



POLAND AWAITS YOU!

Directives

for Masters Governing bodies, Disabled Athletes and Technical Officials

The **INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION (IMWA)** welcome weightlifters with disabilities as competitors at our annual World Masters Championships. We enter a New Era of Inclusion to break together the barrier of limitations for all Masters Weightlifters, regardless of disability or not.

There is much to learn from each other and the 2022 IWF Masters World Championship was only the beginning. Current rules are in development and might need to be revised as time will teach us.

PLEASE CHECK OUT OUR MASTERS ADAPTIVE WEIGHTLIFTING VIDEO ADVERTISING LINK:

2023 WORLD MASTES LINK: <https://files.fm/iwfmasterssecretariat/f/utwebdn5q>

Male and female Masters Adaptive Weightlifters from the age 35+ are eligible to participate based on the 7 categories described below.

Only Masters Adaptive Weightlifters with permanent disability are eligible to participate under the Masters Adaptive Weightlifting categories.

Based on the final entries we will receive Masters Adaptive Weightlifters shall compete during the 9 days event on the provided time table.

REGISTRATION MUST BE DONE BY THE ACCESS CODE THAT HAS BEEN SENT TO ALL NATIONAL MASTERS CHAIRS.

For more information please contact the INTERNATIONAL MASTERS WEIGHTLIFTING SECRETARIAT: imwlasecretariat@gmail.com

**Check out our Facebook page: [International Masters Weightlifting Competitions](#)
Check out our new website: www.imwla.com**

All our events are drug tested under the current WADA Anti-Doping Regulations. Participants must accept full moral and financial responsibility for their own wellbeing and health. Before departing their homeland, all participants must be covered by a travel and accident/injury/illness insurance.

The IMWA and the organizer are released from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event.

- No Qualifying Standards needed.
- Medals will be awarded for each classification listed below.
- Certificate of Performance with Best Total achieved.
- NEW EUROPEAN MASTERS ADAPTIVE RECORDS.

The Competition will be held at the '**SOLNE MIASTO CENTER**' in **Wieliczka/Krakow – Poland** which has also near by suitable accommodation(s) for anybody including Masters Adaptive Weightlifters as their safety is of paramount importance.

The 7 categories of MASTERS ADAPTIVE WEIGHTLIFTER (MAWC) are accepted to register for the participation. A formal medical statement of permanent disability as proof and the physicians approval to exercise the Sport of Olympic Weightlifting is required to send along with the manual entry form.

- **Deaf or hard of hearing**
- **Blind or visually impaired**
- **Intellectually disabled**
- **Amputee**
- **Limited Range of Motion**
- **Athlete of Short Stature (Dwarf)**
- **Wheelchair**

The IMWA follow the current IWF Technical Regulations, with the exceptions that are stated in this document. If any adjustment to the IWF Technical rules or accommodation for Masters Adaptive Weightlifters are not described here, the IWF Rules and Regulations will apply.

Weigh-Ins will be conducted according to general IWF rules. Wheelchair athletes will begin their Weigh-In 30 minutes before the official weigh-in start time, (150 minutes prior to the start of the actual competition), if the session includes able-bodied athletes. Otherwise, sessions with only wheelchair athletes will start their **official weigh in time 3 hours** before the start of the actual competition. The European Masters Medical Team will help conduct the weigh in for all wheelchair athletes.

Masters Adaptive Weightlifters must reasonably complete the competition lifts, the snatch and the clean and jerk. These lifts must be fully locked out overhead, however slight press outs may be permitted if executed without a lengthy pause. Barbells are returned to the platform according to IWF rules.

Masters Adaptive Weightlifters are responsible for informing the Competition Director and officials of their need for accommodation which may include additional travel time to the platform after being called by the competition Speaker. The Competition Director, in consultation with the Referees, retains the authority to not permit Masters Adaptive Weightlifters from commencing their first or subsequent

attempts, if attempting that lift is deemed as potentially harmful to themselves or others.

THE 7 MASTERS ADAPTIVE WEIGHTLIFTING CATEGORIES DESCRIBED

1) Deaf or hard of hearing Masters Adaptive Weightlifters

Coaches will be allowed out of the coaches' box to stand behind the referees during the athlete's lift to sign or signal coaches' cues.

Coaches can stand behind the referees during the athlete's lift so that signing or coaches signaling can be clearly seen by the athlete. The center referee may be asked by the athlete or coach to give a more robust MANUAL down signal. The coach may give the down signal once the referee's call is visible and/or the electronic signal is heard.

2) Blind or visually impaired Masters Adaptive Weightlifters

Coaches can walk their athlete on to the stage, and on to the platform, to assist with the start of the lift. The regulation clock starts to run as per current rules, but up to **an additional 1 minute** will be allowed for athletes and coaches **to complete the preparation to lift** and for the coach to step off the platform. The athlete/coach may request that the center referee give a more robust VERBAL/AUDIBLE down signal.

3) Intellectually disabled Masters Adaptive Weightlifters

Coaches can walk their athlete on to the stage, and on to the platform, to assist with the start of the lift.

Coaches will be allowed out of the coaches' box to stand behind the referees during the athlete's lift to sign or signal coaches' cues.

Coaches can stand behind the referees during the athlete's lift so that signing or coaches signaling can be clearly seen by the athlete. The center referee may be asked by the athlete or coach to give a more **robust down signal**. The coach may give the down signal once the referee's call is visible and/or the electronic signal is heard.

4) Amputee Masters Adaptive Weightlifters

- Athletes performing single arm snatches and clean and jerks.
- Athletes performing single leg snatches and clean and jerks.
- Athletes performing a lift with the use of a strap briefly attached to the barbell.
Straps are safely and appropriately anchored to the athlete's torso.
- Athletes performing a lift with an arm prosthesis.
- Athletes performing a lift with a leg prosthesis.

Amputees using their prostheses must weigh in with their prostheses and must demonstrate that the artificial limb is not powered or able to store energy. Myoelectric arms which are needed to open and close the hands, are permitted.

Single arm and single leg lifts will follow the same rules as two-handed lifts.

Athletes lifting with their disabled arm, without the prosthesis, will be allowed a press-out in order to stabilize the bar in its final but uneven position. In this example, athletes may perform the lift with the use of a strap briefly attached to the bar.

Change plates must be secured inside the collars.

5) **Limited Range of Motion Masters Adaptive Weightlifters**

Masters Adaptive Weightlifters who do not fall within the above-mentioned categories, or who may **have permanent** limited motion, bending or extending at the knee are also considered, **but must speak with the jury for clarification before the weigh-in.**

Athletes who cannot fully extend their elbows are still expected to adhere to the current IWF regulations regarding that possibility.

Athletes who cannot fully lower their torso in order to reach the height of the bar, may be permitted to lift their attempted weight from blocks. Blocks cannot be higher than the top of the athletes' knee cap.

Athletes with Parkinson's disease may have modifications permitted to some movements, depending on their medical condition.

Athletes are encouraged to provide the competition director with a sample of the two lifts using a light weight to illustrate their range of motion.

The Jerk may be replaced with a Push Press to full extension without any pausing of the arm while reaching its full extension.

The Snatch may be replaced with a Muscle Snatch to full extension without any pausing of the arm while reaching its full extension.

For the safety of the athlete and for the equipment, it is recommended that the athlete return the barbell to the platform, if physically possible.

6) **Masters Adaptive Weightlifters of Short Stature (Dwarf)**

Masters Adaptive Weightlifters of short stature (dwarf) may choose to lift in the able-bodied category. Men must be less than 130 cm in height, and Women, less than 125 cm in height. Men are permitted to use the 15 kg bar or the 20 kg bar.

For Men choosing to compete in the able-bodied category, the 20 kg bar must be used. Athletes are expected to indicate to the referees, using the prescribed IWF rules, if they cannot fully extend their arms.

The same indication will be required in this category if full extension of the legs is not possible. All other IWF rules and regulations will apply during the European Masters Championship.

7) **Wheelchair Masters Adaptive Weightlifters**

GENERAL: Wheelchair athletes will begin their Weigh-In 30 minutes before the official weigh-in start time, (90 minutes prior to the start of the actual competition), if the session includes able-bodied athletes. Otherwise, sessions with only wheelchair athletes will start their **official weigh in time 3 hours** before the start of the actual competition. The IMWA Medical Team will help conduct the weigh in for all wheelchair athletes.

Weigh-in Procedure for Athletes using Wheelchairs

The athlete is weighed in undergarments. Articles of the athlete's outfit such as singlets, unitards, shorts, and T-shirts are not considered undergarments. Athletes must not wear shoes, socks footwear or watches during weigh-in. Jewelry, hair adornments, and religious head gear are permitted. These regulations are as per IWF Regulation.

If Wheelchair scale is not available at the Competition

The wheelchair used for the weigh-in does not necessarily have to be the wheelchair used in the competition.

If Wheelchair scale is available at the Competition

The wheelchair must be weighed first followed by the athlete seated in the wheelchair. The athlete's bodyweight is calculated by subtracting the weight of the wheelchair from the combined weight of athlete and wheelchair. The wheelchair used for the weigh-in does not necessarily have to be the wheelchair used in the competition.

Athletes competing with the use of a wheelchair

Snatch (S); Clean and Press (CP)

- The athlete may be assisted with weigh in. (S, CP)
- An adaptive performance weightlifting belt may be used. (S, CP)
- The use of a lap mat or blocks is permitted. If using blocks, the resting bottom most part of the barbell , with plates on the barbell, may be no more than 5 cm (2 inches) above the lap or pad (if applicable). (S, CP)
- The coach or assigned volunteers will place the barbell on the athlete's lap mat or blocks. The athlete is allowed to readjust the barbell on their lap or blocks if needed. (S, CP)
- A muscle snatch will be acceptable, if the bar does not stop or descend on its way upward. (S)
- The barbell is allowed to touch the chest before it stops at the final position either on the clavicles, chest, or on fully bent arms prior to the press. (IWF rule amended) (CP)
- Following the lap clean, the barbell must be in contact with the shoulders to begin the press. A strict press or seated version of the push press may be permitted as long as a fully locked out finished position is achieved. Athletes may shrug or bounce the shoulders to get the press movement started. The press must be completed in one fluid motion.
- The athlete's wheelchair may be placed directly in front of the platform, if it cannot be safely anchored to the platform. Gym mats will be placed in front of the athlete. (S, CP)
- The athlete's arms must be fully extended upon completion of the lift, and if full extension is not possible, the athlete must indicate so to the referees prior to commencing each attempt. (C, CP)
- Although the barbell may pause on its way up, it cannot be lowered and then raised. Once the barbell descends, a no lift has occurred. (S, CP)
- After full extension is reached and after the robust audible down signal from the centre referee, the two volunteer spotters will secure the barbell and return it safely to the platform. The down signal is a more

robust VERBAL/AUDIBLE “**DOWN**” accompanied by the referee’s hand signal to the spotters indicating that it is time to secure the barbell and return it safely to the platform. (S, CP)

- Only the athlete, loaders and the spotters can make contact with the barbell. Coaches are not allowed on the platform after the attempt has started. (S, CP)
- The regulation clock, set to three minutes, starts to run when the athlete’s name is called. This will provide time for the athlete and spotters to set up the barbell. The three-minute time period is also applicable to athletes who follow themselves. (S, CP)

NO LIFT RULES INCLUDE:

- Not starting the press within the 3-minute allotted time period, which includes the athlete’s indication to the two spotters that bar is in the starting position.
- Allowing the barbell to descend from the starting position on the shoulder and then pressing from that lower position.
- Pressing before the loaders have released their hands from the barbell.
- Beginning the Press before the Referee’s AUDIBLE START SIGNAL.
- Not finishing the press to full extension, unless that full extension is not possible, and indicated prior to the beginning of the lift.
- Finishing the press with a full extension, followed by lowering of the barbell (further bending of the elbows) and concluding with another extension of the arms.

