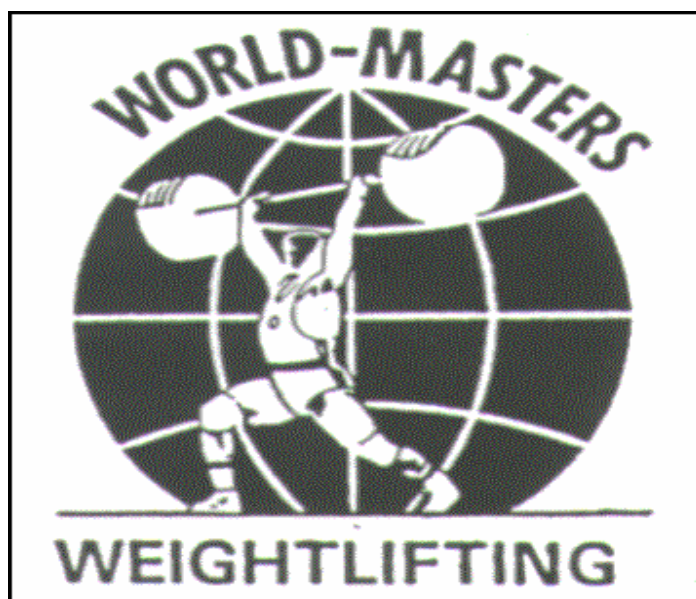


**INTERNATIONAL WEIGHTLIFTING**

**FEDERATION**

**MASTERS COMMITTEE**



**2010 HANDBOOK**  
*(Incorporating the Constitution  
and Rules)*

*Approved by*  
*The IWF MASTERS Congress of Nations*  
*2010 IWF Masters World Championship*  
*Ciechanow, Poland, 18<sup>th</sup>-25<sup>th</sup> Sept. 2010*

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# **IWF MASTERS CONSTITUTION**

## **1 DEFINITION**

### **1.1 NAME AND PRINCIPLES**

**1.1.1** The INTERNATIONAL WEIGHTLIFTING FEDERATION MASTERS COMMITTEE hereinafter called the IWF Masters is a voluntary committee formed at the World Masters Games in Alborg, Denmark, in 1989, and granted the status of being a committee of the IWF circa 1994.

**1.1.2** The IWF Masters is responsible for the running of an annual IWF Masters Weightlifting Championship. This includes championships organised by the World Masters Games Organisation.

## **2 IWF MASTERS EMBLEM AND FLAG**

### **2.1 IWF MASTERS EMBLEM**

**2.1.1** The IWF Masters emblem consists of the following elements.

- A terrestrial globe with its meridians and parallels. Impressed on the globe is an action figure of a weightlifter.
- The emblem surround carries the words “IWF Masters Committee”.
- The colors of the emblem are blue on white.

### **2.2 THE IWF MASTERS FLAG**

**2.2.1** The flag carries the image of the emblem.

### **2.3 IWF MASTERS AUTHORISATION**

**2.3.1** The IWF Masters emblem must not be used without the permission of the IWF Masters Committee.

**2.3.2** The IWF Masters emblem must not be fabricated (badges, medals, etc) without the permission of the IWF Masters Committee.

## **3 GENERAL PROVISIONS**

**3.1.** The IWF Masters is recognised as a committee of the IWF.

**3.2.** The IWF Masters follows the technical rules of the IWF.

- 3.3. The IWF Master forbids political and religious discussions.
- 3.4. The IWF Masters supports a policy of peace, understanding, and friendship.
- 3.5. The IWF Masters does not distinguish between continents, countries, or individuals for reasons of race, color, gender, religion, or politics.
- 3.6. The IWF Masters recognises only one Masters representative body from each country.

## **4 OFFICIAL LANGUAGES OF THE IWF MASTERS**

- 4.1. The IWF Masters complies with the IWF in regard to the official languages. The working language is English. Whenever possible and practical the IWF Masters will endeavor to translate documents as required.
- 4.2. All the publications, reports, and letters of the IWF Masters are in English.
- 4.3. The proceedings of all IWF Masters meetings are conducted in English and members must be able to participate in English or provide an interpreter.
- 4.4. The organisers of IWF Masters Congresses must provide facilities suitable for the Congress of Nations.

## **5 IWF MASTERS BODIES**

- 5.1. The IWF Masters is composed of the following bodies.
  - the Congress.
  - the Executive Board.
  - other permanent or ad hoc committees.

## **6 IWF MASTERS CONGRESS OF NATIONS**

- 6.1. Congress is the highest authority.
- 6.2. An annual Congress at every World Masters Weightlifting Championship or World Masters Games.
- 6.3. The IWF Masters Congress is composed of the delegates of the countries affiliated to, and in good standing with, the IWF Masters Committee. Each country may be represented by two delegates but is entitled to only one vote. The delegates must be citizens of the country they represent. A delegate can only represent one country at a time.

- 6.4** The Chairman and the General Secretary must be present at all Congresses unless illness or another significant reason prevents attendance.
- 6.5** Congress will only discuss items listed on the agenda. Decisions of Congress are by a simple majority vote.
- 6.6** The following items must be on the agenda.
- Annual reports of the officials of the IWF Masters Committee.
  - Approval of the IWF Masters financial report.
  - Information and/or Reports on future approved IWF Masters World Championships.
  - Bids for future IWF Masters World Championship.
- 6.7** Countries wishing to have items and/or proposals on the Congress Agenda must submit such items 120 days before the Congress date.
- 6.8** Congress sessions are private and closed.
- 6.9** The disciplinary decisions of the Congress are final.

## **7 IWF MASTERS ELECTORAL CONGRESS**

- 7.1** The IWF Masters will hold elections within the normal annual Congress every four (4) years and always in an “Olympic Games year”.
- 7.2** All the stipulations in section 6 also apply to section 7.
- 7.3** Election of officers:
- Chairman
  - Three (3) Vice-Chairpersons
  - General Secretary
  - Treasurer
  - Records Chairman
  - Women’s Representative
- 7.4** Elections are decided by simple majority vote.
- 7.5** Voting will be by secret ballot or show of hands at the majority request of Congress.
- 7.6** Nominations must be forwarded to the General Secretary 60 days or more before the date of the Congress.
- 7.7** When there are two or more candidates for one position and where two or more

candidates obtain an equal number of votes, another ballot will be held. If there is still a tie after the second ballot the IWF Masters Chairman has a casting vote.

## **8 IWF MASTERS EXECUTIVE BOARD**

### **8.1 COMPOSITION OF THE EXECUTIVE BOARD**

#### **8.1.1 Elected members:**

- The Chairman
- The General Secretary
- The Treasurer
- Three (3) Vice Chairpersons
- Records Vice Chairman
- Women's Representative

#### **8.1.2 Co-opted members:**

- A representative of each of the Continental Masters Committees.

### **8.2 ROLE AND FUNCTIONS OF THE IWF MASTERS EXECUTIVE BOARD**

**8.2.1** The IWF Masters Executive Board is responsible for the sport of weightlifting and its organisation at World Masters events.

**8.2.2** The IWF Masters Executive Board meets once a year at World Masters championships.

**8.2.3** All members must attend the meetings and if unable to attend must inform the IWF Masters General Secretary prior to the meeting and give a valid reason for absence.

**8.2.4** The IWF Masters Executive Board has the power to suspend members who, without reason, have been absent from two consecutive meetings.

**8.2.5** The IWF Masters Executive Board has the power to suspend members who, for whatever reason, no longer serve the IWF Masters Committee. It also has the power to suspend any member whose actions are not in the best interests of Masters Weightlifting. Permanent suspension can only be with the agreement of Congress.

**8.2.6** Minutes of the Executive Board meeting are recorded and sent to all Board members on a confidential basis.

**8.2.7** The IWF Masters Executive Board selects all the technical officials for the championships through the championship Chief Referee.

**8.2.8** The IWF Masters Executive Board monitors the finances of the IWF Masters Committee.

## **9 IWF MASTERS COMMITTEES**

### **9.1 GENERAL PROVISIONS**

**9.1.1** The following Committee(s) have been approved by Congress.

- the Anti Doping Committee (Congress 2009)
- the Hall of Fame Committee
- Grievance/Disciplinary Committee
- Women's Committee
- Referee's Committee

## **10 IWF MASTERS ELECTIONS**

### **10.1 GENERAL PROVISIONS**

**10.1.1** Members of the IWF Masters Executive Board are elected at Congress and serve until the next Electoral Congress.

**10.1.2** Candidatures for positions on the Board must reach the IWF Masters General Secretary 90 days before the date set for Congress. A person may only be a candidate for one position.

**10.1.3** Voting can be by Secret Ballot or by Open Ballot, i.e. a show of hands

### **10.2 SECRET BALLOT**

**10.2.1** Ballot papers will be issued to Congress delegates with each of the Executive Board positions printed and against each position the names of all the candidates nominated.

**10.2.2** Delegates must vote for one candidate for each of the positions on the Executive Board. Ballot papers will only be deemed to be valid if there is a vote indicated for each candidate.

**10.2.3** Ballot papers will be collected and appointed scrutineers will check that ballot papers are valid and also keep a count of the number of votes for each candidate.

**10.2.4** The persons who obtain the most votes will be elected.

### **10.3 OPEN BALLOT BY SHOW OF HANDS**

**10.3.1** Each country will be given a colored voting card.

**10.3.2** A member of the IWF Masters Executive Board will conduct the ballot.

**10.3.3** The official will call out the position for which the ballot is being conducted. The names of each candidate will be called and for each candidate called the delegates will be asked to raise their voting cards. A count will be taken of the voting cards raised.

**10.3.4** The persons who obtain most votes in the counts will be elected.

**10.3.5** The order of election in a ballot by show of hands is as follows.

- The Chairman
- The General Secretary
- The Treasurer
- Each of the three Vice Chairperson.
- The Records Chairman
- The Women's Representative

#### **10.4 TERMINATION OF SERVICE OF ELECTED OFFICIALS**

**10.4.1** By resignation. Any official may resign by word of mouth or by letter to the IWF Masters General Secretary.

**10.4.2** By the Congress Election process and not obtaining enough votes when standing against a new candidate.

**10.4.3** By suspension or expulsion in accordance with the applicable sections 8.2.4. and 8.2.5.

#### **11 THE IWF MASTERS CHAIRMAN**

**11.1** Supervises the activities of the IWF Masters, including control of the finances and administration, in accordance with the decisions of Congress and the Executive Board.

**11.2** Presides over Congress and the meetings of the IWF Masters Executive Board.

**11.3** Attends the IWF World Masters Championships and all World Masters Games

**11.4** Submits annual reports to Congress and to the IWF Masters Executive Board, including responsibility for ensuring the presentation of the annual financial reports.



- 11.5 Presents the medal to winners at IWF Masters World Championships and WMG. May delegate other persons to do this duty.
- 11.6 In his absence the IWF Masters Chairman will delegate another suitable official to attend to his duties.

## **12 THE IWF MASTERS GENERAL SECRETARY**

- 12.1 Assists with the administration and operations of the IWF Masters and supports the sport of weightlifting in accordance with Congress, the IWF Masters Executive Board, and in consultation with the IWF Masters Chairman.
- 12.2 Organises the IWF Masters meetings.
- 12.3 Produces an annual report for the Executive Board and Congress.
- 12.4 Attends the IWF World Masters Championships and all World Masters Games.
- 12.5 Sets the agenda for IWF Masters Executive Board Meeting and Congress, in consultation with the Chairman, and produces the minutes from these meetings.
- 12.6 If for any acceptable reason the General Secretary is absent from an event the IWF Masters Chairman will appoint another suitable official.

## **13 THE IWF MASTERS VICE CHAIRPERSONS AND MEMBERS OF THE EXECUTIVE BOARD**

- 13.1 Supervise the weightlifting activities, monitor the implementation of the Congress and the Executive Board decisions in accordance with the IWF Technical and Competition Rules and additional IWF Masters Rules shown in this rulebook and relating entirely to the Masters.
- 13.2 Attend the meetings of the Executive Board.
- 13.3 Attend and assist in the running of Congress.
- 13.4 Give support to Organising Committees of IWF World Masters Championships and WMG.
- 13.5 Must be IWF Category I or Category II Referees and must be prepared to act as a referee, Technical Controller, or serve on the Jury at IWF World Masters Championships and WMG.
- 13.6 The Vice Chairperson for records will keep and maintain IWF World Masters Records from the IWF World Masters Championships, WMG, and from the

Continental Championships.

## **14 THE IWF MASTERS TREASURER**

- 14.1** In cooperation with the IWF Masters Chairman, ensure that annual accounts are produced and audited ready for approval by the IWF Masters Executive Board and Congress.
- 14.2** To ensure that all revenue is collected and all expenditure is accounted for by invoices and receipts.
- 14.3.** To ensure that all the annual Masters affiliation fees are paid.
- 14.4** In cooperation with the IWF Masters Chairman, responsibility for ensuring that all creditors are paid upon production of a valid and agreed invoice.
- 14.5** To ensure that budgets are produced for specific expenditure and keep a check on said expenditure to ensure that it does not exceed budget.  
Budgets -
- Anti doping.
  - IWF Masters Chairman – travel and other expenses for Masters championships and IWF Congress.
  - Any other budgets specified by the Executive Board.

## **15 IWF MASTERS FEES**

- 15.1** The annual Masters affiliation subscription is \$30 USD (or equivalent) per country payable one year in advance. This fee may be increased with the consent of Congress.  
The fee will be payable with the entry fees and will appear as an item on the List of Athletes and fees and must be paid in addition to the total entry fees. The championship Organising Committee will pay the total received to the IWF Masters Committee.
- 15.2** A fee of \$500 USD is payable to the IWF Masters for sanctioning all IWF Masters Championships.
- 15.3.** The IWF Masters Championship revenue is collected from the Championship Organising Committee and paid as a percentage of the entry fees. The percentage of the entry fees payable to the IWF Masters is 50% as agreed at 2004 Congress in Baden, Vienna. The 50% agreement is negotiable between the IWF Masters and the Championship Organising Committee. Continental Masters Executive Boards will make their own arrangements on the division of championship revenue. All agreements must be ratified by Congress.

## **16 DISCIPLINARY ACTIONS AND PENALTIES**

### **16.1 GENERAL PROVISIONS**

- 16.1.1** This section will deal with any misdemeanors through the Disciplinary Committee.
- 16.1.2** The Disciplinary Committee reports back to the IWF Masters Committee.
- 16.1.3** This committee will not deal with anti doping offences.
- 16.1.4** Any person who does not agree with a decision of the Disciplinary Committee has the right of appeal directly to the IWF Masters Committee.

### **16.2 DISCIPLINARY**

- 16.2.1** Athletes or officials suspended by their country will be considered suspended by IWF Masters. Athletes or officials suspended by the IWF Masters will be Considered suspended by affiliated National Masters Bodies.  
If a National Masters Association or Representative Body suspends an athlete or official who still wishes to compete in, or attend International Masters events, they must forward a written explanation of why the athlete is suspended to the IWF Masters Committee.
- 16.2.2** A Disciplinary Committee under the direction of an appointed Executive Board member has the following duties.
- Deals with all IWF Masters disciplinary matters.
  - Deals with grievances of athletes and officials.
  - Reports back to the IWF Masters Chairman and Executive Board.
- 16.2.3** In the case of an appeal the appellant has the right to be heard by the Executive Board before the Board passes a final decision. Appeals must be submitted in writing to the IWF Masters General Secretary within 30 days from the date on which the disciplinary panel made a decision.
- 16.2.4** The IWF Masters Executive Board has the right to refuse or remove the accreditation of individuals whose participation in IWF Masters (or Continental Masters) events would be a discredit to the sport of weightlifting.
- 16.2.5** Disciplinary action will be taken against any athlete, official, or member of a championship organising committee, found guilty by the disciplinary committee, of acting in a way that might bring disrepute to the IWF or Continental Masters.
- Disruption of a championship.

- Failure to comply with any IWF or IWF Masters rule.
- Any action causing physical harm to another athlete or official, or causing interruption to the performance of another athlete.
- Any action which causes harm or problems for another person or persons attending a championship in any capacity, e.g. theft, acts of aggression, indecency, harassment, falsification of documents, bribery, extortion, racism, ageism, sexism, or any other action causing offence.
- Where a member of a championship organising committee takes any unwarranted action against a member of the IWF Masters Committee or Continental Masters Committee that may be construed as insulting , threatening, and without justification
- Any breach of the agreement between the championship organising committee and the IWF Masters Committee or Continental Masters Committee.
- Any person disciplined has the right to appeal to the IWF Masters Committee.

## TECHNICAL AND COMPETITION RULES

### 1. IWF RULES

- 1.2 The IWF Masters follow and abide by all the IWF Rules relating to the following.
- The two lifts and general rules relating to the two lifts.
  - Categories (body weight)
  - Equipment
  - Jury
  - Competitors clothing, e.g.. costume, footwear, belt, and bandages..

### 2. ADDITIONAL RULES RELATING TO THE MASTERS

- 2.1 The IWF Masters organise lifting in ten (age) groups for men within each body weight category. The age groups are

M35	age 35-39	M40	age 40-44
M45	age 45-49	M50	age 50-54
M55	age 55-60	M60	age 60-64
M65	age 65-69	M70	age 70-74
M75	age 75-79	M80	age 80 and above

- 2.2 The IWF Masters organise lifting in eight (8) age groups for women within each body weight category. The age groups are

W35	age 35-39	W40	age 40-44
W45	age 45-49	W50	age 50-54
W55	age 55-59	W60	age 60-64
W65	age 65-69	W70	age 70 and above

- 2.3 A weightlifter can enter the Masters programme on the 1<sup>st</sup> January in the year he or she becomes 35 years of age regardless of the fact that the birth date may be as late as the 31<sup>st</sup> December.

#### 2.4 Minimum Starting Attempts Total Rule (“15/10 Kilo Rule”)

- 2.4.1 At World and Continental Masters Championships for men, their first attempt snatch plus the first attempt clean and jerk must total no less than a total that is 15 kilos below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for men is 15 kilos below their Qualifying Total.

**2.4.2** At World and Continental Masters Championships for women, their first attempt snatch plus the first attempt clean and jerk must total no less than a total that is 10 kilos below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for women is 10 kilos below their Qualifying Total.

## **2.5 Masters Bodyweight Change Rule**

**2.5.1** At the Technical Meeting before the start of IWF Masters World or Continental Masters Championships, each National Federation confirms the final entry list of their athletes including name of the athlete, age group, and bodyweight category.

**2.5.2** At the Technical Meeting athletes may move up to a higher body weight category or down to a lower body weight category. **Note** – Rules 2.4.1 and 2.4.2 ensure that an athlete can achieve the qualifying standard.

**2.5.3** **Any athlete can move up to a higher body weight category at the time of the weigh in.** In order to do this the athlete must first attend the weigh in for the body weight category he or she has entered and then also attend the weigh in for the next body weight category above.

**2.5.4** After information is verified at the Technical Meeting, the entries are considered final. There cannot be any modification of the names or bodyweight categories of the athletes, except in the case of an athlete moving up into a higher bodyweight category.

**2.5.5** When, for any reason, a delegation of a National Federation does not attend this Technical Meeting, the entry forms previously submitted by that National Federation are considered the Final Verified Entries for that country.

**2.5.6** If an athlete starts within the limits of the “minimum attempts rule” but fails to achieve the qualifying standard, the athlete may be awarded the medal. Should the athlete be on the National Team List then that athlete’s points will not be counted for the team competition.

## **2.6 THE SINCLAIR-MALONE-MELTZER FORMULA**

**2.6.1** The *Sinclair-Malone-Meltzer Formula (SMM)* is used at IWF World Masters and Continental Masters championships to compute the best lifter in each age group and best overall lifter in the championship for men and for women. The formula uses the Sinclair Body Weight Coefficients (which change every 4 years) and the Malone-Meltzer Age Coefficients which remain static. Only first place winners are eligible for an Age Group Best Lifter Award and the Overall Best Lifter in the championship is selected from the Age Group winners by virtue of having the highest number of SMM points.

### **3 IWF MASTERS NATIONAL TEAM COMPETITION**

**3.1** At IWF Masters and Continental Masters championships each country may enter a team into the Men's Team Competition and/or the Women's Team Competition. The men's team consists of eight (8) athletes and women's team seven (7) athletes plus 3 reserves.

A team may have less than the stipulated number.

Team selection is spread over the different age and body weight categories with a maximum of two (2) athletes in any age and body weight category.

This competition is for team points only and team points are as in the IWF Rules.

**3.2** Team selection is from the official entry list. ~~An athlete cannot be selected for a team if there are less than three (3) lifters in the age group and body weight category shown on the official entry list.~~ In the men's team competition if there is only one lifter in an age group and that lifter is selected for a team, the maximum points he can earn is 23 (equivalent to 3<sup>rd</sup> place). If there are two (2) people in the age group and both were selected in teams, the winner would earn 25 points and the second would earn 23 points (equivalent to 2<sup>nd</sup> and 3<sup>rd</sup> places).

The above points rules do not apply to the women's team competition where women are allowed to be selected for a team when they may be lifting alone in an age group and earn maximum team points.

Team entries should be submitted at the Technical Meeting and will not be accepted after the start of the competition.

**3.3** Small Nations Team Competition for Men.

This competition is limited to nations with six or fewer championship entries from Men. A nation can select six (6) or fewer athletes for their team. All other rules are the same as in 3.1 and 3.2 above.

**3.4** Team points for each athlete are calculated on the athlete's total and final position in the competition within the athlete's age group and body weight category.

**3.5** The points of each team member are added together to give the total points for the team. The team with highest number of total points is the winning team.

If two (2) or more teams have equal points then the SMM points earned by each team member are added together to give a total SMM points for the team. The winning team is then selected on the highest team total of SMM points.

If two (2) or more teams have equal totals of SMM points the winning team will be selected on basis of medals won, i.e. most gold, silver, bronze.

#### **3.7. MEDALS**

**3.7.1.** Medals are awarded to the first three places in each weight and age category for totals only.

**3.7.2.** In the event of a tie on totals the lifter with the lightest body weight is the winner.

- 3.7.3. In the event of a tie on totals and where the two lifters have the same body weights, the lifter with the earliest date of birth, i.e. the oldest, is the winner.
- 3.7.4. In the event of a tie on totals where the two lifters have the same body weight and the same date of birth, the lifter who reached the total first is the winner.

### **3.8. BEST LIFTER AWARDS**

- 3.8.1. Best lifter awards may be given for each age category, men and women.
- 3.8.2. All best lifter awards are based on the highest number of SMM Points.
- 3.8.3. If a lifter has the highest number of SMM Points in an age group but was not the winner in his or her body weight and age category then the lifter cannot be awarded the best lifter, i.e. only a person who is first then their age and body weight category can be declared the best lifter in that age group.
- 3.8.4. “Grand Master” Awards for men and women may be awarded to the best overall man and woman having achieved the highest overall SMM Points in a championship.

## **4 INTERNATIONAL MASTERS CHAMPIONSHIPS**

### **4.1 GENERAL PROVISIONS**

- 4.1.1 The format of a championship can only be changed by agreement with the IWF Masters or Continental Masters Committee.
- 4.1.2 The format of a championship cannot be changed by the Championship Organising Committee or by a National Masters Chairman without the sanction of the relevant International Masters Committee.
- 4.1.3 The format of a championship is the format laid down when the Weekly Competition Schedule is produced. No additional days, no special award ceremonies, no “non competition rest days”, and no other variations can be introduced without the sanction of the appropriate International Masters Committee.
- 4.1.4 At all medal ceremonies athletes are not allowed to carry flags larger than 15 cm to the podium. Please observe that the national flags will be displayed during every medal ceremony.



#### **4.2 IWF WORLD MASTERS**

The IWF World Masters Championship will be held every year in the period of late August to early October.

At this championship athletes may set World Masters records and Continental records relative to the country in which an athlete resides.

Doping controls must be applied to enable ratification of records.

#### **4.3 WORLD MASTERS GAMES (WMG)**

A WMG is normally held every 4 years and the IWF Masters World Championship is held at the WMG in any WMG year.

At this championship athletes may set World Masters records and Continental records relative to the country an athlete represents. Athletes may also set new WMG records.

Doping controls must be applied to enable ratification of records.

In addition to the official WMG entry fee and method of registration, the IWF Masters Committee will produce an entry form and set fees to cover costs for administration and doping control. The entry form will be submitted to the “receive name” on the form and fees will be paid by electronic bank transfer into the bank detailed on the form.

#### **4.4 CONTINENTAL CHAMPIONSHIPS**

At this championship athletes may set World Masters records and Continental records relative to the country in which an athlete resides.

Doping controls must be applied to enable ratification of records.

#### **4.5 OTHER INTERNATIONAL MASTERS CHAMPIONSHIPS**

##### **4.5.1 GENERAL PROVISIONS**

- Doping controls must be applied to enable ratification of records.
- Any International Masters Championship other than those listed in 4.1, 4.2, and 4.3 above must be sanctioned by IWF Masters Congress.

##### **4.5.2 EUROPEAN MASTERS GAMES**

At this moment in time there has never been a European Masters Games but one is scheduled to take place in Italy within the next few years. It will happen, and it is appropriate that it gets similar recognition to a Continental Championship.

##### **4.5.3 CA AND C GAMES**

- This is the “Central America and Caribbean Games” and is sponsored by an organisation in that region every four (4) years.
- It is appropriate that this championship gets similar recognition to a Continental Championship.

## **IWF MASTERS ANTI DOPING**

### **1 WADA/IWF**

- 1.1** The IWF Masters and Continental Masters follow the WADA and IWF Rules on Anti doping.
- 1.2** The IWF Masters Anti Doping Committee deals with all aspects of anti doping and is a separate committee from the Disciplinary Committee.
- 1.3** Any person found guilty of a doping offence has the right to appeal and must appeal within 30 days of receiving notification of the offence.  
The appeal must be made in writing, in English, to the IWF Masters Executive Board.  
Further appeals can only be to the Court of Arbitration for Sport (CAS).

### **2 THE IWF MASTERS ANTI DOPING COMMITTEE**

- 2.1** The IWF Masters has an Anti Doping Committee headed by the IWF Masters Chairman. It was set up and sanctioned by the IWF Masters Executive Board at the 2009 World Masters Games in Sydney, Australia, and ratified by 2009 Congress.
- 2.2** The committee consists of five (5) people but may be more or may be less depending on circumstances and the decision of the IWF Masters Chairman in consultation with the IWF Masters Executive Board.
- 2.3** The committee will preside over and make decisions on all Adverse Analytical Findings (AAF) received from tests conducted by a laboratory and make decisions based on the results from the laboratory and other relevant information, e.g doping control documents; and in accordance with WADA rules and any instructions that may relate specifically to the Masters.
- 2.4** If any AAF results in a test being declared positive the committee will make decisions on disciplinary procedures as specified in Section 1 above, and will notify the athlete concerned of the decision and the rights of the athlete.
- 2.5** The committee will meet once a year at IWF Masters Championships and will be in contact by telephone, letter, and email, at other times necessary to make decisions or discuss matters relating to anti doping.
- 2.6** The committee reports back to the IWF Masters Executive Board.

### **3 PROCEDURES OF THE IWF MASTERS ANTI DOPING COMMITTEE**

- 3.1** The IWF Masters (and Continental) will only use WADA approved laboratories for testing.
- 3.2** .The IWF and Continental Masters will liaise with Championship Organising Committees to ensure that the NADO (National Anti Doping Organisation) of the country where the championship is taking place will cooperate to enable anti doping to be conducted and using the NADO DCO's (Doping Control Officers).
- 3.3** It will be necessary to liaise with the Organising Committee and for the Organising Committee to obtain an "all in" cost to conduct one (1) test. This cost will include
- Sampling kits
  - Doping control forms.
  - Laboratory test and related paper work.
  - Transporting the samples to the laboratory.
  - Any expenses incurred by the DCO's. This might include travel, food, and accommodation
- 3.4** The total cost for dope testing will be met by the IWF Masters and Continental Masters Committees from the revenue received from **their share of** the championship entry fees.
- 3.5** Before each championship, and immediately after the closing date for entries, the committee will obtain the total number of entries to enable a budget to be prepared to meet the cost of anti doping.  
The number of tests to be carried out at any championship will depend upon the budget.
- 3.6** All entry forms contain a statement whereby the athlete agrees to the IWF Masters rules on anti doping, this includes selection of any athlete.  
All entry forms include a TUE (Therapeutic Use Exemption) form which is WADA approved and should only be completed by athletes using medication prescribed by a medical doctor. National Masters Chairmen have a duty to make the TUE form known to all the competing Masters of their country. The form must be produced at the time of being tested.
- 3.7** Before each championship the committee will devise a suitable formula to be able to randomly select athletes (male and female) for testing and produce a list. From this list it will be known which position (from first to last) will be tested, within a body weight category, within an age group, and within a session. Until the session of weightlifting ends the name of the athlete selected is not known.

- 3.8 The committee will select a member of the IWF Masters Executive Board (or another suitable Masters official) to control the list described in 3.8 above and take the athlete selected to Doping Control.

## ENTRIES TO MASTERS CHAMPIONSHIPS

### 1 THE ENTRY FORM

- 1.1 All National Masters Chairmen must distribute the entry form to all athletes wishing to take part in a championship. All athletes must complete and sign the event entry form and all entry forms must be submitted by the National Masters Chairperson of each country.
- 1.2 The entry form carries all the necessary information.
- Contact details of the Championship Manager ((Organizer).
  - Date of competition and competition venue.
  - Closing date for submission of entry forms.
  - Athlete's agreement to comply with anti doping regulations.
  - Athlete's personal details and contact details.
  - Entry fee and price of Closing Banquet ticket.
  - Organising Committee bank details to enable payment by electronic bank transfer of total fees.
- Note: Unless specifically instructed, no other method of payment is acceptable.**
- Qualifying totals.
  - Masters TUE form (approved by WADA at the 2009 WMG, Sydney, Australia).
- 1.3 Entry forms will not be accepted from individual athletes. All National Masters Chairpersons must ensure that athletes complete and sign the entry form correctly, and all entries must be posted to the address listed on the entry form. Entry forms by email or any other method are unacceptable.
- Note** - Where an individual athlete has reasons to believe that the National Masters Chairperson is refusing his/her entry form because there are personal differences, the athlete can contact the IWF Masters (or Continental Masters) and ask for intervention.
- If the IWF Masters (and Continental Masters) find intervention to be necessary the athlete may be allowed to submit an entry form and compete.
- 1.4 Entry fees must be paid according to the instructions on the entry form, currently payment is by electronic bank transfer. No other method is acceptable.

National Masters Chairpersons must pay the relevant entry fee for all entry forms submitted.

The method of payment is by electronic bank transfer, in the currency of the host country, and all fees payable by the sender.

The entry form will show the necessary bank details of the Organising Committee.

**All entry fees must be paid according to the number of entry forms submitted, e.g. if a nation submits 10 entry forms then 10 entry fees must be paid. Failure to do so may result in athletes not being allowed to compete.**

- 1.5 The annual affiliation fee to the IWF Masters will also be paid at the time of paying the entry fees.
- 1.6 Some small nations may have no Masters Committee or National Masters Chairperson. In such circumstances the Masters of such small nations may appoint an individual to submit entry forms. The IWF Masters (or Continental Masters) committee should be informed of such circumstances.

## **OFFICIALS OF THE IWF MASTERS**

### **ELECTED MEMBERS OF THE IWF MASTERS EXECUTIVE BOARD**

#### **IWF MASTERS CHAIRMAN**

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#### **RECORDS CHAIRMAN**

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