



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

Under Support of:



Approved: [19/03/2016 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 also organize a Master Weightlifting Tournament yearly.
- 2) Each national/regional team will be composed of a head of delegation, one referee, one coach and an unlimited number of athletes. The participant 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 not be considerate.
- 5) For 2015 - 2021 cycle the Master men athletes will be divided into 4 age classes: Master "A" 35-44 years old; Master "B" 45-54 years old; Master "C" 55-64 years old, and Master "D" over 64 years old. *(This new age groups was approved in the Technical Meeting held in Ljubljana on March 19<sup>th</sup> 2016).*
- 6) The score will be determined, for each of the 4 age classes, by 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 the 4 age classes (Master A, Mater B, Master C, and Master D) will be applied as follows:

1st athlete classified:	Points	6
2nd athlete classified :	Points	4
3rd athlete classified :	Points	3
4th athlete classified :	Points	2
5th and 6th classified :	points	1
- 8) The team ranking will be determined by **adding the best 6 (six) results scored by the athletes of each national/regional team together**. 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 as well.

10) The participating regions/nations must send to the 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 also be sent to the 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 arrange the event following an adequate technical standard and must promote the event through 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 the ALPE ADRIA President, the Honorary President and the General Secretary, if they are present.

15) These regulations have been approved and ratified by the Delegates that were present at the meeting held in Ljubljana (SLO) on the 06<sup>th</sup> of June, 2014.

## **16)ADDENDUM**

*(approved in the meeting held in Ljubljana -SLO, on the 19<sup>th</sup> March, 2016)*

### **-WOMEN MASTER:**

The women are included in Alpe Adria Master International Weightlifting Tournament.

The results of women competition will be not included in the national/regional team score.

They will compete in one only age group and category. The organizers will provide to calculate the score following the IWF Sinclair-Metzer-Malone coefficient and to give prizes for first 3 women classified.

**- REFEREES:**

Each national/regional team can bring a referee with International Level licence.

The organizers will cover the expenses of full board from Friday evening to Sunday morning for 1 referee International level for each national/regional team.