

OPEN MASTERS GAMES

ABU DHABI 2026

WEIGHTLIFTING



Updated: November 5, 2025

1. General Information

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.

1.1. Governance

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.

1.2. Eligibility

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 are 39 years old during the Games time but turn 40 by 31 December 2026, you would compete in the 40-44 age category.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

1.3. Dates

Date	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday

1.4. Venue

[Abu Dhabi National Exhibition Centre \(ADNEC\)](#)

2. Competition Information

2.1. Disciplines, Events & Grading

Event	Category		
	Gender	Weight	Age
Snatch	Male	60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
	Female	48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg	
Clean & Jerk	Male	60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg	
	Female	48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg	

If there are insufficient entries in an age category, categories may be combined 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.

2.2. Format

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.

2.3. Schedule

It is proposed that each day of the competition will comprise of three to 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.

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*draft version

Venue: ADNEC

Gender/Age	07-Feb Fri	Session No.	08-Feb Sat	Session No.	09-Feb Sun	Session No.	10-Feb Mon	Session No.
Weigh In								
M75+	60kg - +110kg	1						
M80+	60kg - +110kg	1						
W60+	48kg - +86kg	2						
W65+	48kg - +86kg	2						
W70+	48kg - +86kg	2						
M70+	60kg - +110kg	3						
W50+	48kg - +86kg	4						
W55+	48kg - +86kg	4						
M60+	60kg - +110kg	5						
M65+	60kg - +110kg	5						
W45+			48kg - +86kg	1				
M55+			60kg - +110kg	2				
M50+			60kg - +110kg	2				
W40+			48kg - +86kg	3				
M45+			60kg - +110kg	4				
M35+					60kg - 79kg	1		
M40+					60kg - 79kg	2		
W35+					48kg - +63kg	3		
W35+							69kg - +86kg	1
M35+							88kg - +110kg	2
M40+							88kg - +110kg	3

2.4. 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 technical delegate and/or the competition manager as a guest lifter, but the competitor will not be eligible for a placing or a medal.

All athletes must present accreditation, issued by the Organiser with them to their allocated weigh-in.

Athletes that need to monitor bodyweight prior to the event can do so with check weight scales located in the training area.

2.5. Rules

At Masters Competition 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 Competition 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.

3. Technical Details

3.1. Technical Delegate

A Technical Delegate, endorsed by the UAE Weightlifting Federation, will be announced in the final version of the guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

Training

Training facilities will be provided.

Technical Meeting

The technical meeting will be held at the competition venue two days prior to the competition commencing. The exact details of the technical meeting will be announced in the final version of the competition guide.

4. Equipment & Uniform

4.1. Equipment

The OMGAD2026 will provide all competition equipment (platforms, barbells, bar, discs, collars) including an electronic referee light system. All equipment for the competition will meet IWF specifications.

Warm-up equipment will also be provided; however, this may not be the same as the equipment provided for competitions but will be of a suitable standard to enable sufficient athlete warm-up prior to competition.

4.2. Uniform

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

5. Awarding

5.1. Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.
- The medal ceremony will be held after each final.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals

6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. If there are no rules regarding such disputes and protests in place, the competitor may first make verbal protest and submit written protest to OMGAD within 30 minutes after the end of a contest.
- No protest can be lodged by any team members or staff against a judging (scoring) decision during the competition period.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications

and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.

- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.

8. Updates

The final version of the competition guide will be released by December 1st. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae