



2024 AWF UNDER 23 & JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

Location	Balcatta, Perth, Western Australia
Date of Competition	Friday 7 th – Sunday 9 th June 2024
Competition Venue	The Rev Barbell Club, 5 / 146 Balcatta Rd, Balcatta WA
Categories	MEN - 55/61/67/73/81/89/96/102/109/+109 WOMEN - 45/49/55/59/64/71/76/81/87/+87
Age Eligibility	Under 23: born between 1 January 2001 and 31 December 2011. Junior: born between 1 January 2004 and 31 December 2011.
Minimum Qualifying Standard	U23 Men & Women: U23 National Standard Junior Men & Women: Junior National Standard
Qualifying Period	13 th October 2023 – 21 st April 2024
Entry Fee	\$140 per participant
Compulsory Anti-Doping Education	All entrants must have completed the following courses: <ul style="list-style-type: none"> • Anti-Doping Fundamentals • Annual Update 2024 Register and complete courses online at https://elearning.sportintegrity.gov.au/
Awards	<ul style="list-style-type: none"> • T-Shirt • Medals – Top 3 per category • Team Trophy • Best Lifter Awards - trophies
Individual Entry	Submitted to State Associations with payment by the date specified by the relevant State Association.
Preliminary Entries via State Association	Submitted ONLINE by Friday 26 th April 2024
Verification of Final Entries	Final Entries must be received no later than 12:00 (noon) AEST on Wednesday 5 th June 2024 via the AWF Online Verification System

Minimum Qualifying Standards - Under 23: F=Female; M=Male.			
Category	Total	Category	Total
F45	95	M55	170
F49	110	M61	192
F55	127	M67	210
F59	142	M73	232
F64	157	M81	250
F71	167	M89	260
F76	172	M96	267
F81	177	M102	272
F87	182	M109	277
F87+	187	M109+	282

Minimum Qualifying Standards - Junior: F=Female; M=Male.			
Category	Total	Category	Total
F45	90	M55	160
F49	100	M61	180
F55	120	M67	200
F59	135	M73	220
F64	150	M81	240
F71	160	M89	250
F76	165	M96	260
F81	170	M102	265
F87	175	M109	270
F87+	180	M109+	275

REGULATIONS:

1. Individual entries must be submitted to the respective State Association with payment by the date specified by the State Association.

Weightlifting ACT Inc	weightliftingACT@gmail.com
Northern Territory Weightlifting Assoc Inc	office@ntwa.net.au
NSW Weightlifting Assoc Limited	info@nswweightlifting.com.au
Queensland Weightlifting Assoc Inc	gwa@gwa.org
Victorian Weightlifting Assoc Inc	office@vicweightlifting.com
Weightlifting Tasmania Inc	office@weightliftingtas.com
Weightlifting Western Australia Inc	secretary@wwa.org.au

2. The State Association must enter all preliminary entrant and team details ONLINE via their State Administration portal on the AWF website no later than Friday 26th April 2024 and forward all entry fees to the AWF by COB on Monday 29th April 2024.
3. Athletes must produce Photo ID that clearly indicates their Date of Birth and State of Residence at the weigh-in. Failure to produce valid ID at the weigh-in will result in the athlete not being permitted to contest the event.
4. Athletes may compete in the category in which they have achieved qualification or move up to a heavier category if they have achieved a Total within the qualifying period that meets or exceeds the minimum qualifying standard for the heavier category. Athletes may move down to a lighter category only if they have achieved the minimum qualifying standard for the lighter category while actually competing in that category. The final category must be declared at the verification of final entries via the AWF Online Verification System before 12:00 (noon) AEST on Wednesday 5th June 2024.
5. Each State Member can nominate a team of up to 10 qualified men (max 2/category) plus 2 reserves; and up to 10 qualified women (max 2/category) plus 2 reserves.
6. A State Member can enter more than 10 men in either age group provided that each lifter has achieved the relevant minimum AWF Grading Standard in an AWF sanctioned competition during the stated qualifying period for the AWF Under 23 Men's Championships and/or AWF Junior Men's Championships.
7. A State Member can enter more than 10 women in either age group provided that each lifter has achieved the relevant minimum AWF Grading Standard in an AWF sanctioned competition during the stated qualifying period for the AWF Under 23 Women's Championships and/or AWF Junior Women's Championships.
8. Where a State Member enters more than 10 qualified men and/or more than 10 qualified women in either age group, by the Verification of Final Entries, the State Member must nominate the 10 men (max 2 per category) and/or 10 women (max 2 per category) who will constitute the State Team for the AWF Under 23 Championships and/or the AWF Junior Championships. The additional qualified lifters can compete in the relevant Championships, win medals and any other individual awards, but cannot gain points for the State Team.

9. Verification of Final Entries must be completed no later than 12:00 (noon) AEST on Wednesday 5th June 2024 via the AWF Online Verification System. The online verification system allows State Associations to finalise their entries by designating lifters as “Team” or “Individual” or “Withdrawn”; and make changes to the athletes’ bodyweight category (subject to qualification) and/or entry total.
10. The classification of each State team is calculated by adding the points allocated to each team member named at the final verification of entries according to the following scale:

Placing in Competition	Team Classification
Gold	28 points
Silver	25 points
Bronze	23 points
4 th Place	22 points
5 th Place	21 points
6 th Place	20 points
7 th Place	19 points
8 th Place	18 points
9 th Place	17 points
10 th Place	16 points
11 th Place	15 points
12 th Place	14 points
13 th Place	13 points
14 th Place	12 points
15 th Place	11 points
16 th Place	10 points
17 th Place	9 points
18 th Place	8 points
19 th Place	7 points
20 th Place	6 points
21 st Place	5 points
22 nd Place	4 points
23 rd Place	3 points
24 th Place	2 points
25 th Place	1 point

11. **Placing & Points** will be calculated from **Totals** only.
12. The 20kg Rule (IWF TCRR 6.6.5) **will apply** in this event.
13. Any athlete not registering a result in the Snatch **will not** be allowed to participate in the Clean & Jerk section of the competition.
14. Best Lifter Awards
Trophies will be awarded to the Best Male U23; Best Male Junior; Best Female U23; Best Female Junior, as determined by the Sinclair formula.
15. **No REFUNDS** will be issued once the Preliminary Entry List has been published.