

## 2026 IAWA WORLD POSTAL CHAMPIONSHIPS INFORMATION SHEET

### RULES OF THE COMPETITION

1. The due date for entry is AUGUST 31st. Make sure your lifts are completed and sent to the promoter, Paul Barette using the online form provided.

A Pdf copy entry form is available on request, contact Paul at [iawa@metamorfit.co.uk](mailto:iawa@metamorfit.co.uk) if needed.

2. The lifts chosen for this event are the Hang Snatch(B3), Pullover & Push(B43), Clean & Press Behind Neck(B2), Ciavattone Deadlift(C13)

The rules for these lifts are outlined in the IAWA(UK) and USAWA Rule Books, which are available on the websites.

The chosen lifts represent the lifts performed on the first day of the 2026 IAWA World Championships!

3. If you live in a country that has an organised All Round Weightlifting organisation that is affiliated with the IAWA you must be a current member of that organisation to enter. Make sure to join before you lift in this World Postal Championships.

4. All lifts by a lifter must be performed on the same day.

5. Please enter your results in kilograms on the form. List only your best legal lift performed. Do not record misses. Also list your age and bodyweight in kilograms where requested. Your bodyweight must be weighed on the day your lifts are performed.

6. Make sure you include the names of the one to three officials at the end of the online form. Officials must be current certified officials in their All Round Weightlifting organisation. Three officials are required for IAWA records. At least one official is required for entering.

7. You get three attempts. These must be declared and adhered to. If a 4th attempt for record is done this must be notified separately to the promoter by email.

8. The online scoresheet accommodates up to 10 lifters, but if more than that participate from a club simply submit another form. You do not need to be part of a club to enter the World Postal Championships but Club recognition will be given to the top scoring clubs. Scoring rankings will be done for both individuals and for clubs.

9. Remember this postal championship is ran on the HONOUR SYSTEM. Be truthful in your efforts, and feel good about giving your best performance in an honourable manner. If everyone does that – the future of this championship is strong!

Thank you for your participation and support of the IAWA!!