

Informationen für die Masters Athleten des ÖGV
European Masters Games in Turin / Italien



Die Infos sind folgender Homepage entnommen (dort ist auch Registrierungslink):

<https://www.torino2019emg.org/en/>

Unterseite für Gewichtheben:

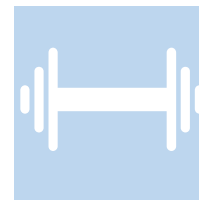
<https://www.torino2019emg.org/en/sport/sollevamento-pesi/>

Die Meldung erfolgt ausnahmslos durch den Athleten!



PROVISIONAL WEIGHTLIFTING COMPETITION SCHEDULE

TIME	FRIDAY 26/7	SATURDAY 27/7	SUNDAY 28/7	MONDAY 29/7	TUESDAY 30/7
		Weight Session Men: 80+, 75+, 70+, 65+	Weight Session Women: All Classes	Weight Session Men: 60+, 55+, 50+	Weight Session Men: 45+, 40+, 35+
9.00 am		First Weigh-in	First Weigh-in	First Weigh-in	First Weigh-in
11.00 am		First Competition Men 80+	First Competition Women 70+	First Competition Men 60+	First Competition Men 45+
		First Competition Men 75+	First Competition Women 65+		
			First Competition Women 60+		
2.00 pm		Competition Men 70+	Competition Women 55+	Competition Men 55+	Competition Men 40+
		Competition Men 65+	Competition Women 50+		
			Competition Women 45+		
4.00 pm			Competition Women 40+	Competition Men 50+	Competition Men 35+
			Competition Women 35+		
7.00 pm	International Technical Meeting				Banquet



WEIGHTLIFTING SPORT INFORMATION GUIDE

1. COMPETITION SCHEDULE

Competition schedule and times are provisional. The schedule could be subject to change according to the requirements of the Organizing Committee. The Weightlifting Competition Schedule will be as follows, based on 150/200 entries:

27/7 - Sat	28/7 - Sun	29/7 - Mon	30/7 - Tue	31/7 - Wed	1/8 Thu
08h00-20h00	08h00-20h00	08h00-20h00	08h00-20h00	08h00-20h00	08h00-20h00

A competition schedule with more than 300 entries needs two more days and different opening hours on program.

Competition Program will be performed by the European Masters Weightlifting Committee starting with older Age Classes.

Please Note: All information contained in this Sport Information Guide is current at time of publication and may be subject to change.

2. COMPETITION VENUE

Venue	Address	City
Palazzo dello Sport D'Oria	Via Torino 55	Ciriè (Torino)

3. ORGANISING COMMITTEE

EMG TORINO 2019 ORGANISING COMMITTEE	SPORT ORGANISATION	SPORT ASSOCIATION
Program Management Bernardino Chiavola	Associazioni Sportive Sociali Italiane (ASI) Settore Nazionale Pesi Susana Perrone Competition Manager Walter Cerrato	European Masters Weightlifting Committee Chairman Bill Barton

4. SPORT REGULATIONS

Competitions will be conducted under the auspices, rules and regulations of the IWF Federation and under the governing rules of IWF Masters Committee and or as specified in the Sport Guide. The competition will be also conform to any special requirements of the International Masters Games Association.

4.1 Type of competition

Weightlifting: 3 Snatch attempts + 3 Clean & Jerk Attempts

Men: Olympic Weightlifting Bar: 20 kg. - **Women:** Olympic Weightlifting Bar: 15 kg.

Minimum Lifting Weight in competition: Men Kg. 26 - Women Kg. 21

4.2 Age Groups

As from actual IWF Masters Rulebook, weightlifting is organized in 18 Age Classes, 10 for Men and 8 for women:

The IWF Masters organise lifting in ten (age) groups for men within each body weight category. Each age group spans 5 years which statistically is the longest age span suitable to enable a true competition between athletes of differing ages. The men's age groups are:

M35	age 35-39	M40	age 40-44
M45	age 45-49	M50	age 50-54
M55	age 55-59	M60	age 60-64
M65	age 65-69	M70	age 70-74
M75	age 75-79	M80	age 80 and above

The IWT Masters organise lifting in eight (8) age groups for women within each body weight category. The age groups are:

W35	age 35-39	W40	age 40-44
W45	age 45-49	W50	age 50-54
W55	age 55-59	W60	age 60-64
W65	age 65-69	W70	age 70 and above

Age is determined at 31 December 2019.

4.3 Weight Categories

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

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

4.4 Competition format

All competitions will be controlled from an Eleiko Electronic System and with Eleiko Competition Equipment on stage.

5. COMPETITION RULES

The IWF Masters follow and abide by all the IWF Rules relating to the following.

- The two lifts and general technical rules relating to the two lifts.
- Categories (body weight) and any IWF/IOC modifications.
- Equipment.

- Jury.
- Competitor clothing, e.g., costume, footwear, belt and bandages.

6. EQUIPMENT

All Athlete's Equipment must follow IWF MASTERS RULEBOOK 2017/18

7. UNIFORMS

All Referee's Equipment must follow IWF MASTERS RULEBOOK 2017/18

8. MEDALS

In European Master Games, the athletes do not represent their country of origin except for documents and ranking lists, therefore the medal awarding ceremonies will be carried out without hoisting of flags. The medals will be provided by the Organizing Committee and will be awarded to first three athletes or teams in each kind of competition.

Special Prizes for Athletes and Trainers could be awarded from the Organizing Association.

Athletes who participate in the awards ceremonies must wear shirt, competition suit and sport jacket.

9. TECHNICAL MEETING

A Technical Meeting on Friday 26/7 will take place directly into the Venue in order to introduce the competition, remind those involved of the IWF Masters regulations and the behavior that is expected and will be attended.

10. ADDITIONAL INFORMATION

10.1 Practice and warm-up facilities

For training the Sport School Department into the Venue building can be used as the Organiser Gym Club in town.

All relevant information about practice and warm up will be provided on the website at the closing of entries.

10.2 Doping Control

During the European Masters Games Torino 2019 anti-doping controls will be carried out according to the principles and rules established by WADA (World Anti-Doping Agency).

11. PERSONAL ACCIDENT INSURANCE AND MEDICAL CERTIFICATE

All participants have to organize their personal accident insurance. The competitor registration fee does not cover personal accident insurance.

Personal accident insurance is available to purchase through the Organizing Committee for registered Competitors at the Accreditation Centre.

All participants must have a currently valid medical certificate of fitness for competitive sports.

The medical examinations required (ex D.M. 18 February 1982) to obtain a medical certificate of fitness for competitive sports are:

- **medical check-up;**
- **regular urine test;**
- **electrocardiogram both at rest and under effort;**
- **spirometry (breathing test).**

For any further information please visit our website (Registration & Terms and Condition)

12. FURTHER INFORMATION

Planning for the EMG To 2019 Weightlifting competition will continue throughout 2018 and early 2019. Additional sport specific operational information will be communicated to registered participants and updated in future additions of this Sports Information Guide.

All participants are encouraged to monitor the EMG To2019 website at www.torino2019emg.org and other Games communication channels to find out all of the latest information.

If you have any further sport specific questions, please send an email to info@torino2019emg.org

For more details about the EMG Torino 2019 Weightlifting competition, please refer to the following e-mail address: weightlifting@libero.it