

# 2020 Australian Open Weightlifting Tournament

Canberra, Australia

28<sup>th</sup> February – 1<sup>st</sup> March 2020

## Competition Regulations

### 1. Dates

Training: Wednesday 26<sup>th</sup> – Saturday 29<sup>th</sup> February

Verification of Final Entries: Thursday 27<sup>th</sup> February

Competition: Friday 28<sup>th</sup> February – Sunday 1<sup>st</sup> March

### 2. Competition Venue

The competition venue is the Charlesworth Theatre, Australian Institute of Sport, Leverrier Street, Belconnen, Canberra, Australia.

### 3. Competition Rules and Regulations

The 2020 Australian Open will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

### 4. Terms and Conditions of Participation

Participants (Athletes, Team Officials, Technical Officials (TOs) Media, Guests, etc.) must acknowledge and fully comply with the IWF Constitution and By-Laws, TCRR; and Anti-Doping Policy (ADP); and:

- abide by all reasonable directions given by the Australian Weightlifting Federation (AWF) and the Organizing Committee (OC) and Technical Officials (TO's)
- participate in the Event at their own risk and take all reasonable measures to protect themselves and others from any risk
- accept full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages
- be responsible for all property they bring into the Event and accept that the AWF or OC shall bear no responsibility or liability for any loss or damage of any property
- acknowledge and agree that neither the AWF nor the OC shall arrange any insurance connected with their participation in the Event
- irrevocably release AWF and the OC (and their respective members, officers, employees, etc.) from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event
- guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) if they are minors
- guarantee that they participate in the Event with the permission of their National Federation

### 5. Eligibility

Athletes must

- Be endorsed by their National Federation
- Be at least 15 years old at 31<sup>st</sup> December 2020, i.e. born during or before 2005
- Provide complete and accurate whereabouts information in ADAMS for the period of 28<sup>th</sup> December 2019 to 1<sup>st</sup> March 2020.

#### **Whereabouts Submission Deadlines:**

**Q4 2019 – 28<sup>th</sup> December 2019**

**Q1 2020 – 31<sup>st</sup> December 2019**

With reference to Article 5.6.5 of the IWF Anti-Doping Policy, an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing

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and Investigations for a period of at least two months prior to the IWF Events in question. An athlete who does not comply with this provision is not eligible to compete at the IWF Event.

- Pay a participation fee of \$160.00 AUD which includes \$20.00 USD IWF Special Anti-Doping Fee.
- There is no participation fee for Team Officials and Coaches.
- Athletes must have achieved the Minimum Qualification Standard according to the following table:

Category	55	61	67	73	81	89	96	102	109	109+
<b>MEN</b>	200	216	230	242	256	268	276	283	289	311
Category	45	49	55	59	64	71	76	81	87	87+
<b>WOMEN</b>	127	138	151	159	168	178	184	189	194	206

## 6. Events

The Australian Open will be conducted in the IWF Bodyweight Categories for Men and Women.

**Men:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg.

**Women:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg.

There is no limit to the number of athletes per category per nation.

## 7. Entries

All competitors must enter online at <http://www.awf.com.au/registration/>

Entries are due no later than 27<sup>th</sup> December 2019

Athlete participation fee (including \$20 USD IWF Special Anti-Doping Fee): \$160 AUD

## 8. Preliminary Competition Schedule (subject to change according to entries)

Thursday 27<sup>th</sup> February

12:00 Verification of Final Entries

18:00 Technical Meeting

Friday 28<sup>th</sup> February

09:30 Women 45kg, 49kg, 55kg

12:00 Men 55kg, 61kg, 67kg

14:30 Women 59kg, 64kg

17:30 Men 73kg

Saturday 29<sup>th</sup> February

09:30 Men 81kg

12:30 Women 71kg, 76kg

15:30 Men 89kg

Sunday 1<sup>st</sup> March

09:30 Men 96kg, 102kg

12:30 Women 81kg, 87kg, +87kg

15:30 Men 109kg, +109kg

## 9. Awards

Gold, Silver and Bronze medals will be awarded in each bodyweight category according to the Total only.

In the case of two or more athletes achieving the same Total, IWF TCRR 6.8.2 applies.

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## 10. Transportation

All participants are responsible for their own transportation.

## 11. Training

Australian Institute of Sport Strength & Conditioning Gym.

Session times to be advised.

Wednesday 26<sup>th</sup>

Thursday 27<sup>th</sup>

Friday 28<sup>th</sup>

Saturday 29<sup>th</sup>

## 12. Accommodation

Some accommodation is available at the Australian Institute of Sport (AIS) and this will be allocated on a first come first served basis. Otherwise, participants are advised to book accommodation directly with the hotel of their choice in the city of Canberra.

### AIS Accommodation

Availability for 80 people only.

\$80 per person per night including meals. Reservations must be made on the Australian Open Accommodation Form. Full payment must be received by the AWF no later than 27<sup>th</sup> January 2020.

### Suggested Hotels:

Pavilion on Northbourne  
242 Northbourne Ave, Canberra  
[www.pavilioncanberra.com.au](http://www.pavilioncanberra.com.au)  
T: +61 2 6247 6888

Canberra Rex Hotel  
150 Northbourne Ave, Canberra  
[www.canberrarexhotel.com.au](http://www.canberrarexhotel.com.au)  
T: +61 2 6248 5311

Mantra MacArthur Hotel  
219 Northbourne Ave, Canberra  
[www.mantra.com.au](http://www.mantra.com.au)  
T: +61 2 6112 9200

Canberra Lyneham Motor Inn  
39 Mouat Street, Lyneham  
[www.caberramotorinn.com](http://www.caberramotorinn.com)  
T: +61 2 6249 6855

## 13. Barbells

IWF approved equipment will be used at the Australian Open.

## 14. Doping Control

Doping Control will be conducted in accordance with the IWF Anti-Doping Policy.

## 15. Insurance

Members of the Australian Weightlifting Federation are covered by the Australian Weightlifting Federation's Sportscover insurance policy. All other participants are responsible for their own insurance. As per IWF Technical and Competition Rules, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, but it is not possible for foreign citizens to purchase health insurance within Australia.

## 16. Visas

All foreign visitors to Australia require a visa. For information on the type of visa required and how to apply, see: <https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-finder/visit>