

TE HIKI TAUMAHA O AOTEAROA



## WELCOME TO 2026

### WEIGHTLIFTING NEW ZEALAND IS PROUD TO ANNOUNCE APOLLO PROJECTS AS AN OFFICIAL PARTNER FOR 2026

After joining us as a major sponsor for the 2025 National Championships, Apollo Projects has reaffirmed their commitment to supporting our community and the vision we hold for the future of weightlifting in Aotearoa. Their continued partnership will help us strengthen our pathway to world-class results – not only for our athletes, but also across our technical officiating and coaching sectors. Apollo Projects shares our belief in the importance of creating quality environments at every level of the sport.

We are excited to continue this journey together and look forward to the impact this partnership will have on the ongoing development of Weightlifting New Zealand.

Thankyou!!



#### UPCOMING EVENTS ON 2026 CALENDAR

31 January	41 Degrees Wtgn
15 February	Base Olympic
07 March	Physical Impact
07 March	Otago Oly Champs
07/08	March Auckland
	Championships
07 March	Turanga Strong
	Weightlifting
27/28 March	Central Regional
	Champions

# Now Open!

# Important

Sport Integrity Anti Doping Modules are now available  
All athletes must complete modules for 2026

## 2026 EDUCATION REQUIREMENT

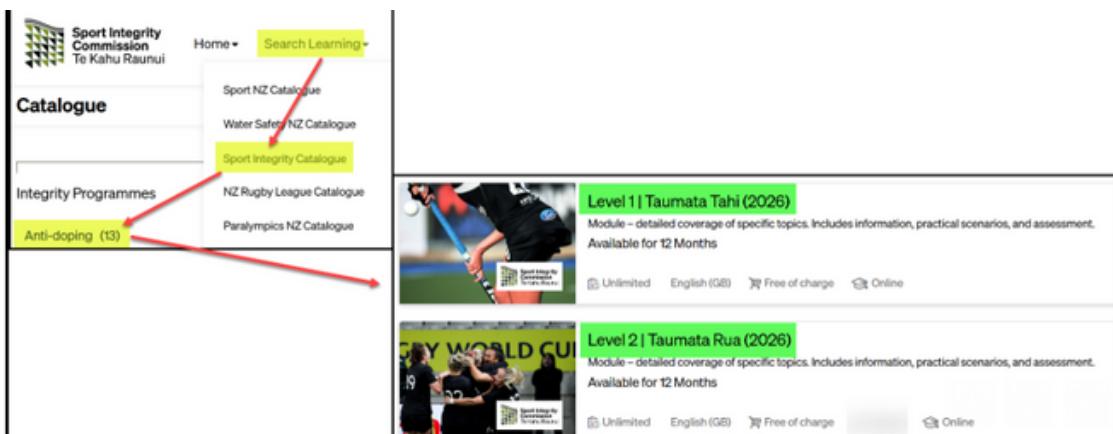
Each year, as part of your WNZ membership, you need to complete the relevant Sport Integrity anti-doping module – it only takes 15-20 minutes and helps keep our sport safe and fair for everyone. It's also a mandatory requirement for participation in 2026 national or international competitions.

The 2026 modules contain the latest updates including changes to the banned substances list and are now available for completion at [www.sporttutor.nz](http://www.sporttutor.nz)

Once logged in (or account created if you're new to the sport):

1. Select the Sport Integrity Catalogue from the Search Learning dropdown list
2. Select Anti-Doping from the left hand side Integrity Programmes menu
3. Select the relevant 2026 module - Level 1 (for those competing nationally) or Level 2 (for those competing/planning on competing internationally)  
(Level 2 covers you for both national and international competitions so this is the one we recommend you complete)
4. Email the certificate of completion to [education@weightlifting.nz](mailto:education@weightlifting.nz). This will be recorded in our database and is valid until 31st December 2026

**NOTE:** You will need to complete the short survey at the end of the module before you can view your certificate



The screenshot shows the Sport Integrity Catalogue interface. At the top, there is a navigation bar with the Sport Integrity Commission logo, a 'Home' button, and a 'Search Learning' dropdown menu. The 'Search Learning' menu is open, showing options like 'Sport NZ Catalogue', 'Water Safety NZ Catalogue', and 'Sport Integrity Catalogue', with the 'Sport Integrity Catalogue' option highlighted. Below this, there is a 'Catalogue' section with a 'Catalogue' heading and a 'Integrity Programmes' section. The 'Integrity Programmes' section contains a 'Anti-doping (13)' link, which is also highlighted with a red arrow. To the right, there are two module cards: 'Level 1 | Taumata Tahi (2026)' and 'Level 2 | Taumata Rua (2026)'. Each card includes a thumbnail image, a title, a description, and a 'Free of charge' status.

Module	Description	Status
Level 1   Taumata Tahi (2026)	Module – detailed coverage of specific topics. Includes information, practical scenarios, and assessment. Available for 12 Months	Free of charge
Level 2   Taumata Rua (2026)	Module – detailed coverage of specific topics. Includes information, practical scenarios, and assessment. Available for 12 Months	Free of charge

# Now Open!

PER REQUIREMENT  
(PRELIMINARY ENTRY  
REQUEST REQUIREMENT)

In 2026 a PER will only be required to be submitted for those athletes who have the following events on their Personal Performance Plan:

- IWF Youth Worlds
- FISU World University Championships.

This is because these events have a Preliminary Entry deadline before the end of our Qualifying period.

The 2026 Selection Policy for International Events and the PER document on the WNZ website have both been updated to reflect this change.

Note that the PER for Youth World Championships is now open.

## Incorporated Societies Act 2022

**Reminder for Incorporated Clubs:**

**Constitution Update Deadline – April 2026**  
If your club is an Incorporated Society, this is an important reminder that your Constitution must be updated to meet the requirements of the Incorporated Societies Act 2022.

**The final deadline is April 2026.**

## **SPORT INTEGRITY CODE SESSIONS**

At the 2025 Annual General Meeting, Club Members voted for Weightlifting New Zealand (WNZ) to adopt the Code of Integrity for Sport and Recreation as the governing document for integrity standards across all levels of the organisation.

As all member clubs and their members will be bound by the Integrity Code, WNZ proposes to hold a series of online information sessions to discuss key topics within the Code and what it means in practice for clubs, officials, coaches, and athletes.

A representative from Sport and Recreation will attend these sessions to provide information and answer questions from members

At this stage we envisage maybe a session every 3 months

Further details, including session dates and registration information, will be circulated shortly.

**ALL CLUB REGISTRATION FEES ARE  
NOW DUE - PLEASE PAY VIA WNZ  
WEBSITE**

**any questions call anne haw  
0210663033 or email  
info@weightlifting.nz  
are now due**

# 2026 1<sup>ST</sup> TECHNICAL OFFICIAL CORNER

## Tips for Centre referee: the stuff you need to keep in mind

Being a referee, especially when you are Centre referee, is more than pressing a button (or lifting a flag if not using an electronic system):

- If using flags, you need to be prepared to give the Down signal, that is both a clear verbal command and giving the hand signal. Even if using the electronic system, you may need to do this if the system malfunctions. It happens everywhere, including on the international stage so don't be that person who inadvertently lets the athlete hold the barbell for a longer period than necessary.
- Always remember to check the barbell loading, keeping in mind if it is a women or a men's barbell: Math is hard but give yourself tricks to differentiate between the two.
- At local comps, there is no Technical Controller so you must address uniform and technical issues yourself.
- If one of the side referees lifts their red flag and you are also ready to give a red flag, you should give the down signal right away, since there is not Jury that can possibly overturn the decision. This can be done even if the lift is not completed. For example, if the athlete touches his elbow to his knee in the clean (and one side ref and you have seen it, but not the other side ref).
- If you see a fault and want to give a red flag, but none of the two side referees have lifted their red flags, DO NOT give the down right away as the other refs may give a white flag in the end.
- As Centre referee at comps where there is no Jury, you must also keep an eye on the timekeeper, making sure they reset the clock (1 minute versus two minutes), if the system you use is the Noonan system, as opposed to the OWLS, and stop/restart the clock when necessary.
- You must also listen to the Announcer (Speaker) and make sure all lifts are announced properly.
- If you notice something as a side referee, get the Centre referee's attention and they will sort it.
- In other words, the Centre referee oversees the proper running of the competition, unless there is a Jury. It is a good idea to get experience being the Centre referee at a local competition before you do it at a national event.