

The 1st Asian Masters Weightlifting Championship

27 May – 31 May 2025

Doha, Qatar



Introduction & Invitation

We are thrilled to announce the highly anticipated **1st Asian Masters Weightlifting Championship**, scheduled to take place from **27-31 May 2025** in the breathtaking city of **Doha, Qatar**. This inaugural event will gather the most talented and dedicated Masters weightlifters from across Asia to showcase their strength, passion, and commitment to the sport.

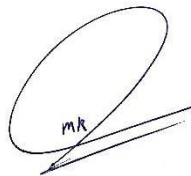
Doha, with its stunning landscape and world-class facilities, is the perfect backdrop for this historic occasion. As we countdown to this unforgettable event, we warmly invite all **male and female** athletes from all over Asia to seize this incredible opportunity to compete on a prestigious international platform and be a part of this momentous celebration of sportsmanship and camaraderie.

Join us in Doha and make your mark in the world of weightlifting!

Best Regards,

Mohammad Kabiri

Chairman, AMW Committee



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1. Event Details

Dates and Location

- Competition Dates: **27-31 May 2025**
- Host Country: Qatar, Doha

Information

- Competition Hall: Radisson Blu Hotel
- Address: Intersection of, Salwa Road, C Ring Rd, Doha
- Facilities: The installation includes a large warm up zone and space for 1 competition platforms/10 warm up platforms depending on registration numbers.
- Training area: Athletes will be able to train in a nearby facility for free, details of which will be announced through AMW website and updates to this Regulation Book.

2. Participation and Registration

Eligibility Criteria

Qualifying Totals

AMW have NO QUALIFYING TOTALS (QT) imposed for the first edition in order to have a better introduction of this new event. Asian Masters tailored QTs will be implemented from 2nd edition of AMW Championship.

- Age Requirement: Open to individuals aged 30 and older (born in 1995 or earlier)



- Adaptive Athletes: Open to athletes in the following categories:
 - Deaf or hearing impaired – PW1
 - Blind or visually impaired - PW2
 - Intellectual disabilities – PW3
 - Limb deficiencies no prosthesis – PW4
 - Limb deficiencies with prosthesis – PW5
 - Limited mobility or joint instability – PW6
 - Wheelchair users – PW7
 - Short stature (dwarfism) – PW8

Registration Process

- Online registration: please use the link to enter the online registration panel:
[Panel.asianmasters.net](https://panel.asianmasters.net)
- Required Documents: Proof of age and nationality (checked at accreditation and weigh in)
- Coaches: coaches need to register to be able to accompany their athlete and must be over 18 years of age
- **Referees:** Referees also need to register to be able to officiate at the competitions. They do not need to pay entry fee but have to afford their accommodation and ticket. AMW will pay 15 \$ for each session that a referee officiates.
- **Men Teams and Women Teams:** Each nation can participate in the competition with several teams. The maximum number of athletes per Male team is 4 athletes and one reserve, Per Female team is 3 athletes and one reserve. Teams with less athletes can register as well.
- The entry fee per team is \$35. Please fill the form of Teams Registration for each team and send it to asianmasterwla@gmail.com no later than 26 May 12 pm Doha Time.

Registration Dates and Fees

All athletes, Coaches and technical officials must register online.

- Date: 20 February – 26 April 2025
- Registration fee: 150 US\$ non-refundable in the case of athlete withdrawal.
- Team registration: 35 US\$ per team

REGISTRATION LINK: **[Panel.asianmasters.net](https://panel.asianmasters.net)**

3. Competition Categories

Age Group and Bodyweight Categories

Age Groups

- 30-34 – M30/W30
- 35-39 – M35/W35
- 40-44 – M40/W40
- 45-49 – M45/W45
- 50-54 – M50/W50
- 55-59 – M55/W55
- 60-64 – M60/W60
- 65-69 – M65/W65
- 70-74 – M70/W70
- 75-79 – M75/W75
- 80-84 – M80/W80
- 85+ – M85/W85

Bodyweight Categories

- Men:
55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
- Women:
45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

4. Rules and Regulations

The 1st Asian Masters Weightlifting Championship is a qualifying event for the 2025 World Masters Championship.

Asian and World Masters records broken will be recognized.

Competition Rules

- **Governing Body:** IMWA (International Masters Weightlifting Association) rules apply.
- **Lift Attempts:** Athletes are allowed three attempts for the snatch and three attempts for the clean and jerk.
- **Olympic Total:** Athletes must complete at least one valid lift in each discipline to record a total and qualify for rankings or medals. If an athlete does not register a valid lift in the snatch they will retire from the competition and will not be allowed to compete in the discipline of the clean and jerk.
- **Athlete clothes:** Must comply with IMWA regulations.
- **Teams Participation Rules:**
 - The Men's TEAM consists of max. 4 lifters and 1 reserve.
 - The Women's TEAM consists of max. 3 lifters and 1 reserve.
 - A nation with many athletes can enter more men and/or women teams.
 - Each nation is only allowed 2 team members competing in the same group and bodyweight category.

Anti-doping policy

- **Policy:** The organizers are committed to providing a clean sport event and following the IMWA anti-doping policy.
- **Testing:** anti-doping tests will be conducted at this event.

5. Medals and Awards

- **National anthems:** will be played during the medal ceremonies for each category. The national flags will be computer displayed.
- **Medals:** Gold, Silver, and bronze medals for the best Total record in each age and weight category.
- **Best Lifter per Age Group:** Awards for top men and women based on Q-Master points by age group of gold medal winners.
- **Grand Master:** Award for overall top man and overall top woman by Q-Masters points. The lifters must have won a gold medal.

- Team awards: 3 best Team Awards for MEN and 3 best Team Awards for Women based on the highest Q-Masters points.
 - In the final ranking, only the results of the best team from one nation are considered.
- Certificates of achievement/records: for all athletes competing and achieving total including final placing and Q-masters point amount. For those not achieving a total, a certificate of attendance will be provided.

6. Event Schedule

- Registration opens: 20 Feb from 7 am Doha Time to 26 April 7 pm Doha Time.

Detailed /Provisional Program (Subject to changes after registration closes)

- Day 0 (26 May 2025):

- AMW Officials Meeting
- Meeting with the IMWA (International Masters Weightlifting Committee)
- Registration and Accreditation - opens at the competition venue
- Technical Meeting and last Team Entries

- Day 1 (27 May 2025): COMPETITION

- Opening Ceremony
- M85+ - M80 - M75
- W85+ - W80 - W75

- Day 2 (28 May 2025): COMPETITION

- M70 -M65-M60
- W70 -W65-W60

- Day 3 (29 May 2025): COMPETITION

- M55-M50
- W55-W50

- Day 4 (30 May 2025): COMPETITION

- M45-M40
- W45-W40

- Day 5 (31 May 2025) COMPETITION

- M35-M30
- W35-W30

- 1st Asian Masters Congress of Asian Nations and Electoral Congress for the official elected Asian Masters Weightlifting Committee
- Closing + Awards Ceremony Best Lifters, Grand Master Man and Woman and Team Awards

- Day 6 (1 June 2025)

- Departure

Weigh-in Times

- 2 hours before competitions

MASTERS BODYWEIGHT CHANGE RULE:

- Athletes cannot move to 1 higher or 1 lower bodyweight category at the time of the weigh-in.
- It is possible to notify the AMW by email (asianmasterswla@gmail.com) up to the date of the Final Verification Change Date 23 May midnight Doha time zone to move 1 up or 1 lower body weight category. After this date no changes will be accepted.

IMWA WEIGH-IN RULES:

- Athletes may be weighed in either completely undressed or in undergarments (articles of the athlete's
- outfit: costume, unitard, shorts and T-shirt are not considered as undergarments). Athletes must not
- wear shoes or socks or any other footwear during weigh-in.
- Athletes with prosthetic limb(s) must be weighed with the prosthetic limb(s). The weight of the
- athlete, while wearing the prosthesis, is considered to be the athlete's bodyweight.
- Athletes are entitled to wear jewelry, hair adornments and religious head gear during weigh-in.
- Athletes must not wear watches during weigh-in.

7. Logistics

Accommodation

- **Official Hotel: Radisson Blu Hotel 5 Star ***
- https://maps.app.goo.gl/oQ3nwUM3Ne48TFbNA?g_st=com.google.maps.preview.copy
 - Address: Intersection of, Salwa Road, C Ring Rd, Doha
 - Rate per person full board in a double room: 120 US\$/night, included airport/hotel/airport transportation
 - Rate per person full board in a single-use room: 140 US\$/night, included airport/hotel/airport transportation
 - **NOTE: Check-in: 14.00 / Check-out: 12.00**

To reserve tickets and hotels, you can complete the attached form and email it to:

info@narvanseir.com or asianmasterswla@gmail.com and follow up by contact: +98 912 323 9102

8. Entry to Qatar and Visa Applications

- To learn about the requirements for obtaining a Qatar visa for citizens of your country, please refer to the following link: <https://hayya.qa/>
- If you need a visa to travel to Qatar, please register as soon as possible and send an email requesting a letter of invitation immediately. Embassies and Consulates can take some time to process your application, so it is important to start the process early.
- Letters of invitation: to receive a letter of invitation, send an email including the Visa Form for each applicant: asianmasterswla@gmail.com

9. Social media & live Stream

Instagram: Asianmasters

youtube: @Asian.masters.weightlifting.association

You can watch the first edition of the Asian Masters live by subscribing to the AMW account on YouTube.

10. Contact Information

Event Coordinators:

- General Enquiries: +98-9122135279
- Email: asianmasterswla@gmail.com
- Website: www.asianmasters.net

Special Thanks to Qatar Masters Weightlifting Committee

And

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