

Competition Rules & Regulations

1. Dates and Venue of Competition

13 to 16 June 2025
D'Marquee @ Downtown East
1 Pasir Ris Close, Singapore 519599

2. Competition Rules & Regulations

- The 2025 UMWF World Cup and Commonwealth Masters Championships ("the UWCC") will follow the 2023 (effective 26 July 2023) Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF) or the latest version of the TCRR in force at the time of the competition.
- 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 UMWF World Cup is open to Masters athletes of all nationalities who are currently in good standing with their national federation.
- The Commonwealth Masters Championships is open to all Masters athletes holding a passport of a country whose national federation is a member federation of the Commonwealth Weightlifting Federation. All Commonwealth Masters athletes must be of good standing with their national federation.
- All Commonwealth Masters may choose to participate in one or both competitions of their choice. Those Masters athletes who are eligible and have registered for both competitions will only be required to lift once in their respective session but their results will count towards the outcome for medal placings for both competitions.
- There are no minimum qualifying totals that must be met in order to compete at UWCC. However, athletes should ensure that they have achieved a total in an official weightlifting competition that can be verified by their national federation.
- Singaporean Masters athletes are required to seek written approval from SWF (swf@swf.org.sg) before registration.
- No refunds for any registration payments shall be made if any Masters athlete is found not to be of good standing with their respective federation.

4. Entry Fee

UMWF World Cup: \$300SGD*

Commonwealth Masters: \$300SGD*

UMWF World Cup and Commonwealth Masters: \$350SGD*

**Inclusive of \$50SGD anti-doping fee.*

All entries and payments MUST be submitted no later than **Sunday 13th April 2025, 11:59PM (GMT+8)**. **NO REFUNDS SHALL BE MADE ONCE PAYMENT HAS BEEN RECEIVED.** Late entries and payments will not be accepted.

5. Terms & Conditions of Participation

- 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.
- Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes or socks or any other footwear during the weigh-in. If an athlete is over their officially entered bodyweight category, 250 grams can be deducted from the weight shown on the scale to allow for the weight of the Costume.
- Athletes must be willing to share warm up platforms with other athletes.
- Athletes agree that they may be filmed or photographed at the UWCC, and SWF retains all rights to utilise such recordings and any data (including personal information) submitted by the athlete, in connection with the competition, be used for purposes as it deems fit.
- All athletes must strictly comply with the applicable regulations at the Competition Venue. SWF retains the full discretion to bar any athlete from participation for any failure or refusal to comply.
- Any athlete who does not register a successful Snatch will **NOT** be allowed to continue in the Clean & Jerk.

6. 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.

Athletes requiring a **Therapeutic Use Exemption (TUE)** will need to seek approval from the National Anti-Doping Organization of the nation registered in their passport. Athletes are reminded to allow significant time for approval prior to the competition.

7. Events and Competition Schedule

The UWCC will be conducted in the following age and bodyweight categories:

Age Eligibility: Athletes born on or before 31st December 1995.

Age Group

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

Bodyweight

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg & +110kg.

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg & +86kg.

An athlete is deemed to have secured a competition spot only if the registration form is duly and fully completed and payment made and received by SWF. There shall be no changes to the weight categories and there shall be no refunds of any fees paid once payment is made.

The competition schedule will be released by **20th April 2025** or when the competition has reached its full capacity. Athletes must compete in the category in which they have entered. No change in weight category is allowed once registration has closed or when competition schedule has been released. 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.

Start list will be released by **1st May 2025** and changes to the entry total will NOT be allowed thereafter.

SWF reserves the right to combine and schedule the competition sessions across different bodyweight categories in any way it deems desirable or reasonable to ensure that the safety measures and the flow of competition are met.

8. Awards & Records

The following awards will be given out:

- Top 3 medals per category - for each competition
- Age group trophies (combined) - based on Q points
- Champion of Champions trophies (combined) - based on Q points

Records can be established at this event if the records meet or exceed existing standards by an athlete who is not under a current doping sanction.

9. Accommodation

A list of hotels with corporate rates will be posted on SWF website for reference. Athletes are free to choose any other hotels that suit their budget, lifestyle and needs.

10. Contact Details

The Secretariat
Singapore Weightlifting Federation
Email: swf@swf.org.sg
WhatsApp: 92311498