Malta Weightlifting Open Championships 2026 — Official Competition Rules 06.05.2026

These rules govern participation, scoring, awards, and conduct for the Malta Open Championships 2026, organised under the authority of the Malta Weightlifting Association (MWA).

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1) Eligibility

1. All participants, including coaches, must be currently registered members of the Malta Weightlifting Association at the time of entry and on the day of competition.
2. Participants who are not Maltese citizens may compete in a separate classification.
3. Athletes must meet the minimum age requirement for their entered age group on the day of competition.
4. Athletes must be medically fit to compete. The Malta Weightlifting Association shall not be held responsible for any injuries sustained at the MWA National Centre or during the competition.
5. By entering, athletes agree to abide by MWA rules, IWF Technical Rules, and these championship regulations.

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2) Registration & Fees

1. The competition fee must be paid at the time of registration. Entries without payment are invalid.
2. Registration closes on 06.06.2026.
3. No refunds will be issued after the registration deadline.

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3) Competition Format

1. The competition follows IWF Technical Rules for the Snatch and Clean & Jerk.
2. Each athlete is allowed three attempts in each lift.
3. Results are calculated by Total (Snatch + Clean & Jerk) and converted into Sinclair points for ranking where applicable.
4. Weigh-ins take place on the day of the competition according to the official schedule.

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4) Minimum Standard for Awards

1. To be eligible for podium awards and prize money, athletes must achieve the minimum lifting standard:
    - A minimum Total in kilograms, and
    - The equivalent minimum Sinclair points.

2. These standards are defined in the attached standards document and apply per age group.
3. Athletes who place in the top three but do not meet the minimum standard will receive recognition of their placing but will not receive a medal or prize money.

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5) Age Groups & Categories

1. Athletes compete in their official age group as defined by MWA: U12, U15, U17 (Youth), U20 (Junior), Senior.
2. Rankings and awards are determined within each age group using Sinclair points.

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6) Awards, Medals & Prize Money

1. A maximum total of €3,090 in prize money is available across the competition, as detailed in the attached prize allocation document.
2. Medals will be awarded to eligible 1st, 2nd, and 3rd place finishers in each age group who meet the minimum standard.
3. Prize money is reserved exclusively for athletes who are:
    - Maltese citizens, and
    - Registered members of the Malta Weightlifting Association.
4. Non-Maltese MWA members and guest lifters may compete, place, and receive medals in a separate classification (if standards are met) but are not eligible for prize money.
5. There is no prize money in the U12 category.
6. Eligibility for prize money requires meeting the minimum standard (see Section 4).

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7) Multiple Age Group Eligibility Rule

1. An athlete may rank and win medals in more than one age group if eligible by age classification.
2. However, an athlete may receive prize money in only one age group.
3. If an athlete qualifies for prize money in multiple age groups, they will receive only the highest single prize amount among those results.

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8) Equipment & Attire

1. Only IWF-approved equipment and attire are permitted.
2. A proper weightlifting singlet, belt, and weightlifting shoes must be worn.
3. No supportive gear outside IWF rules is allowed.

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9) Anti-Doping & Conduct

1. The competition adheres to anti-doping rules recognised by the national anti-doping authority.
2. Unsportsmanlike conduct or rule violations may result in disqualification.

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10) Organiser's Rights

The organising committee reserves the right to:

- Adjust session times based on entries
- Merge or split groups if necessary
- Interpret these rules where clarification is required

Detailed minimum standards and prize allocations are provided in the attached documents.

Malta Weightlifting Open 2026 Euro Prices

Women Senior
167 Sinclair points

1st	€ 200
2nd	€ 125
3rd	€ 75
4th	€ 40
5th to 10th (€25 each)	€ 150

Men Senior
270 Sinclair points

1st	€ 200
2nd	€ 125
3rd	€ 75
4th	€ 40
5th to 10th (€25 each)	€ 150

Women Junior
165 Sinclair points

1st	€ 150
2nd	€ 80
3rd	€ 50
4th	€ 35
5th to 10th (€20 each)	€ 120

Men Junior
256 Sinclair points

1st	€ 150
2nd	€ 80
3rd	€ 50
4th	€ 35
5th to 10th (€20 each)	€ 120

Women U17
148 Sinclair points

1st	€ 100
2nd	€ 60
3rd	€ 30
4th	€ 20
5th to 10th (€15 each)	€ 90

Men U17
234 Sinclair points

1st	€ 100
2nd	€ 60
3rd	€ 30
4th	€ 20
5th to 10th (€15 each)	€ 90

Women U15
133 Sinclair points

1st	€ 75
2nd	€ 50
3rd	€ 20
4th	€ 15
5th to 10th (€10 each)	€ 60

Men U15
206 Sinclair points

1st	€ 75
2nd	€ 50
3rd	€ 20
4th	€ 15
5th to 10th (€10 each)	€ 60

€ Prizes are only for Maltese Citizens MWA Members only
NO Money prices for Cadets U12

MALTA WEIGHTLIFTING ASSOCIATION

Malta Open Championships 2026

Bench mark for final placing awards

	1.65	ER	446		276
Seniors		**MEN**	**Points**	**WOMEN**	**Points**
From 2011 and above			**270**		**167**

	1.65	ER	423		273
U 20	**Juniors**	**MEN**	**Points**	**WOMEN**	**Points**
2006			**256**		**165**
2007					
2008					
2009					
2010					
2011					

	1.65	ER	386		245
U 17	**Youths**	**MEN**	**Points**	**WOMEN**	**Points**
2009			**234**		**148**
2010					
2011					
2012					
2013					

	1.65	ER	340		219
U 15	**Youths**	**MEN**	**Points**	**WOMEN**	**Points**
2011			**206**		**133**
2012					
2013					

Cadets U12	**Boys**	**Girls**
2014 and under	**Final placing**	
	1. All six lifts	
	2. Good technique	
	3. Constant achievement	