South African Masters Weightlifting Federation

Affiliated with International Masters Weightlifting Association

SAMWF Competes in Greece – FAQ

Masters World Championships 2026

This FAQ is intended to guide South African Masters athletes who are interested in competing at the **Masters World Weightlifting Championships 2026 in Greece**. Please read carefully, as most common questions are answered below.

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1. What is the event?

The **Masters World Weightlifting Championships 2026** is an international competition organised by the International Masters Weightlifting Association (IMWA) and hosted in Greece. The event brings together Masters athletes from around the world across all age categories.

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2. When does registration open?

IMWA has confirmed that **registration opens on 15 January 2026**.

Please note that entries for popular age groups and venues tend to fill quickly. Athletes who wish to enter on opening day are strongly encouraged to prepare in advance and complete all required steps by the SAMWF deadlines outlined below.

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3. Who may compete?

To compete at Masters Worlds 2026, athletes must:

- Be a Masters athlete in good standing
- Be affiliated with **SA Weightlifting Federation (SAWF)** for 2026 (including current ADEL certification)
- Meet IMWA age and qualification requirements
- Complete the **SAMWF approval process**

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4. Qualification requirements

Athletes are required to achieve a **qualifying total** within the IMWA qualifying window:

- **Qualifying period**:
  4 September 2025 to 12 July 2026
- Totals must be achieved at a **sanctioned competition**

For South African athletes:

- Sanctioned events are **Level 2 and above competitions** that have been **registered through the SAWF portal**

For overseas competitions:

- Athletes who qualify at international events must **email SAMWF directly** with the event details so that qualification can be confirmed

Please refer to the attached **World Qualification Totals 2026 – New Categories** PDF for the applicable qualifying totals.

Athletes who have already achieved a qualifying total within the window are considered qualified. Re-qualification is optional and only required if an athlete wishes to improve their total.

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5. SAWF and SAMWF affiliation

All South African Masters athletes must:

- Complete **2026 SAWF affiliation**
- Select the **Masters** option during registration

SAMWF affiliation forms part of SAWF affiliation.

There is **no separate external SAMWF registration** required.

All Masters World Championships applications are managed via the **SAWF portal**.

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6. ADEL requirements

All athletes competing internationally are required to have a valid **ADEL certificate**.

Please ensure that your ADEL certificate is:

- Completed
- Uploaded to your **SAWF portal profile**

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7. Important dates for opening-day entry

Athletes wishing to enter **on opening day (15 January 2026)** must ensure that **all required steps are completed by 12 January 2026**.

Please note:

- **2026 SAWF affiliation opens in the first week of January**
- Early preparation is essential to avoid delays when registration opens

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8. SAMWF approval and application process

All South African Masters athletes are required to follow the **SAMWF approval process** before registering with IMWA.

Application steps:

1. Log on to the **SA Weightlifting portal**: https://portal.saweightlifting.co.za/
2. Navigate to **World Comps**
3. Complete your application, including:
    - WC2026 category
    - Details of the qualifying competition where your best total was achieved within the qualifying window
4. Once your application is approved, you will receive an **email confirmation**
5. You will then be required to transfer **R3,800** (EUR 185 plus forex fees) to SAMWF
    - Banking details will be provided in the approval email
    - **This fee is non-refundable**
    - Proof of payment must be emailed to **info@mastersweightliftingsa.co.za**
6. Once payment is received, you will be issued with your **personal IMWA access code**
    - This code is individual and must not be shared

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9. IMWA registration

After receiving your IMWA access code:

- Complete your official entry on the **IMWA website**
- Final registration confirmation will be issued directly by IMWA

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10. Visas and travel

Visa requirements depend on the passport held by the athlete.

- IMWA has provided a **Greek visa requirements document**, which is attached for reference
- This document is provided as guidance only
- **Athletes are responsible for their own visa applications and travel arrangements**

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11. Commitment to SA National Championships (SA Residents)

As agreed at the **2024 SAMWF AGM**, South African residents wishing to compete at Masters World Championships are expected to compete at **SA National Championships at least once every two years**.

Given that SA National Championships will take place **after** Masters Worlds in 2026, athletes competing internationally this year are asked to **pledge, to the best of their ability**, to compete at SA Nationals within the applicable two-year period. This includes athletes who have recently turned **35** and may not yet have had the opportunity to compete at National Championships.

This commitment supports the growth and sustainability of Masters weightlifting locally, while recognising the practical timing of the current competition calendar.

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12. Communication and updates

Official updates, deadlines and guidance will be communicated via the **SAMWF mailing list**.

Athletes are encouraged to:

- Ensure they are subscribed to the mailing list
- Read all communications carefully to avoid missing important deadlines

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We look forward to supporting our athletes as they prepare for Masters World Championships 2026 and wish everyone the very best in their training and competition plans.

SA Masters Weightlifting Committee