

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 four days.

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

Venue: ADNEC

 [Pin Location](#)

Competition Details and Schedule

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+
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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 will compete in the 40-44 age category.

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.

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.
- Training facilities will be provided.

Below is the preliminary schedule. The final schedule will be released in January 2026 after the registration deadline.

The schedule is subject to change based on the final entry list.

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

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.

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.

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.

Hours of Competition

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.

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.

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

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.

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.

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

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