



2026 UNIVERSAL WEIGHTLIFTING CUP INCLUDING THE OCEANIA SENIOR, JUNIOR & YOUTH CHAMPIONSHIPS PLUS 2026 COMMONWEALTH JUNIOR & YOUTH.

INFORMATION BULLETIN

The 2026 Universal Weightlifting Cup, Oceania Senior, Junior and Youth Weightlifting Championships plus the Commonwealth Junior and Youth Championships will be held in Apia -SAMOA, April 25th - May 2nd.

Below you will find the relevant information regarding this huge tournament:

Competition Rules and Regulations

The 2026 Universal Weightlifting Cup, Oceania Senior, Junior and Youth Championships plus the Commonwealth, Junior and Youth Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

Terms and Condition of Participation

Accredited participants (Athletes, Team Officials, International Technical Officials (ITOs) Media, Guests, etc. should acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP).

- Must abide by all reasonable directions given by the Samoa Weightlifting Federation and the OWF.
- Must participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk.
- Must undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages. Are responsible for all property they bring into the championships and that the Samoa Weightlifting Federation, the OWF and the CWF shall have no responsibility in any loss or damage of this property.
- Acknowledge and agree that neither the Samoa Weightlifting Federation nor the OWF or the CWF shall arrange any insurance connected with the participation in the Event. This is the responsibility of each individual federation.
- Must irrevocably release Samoa Weightlifting Federation, the OWF and the CWF (and their respective members, officers, employees, and volunteers,) from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event.
- Must guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) if they are minors – under the age of 18.
- Will be responsible for paying the charges on damage to hotel property by the guest.

Eligibility

- **YOUTH: 13 – 17 years of age**
- **JUNIOR: 15 – 20 years of age**
- **SENIOR: 15+ years of age**
- All age groups are calculated in the athlete's year of birth.
- In accordance with article 5.5.16 of the IWF Anti-Doping Rules 21, **whereabouts information of the athletes shall be submitted at minimum three months prior to the event by 27th January 2026.** The Athletes who do not comply with this provision are not eligible to compete.

Competition Categories :

Universal Weightlifting Cup, Oceania Seniors. Oceania Juniors, Commonwealth Juniors:

IWF Categories for Men and Women are:

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

Oceania Youth and Commonwealth Youth

IWF Categories for Youth are:

Boys: 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, +94kg

Girls: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

Deadlines

Preliminary Entries

These entries are online. Each Federation will be given a username and password to register their athletes and officials. The closing date for the Preliminary Entries is **Saturday 27th January 2026 at 18:00 hours Brisbane-Australia time.** However please understand the regulations of the IWF, that once the Preliminary Entries are submitted, the system will **not allow you to put in any additional lifters after the 27th of January 2026.** ***This is the link to enter for the online entries*** [**https://compreg.awf.com.au/**](https://compreg.awf.com.au/)

Final Entries

Again, these are online. The closing date is **24th March 2026 at 18:00 hours Brisbane-Australia time.**

VOE -Verification of Entries

These will also be done online with the deadline being **Saturday 11th April 2026 at 18:00 hours Brisbane-Australia time.**

Accommodation:

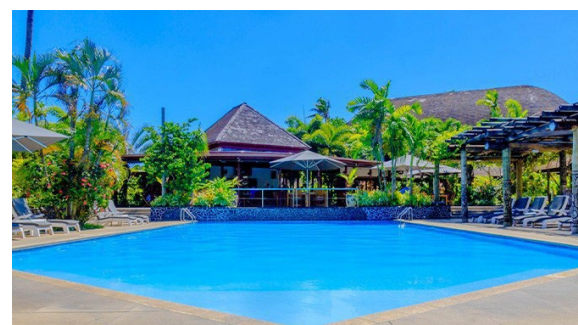
Three hotels have been designated by the Organising Committee. The hotels are:



**SHERATON APIA
HOTEL**



**TANOA TUSITALA
HOTEL/RESORT**



**LAVA APIA
HOTEL**



**These are the three best hotels in Apia, providing warm pacific cultural hospitality.
All 3 hotels are within 10 minutes from the competition and training venue.**

Accommodation Cost

The cost per **twin room (per person per night)** is USD \$190.00 this includes full board (breakfast, lunch and dinner).

The cost per **single room (per person per night)** is USD \$220.00 this includes full board (breakfast, lunch and dinner).

A minimum stay of 3 (three) nights is required for all participants.

No accommodations or accreditations will be offered to any delegation member until funds have been **received in full** by the Samoan Organizing Committee *by bank transfer*.

No accommodation is guaranteed until full payment is received. If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Samoan Organizing Committee before 27th of March 2026, the delegation must pay the charge of “No-Show” per person to the Samoan Organizing Committee.

Mode of payment – All payments must be paid to the Organizing Committee through bank transfer at least one month in advance by the 27th March, to the following bank account:

Account Name: Samoa Weightlifting Federation
Account Number: 2900861
Bank: A.N.Z Bank Samoa
Address of Bank: Beach Road, Apia, Samoa
Swift Code: ANZBWSWW

All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation /Association.

Bank transfer payments

Important rules for Bank transactions:

100% of the total payment (accommodation and anti-doping fees) must be transferred by 27th March, 2026 to the Bank Account of the Samoan Weightlifting Federation.

International Transport Form:

Attached you will also find a transport form for you to fill in and return to the Organizing Committee not later than March 27th 2026. We need to have this form in order to organise transportation from the international airport in Apia to your designated hotel.

International Travel

These are the international airlines which fly to Apia, Samoa.

From Brisbane -Australia direct on Qantas flies Monday, Wednesday ,Friday.

From Brisbane -Australia direct on Virgin Saturday only.

From Melbourne via Fiji to Apia – everyday.

From New Zealand direct flights on Air New Zealand every day

From Fiji direct – on Air Pacific, every day

EUROPE/ AFRICA Delegation from Europe and Africa can travel via Singapore or Hong Kong to Fiji and into Samoa every day. Or from Dubai direct to New Zealand or Australia and into Samoa every day.

ASIA Delegation from Asia can travel via Singapore or Hong Kong to Fiji and into Samoa. Every day.

PAN AM From Pan American – there are daily flights from Los Angeles, Vancouver, direct to Fiji and into Samoa every day. From Santiago to Auckland and into Samoa daily. There are flights from USA to American Samoa twice per week. The flight from American Samoa to Samoa its only 20 minutes.

- From South America- Countries can travel from Santiago to Auckland on LATAM air and into Samoa on air New Zealand every day.

Local transport

Local transport will be provided by the Organising Committee from the Airport to hotels upon the arrival of delegations and departure and from hotels to the Competition and Training venues.

Awards

Gold, Silver and Bronze medals will be awarded to seniors, juniors and youth lifters in each bodyweight category for both men and women in the **total only for Oceania and Commonwealth**.

Gold, Silver and Bronze medals will be awarded to lifters in each bodyweight category for both men and women in the **Snatch, Clean & Jerk and Total in the Universal Weightlifting Cup**.

Prize money for Men

The sum of Australian dollars \$106,000 will be allocated for the Universal Weightlifting Cup:

The best overall lifter in all categories on Sinclair formula will receive Australian \$ 10,000

Second place overall lifter in all categories on Sinclair formula will receive Australian \$ 5,000

Third place overall lifter in all categories on Sinclair formula will receive Australian \$ 3,000
Fourth place overall lifter in all categories on Sinclair formula will receive Australian \$ 2,000
Fifth place overall lifter in all categories on Sinclair formula will receive Australian \$ 1,000

Prize money for Women

The best overall lifter in all categories on Sinclair formula will receive Australian \$ 10,000
Second place overall lifter in all categories on Sinclair formula will receive Australian \$ 5,000
Third place overall lifter in all categories on Sinclair formula will receive Australian \$ 3,000
Fourth place overall lifter in all categories on Sinclair formula will receive Australian \$ 2,000
Fifth place overall lifter in all categories on Sinclair formula will receive Australian \$ 1,000

Prize money for Universal Weightlifting Cup Team event for Men and Women

Each federation may enter a maximum of **eight (8) male lifters** and **eight (8) female lifters** in the Universal Cup. **However please note**, for teams to win the team prize each federation shall nominate from their team only up to **four (4) male lifters** and **up to four (4) female lifters**.

The team with the best aggregate on Sinclair formula of the 4 lifters will be the winners. This applies to the men team and also the women team.

The prize money **for the best male team** is AUD\$20.000 The prize money **for the best female** is AUD\$20.000

Second Place for team events on Sinclair formula will be AUD\$8,000 for Men and AUD \$8,000 for Women.

Third place for team events on Sinclair will be AUD\$4,000 for Men and AUD \$4,000 for Women.

Competition Venue

The competition venue is at the Tuanaimato Sports Complex. This venue will accommodate approximately 3000 spectators. Twelve warm up platforms will be available for the competition. Sauna will also be available at the competition venue.



The Weightlifting Stadium in Samoa

Training Venue

Training will be located at the Oceania Weightlifting Institute / Academy, in the Tuanaimato Sports Complex approximately ten minutes away from each of the hotels. Training will be available to all teams prior to the competition on a timetable basis. 50 platforms will be available for training. This training venue is only 100 meters from the competition stadium.



The Oceania Weightlifting Institute in Samoa where training will be held with 50 platforms available

National anthem

Please note that the National anthem will be played only for the Universal Weightlifting Cup winners & the Oceania Seniors.

Barbells/Weights Equipment

All Equipment will be IWF approved equipment for the competition.

Doping Control

Anti-doping tests will be conducted under the supervision of the International Testing Agency (ITA) on behalf of the IWF. The sample collection process will be carried out by a designated authority, in accordance with the IWF Anti-Doping Rules. ***This is the only charge*** the Organizing Committee will impose to all lifters competing. That is Universal Weightlifting Cup lifters, Oceania Senior, Junior and Youth lifters and Commonwealth Junior and Youth lifters. ***(please note that no fees are charged to coaches, managers or officials)***

All athletes competing must pay **USD\$200 each**.

(a) 50% of the anti-doping fees collected shall be paid by the Organising Committee to the IWF and shall be used for Anti-Doping purposes.

(b) the other 50% of the anti-doping fees collected shall be used for Anti-Doping tests.

This amount **must be paid** at the same time as the accommodation costs are paid by **bank transfer**.

Accreditation

The Accreditation will be available at your designated hotel. It is essential to send clear photos of each participant to the Organizing Committee by March 27th.

Departure Tax

There is no departure tax in Samoa.

Visas Upon arrival to Samoa you will be given an entry visa **at no cost**. However please note that if you travel via New Zealand or Australia or Fiji, certain countries may need to have transit visas. Please check with the relevant immigration authorities in your country.

General Information

Samoa is comprised of two large islands, Upolu and Savaii and eight small islands. Total land area is 2934 square kilometres. The islands are volcanic and dominated by rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands. The population of Samoa is approximately 173,000 people. Apia is the capital of Samoa.

Health Insurance

We ask that everyone attending the championships to take out appropriate Health Insurance in the event of an accident or unforeseen circumstance or illness. Full medical services are available at the local hospital; however, it is not possible for competitors and officials to purchase health insurance in Samoa.

Proof of insurance should be presented at the accreditation desk.

Climate and Seasons

Samoa enjoys an ideal Pacific Tropical climate. Visitors to Samoa should bring light weight summer clothing. Visitors are requested not to wear bathing suits in Apia town or in the villages. Only in hotels swimming pools and beaches. **Please note that it is not acceptable for men to walk in the streets without a t'shirt in Samoa.**

Hydration: Stay well-hydrated to cope with the heat and humidity.

Health

Samoa is free from malaria, yellow fever and major tropical disease that are endemic in some tropical countries. However, we recommend that you carry insect repellent for protection from mosquitoes.

Official Languages

Both English and Samoan language is spoken.

Religion

The main religious denominations in Samoa are Congregational, Anglican, Catholic, Methodist, Seventh Day Adventist, Bahai, Latter Day Saints and Jehovah's Witness.

Electricity

Electricity runs on 240 volts.

Telephones

Direct dial phone service is available between Samoa and all countries of the world.

Currency and Banking Facilities

Samoa has its own currency. \$Tala

\$1.00 Australian dollar is at present approximately Samoan Tala WST\$1.80

\$1.00 USA dollar is at present approximately Samoan Tala WST\$2.80

\$1.00 New Zealand dollar is at present approximately Samoan Tala WST\$1.60

\$ 1 EURO is at present approximately Samoan Tala WST\$3.20

Major credit cards are welcomed by most hotels, restaurants, shops, rental car companies, etc.

Banking group in Samoa includes ANZ, Westpac, and Samoa Bank

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Organising Committee Chairperson

Tuaopepe Vui Asiata Jerry Wallwork
President; Samoa Weightlifting Federation
President; Samoa Olympic Committee
First Vice President: OWF
IWF Executive Board Member
Email: admin@islandrock.ws
Tel. +685 77 70217

Oceania Weightlifting Federation

Paul Coffa MBE
General Secretary OWF
General Secretary CWF
Email: owf@bigpond.com
Tel.+61457778900



2026 UNIVERSAL WEIGHTLIFTING CUP INCLUDING THE OCEANIA SENIOR, JUNIOR & YOUTH CHAMPIONSHIPS PLUS 2026 COMMONWEALTH JUNIOR & YOUTH.

PRELIMINARY COMPETITION TIMETABLE

Saturday 25 April

OWF Annual Congress at 09:00 Place TBA
 Scientific Seminar for coaches at 11:00 to 17:00 place TBA
 Opening Ceremony- Weightlifting Stadium at 19:00

Sunday 26 April

Scientific Seminar for coaches at 09:00 to 16:00 place TBA
 Technical Meeting at 14:00 Place TBA
 Anti Doping Seminar at 16:30 Place TBA
 Meeting IWF President/General Secretary 18:00 Place TBA

Monday 27 April

City Floats Parade 10:00 to 12noon
 Session 1 - starts at 15:00 WOMEN 44kg A & 48kg B categories
 Session 2 - starts at 17:00 MEN 56kg A & 60kg B categories
 Session 3 - starts at 19:00 WOMEN 48kg A category

Tuesday 28 April

Session 4- starts at 09:00 WOMEN 58kg B category
 Session 5 - starts at 11:00 MEN 65kg B category
 Session 6 - starts at 13:00 MEN 71kg B category
 Session 7 - starts at 15:00 MEN 60kg A category
 session 8 - starts at 17:30 WOMEN 53kg A category

Wednesday 29 April

Session 9 - starts at 09:00 WOMEN 63kg B category
Session 10 - starts at 11:00 WOMEN 69kg B category
Session 11 - starts at 13:00 MEN 65kg A category
Session 12 - starts at 15:30 WOMEN 58kg A category
Session 13 - starts at 18:00 WOMEN 63kg A category

Thursday 30 April

Session 14 - starts at 09:00 MEN 79kg B category
Session 15 - starts at 11:00 WOMEN 77kg B category
Session 16 - starts at 13:00 MEN 88kg B category
Session 17 - starts at 15:00 MEN 71kg A category
Session 18 - starts at 17:30 WOMEN 69kg A category

Friday 1 May

Session 19 - starts at 09:00 MEN 79kg A category
Session 20 - starts at 11:30 WOMEN 77kg A category
Session 21 - starts at 14:00 MEN 88kg A category
Session 22 - starts at 16:30 WOMEN 86kg A category
Session 23 - starts at 19:00 MEN 94kg A category

Saturday 2 May

Session 24 - starts at 09:00 MEN 110kg A category
Session 25 - starts at 11:30 WOMEN 86+kg A category
Session 26 - starts at 14:00 MEN 110+kg A category



ACCOMMODATION FORM

2026 UNIVERSAL WEIGHTLIFTING CUP INCLUDING THE OCEANIA SENIOR, JUNIOR & YOUTH CHAMPIONSHIPS PLUS 2026 COMMONWEALTH JUNIOR & YOUTH.

The _____ Weightlifting Federation wishes to book the following rooms

DATE	TANOA TUSITALA HOTEL/RESORT TWINS US\$190.00 Per person SINGLE US\$220.00 Per person Including B/L/D/	SHERATON HOTEL TWINS US\$190.00 Per person SINGLE US\$220.00 Per person Including B/L/D/	LAVA APIA HOTEL TWINS US\$190.00 Per person SINGLE US\$220.00 Per person Including B/L/D/
23 April			
24 April			
25 April			
26 April			
27 April			
28 April			
29 April			
30 April			
1 May			
2 May			
3 May			

Country: _____ Signature: _____ Date: _____

PLEASE SEE BELOW

Please email this form no later than March 27th 2026 to:

Organising Committee Chairperson

Tuaopepe Vui Asiata Jerry Wallwork
President; Samoa Weightlifting Federation
President; Samoa Olympic Committee
First Vice President: OWF
IWF Executive Board Member
Email: admin@islandrock.ws
Tel. +685 77 70217

Oceania Weightlifting Federation

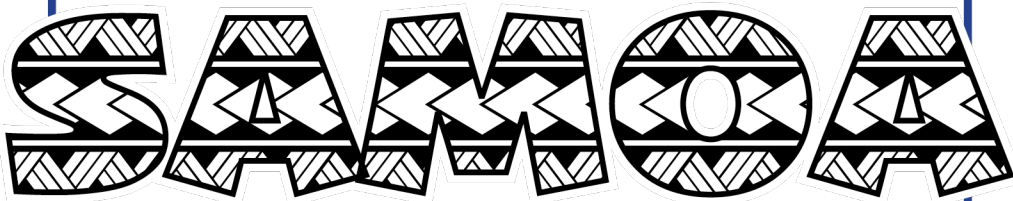
Paul Coffa MBE
General Secretary OWF
General Secretary CWF
Email: owf@bigpond.com
Tel.+61457778900

Bank details:

Account Name: Samoa Weightlifting Federation
Account Number: 2900861
Bank: A.N.Z Bank Samoa
Address of Bank: Beach Road, Apia, Samoa
Swift Code: ANZBWSWW

• **Universal Weightlifting Cup**

• **Senior, Junior & Youth
Oceania Championships**



APRIL 25 - MAY 2

TRANSPORT FORM

2026 UNIVERSAL WEIGHTLIFTING CUP INCLUDING THE OCEANIA SENIOR, JUNIOR & YOUTH CHAMPIONSHIPS
AND THE COMMONWEALTH JUNIOR & YOUTH CHAMPIONSHIPS

Transport Form

The deadline to submit the document is March 27th 2026

Weightlifting Federation of.....

№	Name	M / F	Official or Lifter	Arrival			Departure		
				Date	Time	Flight	Date	Time	Flight
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17									
18									
19									
20									

Please return this form to the following emails not later than **March 27th 2026** :

Organising Committee office

Email: admin@islandrock.ws

Tel. +685 77 70217

Oceania Weightlifting Federation office

Email: owf@bigpond.com

Tel.+61457778900