

Competition Rules & Regulations

1. Dates of Competition

9 & 10 March 2019

2. Competition Rules & Regulations

- The 2019 Singapore National Open Weightlifting Championships (SG Open) will follow the 2019 (effective 1 January 2019) Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).
- The minimum weight that can be lifted in the competition for men is 26.0 kg, i.e. the bar (20 kg) and collars loaded with two 0.5 kg discs. The minimum weight that can be lifted in the competition for women is 21.0 kg, i.e. the bar (15 kg) and collars loaded with two 0.5 kg discs.

3. Eligibility

The SG Open is open to all athletes of any nationality who are in good standing with their national federations and are above 13 years old.

4. Terms & Conditions of Participation

- Athletes must compete in the category in which they have entered. No change in category is allowed once registration has closed. If the athlete fails to make weight for the category that he/she has entered at the weigh-in on competition day, the athlete may proceed to lift as a guest lifter, but may not win any medals.
- Athletes must produce a photo ID at the weigh-in. Failure to produce a photo ID will result in the athlete not being able to participate in the competition.
- Athletes' dress standard MUST conform to the TCRR. **A weightlifting costume is mandatory.**
- Athletes agree that they may be filmed or photographed at the SG Open and SWF retains all rights to utilise such recordings and any data submitted by the athlete in connection with the competition for purposes as it deems fit.

5. Anti-Doping Rules

Athletes must comply with the anti-doping rules (pursuant to the World Anti-Doping Code) set by Anti-Doping Singapore (ADS) and may be subject to doping control tests conducted by ADS. Refusal to submit to doping control tests may constitute anti-doping rule violation and may invalidate any placing the athlete has achieved in the competition.

6. Events

The SG Open will be conducted in the following IWF bodyweight categories.

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

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

In addition, any athlete who is 35 years and above may choose to compete as a Masters in the following age groups

Masters Men: M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

Masters Women: W35, W40, W45, W50, W55, W60, W65, W70

7. Awards

- Gold, Silver & Bronze medals will be awarded in each bodyweight category for both men and women (and for both the Open and Masters events) in the Total Only.
- Any athlete who does not register a successful Snatch will not be allowed to continue in the Clean & Jerk.

8. Best Team Trophy

- Athletes may form a team to compete for the Best Team Trophy. Each team comprises a maximum of three (3) athletes which may be of any gender, nationality, age and bodyweight category. An athlete can be a member of one team only, and all teams (with their respective team members) must submit their registration no later Thursday 28 February 2019. **NO LATE ENTRIES WILL BE ACCEPTED.**
- Scoring for the Best Team Trophy will be as per the TCRR with the following proviso: If a team member is the only lifter in the weight group (or in the case of Masters lifters, the only lifter in an age and weight group), the maximum points that can be earned is 23 (equivalent to 3rd place). If there are only two people in the weight group (or in the case of Masters lifters, only 2 lifters in the same age and weight group) the winner would earn 25 points and second would earn 23 points (equivalent to 2nd and 3rd places). In the event of a tie in the scoring points, the Best Team Trophy shall be awarded to the team with the highest accumulative total of the Sinclair score (or SMF score for the Masters) of the team members.
- Scores for any guest lifters will not count towards the Scoring for the Best Team Trophy.

9. Best Male & Female Lifter Award

The Male & Female with with the highest Sinclair score (or SMF score for the Masters) at the conclusion of the SG Open will be awarded the Best Male Lifter Award and the Best Female Lifter Award respectively.

10. Competition Venue

Bedok Sports Hall
3 Bedok North Street 2
Singapore 469643

**SINGAPORE NATIONAL OPEN
WEIGHTLIFTING CHAMPIONSHIPS
9th & 10th MARCH 2019**



11. Entry Fee

Each athlete has to pay an entry fee of \$70.00.
For SWF's affiliated clubs, the entry fee is \$60.00

All entries and payments MUST be submitted no later than Thursday 28 February 2019. NO LATE ENTRIES WILL BE ACCEPTED. No refunds will be made once the preliminary start list is published.

12. Contact Details

The Secretariat
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