



2019 QWA 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 2019. The general rules of competition in all 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 three 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	Round 3	Aggregate Score
Example 1	45 points	40 points	50 points	95 points
Example 2	45 points	Did not compete	45 points	90 points
Example 3	Did not compete	60 points	Did not compete	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 three 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 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 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.

Masters Grand Final Awards

Men

- 1st place: Gold medal
- 2nd place: Silver medal
- 3rd place: Bronze medal

Women

- 1st place: Gold medal
- 2nd place: Silver medal
- 3rd place: Bronze medal