

League Guidelines 2024

1. League Competitions

1.1 Clubs can earn points at the following competitions in 2024:

10-11 February	Ralph Cashman Open Competition
3-5 May	NSW Masters Championships
3-4 August	Memorial Open Competition
26-27 October	Joe Hensel Open Competition

2. Club Team Criteria

2.1 A Club Team may include up to 5 lifters plus 1 reserve.

2.2 All lifters in the team must be registered with the Club.

2.2 Teams may include any combination of male and/or female lifters.

2.3 Teams must include a minimum of 2 lifters.

2.4 Where there are no more than 5 lifters entered in a competition from any one Club, they will be considered the team.

2.5 Where there are more than 5 lifters entered in a competition from any one Club the team nominations must be emailed to NSWWA by the verification of entries for each of the above competitions. The date and time for verification of entries is stated on the draft entries paperwork.

2.6 The reserve lifter can only contribute points toward the team score if one of the five nominated team members withdraws prior to the start of the competition.

2.7 Teams will be published as part of the final start list.

3. Point Score

3.1 Points are allocated as follows:

Place in bodyweight category	Points
1 st	10
2 nd	9
3 rd	8
4 th	7
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

3.2 For bodyweight categories with only **two** lifters the maximum points available will be 2nd place, or 9 points.

3.3 For bodyweight categories with only **one** lifter the maximum points available will be 3rd place, or 8 points.

3.4 Places will be calculated from combined bodyweight placings for events with multiple entry categories.

4. Results

4.1 Points will be tallied after each competition and accrued over the year.

4.2 Updated results will be available on the NSWWA website following each competition.

4.3 The four Clubs with the most points after the final competition will be declared as the winners: first place, second place, third place and fourth place.

4.4 If two or more Clubs are tied on points, the Club with the greatest number of first place points throughout the league competitions will receive the higher placing.

5. Prizes

5.1 The winning Clubs in 2024 will be awarded the following:

- | | |
|--------------------|--|
| 5.1.1 First place | NSWWA Club League Trophy
Robert Mitchell Perpetual Cup
\$1000.00 prize money |
| 5.1.2 Second place | NSWWA Club League Certificate
\$500 prize money |
| 5.1.3 Third place | NSWWA Club League Certificate
\$300 prize money |
| 5.1.4 Fourth place | NSWWA Club League Certificate
\$200 prize money |