



**ALPE ADRIA**  
**INTERNATIONAL MASTER WEIGHTLIFTING TOURNAMENT**  
**Regulations for 2015-2021 cycle**

*Approved: 06/06/2014 Ljubljana.*

- 1) With the goal to develop and promote in their own countries the weightlifting knowledge and culture, the Regions/Nations included into ALPE ADRIA Weightlifting International Tournament fully agree to organize yearly also a Master Weightlifting Tournament.
- 2) Each National/Regional team will be composed of a head of delegation, one referee, one coach and an unlimited number of athletes. The participants National/Regional teams must pay to the organizer the meals and lodging expenses, as well as those for the banquet, agreed with.
- 3) All the athletes who do not possess the EHIC membership (European Health Insurance Card) must take out an accident insurance policy. Information can be found on the site <http://ehic.europa.eu>.
- 4) The competitions will be organized under I.W.F. Technical Rules, except for the bodyweight categories that will be not considerate.
- 5) For 2015 - 2021 cycle the Master men athletes will be divided into 4 age classes: Master "A" 36-45 years old; Master "B" 46-55 years old; Master "C" 56-65 years old, and Master "D" over 65 years old.
- 6) The score will be done, for each of 4 age class, applying at the total of the athlete the I.W.F. "Sinclair-Malone-Meltzer" coefficient. If an athlete fails three attempts in one exercise, the Sinclair-Malone-Meltzer formula will be calculated on the best valid attempt of the other exercise.
- 7) To each of 4 age class (Master A, Mater B, Master C, and Master D) will be applied the points as follows:

1st athlete classified:	point	6
2nd athlete classified :	point	4
3rd athlete classified :	point	3
4th athlete classified :	point	2
5th and 6th classified :	point	1
- 8) The team classification will be done **adding the best 6 (six) results scored by the athletes of each National/Regional team**. In case of tie, the team with the low number of athletes will be the winner. In case of further tie, the team with the athlete scoring the best Sinclair-Malone-Meltzer result will be the winner.

9) The Region/Nation organizing the event must send to all Region/Nation participants the agreed price for the banquet, the meals and the lodging (single or double rooms) within 2 months before the competition. A copy of the communication must be also sent to ALPE ADRIA General Secretary.

10) The Region/Nation participating must send to organizers, almost 20 days before the competitions, all the information of their participation: the full list of athletes (number, name, and age group) the name of delegation leader, the referee and the coach, as well as information about the means of transport and the schedule of their arrival and departure. A copy of the communication must be also sent to ALPE ADRIA General Secretary.

11) The delegation leader of each participating Region/Nation must pay to the organizers the fee of € 20,00 for each member of the Regional/National team.

12) The organizing Region/Nation must organize the event following an adequate technical standard and must promote the event by all the media, particularly with the local ones.

13) The organizing Region/Nation will arrange for the prize giving of the first three teams, as well as the first 3 athletes in each of the 4 age groups. The organizers will also provide the gadgets for all participants.

14) The organizing Region/Nation will also cover the meals and lodging expenses for ALPE ADRIA President, the Honorary President and the General Secretary, if they are present.