

WEIGHTLIFTING SPORT INFORMATION GUIDE

Weightlifting

Displaying raw strength and explosive power, weightlifting is a showcase of human physical potential. Athletes compete in clean and jerk and snatch disciplines, aiming to lift the heaviest totals.

Competition dates

Weightlifting for Open Masters Games 2026 Abu Dhabi (OMGAD2026) will feature Snatch and Clean & Jerk competitions over 8 days.

Date	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday

Venue: Abu Dhabi National Convention Centre (ADNEC)

 [Pin Location](#)

Competition Format

The Weightlifting competition involves the events in the following weight and age categories:

Event	Weight Category	Age Category
Snatch (Men)	60kg 65kg 71kg 79kg 88kg 94kg 110kg +110kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
Snatch (Women)	48kg 53kg 58kg 63kg 69kg 77kg 86kg +86kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

Clean & Jerk (Male)	60kg 65kg 71kg 79kg 88kg 94kg 110kg +110kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
Clean & Jerk (Women)	48kg 53kg 58kg 63kg 69kg 77kg 86kg +86kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you turn 40 by December 2026, you would compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.

The winner of each category will be the athlete with the highest total, when combining the results from the respective Snatch, and Clean and Jerk lifts in the competition.

- Each weightlifter is allowed three attempts in each lift – snatch and clean & jerk – with the best successful attempt in each contributing to their total.
- The person who lifts the heaviest total weights is the competition winner.
- If two or more individuals lift the same weight, the winner is determined on a count back based on the lowest bodyweight.
- To compete in the clean and jerk, competitors must have a total for the snatch.
- If a competitor fails at all three snatch attempts, they may not continue in the clean and jerk portion of the competition.
- Training facilities will be provided.

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

- Competitors must enter through their national weightlifting federation who is required to endorse the entry and verify the qualifying performances, and then the competitor can enter the Games.

Competition Details

Competition standards and rules

The weightlifting event will be conducted in line with the competition rules of the International Weightlifting Federation (IWF) Masters, UAE Weightlifting Federation, or as otherwise specified in this document.

National Federation verification of athlete registration

In order to compete in the OMGAD weightlifting, details of your registration will be sent to your National Weightlifting Federation by OMGAD for verification and endorsement. Confirmed registration in the Weightlifting competition is subject to National Weightlifting Federation endorsement.

An athlete is not required to be 'selected' by a National Federation to compete at the Games, as entry is open to any athlete that can satisfy the minimum qualifying standards. However, each athlete registration will require verification by the National Federation to ensure that the athlete is in good standing and not subject to any current form of sanction.

Verification of Entries

Athletes are not required to attend Verification of Entries, unless they wish to drop down a bodyweight division or change their Entry Total.

Technical meeting

More information will be provided in future editions of the Weightlifting Sport Information Guide.

Weigh-in

A weigh-in will be scheduled for two hours prior to the commencement of each session. Each weigh-in will be open for a maximum of one hour and all athletes must attend the weigh-in time allocated for their weight category. For example, if your session is scheduled to commence at 0900hrs, weigh-in will be open between 0700 – 0800hrs, or until the last registered athlete has completed weigh-in.

If a competitor misses out on his or her weigh in, the competitor may be eligible to compete under the direction of the competition director as a guest lifter, but the competitor will not be eligible for a placing or a medal.

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

All athletes must bring recognised photo identification (i.e. Passport, Drivers Licence) with them to their allocated weigh-in, indicating their full name and date of birth.

Athletes that need to monitor bodyweight prior to the event are able to do so with check weight scales located in the training venue. Scales will comply with the IWF technical requirements.

Hours of Competition

It is proposed that each day of competition will comprise of four/ five sessions. Competition is expected to commence each day at 0900hrs and conclude by 2100hrs. Allocated weigh-in sessions will occur prior to the start of each session as outlined above.

Technical Delegate

A Technical Delegate endorsed by the IWF will be announced in Version 2 of this Guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Technical Officials

An opportunity exists for weightlifting athletes competing who are also a qualified IWF technical official, to join the officials panel for the Games. If an athlete is interested in this opportunity, please send an email to sports@omgad2026.ae

Minimum Starting Attempts Total Rule ('10/15 Kilo Rule')

At Masters Championships for men, their first attempt snatch plus the first attempt clean and jerk must total no less than a total that is 15 kilograms below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for men is 15 kilograms below their Qualifying Total.

At Masters Championships for women, their first attempt snatch plus the first attempt clean and jerk must total no less than a total that is 10 kilograms below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for women is 10 kilograms below their Qualifying Total.

Failure to achieve the qualifying standard will result in the athlete not receiving a medal regardless of that athlete's position in the championship.

Equipment

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

The OMGAD will provide all competition equipment (platforms, barbells, bar, discs, collars) including an electronic referee light system. All equipment for the competition will meet with IWF specifications. Warm-up equipment will also be provided; however, this may not be the same as the equipment provided for competition but will be of a suitable standard to enable sufficient athlete warm-up prior to competition.

Uniforms

All athletes must comply with clothing rules and regulations as outlined by the IWF, including costume, belt, footwear and any bandages, tapes or plasters.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae

**UNITED BY SPORTS,
ACTIVE FOR LIFE**