



WEIGHTLIFTING IRELAND

National Club Championships - 2024

Terms & Conditions:

Athletes must comply with the below criteria to compete at the Weightlifting Ireland National Club Championships - 2024.

1. All Weightlifting Ireland athletes must be in compliance with the WADA code and the Sport Ireland and IWF rules for 2023/2024.
2. Please note - athletes **must** be a Weightlifting Ireland member in good standing **60 days prior** to the date of the competition. Entry will **not** be accepted if an athlete joins Weightlifting Ireland less than 60 days prior to the competition date.
3. Athletes can only change club a maximum of **once per calendar year**. Club transfers must be processed via JustGo and approved by the WI Competitions Team.
4. Athletes must be a registered member of a Weightlifting Ireland **AFFILIATED CLUB - 60 days prior** to the competition date in order to compete.
 - If an athlete is changing club, said athlete must have submitted a transfer request via JustGo and have it approved by the WI Competitions Team **60 days prior** to the competition date in order to compete.
5. Athletes must wear a weightlifting **singlet** to compete.

Team Regulations:

1. Maximum of **8 athletes** per team (4 male & 4 female).
2. Clubs can enter a male team only, a female team only or both.
3. Only 6 athletes per team (3 male & 3 female) will score on the day, scoring will be based on Sinclair points (highest accumulative score wins).
4. Best male team, best female team and best overall team prizes will be presented on the day.

For concerns and questions please contact: [competitions@weightliftingireland.com]

The Weightlifting Ireland Executive Board reserves the right to allow athletes who have not met all the above criteria to enter & compete, if it is deemed to be in the best interest of Weightlifting Ireland and its members.

