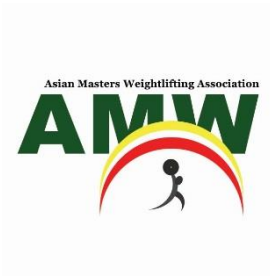


REGULATION BOOK





The 2nd Asian Masters Weightlifting Championship

Jointly and concurrently with

The 2nd World Masters Weightlifting Grand Prix

06–12Feb 2026, Islamabad, Pakistan

Faisal Mosque Islamabad



Introduction & Invitation

We are thrilled to announce that the 2nd **Asian Masters Weightlifting Championships** will take place in Feb 2026 in **Islamabad, Pakistan**.

While the inaugural edition was successfully conducted in May 2025 under the legacy 10 bodyweight categories, the second edition will align with the newly adopted 8-category system, offering a fresh competitive structure and the opportunity to officially establish standard Asian records across all divisions.

This championship will take place alongside the 2nd **"World Masters Weightlifting Grand Prix,"** formerly titled the "Golden Era Lift-Off: Masters International Competition." Which we will call it the **Grand Prix** for short from now on, offering athletes a unique opportunity to participate in two major events under one roof. For the first time in Masters History, cash prizes in USD will be awarded to the Best Lifters and Grand Masters (**only for Grand Prix**), adding a new level of prestige and motivation to the competition.

We warmly invite all Masters Athletes across Asia and the world to join us in Islamabad for these landmark events. Whether you are chasing records, testing your limits, or simply celebrating the sport you love, this is your moment to shine. Let us come together once again to lift, inspire, and elevate the spirit of Masters weightlifting on the continental& world stage.

We look forward to welcoming you to **Islamabad** as we write the next chapter in the growing story of Masters weightlifting specifically in Asia.

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

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

Best Regards,
Mohammad Kabiri
Chairman, AMW Committee



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1. Event Details

The 2nd AMW championship is held concurrently with the 2nd "Golden Era Lift-Off: Masters International Competition," which will henceforth be known as the "**World Masters Weightlifting Grand Prix.**"

This name change reflects several key developments and strategic goals:

- *Focus on the Masters Category*

The new title highlights our commitment to supporting and promoting masters-level athletes—those who continue to pursue excellence in sport beyond their early competitive years.

- *Raising the Profile of the Event*

By rebranding the competition as a **Grand Prix**, we aim to elevate its international standing and attract a broader audience of experienced lifters from across the globe.

- *Aligning with Global Standards*

The new name brings the event in line with internationally recognized titles, making it easier for athletes, federations, and fans to identify its scope and prestige.

- *Building a Stronger Brand*

By giving cash prizes, "World Masters Weightlifting Grand Prix" sets the foundation for establishing an annual, world-class event that will become a prominent fixture in the international weightlifting calendar.

We look forward to welcoming master's athletes from around the world to this new chapter of the competition and continuing to build a platform that celebrates strength, experience, and lifelong dedication to the sport.

Dates and Location

- Competition Dates: **6-12 Feb 2026**
- Host Country: Pakistan, Islamabad

Information

- Competition Hall: **Liaquat Gymnasium**
- Address: P32W+X78, Islamabad Sports Complex, Islamabad, 44000, Pakistan
- Training area: Athletes will be able to train in a nearby facility for free, details of which will be announced through AMW website & Social Media channels and updates to this Regulation Book.

2. Participation and Registration

AMW has NO QUALIFYING TOTALS (QT) imposed for the 2nd edition in order to have a better introduction of this new event.

- Age Requirement: Open to individuals aged 30 and older (born in 06 Feb 1996 and earlier)



Faisal Mosque Islamabad



Registration Process:

- Registration opens: 25 Aug from 9 Am GMT Time to 25 Nov 7 Pm GMT Time.
- All participants including media, back staff, athletes, Coaches and technical officials must register online through the registration panel: <https://ttr.ir/AMW2026>
- Required Documents: A copy of passport as the Proof of name, age and nationality (checked at accreditation and weigh in), a picture for accreditation card, registration payment receipt
- **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.

Registration Dates and Fees

- Preliminary Registration Date: 25 Aug – 25 Nov 2025
- Final Entry: 01 Feb 2026

If you wish to make any changes to your entry total, or weight category, complete the **Final Entry Form** and send it **only via email** to AMW2025ii@gmail.com by 01 Feb 2026.

- Registration fee is non-refundable in the case of athlete withdrawal.
 - Entry fee per athlete for AMW 2026: 150 \$
 - Entry fee per athlete for the Grand Prix: 150 \$
 - Entry fee per athlete for participation in **both competitions: 200 \$**
 - The entry fee per team per competition: \$50
 - Entry fee per person except athletes and TOs,: 100 \$
- Please fill the attached form of Teams Registration for each team and send it to AMW2025ii@gmail.com no later than 25 Nov. 12 PM GMT Time.

Please transfer payment to our following Bank Account:

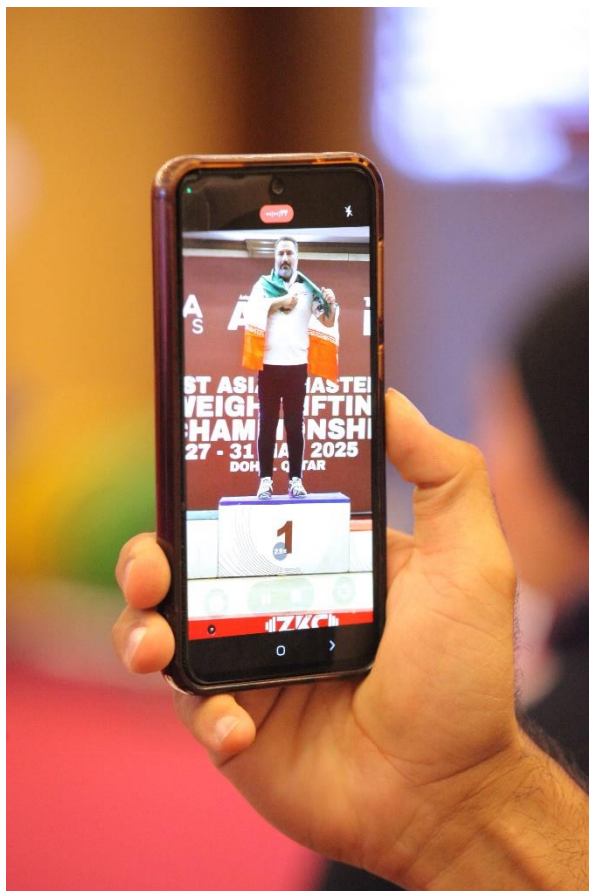
ACCOUNT NAME:	HASSAN GOLESTANEH
BANK ACCOUNT NUMBER:	11956117946
INSTITUTION Number:	004
SWIFT Code Bank:	TDOMCATTTOR
Adress:	457 FRONT STREET EAST, TORONTO, ON, M5A0J2

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:
60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg
- Women:
48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

4. Rules and Regulations

World Masters records broken will be recognized.

Accreditation will take place on 6th Feb 2026. During accreditation and ID card collection, please bring your passport and registration fee payment receipt.

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:**
 - Each nation can participate in the competition with several teams.
 - The Men's TEAM consists of max. 8 lifters and 1 reserve.
 - The Women's TEAM consists of max. 8 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 bodyweight category.
 - If two or more teams from the same country register, the score of the best team will be considered for ranking.

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.

Rules for completing the forms and submitting documents

We sincerely appreciate your warm participation and support in the 2nd Asian Masters Weightlifting Championship & the 2nd edition of the World Masters Weightlifting Grand Prix. Kindly read the following instructions carefully and cooperate accordingly:

١. All participants including back staff, athletes, Coaches and technical officials must register through the link at the first stage: <https://ttr.ir/AMW2026>
٢. The **Final Entry List** must be sent **only via email** to AMW2025ii@gmail.com.
٣. Please note that Phone numbers and WhatsApp/telegram are provided **solely for answering inquiries** so if you are requested to send additional documents, please send **them only via email** to AMW2025ii@gmail.com.
٤. Please note: all your documents will be compiled into one folder. To avoid errors, make sure to **rename your photo, passport copy, and forms according to this order: Athlete's Name – Country**. E.g: **photo -Maryam Sabzali-IRI**
٥. The **Organizing Committee requires all participants to stay at the designated hotel**.
٦. After registration is completed and the initial start list is published, please review the **Start List** carefully. If you wish to make any changes to your entry total, or weight category, complete the **Final Entry Form** and send it **only via email** to AMW2025ii@gmail.com by 01 Feb 2026.
٧. **Failure to submit the Final Entry Form will be considered as confirmation of the initial Start List.**
٨. Those who wish to compete in the team event must complete the Team Registration Form and send it back to AMW2025ii@gmail.com by Nov 25.
٩. Be sure to follow us on social media and through the official AMW website to stay up to date with the latest news and announcements. Social media ID/addresses are at the end of this regulation book and at the bottom of all emails.

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.

Caption: in the W40/81kg category, Abrar Alfahad of Kuwait opened her clean & jerk with a world record-breaking lift of 104kg



- Best Lifter per Age Group: Awards for top men and women based on Q-Master points by age group of gold medal winners.

Caption: In the W50/49kg category, Sahari Dumaini Sinamo of Indonesia stunned the audience by breaking the world record in the clean & jerk, lifting 64kg in her third and final attempt. She won the Grand Master Award for top women.



- Grand Master: Award for overall top man and overall top woman by Q-Masters points. The lifters must have won a gold medal.

Caption: Mehdi Agah from Iran won the Grandmaster title in the M35 age group. Agah won the gold medal in the 109kg category with a total of 319kg and also won the title of Best Lifter.



- **Cash prizes in USD will be awarded to the Best Lifters and Grand Masters (only for Grand Prix) as follow:**
 - Best lifters award (Male and Female): 1000 \$
 - Grand Masters award (Male and Female): 1000 \$

- “Cash prizes for Best Lifters would be awarded exclusively in those age categories where the number of officially registered participants reaches a minimum of twenty (20). In categories with fewer than twenty participants, no cash awards will be granted.”
- 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

- Day 0 (06 Feb 2026):
 - AMW Officials Meeting
 - Registration and Accreditation - opens at the competition venue
 - Technical Meeting and last Team Entries
- Day 1 (07 Feb 2026): COMPETITION
 - Opening Ceremony
 - M85+ - M80 - M75- M70
 - M65 - M60
 - W85+ - W80 - W75 - W70
 - W65 - W60 - W55 - W50
- Day 2 (08 Feb 2026): COMPETITION
 - M55-M50
 - M45-M40
- Day 3 (09 Feb 2026): COMPETITION
 - M40
 - M35
- Day 4 (10 Feb 2026): COMPETITION
 - M35
 - W45 - W40 - W35
- Day 5 (11 Feb 2026) COMPETITION
 - M30
 - W30
- Day 6 (12 Feb 2026)
 - Departure

*** This schedule might change based on the number of participants in different age or weight categories, so keep this in mind when booking your round-trip ticket.

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 filling the Final Entry Form and email to (AMW2025ii@gmail.com) up to the date of the Final Verification Change, Date 01 Feb midnight GMT 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

All participants must stay in hotels designated by the organizing committee. The name and details of the hotel will be announced.

- Rate per person full board in a double room: 000 US\$/night (To be announced by 26 Nov together with the Start list publication)
- Rate per person full board in a single-use room: 000 US\$/night (To be announced)



8. Entry to Pakistan and Visa Applications

- To learn about the requirements for obtaining a Pakistan visa for citizens of your country, please refer to the following link: [Visa Prior to Arrival \(Tourist\) - Pakistan Online Visa System](#)

You can now apply for a Visa Prior to Arrival (Tourist) if you are a citizen of these countries. Please submit your intent to travel at least 24 hours before your planned trip to Pakistan to receive Visa Grant Notice.

- **Nationals of following countries do not require to apply for visa:**
 - United Arab Emirates
 - Bahrain
 - Kingdom of Saudi Arabia
 - Oman
 - Qatar
 - Kuwait

9. Social media & live Stream

Instagram: Asianmasters

YouTube: @Asian.masters.weightlifting.association

Telegram: @AMWmedia

Facebook: asianmasters.amw

You can watch the 2nd edition of the Asian Masters live by subscribing to the AMW account on YouTube.

10. Contact Information

Event Coordinators:

- Ms. Maryam Sabzali, head of International Affairs, +989309293394
- AMW Email: asianmasterswla@gmail.com
- **Competition** Email: AMW2025ii@gmail.com
- Website: www.asianmasters.net

Special Thanks to Pakistan Weightlifting Federation &

Pakistan Masters Weightlifting Committee