



About Masters Weightlifting

Masters weightlifting is the Olympic sport of weightlifting for men and women 35 years and older, and governed by the International Weightlifting Federation (IWF). The IWF is the organization that runs the World and Olympic Weightlifting Championships, and the IWF-Masters division oversees and serves to generate interest in masters weightlifting. USA Weightlifting is the national governing body for Olympic weightlifting in the United States, and is a member of IWF.

Masters weightlifters compete in age groups that begin with 35 through 39, and go up to the 80-and-older group. Nearly 2,000 Masters athletes are now competing in more than 40 countries on six continents. Two events comprise this sport —the clean-and-jerk and the snatch. For the clean-and-jerk, lifters are allowed one minute to move the weight off of the ground. The weight is taken to the shoulders in a standing position, and then “jerked” overhead. Once up, lifters can take any amount of time to “jerk” the weight. The snatch involves a wider grip, and the weight is lifted straight from the ground to overhead in one motion.

The most elite Masters weightlifters across the world meet each year at the World Masters Weightlifting Championships, organized by the IWF. USA Weightlifting and the IWF hold several other masters weightlifting competitions throughout the year, including the Pan American Masters, American Masters, and National Masters. Sanctioned competitions occur all over the world. To compete in masters weightlifting events, one must become a member of USA Weightlifting.

For more information on masters weightlifting, visit www.mastersweightlifting.org