



ALPE ADRIA MASTER INTERNATIONAL WEIGHTLIFTING TOURNAMENT Regulations for 2024-2030 cycle

Approved at Alpe Adria Congress 12/04/2025 (Convened by Videoconference)

Under Support of



Up to date: 28/03/2026

- 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 <https://ehic.europa.eu>.
- 4) The competitions will be organized under I.W.F. and IMWA Technical Rules, except for the bodyweight categories that will not be considerate. Traditionally, the Alpe Adria International Master Weightlifting tournament is held annually in the second half of October.
- 5) For 2024 - 2030 cycle the Master men and women 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.
- 6) The score will be determined, for each of the 4 age classes, by applying at the total of the athlete the IMWA "Q-Point Master" coefficient for Men and for Women. If an athlete fails three attempts in one exercise, the coefficient will be applied on the best valid attempt of the other exercise.
- 7) To each of the 4 age classes (Master A, Master B, Master C, and Master D), with separate score for men and women, 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 of the Final Entry Lists will be the winner. In case of further tie, the team with the athlete scoring the best Q-Point Master 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 and President 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 (name, birth date, category, total declared 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 and how many rooms they need to be reserved in the Hotel. A copy of the communication must also be sent to the Alpe Adria Secretary General and President.

11) The delegation leader of each participating Region/Nation must pay to the organizers the subscription fee of € 20,00 for each athlete 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. The Alpe Adria logo as well as the EWF, IWF and IMWA logos will be also promoted.

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 (with separate ranking for men and women). The organizers will also provide the gadgets for all participants. The organizers will also provide for the technical management of the competition and the printing of the individual and team rankings.

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

15) The women are included in Alpe Adria Master International Weightlifting Tournament. Separate scores for Women will be made following the same rules for Men.

16) Each national or regional team may bring one referee holding an international level license. The organizers will cover the costs of board and lodging (full board)

from Friday evening to Sunday morning for one international level referee per national or regional team. The group of referees and officials required for the technical management of the competition and for scoring will be completed by the organizers, who must also provide the competition numbers to be worn on the athletes' costumes during the event.

Addendum:

- The IMWA "Q-Point Master" coefficient used for the team classification (see point 6) may be replaced, subject to approval by the Alpe Adria Congress, by other formulas following the indications of the IWF and IMWA Technical Regulations.