



Queensland Weightlifting Association Inc.

# QWA League & Masters League 2020

Format & Rules



## 2020 Physique Science QWA League Format and Rules

The object of the QWA League is to provide a competition in which weightlifters compete against others with similar levels of ability and within a competition environment where personal best performances are highly valued.

### **Entry Conditions and Participation**

To participate in any round of the Physique Science 2020 QWA League, a person must:

- Be a current financial member of the Queensland Weightlifting Association;
- Complete the entry process online via the QWA website using a QWA Online Account.

The 2020 QWA League will consist of two rounds and a Grand Final.

Participation in each round is limited to 70 competitors per day. Entry quotas will be managed by the Online Entry System. Entries open six (6) weeks prior to the closing date and close 3 weeks prior to the competition date or when the maximum number of entries is reached, whichever comes first. No late entries can be accepted.

At each Round, lifters who are classified in Division 1 and Division 4 will be scheduled to compete on the Saturday; and lifters who are classified in Division 2 and Division 3 will be scheduled to compete on the Sunday.

Entrants may swap sessions with each other provided that both entrants are the same gender and they notify the QWA office of the swap no less than 5 days prior the commencement of the competition.

Participation in the Grand Final is limited to the ten (10) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the sum of the individuals' scores from the two competition Rounds.

	Round 1	Round 2	Aggregate Score
<b>Example 1</b>	63 points	51 points	63+51 = 114 points
<b>Example 2</b>	46 points	Did not compete	46+0 = 46 points
<b>Example 3</b>	Did not compete	70 points	0+70 = 70 points

### **Classification of Competitors**

The QWA League contains four Divisions. Lifters are classified according to their best official competition total achieved after January 1<sup>st</sup> 2018, expressed as a percentage of the World Record Total (WRT) relevant to their bodyweight category.

The following classification standards apply:

Division 1: greater than 50.00% of WRT

Division 2: greater than or equal to 43.00% of WRT and less than or equal to 50.00% of WRT

Division 3: greater than or equal to 36.00% of WRT and less than 43.00% of WRT

Division 4: 0% of WRT and less than 36.00% of WRT

Individuals who have not previously recorded an official competition total, i.e. their first competition is a 2020 League Round, will enter to lift on the Saturday and be classified at the end of the competition according to their result on the day.

All lifters remain within the Division in which they are initially classified for the duration of 2019 regardless of any change in their level of performance during the year.

## Scoring

QWA League scores will be calculated in the following manner:

### Percentage of World Record Total

The competitor's final total is calculated as a percentage of the relevant current World Record Total.  
The final total divided by the World Record x 100 = Percentage Points.

### Personal Best Bonus

Additional points will be awarded for equalling or exceeding Personal Best results according to the following scale:

Heaviest Snatch equalling Personal Best	1 Point
Heaviest Snatch exceeding Personal Best by 1kg	2 Points
Heaviest Snatch exceeding Personal Best by 2kg	3 Points
Heaviest Snatch exceeding Personal Best by 3kg	4 Points
Heaviest Snatch exceeding Personal Best by 4kg or more	5 Points
Heaviest Clean & Jerk equalling Personal Best	1 Point
Heaviest Clean & Jerk exceeding Personal Best by 1kg	2 Points
Heaviest Clean & Jerk exceeding Personal Best by 2kg	3 Points
Heaviest Clean & Jerk exceeding Personal Best by 3kg	4 Points
Heaviest Clean & Jerk exceeding Personal Best by 4kg or more	5 Points
Final Total equalling Personal Best	1 Point
Final Total exceeding Personal Best by 1kg	2 Points
Final Total exceeding Personal Best by 2kg	3 Points
Final Total exceeding Personal Best by 3kg	4 Points
Final Total exceeding Personal Best by 4kg or more	5 Points

### Six out of Six Bonus

Six (6) points will be awarded for all six attempts being judged "Good lift" by a majority of referees.

### Penalty Points

The following Penalty Points will accrue for performances below Personal Best:

Heaviest Snatch 5kg below Personal Best	-1 Point
Heaviest Snatch 6kg below Personal Best	-2 Points
Heaviest Snatch 7kg below Personal Best	-3 Points
Heaviest Snatch 8kg below Personal Best	-4 Points
Heaviest Snatch 9kg or more below Personal Best	-5 Points
Heaviest Clean & Jerk 5kg below Personal Best	-1 Point
Heaviest Clean & Jerk 6kg below Personal Best	-2 Points
Heaviest Clean & Jerk 7kg below Personal Best	-3 Points
Heaviest Clean & Jerk 8kg below Personal Best	-4 Points
Heaviest Clean & Jerk 9kg or more below Personal Best	-5 Points
Final Total 5kg below Personal Best	-1 Point
Final Total 6kg below Personal Best	-2 Points
Final Total 7kg below Personal Best	-3 Points
Final Total 8kg below Personal Best	-4 Points
Final Total 9kg or more below Personal Best	-5 Points

### Calculating the League Score

Percentage of World Record + Bonus Points\* + Penalty Points = Final Score

\*Maximum Bonus Points possible: PB snatch + PB clean & jerk + PB total + 6 out of 6 = 21 points

### Personal Best

For the purposes of the QWA League in 2020, the Personal Best results for Snatch, Clean & Jerk and Total are those achieved in any official weightlifting competition held after 1<sup>st</sup> January 2018. Personal Best results are absolute and independent, i.e. the Personal Best Snatch, Personal Best Clean & Jerk and Personal Best Total may have been achieved in different events and in different bodyweight categories.

An entrant in any League Round who has not recorded a result in an official weightlifting competition after 1st January 2018 and therefore has no Personal Bests for the purpose of this League, will not receive PB Bonus Points or Penalty Points in that Round, but will be eligible for the '6 out of 6' bonus.

### ***Grand Final***

Participation in the Grand Final is limited to the ten (10) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the individuals' aggregate score from the two rounds.

If any of the ten (10) highest point scorers in a Division choose not to contest the Grand Final, available places will be offered to other lifters in the relevant Division according to the ranking order of the aggregate scores from the two Rounds, up until five (5) days prior to the Grand Final. No substitutions will be made less than five (5) days prior to the date of the Grand Final.

The Grand Final will be conducted according to the competition rules of the Australian Weightlifting Federation and scheduled as follows:

Scoring in the Grand Final is by the same method used in the League Rounds. Point scores are calculated to the third decimal place. If two or more competitors in a Division achieve identical scores, they will share the placing and applicable prize.

### ***Grand Final Awards***

#### Division 1

1st place: \$100  
2<sup>nd</sup> place: \$75  
3<sup>rd</sup> place: \$50

#### Division 2

1st place: \$100  
2<sup>nd</sup> place: \$75  
3<sup>rd</sup> place: \$50

#### Division 3

1st place: \$100  
2<sup>nd</sup> place: \$75  
3<sup>rd</sup> place: \$50

#### Division 4

1st place: \$100  
2<sup>nd</sup> place: \$75  
3<sup>rd</sup> place: \$50



## **2020 QWA Physique Science Masters League Format and Rules**

The object of the QWA Masters League is to provide a program of events for Masters weightlifters within which regular participation and consistency of performance are encouraged and rewarded.

Below are the rules and regulations under which the QWA Masters League will operate in 2020. The general rules of competition in both Rounds and the Grand Final of the Masters League will be in accordance with the rules of the Australian Weightlifting Federation.

### Classification of Competitors

Masters competitors are aged 35 years or over as at 31 December in the current year.

### Rules of Participation

The Masters League consists of two competition Rounds and one Grand Final. Participation in the Rounds is open to all Masters Competitors who are members of the QWA. Participation in the Grand Final is limited to the ten (10) highest available male point scorers and ten (10) highest available female point scorers, based on the sum of the individuals' highest two scores from the three competition Rounds.

	Round 1	Round 2	Aggregate Score
Example 1	45 points	40 points	95 points
Example 2	45 points	Did not compete	45 points
Example 3	Did not compete	60 points	60 points

### Scoring

QWA Masters League scores will be calculated in the following manner:

Percentage of World Record multiplied by the Malone Faber age coefficient

The competitor's final total is calculated as a percentage of the relevant current Senior World Record Total for his or her bodyweight category. The final total divided by the World Record x 100 = Percentage Points. The percentage of World Record Total is then multiplied by the Malone Meltzer coefficient corresponding to the competitor's age as at 31 December in the current year.

### Six out of Six Bonus

Six (6) points will be awarded for all six attempts being judged "Good lift" by a majority of referees.

### Calculating the Masters League Score

(Percentage of World Record Total x Age Coefficient) + Bonus Points = Score

### Grand Final – Substitutions and Scoring

Participation in the Grand Final is limited to the ten (10) highest available point scorers in each of the Male and Female sections of the Masters League, based on the sum of the individuals' highest two scores from the two competition Rounds.

If any of the ten (10) highest point scorers in a section choose not to contest the Grand Final, available places will be offered to other lifters in the relevant section according to the ranking order of the aggregate scores, up until ten (10) days prior to the Grand Final. No substitutions will be made less than five (5) days prior to the date of the Grand Final.

Scoring in the Madsters Grand Final is by the same method used in the Masters League Rounds. Point scores are calculated to the third decimal place. If two or more competitors achieve identical scores, they will share the placing and applicable prize.

The QWA Masters League Grand Final and QWA League Grand Final will be conducted within the same competition program. Lifters cannot compete in both events. Masters lifters who qualify for both events must choose one event only,

and notify the QWA via email to [qwa@qwa.org](mailto:qwa@qwa.org) within 2 weeks of the running of Round 2. If no advice is received Masters aged athletes will automatically be entered in the Masters competition rather than the League Divisions.

***Masters Grand Final Awards***

Men

1st place: \$100

2<sup>nd</sup> place: \$75

3<sup>rd</sup> place: \$50

Women

1st place: \$100

2<sup>nd</sup> place: \$75

3<sup>rd</sup> place: \$50