



## 2026 AWF NATIONAL MASTERS CHAMPIONSHIPS

Eligibility	<p>The Australian Masters Championships are open to members of the Australian Weightlifting Federation who:</p> <ul style="list-style-type: none"><li>• were born during or before 1996</li><li>• are capitated members of the AWF</li><li>• are approved by their State/Territory Weightlifting Association to compete in this event</li></ul>
Dates of Competition	10 <sup>th</sup> – 14 <sup>th</sup> June 2026
Location	Adelaide, South Australia
Competition Venue	Lakes Hotel, 141 Brebner Drive, West Lakes SA 5021
Qualification	Entrants must have competed in at least one AWF-sanctioned competition between 10 October 2025 and 12 April 2026
Bodyweight Categories	WOMEN: 48, 53, 58, 63, 69, 77, 86, +86 MEN: 60, 65, 71, 79, 88, 94, 110, +110
Age Groups	30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+
Sport Integrity Australia Anti-Doping Education	<p>All entrants must have completed the following courses:</p> <ul style="list-style-type: none"><li>• Anti-Doping Fundamentals</li><li>• Annual Update 2026</li></ul> <p>Register and complete courses online at <a href="https://elearning.sportintegrity.gov.au/">https://elearning.sportintegrity.gov.au/</a></p>
Entry method	AWF Masters Championships Entry: <a href="http://www.awf.com.au/registration/">www.awf.com.au/registration/</a>
Close of Entries	Midnight AEST, Sunday 19 <sup>th</sup> April 2026
Entry Fee	\$185.00 per participant
Preliminary Entries	Will be published on the AWF website no later than Thursday 23 <sup>rd</sup> April 2026
Verification of final entries	12:00 noon AEST on Tuesday 2 <sup>nd</sup> June 2026 VFE link: <a href="https://www.awf.com.au/verification">https://www.awf.com.au/verification</a>
Awards	<ul style="list-style-type: none"><li>• T-Shirt – all competitors</li><li>• Medals – Top 3 per age group and bodyweight category</li><li>• Team Trophy – Men/Women</li><li>• Awards presented for best performances across the event<ul style="list-style-type: none"><li>○ Male / Female Best Lifter in Age Group (SHMF Score)</li><li>○ Male / Female Champion of Champions (SHMF Score)</li></ul></li></ul>



## IMPORTANT NOTES:

- Payments and individual entries must be submitted via the online registration link: [www.awf.com.au/registration/](http://www.awf.com.au/registration/) **no later than Sunday 19<sup>th</sup> April 2026.**
- The AWF office will send entry lists to the respective State Associations to review and endorse the participation of their state's members. State Associations will provide confirmation by email to [imoir@awf.com.au](mailto:imoir@awf.com.au) **no later than Wednesday 22<sup>nd</sup> April 2026.**
- Should a State Association **not endorse** an individual entry, that person will not be permitted to compete, and they will receive a refund of their entry fee.

## REGULATIONS:

1. The competition will be conducted according to the IWF Technical and Competition Rules & Regulations (TCRR).
2. The minimum weights that can be attempted will be in accordance with the IWF TCRR:  
Men = twenty-six (26) kg  
Women = twenty-one (21) kg
3. With reference to IWF TCRR, the 20 kg Rule will apply. The weight of the competitor's first Snatch attempt and the weight of their first Clean & Jerk attempt must add up to within 20 kg of their verified Entry Total. **The Entry Total can be changed up until 12:00 noon AEST on 2<sup>nd</sup> June 2026.**
4. Entrants must present valid photo ID e.g. Driver's Licence, at the weigh-in for identification. Failure to submit correct ID at the weigh-in will result in the athlete not being permitted to contest the event.
5. Athletes may compete in the category in which they have entered or go up or down categories.  
**All changes must be submitted prior to 12:00 noon AEST on 2<sup>nd</sup> June 2026 via the VFE link: <https://www.awf.com.au/verification>**
6. **Individual Placing** will be calculated by **Totals** only.
7. An athlete who does not register a successful Snatch will **not be allowed** to continue in the Clean & Jerk.
8. The athletes' competition lifting costume **MUST** conform to the IWF TCRR.
9. All individual entries and payments **MUST** be submitted online **no later than midnight AEST on Sunday 19<sup>th</sup> April 2026 via the online registration link: [www.awf.com.au/registration/](http://www.awf.com.au/registration/) NO LATE ENTRIES WILL BE ACCEPTED**
10. **Refunds** to individuals will only be issued if an AWF State Member Association **does not** endorse the entry of an individual or if the entrant notifies the AWF of their withdrawal prior to the publication of the Preliminary Entries. **No refunds will be made for withdrawal for any reason after the publication of the Preliminary Entries.**
11. **Team Nomination**  
State Team nominations must be submitted by email to [imoir@awf.com.au](mailto:imoir@awf.com.au) by **12:00 noon AEST on Friday 5<sup>th</sup> June 2026.** Each State may enter one team with no restriction on age or body weight categories. Teams consist of a maximum of eight (8) men and eight (8) women.

Scoring for the Masters Championship Team competitions will be as per the IWF TCRR and points table below, with the following proviso: If a team member is the only lifter in an age and bodyweight group, the maximum point score that can be earned is 23 (equivalent to 3<sup>rd</sup> place). If there are two lifters in the age and bodyweight group, the winner would earn 25 points and second would earn 23 points (equivalent to 2<sup>nd</sup> and 3<sup>rd</sup> places). There must be at least three competitors in the same age group and bodyweight category for 28 points (1<sup>st</sup> place) to be awarded to the gold medallist in that age group and bodyweight category.

In the case of two or more teams achieving equal point scores, the teams' SMF (men) or SHMF (women) scores will be used to break the tie.



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Placing in Competition	Team Classification		Placing in Competition	Team Classification
<b>Gold</b>	<b>28 points</b>		14 <sup>th</sup> Place	12 points
<b>Silver</b>	<b>25 points</b>		15 <sup>th</sup> Place	11 points
<b>Bronze</b>	<b>23 points</b>		16 <sup>th</sup> Place	10 points
4 <sup>th</sup> Place	22 points		17 <sup>th</sup> Place	9 points
5 <sup>th</sup> Place	21 points		18 <sup>th</sup> Place	8 points
6 <sup>th</sup> Place	20 points		19 <sup>th</sup> Place	7 points
7 <sup>th</sup> Place	19 points		20 <sup>th</sup> Place	6 points
8 <sup>th</sup> Place	18 points		21 <sup>st</sup> Place	5 points
9 <sup>th</sup> Place	17 points		22 <sup>nd</sup> Place	4 points
10 <sup>th</sup> Place	16 points		23 <sup>rd</sup> Place	3 points
11 <sup>th</sup> Place	15 points		24 <sup>th</sup> Place	2 points
12 <sup>th</sup> Place	14 points		25 <sup>th</sup> Place	1 point
13 <sup>th</sup> Place	13 points			



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