

SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

COMPETITION DATES

	28.6.2023 Wed	29.6.2023 Thu
WEIGHT IN	10:00-11:00	10:00-11:00
COMPETITION	12:00 -	12:00 -

Competition will be organized by weight category order from lightest to heaviest, so the first day involves age categories from lightest men and women. Last day will be for the biggest categories of men and women.

Training venue will serve before and during the whole weightlifting event.

COMPETITION SPORTS AND DISCIPLINES

The weight and age categories for Weightlifting Sport at EMG2023 are as follows:

Sport	Disciplines	Competition Format	Age Categories
Weightlifting	Total of Snatch and Clean&Jerk	Women's categories: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, 87+kg	Women's: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
		Men's categories: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, 109+kg	Men's: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

If there are insufficient number of entries in an age or weight category, categories may be combined in order to conduct a good quality competition. If all age and weight group entries can't fit into one competition group there will be more groups where best in entry total lifts later. The awarding of medals will not be affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

VENUE DETAILS

EMG2023 Weightlifting competition takes place at: **Näëshalli**

Venue Name	Näëshalli
Competition hosted	Tampereen Pyrintö
Venue Information	Näsijärvenkatu 8, 33210 Tampere

COMPETITION DETAILS

Competition rules

Rules will mostly follow the International Weightlifting Masters Handbook (<https://www.iwfmasters.org/rules.html>). Biggest differences are that there are no limits on the amount of lifters presenting the country in total or in age group or in weight category. All the lifters can sign themselves, no need for federation accreditation.

Category change can an athlete can move up to a higher body weight category at the time of the weigh-in. In order to do this the athlete must first attend the weigh-in for the body weight category he or she has entered and then also attend the weigh-in for the next body weight category above. An athlete is not allowed to go down a body weight category at the weigh-in.

Starting weights need to be 80% of announced total entry, like described in IWF Masters Handbook.

Medals

Gold, silver and bronze medals will be given to each weight/age category. In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee.

Technical meeting

A Technical Meeting will take place before the start of the competitions in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected. Gather the possible judges and confirm the weight categories.

Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

Anti-doping

The IMGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGA Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

EQUIPMENT

Competition equipment id provided by traditional Finnish barbell manufacture Leoko (<http://www.leoko.fi/en/>)

UNIFORMS

More precise rules about competition uniform and personal equipment are mentioned in IWF Rulebook starting from page 20 (https://iwf.sport/wp-content/uploads/downloads/2020/01/IWF_TCR_2020.pdf)

TRAINING FACILITIES

Training facilities will be organized in Nääshalli, Näsijärvenkatu 8, 33210 Tampere. Training will be possible before and during competition.

FURTHER INFORMATION

Planning for the EMG2023 competition will continue throughout 2022 and spring 2023. Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at www.emg2023.fi as well as other Games communication channels to find out the latest information.

For more Weightlifting sport specific information, please contact Jere Johansson: weightlifting@emg2023.fi

For general information about EMG2023, please contact info@emg2023.fi