

2026 State Junior & Senior Weightlifting Championships

25-27 September. Cougars Weightlifting Club, Chanler Sports Complex, Tilley Road, Chandler.

Competition Regulations and Information

Verification of entries close 12.00pm Wednesday 23rd September via email to qwa@qwa.org This is your final opportunity to change bodyweight categories – lifters who fail to make weight will not be able to participate in any capacity in the event; and also the final chance to change your entry total to comply with the 20kg rule.

photo ID is required in weigh-in; along with any other supporting documentation in the case of differences between athlete entered name and photo ID name. Tip - take a photo of your licence now so that you have it on your phone with you!

starting weights must be submitted at time of weigh-in

20kg rule will be in play – please check with your coaches if you are unsure what this means or read the IWF TCCR.

All competitors **MUST wear a one-piece lifting suit that covers the trunk** and does not cover the elbows. Please do not wear a Queensland or Australian lifting suit unless you have represented Qld or Aus. There are some generic black suits available in the QWA Shop if you need to purchase one. Note there is no additional incoming stock before the event. [All – Queensland Weightlifting](#)

COMPETITORS MAY ALSO WEAR:

- A collarless T shirt under a one-piece lifting suit
- Close-fitting pants under a one-piece lifting suit
- A full body, one-piece unitard under a one-piece lifting suit
- The top of a unitard that covers the elbows under a one-piece lifting suit / or just the bottoms on their own under a one-piece lifting suit

COMPETITORS CAN NOT WEAR:

- Loose fitting clothing
- Anything that covers the elbows (apart from a unitard)
- Shirts with collars
- Any clothing that displays words, slogans, or images **other than** brand trademarks and/or weightlifting club / team names or logos
- Lifting belts wider than 120mm – check your belt width now!!

Athletes must weigh-in in their lifting suit **worn with straps over shoulders. 250g will be deducted from the weight registering on the scales before this information is added to the competition paperwork – athletes it is your responsibility to ensure this occurs at the time you weigh-in.**

All lifters are expected to volunteer for at least one session of the event. Details on the Signup will be circulated next week.

AWARDS:

Medals for 1st, 2nd & 3rd place in all bodyweight categories Junior and Senior.

Best lifter Plaques: Best Female lifter Junior & Senior; Best Male lifter Junior & Senior (calculated using Sinclair)

Most Improved Lifter Award trophies: Most Improved Female lifter Junior & Senior; Most Improved Male lifter Junior & Senior (calculated using the Forbes formula)

The event will be livestreamed on our YouTube channel by Brent Vaughan.