made a decision.

14.2.5 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 14.2.7, this must be reported to the IMWA Chairperson or a member of the IMWA 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.

14.2.6 The IMWA Executive Board has the right to refuse or remove the accreditation of individuals whose participation in IMWA events will discredit the sport of weightlifting.

14.2.7 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 IMWA, including, but not restricted to, the following actions:

- Disruption of a championship.
- Failure to comply with any IMWA rules.
- 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.
- When a member of a championship organising committee takes any unwarranted action against a member of the IMWA that may be construed as insulting or threatening, and without justification.
- Any breach of the agreement between the championship organising committee and the IMWA.

15 IMWA ANTI-DOPING

15.1 THE ACTING NADA and WADA

15.1.1 The IMWA follow the WADA Rules on Anti-Doping.

15.1.2 The IMWA is contracted to a specific WADA-approved NADA who will be responsible for doping control and all Management of results from laboratory AAF's (Adverse Analytical Findings). The NADA used by IMWA is HUNADO, the Hungarian NADA situated in Budapest.
The IMWA have agreed and signed two contracts with HUNADO.

1. At IMWA championships the HUNADO DCO's (Doping Control Officers) will be responsible for the selection of athletes to be tested and do the testing.
2. The HUNADO use the WADA approved laboratory in Austria to test all the samples.
   The HUNADO Legal Department has produced the IMWA Anti-Doping Policy which is WADA compliant. They will process and manage all the test results to check for any AAF's (Adverse Analytical Findings), using all the related documentation, and decide if a doping offence has been committed. They will also process all and any doping offences.

Please see the IMWA website www.imwla.com for the current IMWLA Anti-Doping Policy.

15.1.3 Any person found guilty of a doping offence will be notified by the HUNADO, via a communication stating the athlete's rights and any penalty applied. Penalties imposed are those applicable under WADA rules.

15.1.4 The IMWA does not deal with TUE requests nor does it issue TUE's. Athletes must go to their own NADA to obtain a TUE and if this fails the IMWA is able to put athletes in contact with the HUNADO who do charge a fee.

15.1.5 The total cost for dope testing will be met by the IMWA from the revenue received from **their share of** the championship entry fees.

15.1.6 Before each championship, and immediately after the closing date for entries, the IMWA will know the total number of entries from the Registration System 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.

15.1.7 All persons who register using the Registration System must read all the anti-doping information and in effect agree to be tested if selected. An athlete can be selected at any time and on any day during the days of a championship.

16 COMPETITION ENTRY - ONLINE REGISTRATION and PAYMENTS SYSTEM

16.1 All entries will be by online registration only.

16.2 Entry fees are payable to the recognised National Masters body who will issue an "access code" to enable the athlete to register. Entry fees must be paid before the access code will be issued. Entry fees must be paid according to the fee shown in the Registration System.
Note: The online system will close on the date listed as the closing date on the Registration System home page and no late entries will be possible.

16.3 Athletes must pay the entry fee to their National Masters body before being issued with the access code.

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

16.5 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.

16.6 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 IMWA Executive Board who will report to Congress.

16.7 All championship revenue is provided by the payment of championship entry fees. The fee for any one championship may differ from previous championships depending on change and circumstances. 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. The balance of revenue from entry fees is paid to the IMWA Board to cover all IMWA expenditures, e.g., doping control, Hall of Fame, Website, any other expenses.

17. ADAPTIVE WEIGHTLIFTING

17.1 Adaptive weightlifting was discussed and accepted by the IMWA Committee. It was introduced at the IMWA World Masters Championship in Orlando, USA.

17.2 It was introduced to comply with the IMWA total inclusion ideology and offers a number of different impairment categories, will be constantly reviewed to enable acceptance of new categories and how each will be officiated and any other matters arising.

17.3 When registering for IMWA championships and events sanctioned by the IMWA it will be

necessary to register as male or female and “Adaptive”. The IMWA accepts that a person may register under “Adaptive” and “Other”.

18. The IMWA GENDER IDENTITY POLICY

18.1 A policy introduced by the IMWA in 2024 to clarify the correct registrations.

18.2 This policy is introduced to comply with the IMWA total inclusion ideology and will be reviewed Annually for additional amendments based on the development and demand.

18.3 The IMWA Gender Identity Policy must be read carefully to clarify the correct registration. When registering for IMWA championships and events sanctioned by the IMWA it will be necessary to register as male or female and “Other”.

19. ADAPTIVE/GENDER IDENTITY

19.1 It is advisable for athletes who register for either of these two categories make themselves aware of all details for both categories.

IMWA TECHNICAL AND COMPETITION RULES

1. IMWA RULES

The Masters follow the rules of weightlifting as defined by the current edition of the IWF TCRR except as amended in this section.

2 ADDITIONAL RULES RELATING TO THE MASTERS

2.1 Rules relating to the Masters can only be added, deleted, or amended by a majority vote of IMWA Congress.

2.2 Age Groups

MEN

The IMWA organise lifting in eleven (11) 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 55-59	M60	age 60-64
M65	age 65-69	M70	age 70-74
M75	age 75-79	M80	age 80-84
M85	age 85 and above		

WOMEN

The IMWA organise lifting in eleven (11) age groups for women within each body weight category. The women's 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 70-74
W75	age 75-79	W80	age 80-84
W85	age 85 and above		

2.3 A weightlifter can compete in Masters' weightlifting events 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 For men and women in age groups 70 and above, the minimum weight on the bar shall be 15 kg (10-kg bar and two full-sized 2.5-kg discs, with clips instead of collars). If the desired weight is 20 kg, a 15-kg bar may be used.

3. THE 80% RULE

3.1 **80% Rule** – At the IMWA World Championships, 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".

Note: *All fractions of 1 kilogram for an athlete's minimum start total should be rounded **up** to the next highest kilogram. Example: If the minimum start total (including changes; see 3.4 below) is calculated to be 203.1 kg, the minimum start total shall be set at 204 kg.*

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 and other local and regional Masters championships the minimum start total can instead be set at 80% of the official Qualifying Total for the athlete's age group/bodyweight category*

3.2 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.

3.3 No changes can be made to the Entry Total after the deadline date for entries has passed except for 3.4 below.

3.4 Changes to the Entry Totals and Minimum Start Totals

3.4.1 If the athlete remains in the bodyweight category entered the **Entry Total** remains unchanged and no changes are allowed.

3.4.2 If the athlete moves down to a lower bodyweight category at the Verification Meeting or earlier, then the **Entry Total** is *decreased by* an amount equal to the difference in qualifying totals between the original category entered and the declared new category. The **Minimum Start Total** will be 80% of the new Entry Total.
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 Verification Meeting the athlete moves down to M65/96kg. The qualifying total for M65/96kg is 4 kg lower than for M65/102kg and therefore the Entry Total is now 196kg, therefore the minimum start total is *reduced* to **157 kg** (80% of 196kg =156.8kg rounded up to 157kg)**.**

3.4.3 If the athlete moves up to a higher bodyweight category at the Verification Meeting or earlier then the **Entry Total** is *increased by* an amount equal to the difference in qualifying totals between the original category entered and the declared new category. The **Minimum Start Total** will be 80% of the new Entry Total.
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 Verification Meeting the athlete moves up to W35/64kg category. The qualifying total for W35/64kg is 5 kg higher than for W35/59kg therefore the Entry Total is now 205kg, therefore the minimum start total is *increased* to **164 kg** (80% of 205kg =164kg)**.**

4. MASTERS BODYWEIGHT CHANGE RULE

4.1 At the Verification Meeting before the start of IMWA 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.

4.2 At the Verification Meeting athletes may move up to a higher body weight category or down to a lower body weight category.
Note – Rules 3.1 and 3.2 ensure that an athlete can achieve the qualifying standard. Changes of body weight may be communicated, in advance of the Verification Meeting, to the Secretariat by e-mail or other means.

4.3 Athletes cannot move to a higher or lower body weight category at the time of the weigh-in

4.4 After information is verified at the Verification Meeting the entries are considered final. There cannot be any modification of the names or bodyweight categories of the athletes.

4.5 It is possible that the Final Verification meeting will be conducted online up to 5 days before the start of championship. In this case each National Masters Chair will be notified by the email sent regarding the official opening of the registration.

4.6 Weigh-in

- Athletes may be weighed in either completely undressed or in undergarments (articles of the athlete outfit: costume, unitard, shorts and T-shirt are not considered as undergarments). Athletes must not wear shoes or socks or any other footwear during weigh-in.
- Athletes with prosthetic limb(s) must be weighed with the prosthetic limb(s). The weight of the athlete, while wearing the prosthesis, is considered to be the athlete's bodyweight.
- Athletes are entitled to wear jewelry, hair adornments and religious head gear during weigh-in. Athletes must not wear watches during weigh-in.

5 MASTERS AGE AND BODYWEIGHT FORMULAS (Men and Women)

5.1 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.

5.2 The **Sinclair-Meltzer-Faber Formula (SMF)** is used at IMWA World and Continental championships to compute the best lifter in each age group and best overall lifter in the championship for men. The formula uses the 2020 Sinclair Body Weight Coefficients and the Meltzer-Faber Age Coefficients which remain static unless and until changes are approved by the IMWA Congress and/or Executive Board.

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.

5.3 The **Sinclair-Huebner-Meltzer-Faber Formula (SHMF)** is used at IMWA World and Continental Championships to compute the best lifter in each age group and best overall lifter in the championship for women. The formula uses the 2020 Sinclair Body Weight Coefficients and the Huebner, Meltzer, Faber Age Coefficients which remain static unless and until changes are approved by the IMWA Congress and/or Executive Board.

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

6 IMWA NATIONAL TEAM COMPETITION

6.1 At IMWA World and Continental 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.

- This competition is for team points only and team points are applied according to the IWF Rules, for the total only (*not* including points separately for Snatch and Clean & Jerk.
- A team may include only a single individual, or a maximum of ten, or any number from one to ten.
- Should a team member be unable to participate, or be excluded due to two other team members being in the same age group and body weight category, 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, except as noted above.

6.3 Team selection is from the version of the Start List published before the beginning of the final Verification meeting at which time a new competition Start List will be produced.

- In the team competition (men's and women's teams) if there is only one lifter listed on the final competition results in an age group/body weight category 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 listed on the final competition results in the age group/body weight category, the winner, if a team member, would earn 25 points and the second, if a team member, would earn 23 points (equivalent to 2nd and 3rd places).
- Team entries should be submitted and paid at the Verification Meeting and will not be accepted after the start of the competition.

6.3 Team points for each athlete are calculated on the athlete's final position in the competition within the athlete's age group and body weight category. Points are based on the IWF team points system. SMF or SHMF points for each athlete are computed based on their total weight lifted.

6.4 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, as follows: The team with the most gold medals is placed higher; if number of gold medals is equal, the team with the most silver medals is placed higher; if number of silver medals is also equal, then the team with the most bronze medals is placed higher.
- If two (2) or more teams have identical medal distributions, then the SMF or SHMF points earned by each team member are added together to give a total SMF or SHMF points for the team. The winning team is then selected on the highest team total of SMF or SHMF points.

7 MEDALS

7.1 Medals are awarded to the first three places in each body weight and age category for totals only.

7.2 In the event of a tie the lifter who achieved the total first is the winner, regardless of age or body weight.

7.3 Regardless of an athlete achieving a finish in the first three, failure to achieve the qualifying standard will result in the athlete not being awarded a medal.

8 BEST LIFTER AWARDS

8.1 Best lifter awards will be given for each age category, men and women.

8.2 All best lifter awards are based on the highest number of SMF or SHMF 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.

8.3 **"Grand Master"** Awards for men and women may be awarded to the best overall man and woman having achieved the highest overall SMF or SHMF Points in a championship, chosen from among the Age Group winners.

9 INTERNATIONAL MASTERS CHAMPIONSHIPS

9.1 GENERAL PROVISIONS

9.1.1 The format of a championship can only be changed by agreement with the IMWA or Continental Masters Committee.

9.1.2 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.

9.2 IMWA WORLD CHAMPIONSHIPS

The **IMWA** 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 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.

9.3 WORLD MASTERS GAMES (WMG)

A WMG is normally held every 4 years and the IMWA will decide if the WMG will be sanctioned to include the IMWA 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 and continent in which an athlete holds a passport or complies with rules on residency. 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 IMWA require an additional fee to cover costs of the 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.

9.4 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.

9.5 OTHER INTERNATIONAL MASTERS CHAMPIONSHIPS

9.5.1 DOPING CONTROL and SANCTIONS

- Doping controls must be applied to enable ratification of IMWA World Masters records.
- Doping Controls will only be processed by a WADA approved laboratory.
- Any International Masters Championship event other than those listed in 9.2, 9.3, and 9.4 above must be sanctioned by the IMWA.
- To enable the IMWA to sanction international Masters weightlifting events, other than Continental Championships, the Organising Committee must invite members from the IMWA Executive Board to attend, oversee, and agree that the event complies with all IMWA rules.
- All sanctioned non-IMWA events must provide (sent by email) a list of selected athletes for doping control and inform the IMWA Anti-Doping Panel immediately of any positive result.
- The result management of doping results at non-IMWA events shall be conducted by the respective NADA who carried out the doping control.

10. ENTRY FROM OUTSIDE THEIR COUNTRY OF NATIONALITY

10.1 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.
Any such athlete who is denied the right to compete is allowed to appeal to the IMWA Secretariat.

10.2 If the National Masters Chairman of any country has doubts about the international qualification of an athlete from another country and now working and living in their country must do their utmost to ensure this rule is observed. If they do have any doubts, they must contact the IMWA Secretariat for a solution.

11. SINGLETS RULE

11.1 Weightlifting costumes for IMWA are the same as those described in the IWF TCRR except as follows:
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 Masters athlete should be similar to that worn by senior athletes of their home country at IWF international events. Bikini cut designs are unacceptable on IMWA competition platforms for both genders.

12. VIDEO PLAYBACK TECHNOLOGY AND CHALLENGE CARDS

12.1 The IMWA does not employ Video Playback Technology (VPT) or Challenge Cards to review Referees' or Jury's decisions. Neither Athletes or Teams are permitted to challenge the decisions of the Referees or Jury; those decisions are final.

COMPLETE LIST OF IMWA OFFICIALS

ELECTED MEMBERS OF THE IMWA MASTERS EXECUTIVE BOARD

IMWA CHAIRWOMAN:	**Mrs. Denise Offermann** **E: imwlasecretariat@gmail.com**
GENERAL SECRETARY	**Mr. Bill Barton** **E: wbarton16@btinternet.com**
TREASURER	**Mr. Glenn Van Thuyne** **E: glenn.vanthuyne@gmail.com**
VICE CHAIRPERSON (Technical)	**Ms. Lynette Murad** **E: lynette.imwa@gmail.com**
VICE CHAIRPERSON (Administrative)	**Ms. Corinne Grotenhuis** **E: CGROTEN@hotmail.com**

CO-OPTED MEMBERS OF THE IMWA MASTERS EXECUTIVE BOARD

MEDICAL/IMWA GENDER COMMITTEE	**Dr. Mark Lavallee** **E: marklavallee@icloud.com**
RECORDS	**Mr. Jozef Lazou** **E. jozef.lazou@telenet.be**
WEBSITE	**Mr. Terry Baker** **W: www.imwla.com**
EUROPEAN MASTERS	**Mr. Harold Pijcke** **E: euromasterswlchairman@gmail.com**
PAN AMERICAN MASTERS	**Ms. Corinne Grotenhuis** **E: CGROTEN@hotmail.com**
TECHNICAL/HARDWARE//TO's	**Mr. Chris Baker** **E: jcb.cwlc@hotmail.co.uk**
TO's/ DISCIPLINARY	**Mr. Andreas Degworth** **E: andreas.degwerth@live.at**
HALL OF FAME	**Ms. Caroline Charles** **E: carolinecharles@yahoo.co.uk**
SCIENTIFIC and RESEARCH COMMITTEE	**Ms. Marianne Huebner** **E: marianne.huebner@gmail.com**
ADAPTIVE MASTERS WEIGHTLIFTING	**Ms. Nalani Perry** **E: nalani_perry@yahoo.ca**

USEFUL WEBSITES RELATING TO MASTERS WEIGHTLIFTING

IMWA SECRETARIAT: Denise Offermann	**imwlasecretariat@gmail.com**
IMWA Anti-Doping Secretariat: Andreas Marcou	**imwla.antidoping@gmail.com**
IWF	**www.iwf.sport**
IMWA website	**www.imwla.com**
IMWA REGISTRATION SYSTEM	**www.imwa-reg.com**

Purposes and Principles of the Rule Book of the International Masters Weightlifting Association

1. The new Masters Rule Book of the International Masters Weightlifting Association (IMWA) has three main objectives:
    a. Ensure that IWF can meet its obligations to the International Olympic Committee without any concerns about doping in Masters;
    b. Ensure that World Masters Weightlifting can carry out doping control in an effective and economical way, without any concerns about excessive costs or impractical administrative requirements imposed by the International Testing Agency on IWF;
    c. Ensure that Masters weightlifters decide their own rules and regulations, and govern their own activities without interference from non-Masters sports organizations or government authorities.

2. The three objectives of the new Rule Book are achieved in the following ways:
    a. The new Masters weightlifting governing body is now formally separated from the IWF, with a new name that does not include the designation "IWF" and an administrative structure that is completely separate from IWF. This new "International Masters Weightlifting Association" (IMWA) will take full responsibility for doping control in Masters weightlifting worldwide, with no involvement of the IWF or of the doping-control administrative and management system associated with IWF. Through these measures, IWF will be freed from any responsibility for positive cases or other issues that may arise due to doping control among Masters weightlifters.
    b. The new independent International Masters Weightlifting Association will enter into contracts with independent doping control organizations that will be responsible both for testing and results management, and that will not be burdened with the prohibitively expensive out-of-competition testing and administrative apparatus required by the International Testing Agency for IWF events. In this way, doping control will be carried out in an economical and efficient manner for Masters weightlifting. This will protect the integrity of Masters weightlifting performances, ensuring fair competition and trustworthy Masters world records, but also ensuring that doping control costs will not exceed the ability of the Masters weightlifting community to pay for them, nor threaten the ability of Masters to carry out large-scale competitions due to prohibitive doping-control expenses.
    c. The new rule book specifies that the International Masters Weightlifting Association will only recognize national Masters representative bodies that express the desires of the Masters weightlifters themselves, and makes it clear that the IMWA will not tolerate interference by national sports governing bodies in international Masters weightlifting events, nor interference with any Masters weightlifter who wishes to participate in those events. Participation in World Masters Championships will only be open to entries submitted by Masters representative bodies recognized by the International Masters Weightlifting Association. Any attempts by national sports or weightlifting authorities to substitute themselves for a nation's Masters weightlifters will not be recognized by IMWA, and IMWA will reject entries for IMWA events submitted by national sports governing bodies that are acting independent of, or against the expressed desires of a nation's Masters weightlifters. The relevant section of the rule book (Section 3.1) is shown in full below.

Purposes and Principles of the Rule Book of the International Masters Weightlifting Association

3 NATIONAL MASTERS COMMITTEES

3.1. The IMWA recognises only one Masters representative body from each country. This official Masters body does *not* have to be officially recognised by a National Weightlifting Federation or approved by a National Olympic Committee. *Definition:* A Masters representative body is an administrative structure that governs Masters events and activities in a nation in accordance with the expressed desires of the Masters in that nation, and that is subject to the authority of recognized Masters leaders in that nation. IMWA will not recognize a takeover of Masters by a national governing body that is contrary to the expressed desires of the Masters in that nation. IMWA, at its sole discretion, will deny participation in IMWA events to entries submitted by national governing bodies in violation of the expressed will of the Masters of that nation.

3.1.1. The IMWA will recognize **only one** National Masters Committee. Any persons forming a second committee will not be recognized and do so at their own risk.

3.1.2. A National Masters Committee can be recognized in the following ways:

3.1.2.1 When a National Masters Committee and all the national Masters are members of the National Weightlifting Federation. In this case, the National Masters Committee must represent the expressed will of the Masters weightlifters of that nation, and must be subject to the authority of recognized Masters leaders in that nation.
3.1.2.2 When a National Weightlifting Federation does not recognize the Masters and it has been necessary to form a Masters Committee to enable national Masters to compete in International Masters championships.

3.1.3 The IMWA will not get involved in the internal disputes between groups of Masters within a country. The IMWA will not enter into discussion on any level relating to internal Masters disputes and any such dispute must be settled between the two or more Masters groups within a country.

3.1.4 The IMWA, through its Congress of Nations and its Executive Board, will be the **sole judge** of whether entries for IMWA events submitted by any nation are consistent with the rules regarding Masters representative bodies.