

Sponsorship criteria for China and Overseas Competition 2026

China and Overseas Competition Application

When the competitions have opened for registration on the official website below, athletes can submit the application form to HKWPA 14 days before the preliminary nomination deadline for the competition they intended to participate in, and must hold valid results **within 12 months** (Results from HKWPA, IPF or IWF sanctioned competitions is also valid).

Weightlifting Competition: <https://iwf.sport/events/calendar-2026/>

Powerlifting Competition: <https://ipf.powerlifting.sport/championship>
<https://goodlift.info/live.php#>

Athlete are required to pay the competition deposit and HKD\$2,300 out-of-competition anti-doping test fee and whereabouts management fee. If you choose to open Bottle “B”, he/she is required to pay the additional fees. Athlete must submit whereabouts and pass an out-of-competition anti-doping test. If the drug test officer fails to contact the athlete and complete the anti-doping test within 60 minutes, the athlete will be required to pay additional anti-doping officer administrative fee.

Minor athletes must submit a consent form signed by their parents or guardians when applying for nomination to arrange out-of-competition anti-doping testing. Athletes must agree to do out-of-competition anti-doping test at any time and agree to submit their whereabouts. If an athlete fails in the out-of-competition anti-doping test, the athlete will be required to pay the anti-doping violation fees.

Athlete must sign an athlete agreement with the HKWPA. If case of agreement violation, their qualification of representing Hong Kong will be forfeited immediately and all fee paid will not be refunded.

If athlete has participated in competitions not sanctioned by IPF or IPF affiliated federations, he or she may only represent Hong Kong 24 months after membership application and must pass an anti-doping test.

In addition to meeting the sponsorship criteria, the Selection Committee will also put weight on factors such as athlete's training progress, discipline and conduct. The HKWPA Team Selection Committee will select athletes to participate in various international competitions in accordance with the selection criteria.

All inquiries must be submitted through the official telephone/email.

In case of disputes, the HKWPA reserves the right to amend and explain the above criteria and the decision of HKWPA shall be final and conclusive.

All of the above information is subject to change without prior notice. The updated details will be mentioned in the Hong Kong local competition prospectus and upload to HKWPA's website, and the changes will take effect immediately.

In case of discrepancies between the Chinese and English versions, the Chinese version shall prevail.

Sponsorship Criteria

All athletes must be permanent resident of Hong Kong to be qualify for the sponsorship.

Sponsored athlete

During the "Hong Kong Equipped Powerlifting Championships", "Hong Kong Classic Powerlifting Championships", "Hong Kong Bench press Championships" or "Hong Kong Weightlifting Invitations", If there are more than 20 participants in these competitions, HKWPA will sponsor the Overall Men and Women champion and the first runner-up to participate in the Asian/World Open or Junior & Sub-Junior Championship(s). If there are less than 20 participants but more than 10 participants, only the Overall Men and Women champion will be sponsored. Sponsored athletes in the Powerlifting competition can only choose to participate in the international Powerlifting competition, and sponsored athletes in the bench press competition can only choose to participate in the international bench press competition. If sponsored athlete wants to use the sponsorship to participate in overseas competitions, he/she must have valid local competition result **within 12 months** (results from qualification event are not included). Sponsored competitions must be completed within one year after eligible for the sponsorship or it will become obsolete after one year. Athletes must compete in the same weight class in the international competition. Sponsored athletes will receive this 50% sponsorship regardless of their performance or whether they win medals or not.

If sponsored athlete win a medal in the China National, or Open/Junior/Sub-Junior category in international competition, and total result reaches 80% of the IPF or IWF world record, the HKWPA will provide additional sponsorship as follows:

(1) If athlete win a total result medal in the Open or Junior/Sub-Junior category in the Asian level competition, the number of participating countries and regions is not less than 4, and the total result reaches top 1/3 of the number of participating countries and regions, and reaches 80% of the IPF or IWF world record level, the HKWPA will sponsor 65% of the total eligible expenses.

(2) If athlete win a medal in any single discipline in the Open or Junior/Sub-Junior category in the Asian level competition, the number of participating countries and regions is not less than 8, and the total result reaches top 1/3 of the number of participating countries and regions, and reaches 80% of the IPF or IWF world record level, the HKWPA will sponsor 65% of the total eligible expenses.

(3) If athlete win a total result medal in the Open or Junior/Sub-Junior category in the Asian level competition, the number of participating countries and regions is not less than 8, and the total result reaches top 1/3 of the number of participating countries and regions, and reaches 80% of the IPF or IWF world record level, the HKWPA will sponsor 80% of the total eligible expenses.

(4) If athlete win a total result medal in the Open or Junior/Sub-Junior category in the World level competition, the number of participating countries and regions is not less than 8, and the total result reaches top 1/3 of the number of participating countries and regions, the HKWPA will sponsor 90% of the total eligible expenses.

(5) If there are only 4 participating countries or regions in the World level competition, the sponsorship will be same as the Asian level. If there are less than 4 participating countries or regions, no sponsorship will be provided.

Eligible sponsored item included: Round trip economic class air ticket (Please refer to Appendix 1 for sponsorship terms and conditions), official hotel double room accommodation fee (Check in two days before the competition day and check out next day after the competition day, unless the athlete has assistance coach duty) and competition fee & In-competition anti-doping fee.

Sponsored athletes are required to pay \$2,300 for out-of-competition (OOC) anti-doping testing fee and whereabouts management fees. Sponsored athletes do not need to pay a deposit for a positive anti-doping test result, but must agree to do anti-doping test and report their whereabouts. If the anti-doping test result is positive (Including in-competition (IC) or out-of-competition (OOC)), the HKWPA will pursue a fine for anti-doping violation.

Non-Sponsored athlete

If there are less than 10 participants in local competition, all participants will be considered as non-sponsored athlete unless he/she got the recommendation from the Selection Committee. To encourage more athletes to participate in the international competition(s) and improve performance, Open and Junior athletes who reach 60% of the IPF World Record level in Hong Kong competition are allowed to participate in international competitions at their own expenses. No requirement set for Powerlifting Junior/Sub-Junior and Masters athlete as well as Weightlifting athlete (all categories). If athlete win medal or break Hong Kong record in China National or international competitions, and reaches 80% of the IPF or IWF world record level, the HKWPA will still provide sponsorships as follows:

(1) If athlete break the Hong Kong Open category "Powerlifting 3 lift Total" record or "Bench Press single lift" record in the China National, Asian or World Championships and reach 80% of the IPF or IWF world record level, the HKWPA will subsidize 50% of the total cost even if the athlete does not win any medal.

(2) If athlete win a total result medal in the Open or Junior/Sub-Junior category in the Asian level competition, the number of participating countries and regions is not less than 4, and the total result reaches top 1/3 of the number of participating countries and regions, and reaches 80% of the IPF or IWF world record level, the HKWPA will sponsor 65% of the total eligible expenses.

(3) If athlete win a total result medal in the Open or Junior/Sub-Junior category in the Asian level competition, the number of participating countries and regions is not less than 8, and the total result reaches top 1/3 of the number of participating countries and regions, and reaches 80% of the IPF or IWF world record level, the HKWPA will sponsor 80% of the total eligible expenses.

(4) If athlete win a total result medal in the Open or Junior/Sub-Junior category in the World level competition, the number of participating countries and regions is not less than 8, and the total result reaches top 1/3 of the number of participating countries and regions, the HKWPA will sponsor 90% of the total eligible expenses.

(5) If there are only 4 participating countries or regions in the World level competition, the sponsorship will be same as the Asian level. If there are less than 4 participating countries or regions, no sponsorship will be provided.

(6) If athlete win a medal in any single discipline in the Open or Junior/Sub-Junior category in the Asian level competition, the number of participating countries and regions is not less than 8, and the total result reaches top 1/3 of the number of participating countries and regions, and reaches 80% of the IPF or IWF world record level, the HKWPA will sponsor 65% of the total eligible expenses.

Eligible sponsored item included: Round trip economic class air ticket (Please refer to Appendix 1 for sponsorship terms and conditions), official hotel double room accommodation fee (Check in two days before the competition day and check out next day after the competition day, unless the athlete has assistance coach duty) and competition fee & In-competition anti-doping fee.

Athlete must have a valid local competition result **within 12 months** (results from qualification event are not

included) and compete in the same weight class in the international competition to be eligible for sponsorship.

Sponsored athlete are required to pay \$2,300 for out-of-competition anti-doping testing fee (Non-refundable) and whereabouts management fees and \$20000 positive anti-doping result deposit. If the anti-doping test result is negative (Including in-competition (IC) or out-of-competition (OOC)), the HKWPA will refund \$20000 positive anti-doping result deposit to the athlete.

The " single discipline" mentioned above refers to the Squat/Bench press/Deadlift in Powerlifting and Snatch/ Clean and Jerk in Weightlifting. The "total result" mentioned above refers to the total result of 3 lift in Powerlifting and the total result of 2 lift in Weightlifting.

(Updated on 22/08/2025)

Appendix 1

Air tickets are valid for round trips from Hong Kong to the nearest competition city airport only. The itinerary must be reasonable and the actual amount of air tickets cannot exceed the upper limit shown in the table below. Athletes should retain three quotations for future review by the HKWPA.

Maximum Subvention on Transport to Overseas Countries

Place	Amount
1. South America	\$18,000
2. North America	
● East Coast	\$14,000
● West Coast	\$12,000
3. Europe	
● Eastern Europe	\$11,000
● Western Europe	\$10,000
● Northern Europe	\$10,000
4. Middle East (Turkey, Pakistan, etc)	\$10,000
5. India	\$7,000
6. Africa	
● South	\$10,000
● North	\$12,000
7. Australia	\$11,000
8. New Zealand	\$12,000
9. Asia	
● Japan / Guam	\$5,000
● Singapore / Malaysia / Thailand	\$4,000
● Korea	\$4,000
● Vietnam	\$5,000
● Philippines	\$3,000
● Taipei	\$3,000
10. Mainland China	
● Group A [Heilongjiang (黑龍江), Jilin (吉林), Liaoning (遼寧), Beijing (北京), Tianjin (天津), Hebei (河北), Henan (河南), Shandong (山東), Shanxi (山西), Shaanxi (陝西), Ningxia (寧夏), Inner Mongolia (內蒙古), Gansu (甘肅), Xinjiang (新疆), Qinghai (青海) and Tibet (西藏)]	\$4,000
● Group B [Jiangsu (江蘇), Shanghai (上海), Anhui (安徽), Zhejiang (浙江), Hubei (湖北), Hunan (湖南), Jiangxi (江西), Sichuan (四川), Chongqing (重慶), Guizhou (貴州), Yunnan (雲南), Fujian (福建), Guangdong (廣東), Guangxi (廣西) and Hainan (海南)]	\$3,000

2026 China and Overseas Competition Application Form

Athlete must submit this form to HKWPA's email 14 days before the preliminary nomination deadline for the competition he/she intended to participate in. Email: competition@hkwpa.org.hk

Name of Athlete (Chinese) :	(English) :
Contact number :	Contact email :
HKID card number :	Passport number :
Mailing Address :	
Competition intended to participate in :	
Weight Category :	Age Category :
Goal/Target of competition :	
Competition participated in past 12 months (Use extra blank paper if not enough space) Competition name : Competition date : Results :	
Athlete's Training details	
Training Venue :	
Training Venue address :	
Days of training per week :	Duration of training (For each session) :
Name of Coach :	
Are you taking any supplements? Yes / No If yes, please list out supplements :	
Have you previously applied TUE (Therapeutic Use Exemption)? Yes / No If yes, please list out and attach the copy of relative TUE documents :	
For powerlifting event, please continue filling in the following information.	
Surname	
First name	
Born (dd.mm.yyyy)	
Gender	Male / Female
Division	Sub-Juniors / Juniors / Open / Master 1 / Master 2 / Master 3 / Master 4
Weight Class	
Last competition results (Kg)	Squat () Bench Press () Deadlift () Total ()
Competition Start Year	
Job	
P.B Results (Kg)	Squat () Bench Press () Deadlift () Total ()

Signature: _____

Date: _____