

Proposal passed by the IWF Congress on November 15, 1992, Tenerife, Canary Islands, Spain. IWF Handbook Item 7.14 - The Executive Board liaises with an IWF-MASTERS Committee to ensure the worldwide coordination of Masters Weightlifting. Provisional acceptance of the Final Edition of the IWF-MASTERS Rule Book effective September 12, 1993, Newnan, GA.

MISSION STATEMENT

The International Weightlifting Federation Masters Committee (IWF-MASTERS) is responsible for providing and maintaining a functioning system to administer and facilitate the sport of Masters weightlifting for all accredited members of their respective National Associations throughout the world. As a committee of the International Weightlifting Federation, the IWF-MASTERS will provide policy direction, not only within their own committee, but will interface with and contribute to the growth of the Masters movement within the IWF organization.

It is our purpose to strive to evolve toward higher levels of mutual respect among our competitors and member nations, including appropriate qualifying standards for competition; to compete with honor and dignity and to produce and maintain a drug-free environment. We also commit ourselves to the continued upgrading of all levels of involvement including lifting performance, officiating, coaching, administration, and public relations.

September 29, 2004

July 26, 2005

Baden, Vienna, Austria (AUT)

Edmonton, Canada

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REVISED JAN. 2006

INTERNATIONAL WEIGHTLIFTING FEDERATION

IWF-MASTERS RULE BOOK

2006

WEBSITE: www.iwfmasters.net

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Jose Postigo, DOM-Chairman
11972 Hatcher Circle
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5.8 Classification of Athletes and Teams

5.8.1 Team points shall be from the **total only**. No points for the best snatch or clean and jerk. Competitors cannot continue on the Clean and Jerk after 3 failures on the snatch.

5.8.2 When two or more competitors obtain the same results at a competition where they registered at the same bodyweight, the competitor whose age is greatest is classified before the other one(s).

5.8.3 In the case of tie in the classification of teams, where two or more teams have identical numbers of placings in first, second, etc., the team having the highest total number of points using the men's or women's formula will be classified first. That is, the total number of Sinclair-Malone-Meltzer points accumulated by all members of the team will determine the final placing.

6.1 The Jury

6.1.8 The jury, in unanimity, has the power to reverse a lift when the referees' decision has been unanimously agreed by the jury, to be technically incorrect. In IWF Masters World Championships and World Masters Games, the jury may reverse a decision of the referees if there is a serious error in the application of the IWF technical rules and there are five members on the jury. In the event there are less than five members of the jury, the jury is not authorized to reverse the decision of the referees. (The "Masters 5 Jury Member Rule".)

At Continental Masters Championships and World 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 men is 15 kilos below their Qualifying Total.

The lowest possible opening (first) attempts total for women is 10 kilos below their Qualifying Total.

(The "Minimum Starting Attempts Total Rule" or the "15/10 Kilo Rule".)

5.2 Drawing of the Lots

5.2.1 At the Technical Meeting before the start of IWF Masters Continental and IWF Masters World Championships, each National Federation confirms the final entry list of their athletes including name of the athlete, age group, and bodyweight category. After this information is verified at this Technical Meeting, 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 according to IWF Masters Rule **5.3.1**.

When, for any reason, a delegation of a National Federation does not attend this Technical Meeting, the entry forms previously submitted by that National Federation are considered the Final Verified Entries for that country. (The "Masters Bodyweight Change Rule".)

5.3 Weigh-in

5.3.1 The declaration to move up to a higher bodyweight category must be made at the Technical Conference before the start of the competition. After the Technical Conference, an athlete may move up to a higher bodyweight category by notifying the Competition Secretary prior to the start of the weigh-in for the class that they are registered for. After the start of that weigh-in, they may only move up to a higher bodyweight category if they get on the scale and weigh more than the bodyweight limit for that category. In that case, they must weigh-in again at the regular time for the weigh-in of the next higher bodyweight category.

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INTERNATIONAL WEIGHTLIFTING FEDERATION MASTERS COMMITTEE RULE BOOK (IWF-MASTERS)

By-laws for the IWF-MASTERS Committee

1 DEFINITION OF THE IWF-MASTERS COMMITTEE

1.1 Name and Principles

1.1.1 The IWF-Masters Committee is a permanent committee of the IWF founded in 1992. The official name is, "International Weightlifting Federation-Masters Committee," hereafter known by IWF-MASTERS. Membership is open to all Masters Weightlifters both men and women provided they are registered as a Master in their **respective** National Weightlifting Federation.

1.1.2 The International Weightlifting Federation (IWF) is the only worldwide governing body for the sport of weightlifting.

1.1.3 The current IWF Constitution and Technical Rules apply to all IWF-MASTERS events (except for certain modifications approved by the IWF Masters Technical Congress).

1.1.4 The IWF-MASTERS is the controlling body for all Regional, Continental and World Masters Contests.

1.2 Objectives

1.2.1 Organize, control and develop the sport of Masters Weightlifting on an international scale.

1.2.2 Promote friendship and cooperation among Masters lifters the world over.

1.2.3 Resolve Masters disputes arising between member countries, regions, and continents.

1.2.4 Determine the rules governing the performance of Masters Weightlifting.

- 1.2.5 Supervise the activities of Continental Federations according to the IWF-MASTERS Constitution, By-Laws and Technical Rules.
- 1.2.6 Govern all organized IWF-MASTERS events.
- 1.2.7 Verify all World Master Records.

2 EMBLEM and FLAG

2.1 Emblem

- 2.1.1 The emblem of the IWF-MASTERS shall be a lifter in the jerk position in front of a pale blue globe with white meridians. Around the globe shall be the words "IWF-MASTERS."

2.2 Flag

- 2.2.1 The flag of the IWF-MASTERS is the emblem in a white circle on a pale blue background.

3 GENERAL PROVISIONS

- 3.1 The IWF-MASTERS is the sole controlling body for Masters International Weightlifting. The body functions under the umbrella of the IWF.
- 3.2 The IWF-MASTERS will only allow discussions on Masters Weightlifting and related topics.
- 3.3 The IWF-MASTERS will support all practical initiatives by Master Weightlifters which improve greater friendship and international cooperation.
- 3.4 The IWF-MASTERS will not allow distinctions between gender, race, color, religion, and politics to intrude into any of its meetings and discussions. During competitions and awards ceremonies, the IWF-Masters will not allow any distinctions or exceptions for matters of race, color, religion, or politics.
- 3.5 The IWF-MASTERS will recognize only one Masters Weightlifting Association per country.

- a) Team Point Calculations for Small Nations Teams. Team points for the Small Nations Team Championship are calculated according to IWF Rules on Classification of Teams, sections 5.8.1 through 5.8.3 of the IWF Handbook (and summarized in section 5.8).
- b) The cost of the men's team entry must be the same as the cost of a team of 8 men.
- c) A national may enter a maximum of two athletes in anyone age/bodyweight category for team points in the Small Nations competition.

3.6 Other Equipment

- 3.6.1 The scoreboard must contain the age of each competitor.

3.7 Official Documents of the Competition

- 3.7.1 For each category or group, the weigh-in list used by the competition secretary must also contain the exact date and year of the birth of the athlete, as shown on the athlete's passport or other official document.

5.1 Entries

- 5.1.3 In all IWF-MASTERS competitions for which a qualifying total has been established, including IWF World Masters and Continental Masters Championships, all competitors must meet or exceed the qualifying total for the age group and bodyweight category in which they will compete. They must meet or exceed this qualifying total during the period specified by the IWF-MASTERS Technical Congress (in the case of the IWF World Masters Championships) or by the respective continental Masters federation (in case of the Continental Masters Championships). The qualifying period established for each competition must be published in the official entry form for that competition.
In the case of an athlete entering a new age group in the year of a competition for which a qualifying total pertains, the qualifying total may be achieved by the athlete when he or she is in a lower age group than the one in which he or she will compete, **provided** that the qualifying total is achieved during the specified qualifying period.
- 5.1.4 At Continental Masters Championships and World 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.

1.3.2 There are seven (7) bodyweight categories for Women Masters:

- | | | |
|-----------|-----------|------------|
| 1 - 48 kg | 4 - 63 kg | 7 - +75 kg |
| 2 - 53 kg | 5 - 69 kg | |
| 3 - 58 kg | 6 - 75 kg | |

1.3.3 At Men's World and Continental Masters Championships, each country may enter a team of eight (8) athletes and only three (3) reserves spread over the different categories with a maximum of two (2) athletes per age/weight category. This is for **team points** only.

Example: Germany will select an 8-man team out of their entry of 75 lifters. The selection of the 8-man team is for **team points** only.

1.3.4 At Women's World and Continental Masters Championships, each country may enter a team of seven (7) women lifters and only three (3) reserves spread over the different categories with a maximum of two (2) athletes per age/weight category.

Example: USA will select a 7 woman team out of their entry of 21 lifters. The selection of the 7 woman team is for **team points** only.

1.3.5 During any competition, an athlete cannot compete in more than one age/weight category.

1.3.6 Team selection is from the official entry list or nominations provided by the Host Committee. No lifter can be selected as a team member unless the same lifter has a minimum of two (2) other lifters for competition in the same age/weight category taken from the nomination list. No team selection can be made after the technical meeting.

1.3.7 The 1993 Sinclair-Malone-Meltzer Formula (Malone-Meltzer Age Factor and Sinclair Bodyweight Factor) will be used to compute the Best Lifter in each Age Group and Overall Best Lifter. Only first place winners are eligible for the Age Group Best Lifter award, and the Overall Best Lifter is selected from the Age Group winners with the highest Sinclair-Malone-Meltzer points.

1.3.8 Small Nations Men's Team Contest - At IWF-World Masters Championships and at World Masters Games, a separate "Small Nations Men's Team Competition" is held. This competition is limited to nations with six or fewer men entered in the IWF World Masters Championships/Games. These nations may enter a team of up to six (6) men, spread over the different categories. (These athletes compete in the Championships as individual lifters for age/body weight medals and best lifter, just as any other athlete entered in the Championships.)

4 OFFICIAL LANGUAGES-

4.1 The official languages of the IWF-MASTERS are English, French, German, and Spanish. English is the working language.

4.2 The annual meeting of the IWF-MASTERS delegates held at the annual IWF World Masters Championships will be conducted in English. All reports and publications will be in English.

5 IWF-MASTERS BODIES

5.1 The IWF-MASTERS is composed of the following bodies:

- the Technical Congress of Delegates.
- the Executive Committee.
- the Subcommittees.

5.2 The IWF-MASTERS is controlled by the Technical Congress of Delegates (TCOD).

5.3 The Technical Congress of Delegates is the highest authority in the IWF-MASTERS.

6 TECHNICAL CONGRESS OF DELEGATES

6.1 The National Masters Chairman and one National from each country attending the annual IWF World Masters Championships may attend the Annual Technical Congress. Only one vote per country is allowed.

6.2 The Chairman and General Secretary of the IWF-MASTERS must attend the Annual Technical Congress.

6.3 Proposals and motions for the Agenda should be sent to the IWF-MASTERS Secretary at least sixty (60) days prior to the Annual Technical Congress. These proposals and motions must be submitted in English. The General Secretary determines the agenda and the order of discussion and forwards same to reach the National Chairman of each country thirty (30) days prior to the date of the Technical Congress.

6.4 At all annual meetings of the Technical Congress of the IWF-MASTERS, the following are the order of business:

- Roll Call
- Reading of Minutes of previous meeting
- Officers' Report
- Report on IWF World Masters Championships
- Report on the Continental Masters Championships
- Subcommittee Reports

- g) Decide on location of future IWF World Masters Championships
- h) Old Business
- i) New Business
- j) Election of Officers (every four years)

6.5 Decisions taken at the Annual Technical Congress shall be by simple majority.

6.6 The IWF-MASTERS Chairman shall have the right to form ad hoc committees when the need arises to consider any matters related to Masters Weightlifting. Any such working party shall report directly to the IWF-MASTERS Chairman. The IWF-MASTERS Chairman shall then report the findings to the Annual Technical Congress.

7 ELECTIONS

7.1 Election of Officers:
 Chairman
 Three (3) Vice-Chairpersons
 General Secretary
 Treasurer
 Records Chairman
 Five (5) Continental Chairmen

7.1.1 Elections for the posts of IWF-MASTERS Chairman, Vice-Chairpersons, General Secretary, Treasurer, and Records Chairman of the IWF-MASTERS, (together with other Officers appointed at the Annual Technical Congress, by necessity) shall be held every four (4) years in the Summer Olympic year. Officers may offer themselves for re-election.

7.2 Elections shall be decided by simple majority vote.

7.3 When two or more candidates obtain an equal number of votes for a position, another ballot is held. If after the second ballot there is still a tie, the IWF-MASTERS Chairman may cast a deciding vote.

7.4 Each country shall have one vote cast by the national chairman or by the person from that nation so delegated by the National Chairman.

7.5 Proxy votes are not allowed. A maximum of four members per country can be elected to each IWF-MASTERS body.

7.6 The order of the elections is as follows:

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SUPPLEMENTAL TECHNICAL RULES FOR IWF-MASTERS

NOTE: These Technical Rules should only apply to those which differ from IWF Rules and are specifically designed for Masters only.

1.2 Participants

1.2.1 In the sport of Masters Weightlifting, competitions are organized for men and women. The athletes compete within the categories established by the rules, according to their age and bodyweight.

1.2.2 In its activities, the IWF-MASTERS recognizes ten (10) age groups for men.

1	age 35-39	6:	age 60-64
2:	age 40-44	7:	age 65-69
3:	age 45-49	8:	age 70-74
4:	age 50-54	9:	age 75-79
5:	age 55-59	10:	age 80 plus

1.2.3 In its activity, the IWF-MASTERS recognizes seven (7) age groups for women.

1.	age 35-39	5.	age 55-59
2.	age 40-44	6.	age 60-64
3.	age 45-59	7.	age 65+
4.	age 50-54		

1.2.4 A weightlifter becomes a Master Lifter on January 1st of the year in which he or she attains the thirty-fifth anniversary. For the entire year, the age of a Master is considered to be the oldest age they will be that year.

NOTE: The age of the athlete as of December 31st of the year of the competition determines the lifter's age for that competition (and the entire year). For example, an athlete who becomes 60 years old some time in 2006 is considered to be 60 years old for any competition in 2006.

1.3 Categories

1.3.1 There are eight (8) bodyweight categories for Men Masters. All competitions under IWF-MASTERS must be held in these categories

1 - 56 kg	4 - 77 kg	7 - 105 kg
2 - 62 kg	5 - 85 kg	8 - +105 kg
3 - 69 kg	6 - 94 kg	

- 15.12 In order to make any appeal of an anti-doping violation, the athlete must pay a fee of \$500.00 US DOLLARS to cover the costs of processing this appeal. This fee must be received by the IWF Masters General Secretary/Treasurer before the appeal process will be undertaken. Some or all of this fee could be refunded if the athlete were found to have a valid appeal by the IWF Masters Anti-doping Commission.
- 15.13 The results of the "B" sample will be reported to the IWF-MASTERS Chairman, who will notify, in writing, the athlete, the athlete's National Federation, and the IWF Secretariat. This notification shall:
- identify the alleged doping offense,
 - confirm or remove the sanctions imposed after the "A" sample results.
 - state the athlete's right of appeal.
- 15.14 The National Federation of an athlete found positive for banned substances will not be fined according to the IWF Handbook, Section 14: SANCTIONS: Doping Fines 14.5, 14.6, or 14.7 unless the IWF Secretariat chooses to impose these fines.
- 15.15
- Athletes found positive for doping offenses will receive the same six month, one year, two year, or life suspensions as listed in section 14.2 of the IWF Anti-doping Policy in the Current IWF Handbook.
 - Athletes found positive for doping offenses must return any medals received before returning to IWF Masters Competition.
 - If the violation was for anabolic agents, masking agents, manipulation techniques, or refusal to comply with the Doping Control Officer's request to provide a sample, the athlete must pay a \$500.00 US DOLLARS fine to the IWF Masters Committee in order to be reinstated in the IWF Masters Program.
 - Athletes found positive for doping offenses will lose all competition ranking, records, and team points received at the competition at which they committed the doping violation (and all subsequent IWF Masters competitions during the duration of their sanction).
 - Athletes found positive for doping offenses will not be allowed to participate in the IWF Masters program in any capacity (coach, referee, Board Member, etc) during the duration of their sanction and until all the above requirements are fulfilled.
- 15.16 All lifters must sign on the entry forms a statement that the IWF-MASTERS has the authority and the right to test for banned substances.

EXECUTIVE COMMITTEE

Chairman
 3 Vice-Chairpersons
 General Secretary
 Treasurer
 Records Chairman
 Women's Chairperson (Appointed)
 Five (5) Continental Chairmen unless elections are held at the Continental Championships in the Summer Olympic year.

SUBCOMMITTEE

Anti-doping Commission
 Hall of Fame Committee
 Technical Committee
 Medical Committee
 Women's Committee
 Referee's Committee

- 7.7 The Executive Committee has the power to suspend those members of the Executive Committee and Subcommittees who have been absent from two consecutive meetings.
- 7.8 Between Technical Congresses, the Executive Committee has the right to replace members who have discontinued serving the IWF-MASTERS in the subcommittees for any reason. Replacement members are to serve until the next Technical Congress.
- 7.9 The Executive Committee must meet at least once a year, one day prior to the IWF World Masters Championships.

8 DUTIES OF OFFICERS

8.1 IWF-MASTERS Chairman

Presides at all meetings of the IWF-MASTERS and the IWF-MASTERS Technical Congress. Has the right to exercise all the duties pertaining to his office in accordance with the constitution and the bylaws. He is an ex-officio member of all sub-committees.

- 8.1.1 Will introduce a bilateral agreement between the Masters Committee and the IWF.
- 8.1.2 At the IWF Congress, the IWF-MASTERS Chairman and the Technical Committee Chairman of the IWF-MASTERS will be invited to observe.

8.1.3 The Executive Committee, from time to time, may make provisions for the IWF-MASTERS Chairman to operate a specific account to facilitate the efficient conduct of his office. This account will be embodied in the annual balance sheet and subject to audit.

8.2 Vice-Chairpersons

- a) To assist the IWF-MASTERS Chairman in performing his duties,
- b) To have all the powers and perform the duties of the IWF-MASTERS Chairman in his absence or inability to attend a meeting or Technical Congress of the IWF-MASTERS.

8.3 Duties of the Continental Chairmen

They have such duties as assigned to them by the IWF-MASTERS Chairman. They are voting members of the IWF-Masters Executive Board.

Specific duties of Continental Chairmen include:

- a) To represent the IWF-MASTERS in their respective Regions at National, Regional and International Championships and meetings.
- b) To contact potential new IWF-MASTERS member nations in their respective Region.
- c) To serve as a consultant to the Member Federations within their Region.
- d) To plan and control development programs in their respective Region.
- e) To make suggestions to the various IWF-MASTERS subcommittees.
- f) To be present at all IWF-MASTERS Executive Meetings and at the IWF-MASTERS Technical Congress.
- g) To provide harmony among all IWF programs and help foster Weightlifting at all levels in the world.
- h) Each Continental Chairman shall register the names of the countries constituting their respective region, and this list is to be kept current.

8.4 Duties of the General Secretary

- a) To make proper arrangements for keeping the records of the IWF-MASTERS.
- b) To conduct all official correspondence of the IWF-MASTERS.
- c) To issue all official notices of meetings of the IWF-MASTERS.
- d) To keep a complete record of all IWF-MASTERS events.
These records shall include National and Regional Championships, Newsletters, Magazines, etc.
- e) To serve as Secretary of the IWF-MASTERS Technical Congress and any special meetings of the IWF-MASTERS.

15.5 The IWF-MASTERS may not make exceptions for the IOC banned substances alleged to be used for legitimate medical purposes. Athletes who test positive for banned substances may be penalized regardless of any medical statements the athlete provides. Athletes are encouraged to consult their personal physician about using alternative medicine during competition, rather than IOC banned substances.

15.6 The IWF-MASTERS does not issue monetary fines to athletes who test positive for a banned substance, nor does the IWF-MASTERS issue monetary fines to the National Federation of an athlete who tests positive for a banned substance. If, however, an athlete appeals the results of the "A" sample drug test and requests that the "B" sample be analyzed, the athlete is responsible for sending \$300.00 (U.S. Dollars) to the IWF-MASTERS Chairman within 14 days of being notified that the "A" sample was positive. (This is the same 14-day time period specified by the IWF for testing the "B" sample). This \$300 fee **must be received** by the IWF Chairman within the 14-day period for the "B" sample to be analyzed. If the "B" sample is not positive for a banned substance, the \$300 fee will be refunded to the athlete within 14 days of receiving the "B" specimen results.

15.7 The IWF-MASTERS Chairman may authorize the use of a non-IOC accredited laboratory for testing samples at IWF World Masters and Continental Masters Championships.

15.8 The IWF-MASTERS Chairman appoints a five-member IWF-MASTERS Anti-Doping Commission. Candidates for this commission may be nominated by the National Federation or by the IWF-MASTERS Executive Board Members. The IWF-MASTERS Chairman may serve as a member of this commission.

15.9 The Masters Anti-Doping Commission is responsible for selecting the athletes to be drug tested and for ruling on doping offense appeals.

15.10 The minimum number of athletes to be tested at IWF World Masters and Continental Masters Championships is set at 10% of the registered competitors at that competition.

15.11 At the IWF-World Masters Championships, all doping analysis costs are borne by the IWF-MASTERS Committee. At the Continental Masters Championships these costs are borne by the host organization. The entry fees for these championships will include a fee to be used for doping control.

- 14.3 Arranges transport from and to the airport for participants or gives clear and precise instructions to those making their own way.
- 14.4 Provides meeting rooms in which to hold the Annual Technical Congress and other meetings as necessary.
- 14.5 In hosting an IWF World or Continental Masters Championships, the organizers agree not to expect financial assistance from the IWF and IWF-MASTERS.
- 14.6 The host must provide a banquet or social function for the contestants at the IWF World Masters and Continental Masters Championships; cost to be paid by each person attending the banquet.
- 14.7 Each host country must invite one representative of the IWF Executive Board. For World Championships and World Masters Games, the organizing committee pays the expenses of the invited IWF official of the IWF Executive Board from the residence nearest to the venue site to attend the IWF World Masters Championships or World Masters Games.

15 ANTI-DOPING POLICIES

- 15.1 The IWF-MASTERS recognizes the right of any member country to conduct tests on any lifter selected for drug testing at any IWF-MASTERS organized events or at any other time.
- 15.2 The IWF-MASTERS Program adopts and follows the IWF Anti-Doping Policy as stated in the current IWF Handbook with adjustments as outlined in Sections 15.3 of the Masters Rules.
- 15.3 Athletes entered in IWF World or Continental Masters Championships are subject to drug testing any time starting two days before the first day of the championship and continuing through the last day of the championship (regardless of the day the athlete is scheduled to compete). Athletes may be selected for drug testing **more than once** during a championship. Athletes selected for drug testing **after** the day they compete **will not be tested** for stimulants - IOC Class A Drugs (including caffeine and over-the-counter decongestants).
- 15.4 Athletes are responsible for knowing whether or not substances they use are on the current IOC (International Olympic Committee) list of banned substances (including over-the-counter medicines and nutritional supplements). The current IOC list of banned substances can be obtained from the athlete's National Federation. (For example, the supplement Creatine is allowed but the supplement DHEA is on the IOC banned list; and the substance caffeine is allowed as long as the urine level is below a specific amount.)

8.5 Duties of the Treasurer

- a) To receive all monies of the IWF-MASTERS and deposit same to the accounts in the name of the IWF-MASTERS.
- b) To review all checks, notes, and drafts together with the Chairman's signature as provided by the IWF-MASTERS.
- c) To pay all bills approved by a duly authorized officer of the IWF-MASTERS Executive Board, provided same is within the authorized current budget of the IWF-MASTERS.
- d) To turn over to the Finance Committee or the IWF MASTERS Technical Congress when requested all monies, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
- e) To present an balance sheet and cash flow statement (financial statements) to the annual IWF-MASTERS Technical Congress.

8.6 Records Chairman

- a) To certify and maintain all World Masters Records.
- b) To maintain a computerized record of all World Masters Records and update these records immediately after the IWF World Masters Championships and the Continental Masters Championships.

9 CONTINENTAL FEDERATIONS

- 9.1 The IWF-MASTERS recognizes the following five (5) Continental Federations: African, Asian, European, Oceania, and Pan American.
- 9.2 All Continental Championships shall be held under the rules and regulations of the IWF-MASTERS.
- 9.3 All Continental Federation Records are the responsibility of the Continental Record keeper.
- 9.4 Within 60 days of the Continental Masters Championships, the records must be updated and mailed to the IWF-MASTERS General Secretary.

10 DISCIPLINARY MEASURES AND PENALTIES

- 10.1 No country shall be suspended or penalized as a result of actions by individuals of that country behaving in a manner contrary to the ideals of the IWF-MASTERS.
- 10.2 A lifter suspended by the International Weightlifting Federation or his National Federation shall not take part in any IWF-MASTERS event during the period of the lifter's suspension

- 10.3 When a lifter is suspended, the IWF-MASTERS Chairman and General Secretary/Treasurer of the IWF-MASTERS must be informed at once by that country's national masters chairman.
- 10.4 Penalties
 - 10.4.1 When the imposition of a penalty proves necessary, then one of two levels must be considered: Suspension or Life Ban. 10.4.2 For disciplinary action not involving doping offenses, the IWF-MASTERS Chairman shall convene a hearing as soon as practical. A panel shall consist of four delegates, (one of who at least must be from the country of the lifter involved) plus the IWF-MASTERS Chairman. In addition, the lifter may be accompanied by a "friend" who will play an active role.
 - 10.4.3 If a penalty is applied, the lifter has the right of appeal. The resultant decision is final
 - 10.4.4 Should a suspension be upheld after a final appeal, then the lifter may not take part in any event organized under the auspices of the IWF-MASTERS.
 - 10.4.5 If during a IWF World Masters Championship or Continental Masters Championships, a lifter or official behaves in a manner likely to harm the reputation of the IWF-MASTERS, then the Meet Director in consultation with the IWF-MASTERS Chairman (or the Continental Masters Chairman) may exclude the offender from the rest of the event.

11 SUBSCRIPTION AND FEES

- 11.1 The annual membership national subscription to the IWF-MASTERS is US \$30.00 (thirty dollars). The membership year begins at the Technical Meeting of the IWF-Masters World Championships or World Masters Games. If any nation fails to pay their annual membership fee, no competitor from that nation will be allowed to compete in the World Master Games, IWF World Masters Championships, or Continental Masters Weightlifting Championships. Any nation in arrears of membership fees must pay a penalty of \$15.00 (US) per year of arrears due.
- 11.2 The annual subscription is due at the IWF-Masters World Championships or World Masters Games and is payable to the IWF-Masters Treasurer.

13.13.8 Once the quotas are established at the Annual Technical Congress, they are final. If a nation submits a nomination list to the organizers of the forthcoming IWF World Masters Championships which has a number of nominations greater than the quota established for that nation, the nomination list will not be accepted. The meet organizers will return the entries to the nation that submitted them. That nation will then have 15 days in which to submit a revised nomination list with the correct number of entries. If such a revised list is not submitted within 15 days, that nation will not be permitted to participate in the forthcoming IWF World Masters Championships.

13.13.9 When any entrant's nomination is withdrawn through the implementation of the Quota System, his/her nomination fee shall be refunded.

13.13.10 All nominations for IWF World Masters Championships must be submitted through the entrant's National Masters Federation.

13.13.11 Reserve System for selection of athletes that have made the qualifying total and whose nation's quota has been exceeded. This reserve system is designed for the IWF-World Masters Championships and World Masters Games only. All reserve athletes are ranked by the Sinclair-Meltzer formula and the amount of reserve athletes can be determined by the Organizing Committee, the IWF-MASTERS Chairman and the IWF-MASTERS General Secretary.

14 RESPONSIBILITIES OF HOST COUNTRIES FOR IWF WORLD AND CONTINENTAL MASTERS CHAMPIONSHIPS

14.1 The Annual Technical Congress will receive presentations by the delegations bidding to hold any of the five Continental Championships. Allocations will be made as for the IWF World Masters Championships above or allocations may be done at the Continental Championships and endorsed by the IWF-MASTERS.

14.2 Arranges accommodation at reasonable rates for all participants and guarantees no increase in prices after they have been announced. Allows anyone to make their own arrangements for accommodation.

13.13 Quotas

- 13.13.1 The Quota System shall be employed at the IWF World Masters Championships to limit the total number of entries to a maximum of 500 men competitors.
- 13.13.2 The maximum number of entries from any one nation shall be 75.
- 13.13.3 Quotas for the maximum number of entries for each individual nation shall be established at the Annual Technical Congress. The official representative of each nation participating in the Annual Technical Congress will offer their recommendation for the quota for their nation to be applied at the next year's IWF World Masters Championships.
- 13.13.4 If no members of a particular nation's delegation are present at the Annual Technical Congress, then the National Federations of that nation may designate and authorize a representation (who will be present at the Annual Technical Congress) who will offer the recommendation for that nation's quota for the forthcoming IWF World Masters Championships.
- 13.13.5 If no members of a particular nation's delegation are present at the Annual Technical Congress, and there is no authorized representative of that nation present, then the quota for that nation at the forthcoming IWF World Masters Championships will be set equal to the number of nominations they have submitted to the current year's IWF World Masters Championships, or to three, whichever is larger (maximum of 75).
- 13.13.6 If no members of a particular nation's delegation are present at the Annual Technical Congress, and there is no authorized representative of that nation present, and that nation has not submitted any nominations to the current year's IWF World Masters Championships, then the quota for that nation at the forthcoming IWF World Masters Championships will be set equal to three.
- 13.13.7 If the total sum of all of the recommended quotas, including those established under rule 13.13.5 (but not including those established under rule 13.13.6) is greater than 500, the representatives of each nation will be asked to make another proposal for the quota to be established for their nation. This process will continue until the total sum of the recommended quotas is no greater than 500.

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- 11.3 To organize a IWF World Masters Championship, the Meet Director has to pay the IWF-MASTERS the amount of US \$500.00 (five hundred dollars) payable to the IWF-MASTERS, mailed to the Treasurer within sixty (60) days prior to the date of the IWF World Masters Championships.

- 11.4 In order to participate at the Annual Technical Congress with a RIGHT TO VOTE, each Federation or Association must be current in the payment of the annual subscription

12 IWF-MASTERS HALL OF FAME

- 12.1 The IWF-MASTERS Hall of Fame Award is awarded annually to male or female lifters who are selected according to a point system. These nominees are confirmed by the Hall of Fame Committee.

The "Chairman's Special Hall of Fame Award" is only made in exceptional circumstances and all proposals should include a detailed curriculum vitae of the nominee so that the Hall of Fame Committee may easily arrive at the correct decision. The Chairman's "Special Hall of Fame Award" is not an annual award.

- 12.2 Any Hall of Fame Member who has been found by the IWF Masters Anti Doping Commission to have committed a violation of the Anti Doping policies will be permanently removed from the Hall of Fame.

13 IWF WORLD MASTERS CHAMPIONSHIP

- 13.1 The IWF World Masters Championships will be limited to competitors who meet or exceed the qualifying standards. At the Annual Technical Congress, qualifying standards for each men's age group and bodyweight class will be established.

- 13.2 IWF-MASTERS competitions are held under the rules and regulations of the IWF and those rules voted on at the Annual IWF-MASTERS Technical Congress.

- 13.3 IWF World Masters Championships may be combined with Continental Masters Championships. Continental lifters are classified according to their performance in the World Championships.

- 13.4 IWF World Masters Championships are held every year in the last four (4) months. Exception: the year of the World Masters Games.

- 13.5 IWF Men's and Women's World Masters Championships will be held jointly.

- 13.6 At each Annual Technical Congress time will be set aside to receive presentations by delegates bidding to hold the IWF World Masters Championships. A simple majority vote will determine which bidding country gains the allocation.
- 13.7 Medals are awarded to the first three places in each weight and age class for totals only; trophies are awarded to the Age Group winners (male and female) and trophies are awarded to the Best Overall Masters Lifter (male and female), the Team Champion (male and female), and Small Nations Team Champion (male).
- 13.8 IWF World Masters Championships will be confined to a maximum of eight (8) days, with a maximum of thirty six (36) sessions for men. The eight days include the IWF Women's World Masters Championships.
- 13.9 No International Masters competitions shall be granted to a nation hosting an IWF World Masters Championships six months prior to and six months following the date set for the said World Masters.
- 13.10 At International Masters competitions, the lifting sessions begin with the Women's Championships to be followed by the Men's Championships beginning with Age Group 10, and proceeding in descending order to the other age groups, ending with Age Group 1.
- 13.11 The Technical Congress of Delegates meeting shall be held in the middle of the IWF World Masters Championships.

13.12 Entries

- 13.12.1 At least six months prior to the date of the IWF World or Continental Masters Championships, the Organizing Officer will send to all participating countries the following information:
- 1) The exact dates of the event, together with a detailed program of the competition and related activities.
 - 2) The venue and directions to it.
 - 3) Accommodations offered including costs.
 - 4) Entry forms
 - 5) Other helpful information.
- 13.12.2 The closing dates for entry to IWF World Masters Championships will be no greater than six months, nor less than three months before the scheduled start of the championships.
- 13.12.3 Information required on the entry form will be full name of the lifter, date of birth, age, weight class, age group, current best total, and his country by passport. No dual citizenship will be recognized. Also permission to test for control drugs must be given.

- 13.12.4 At the technical meeting preceding the Championships, each country must verify the list of its lifters and details given. When this is done the list of entries is final. Any country not attending the meeting loses the right to amend and the list is held as final.
- 13.12.5 All **World Masters Games** entries must include an additional \$15.00 US DOLLARS per registered lifter for the IWF Masters Committee administrative costs. The \$15.00 per lifter is payable to the IWF Masters and must be received by the IWF Masters General Treasurer no later than 30 days prior to the start of the Championships.
- 13.12.6 All **World Masters Games** entries must include an additional \$15.00 US DOLLARS per registered lifter for drug testing. This fee must be received by the IWF Masters Treasurer no later than 30 days prior to the start of the Championships.
- 13.12.7 In the event that complete entry forms or entry fees are not received by the IWF Masters World Championships Weightlifting Commissioner within 25 days of the entry deadline, an appeals service fee of \$100 US Dollars may be required to be paid to the IWF Masters Committee in order for the appeal to be heard and for the athletes to be able to compete. The decision to levy this appeals fee or any portion thereof is at the sole discretion of the IWF Masters Chairman and the appeals commission appointed by the IWF Masters Chairman. Even though an appeals fee is paid to the IWF Masters there is no guarantee that result of the appeal will be satisfactory to the party making the appeal. There is no guarantee that medals will be available or insurance will be in place or other services are rendered that are usual and customary for athletes who have gotten their complete entry forms and fees submitted by the deadline. The IWF Chairman and appeals commission have as one possible remedy to allow lifters to compete as Extra Lifters outside the competition, with or without the ability to break records. The IWF Masters Committee, its officers, its agents, the IWF Masters World Championships Weightlifting Commissioner, and his/her agents will in no way be held liable for any alleged damages sustained by a party who has failed to submit the proper entry forms and fees by the time of the published deadline.
- 13.12.8 The IWF Masters Committee will control 1) the level of entry fee, 2) the currency and 3) the division of the fee between the IWF Masters Committee and the Organizing Committee. This control is flexible and gives the IWF Masters Committee freedom to control, assess financial budgets and amend any of the above three principals.