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|  | 2024  UNITED MASTERS WORLD WEIGHTLIFTING CHAMPIONSHIP  SUVA- FIJI, SEPTEMBER 23-29 |
| Eligibility | Australian Masters Championships: open to Australian Citizens and Australian Residents who hold a current AWF Membership and have competed in any AWF Sanctioned Event listed on the AWF Calendar between 1st January 2023 and 14th April 2024.    Oceania Masters Championships: open to any member of an Oceania Weightlifting Federation Member Nation, and who are approved by their national weightlifting body to represent their country of citizenship in international events.    UMWF Masters World Cup: Open to lifters who have achieved a total in an official weightlifting competition within the period of 1st January 2023**\*** and 14th April 2024**\*** that can be verified by the relevant federation.    **\*Exception for New Zealand entries where the competition period is within the period of 13 June 2023 and 8 April 2024.** |
| Host Federation | United Masters Weightlifting Federation |
| Dates of Competition | 23-29 September 2024 |
| Competition Venue | Vodafone Arena |
| Age Eligibility | Athletes born on or before 31st December, 1994 |
| Bodyweight Categories | 50,55,60,66,73,81,87,87+ WOMEN 8 Categories  60,66,73,82,90,98,109,109+ MEN 8 Categories |
| Age Groups | 30-34,35-39,40-44, 45-49,50-54, 55-59, 60-64, 65-70, 71-75, 76-80, 80+ |
| Close of Entries | Midnight AEST (GMT +10), 10th July 2024 |
| Entry Fee | $150 USD each |
| Awards | * Gold, Silver and Bronze medals will be awarded to competitors in each body category and age groups for both men and women in the TOTAL ONLY |
| Therapeutic Use Exemptions | Therapeutic Use Exemptions must be completed and sanctioned by the competitor’s National Anti-Doping Authority or TUE Committee. You must bring a copy of all relevant documents related to your T.U.E for Anti-doping purposes. |

**IMPORTANT NOTE:**

• Payments and individual entries must be submitted on line: www.unitedmastersweightliftingfederation.com.au **no later than 10th July 2024**

**REGULATIONS:**

1. The minimum weights which must be will be in accordance with the IWF TCRR:

Men = twenty-six (26) kg (20 kg bar, collars and two 0.5 kg discs)

Women = twenty-one (21) kg (15 kg bar, collars and two 0.5 kg discs)

1. The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total minus twenty (20) kg. The Jury will exclude the athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the “20 kg Rule”.

1. Athletes **must produce** Passport ID at the weigh-in. Failure to produce ID will result in the athlete not being able to contest the event.

1. Athletes may compete in the bodyweight category in which they have entered or go up or down categories. The category of choice must be declared via the online verification system **prior to midnight AEST on Friday 14th June 2024**.

1. **Individual Placing** will be calculated on **Totals** only.

1. An athlete who does not register a successful Snatch will **not be allowed** to continue in the Clean & Jerk

1. Athlete dress standard **MUST** conform to the IWF TCRR.

1. All individual entries and payments **MUST** be submitted before **via website link: 10th July 2024**
2. **NO LATE ENTRIES WILL BE ACCEPTED**

1. **No refunds** will be issued once the Preliminary Entry List has been posted on the UMWF website
2. Choice of Accommodation: The World Championships website [**www.unitedmastersweightlifting**](http://www.unitedmastersweightlifting) **.com.au** will give you a list of hotels – giving you the opportunity to shop around for your hotel preference
3. Travel Insurance is encouraged – take out appropriate Health Insurances in the event of an accident or unforeseen circumstance or illness. Full medical services are available at the local hospital: however it is NOT possible for competitors and officials to purchase health insurance if Fiji
4. All major credit cards are welcomed by hotels, restaurants, shops, rental cars etc