

## **RULES ALL WEIGHTLIFTING COACHES SHOULD KNOW**

### **2.3 General rules for all lifts**

2.3.1 The technique known as “hooking” is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell.

2.3.2 In all lifts, the referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.

2.3.3 After the referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. The grip on the barbell may be released when it has passed the level of the waist.

2.3.4 A competitor, who cannot fully extend the elbow due to an anatomical deformation, must report this fact to the three referees and the Jury before the start of the competition.

2.3.5 When snatching or cleaning in the squat style, the lifter may help the recovery by making swinging and rocking movements of the body.

2.3.6 The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.

2.3.7 The use of chalk (magnesium) on the hands, thighs, etc., is permitted.

### **2.4 Incorrect movements and positions for all lifts**

2.4.1 Pulling from the hang.

2.4.2 Touching the platform with any part of the body other than the feet.

2.4.3 Uneven or incomplete extension of the arms, at the finish of the lift.

2.4.4 Pause during the extension of the arms.

2.4.5 Finishing with a press-out.

2.4.6 Bending and extending the elbows during the recovery.

2.4.7 Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.

2.4.8 Replacing the barbell on the platform before the referees’ signal.

2.4.9 Dropping the barbell after the referees’ signal.

2.4.10 Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.

2.4.11 Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform.

### **2.5 Incorrect movements for the Snatch**

2.5.1 Pause during the lifting of the barbell.

2.5.2 Touching the head of the lifter with the bar.

### **2.6 Incorrect movements for the Clean**

2.6.1 Placing the bar on the chest before turning the elbows.

2.6.2 Touching the thighs or the knees with the elbows or the upper arms.

### **2.7 Incorrect movements for the Jerk**

- 2.7.1 Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees.
- 2.7.2 Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.

## **4 OUTFIT OF THE COMPETITORS**

### **4.1 Costume\***

4.1.1 Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

The costume:

may be one-piece or two pieces but must cover the trunk of the competitor;

must be close fitting;

must be collar-less;

may be of any colour;

must not cover the elbows;

must not cover the knees.

4.1.2 a) A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collar-less. b) Close fitting leotard / cycling trunks may be worn under or over the costume. They must not cover the knees.

4.1.3 A T-shirt and trunks may not be worn instead of the costume.

4.1.4 At competitions, the athletes participate in the uniform clothing issued / approved by their Federation. For this purpose, the Victory Ceremony is considered part of the competition.

4.1.5 Socks may be worn, but they must not go higher than below the knees and must not cover any bandages on forbidden areas.

### **4.2 Weightlifting Footwear**

4.2.1 The competitors must wear sport footwear (called weightlifting shoes / boots) to protect their feet and give them stability and a firm stance on the competition platform.

4.2.2 Weightlifting footwear must be made in such a way that they do not give the athlete an unfair advantage or additional support other than what is specified in 4.2.1.

4.2.3 A strap over the instep is permitted.

4.2.4 The part of the footwear that covers the heel may be reinforced.

4.2.5 The maximum height permitted on the upper part of the footwear, measured from the top of the sole, is 130 mm.

4.2.6 The sole must not extend from the footwear by more than 5 mm at any point.

4.2.7 The footwear may be made of any material or combination of materials.

4.2.8 There is no minimum or maximum height of the soles.

4.2.9 There are no restrictions in regards of the shape of the footwear.

### **4.3 Belt**

4.3.1 The maximum width of the belt may not exceed 120 mm.

4.3.2 No belt may be worn under the competitor's costume.

### **4.4 Bandages, tapes and plasters**

4.4.1 Bandages, tapes or plasters may be worn on the wrists, the knees and the hands.

Tape or plasters may be worn on the fingers or the thumbs.

4.4.2 The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberized kneecap, which allows free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way.

4.4.3 On the wrists, the bandages must not cover more than 100 mm of skin.

4.4.4 On the knees, the bandages must not cover more than 300 mm of skin.

4.4.5 There is no limit to the length of the bandages.

4.4.6 The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar.

4.4.7 Plasters on the fingers are allowed but must not protrude in front of the fingertips.

4.4.8 In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cycling gloves. These gloves may cover only the first phalanx of the fingers. If plasters are worn on the fingers, there has to be a visible separation between the plasters and the glove.

4.4.9 No bandages or substitutes are allowed on the following parts of the body:

- a) the elbows
- b) the trunk
- c) the thighs
- d) the shins
- e) the arms

NOTE: In the event of an injury, the doctor on duty may apply plasters on any bleeding part of the body.

4.4.10 Only one type of bandage may be worn or authorized on any part of the body.

4.4.11 There has to be a visible separation between the costume and the bandage(s).

4.5 On each piece of equipment of the weightlifters' outfit, the IWF allows the identification of the manufacturer and/or their sponsor (in accordance with By-Law 10.4). At Olympic Games, the IOC rules prevail.

## **5.2 Drawing of lots**

5.2.1 After the final verification of entries at the Technical Congress, a randomly generated lot number is drawn for each entered competitor. The athletes retain this number throughout the competition.

5.2.2 The lot number decides on the order of the weigh-in and the order of lifting during the course of the competition as well as the allocation of competitors into groups.

## **5.3 Weigh-in**

5.3.1 The weigh-in of each bodyweight category begins two (2) hours before the start of the competition and lasts one hour.

5.3.2 The official weigh-in takes place in a room equipped with the following:

The official scale of the competition

The necessary competition forms, pens, etc.

A table and chairs for the secretariat.

5.3.3 Each competitor of a specific category or group must be weighed in the presence of at least two (2) of the appointed referees and the Competition Secretary. One official only from the lifter's team may be present.

5.3.4 The referees verify the bodyweight, which is recorded by the Competition Secretary.

5.3.5 Bodyweights must be recorded exactly as read.

5.3.6 The bodyweight list may only be published after all the competitors have been weighed.

5.3.7 The competitors are called one by one into the weigh-in room, according to the progression of their lot number. Competitors not present when it is their turn to be weighed will be weighed at the end of the sequence.

5.3.8 Competitors must prove their identity by presenting their passport or identity card to the Competition Secretary.

5.3.9 The competitors are weighed naked or in underwear, in the presence of referees of their respective sex. The Competition Secretary, if of the opposite sex, will be suitably screened from the actual weigh-in process.

5.3.10 In the weigh-in room proper hygienic conditions must be provided.

5.3.11 A competitor who is within the weight of the category in which he or she is entered is weighed only once. A competitor who is under or over the limit may return to the weigh-in as many times as required to make the weight and does not have to follow the sequence.

5.3.12 A competitor who fails to make the bodyweight of the category, in which he or she is officially entered, is excluded from the actual competitions.

5.3.13 During the weigh-in, the coach of each competitor must write and sign or initial agreement of the first attempts (Snatch and Clean and Jerk) plus the bodyweight, on the competitor's card.

5.3.14 Immediately after the competitor has weighed within the category, the coach or lifter will be given three (3) passes for accompanying coaches for the warm-up area. When there are two competitors from the same country, one (1) additional pass will be given after the second lifter has weighed. The persons who have been issued with passes are the only ones permitted to enter the warm-up area. Passes are issued for each specific group in all the categories.

5.3.15 At the end of the weigh-in, and corresponding to his/her lot number, each competitor is given a number, which must be worn on the costume.

## **5.4 Presentation**

5.4.1 Fifteen (15) minutes before the start of the competition of each body weight category or group, the following presentations will be made:

- a) The competitors of the category or group are presented in the order of the lots drawn; after the presentation, they leave the stage together
- b) The officials of the competition are then presented:  
the referees  
the technical controller  
the doctor on duty  
the Jury members

Note 1: The above-mentioned persons appear at the presentation together and leave together, to appropriate marching music. The Jury members are presented at their respective working location in the competition area during the pause, before the beginning of the competition.

Note 2: Should any competitor not be present for the formal introduction, he/she will be requested to explain his/her absence to the Jury, which will determine appropriate warning or further action.

## **5.5 Course of the competition**

5.5.3 The barbell is loaded in progression, the competitor taking the lowest weight lifting first. Once the announced weight is loaded on the barbell, it cannot be reduced (for exceptions, see 6.1.10). The competitors or their coach must therefore observe the progression of the loading and be ready to make their attempt at the weight they have chosen.

5.5.4 The weight of the barbell must always be a multiple of 1.0 kg.

5.5.5 The progression after any successful attempt for the same athlete must be a minimum of 1.0 kg.

5.5.6 The minimum weight that can be lifted in a competition for men is 26.0 kg, i.e. the bar (20 kg) and collars loaded with two 0.5 kg discs. The minimum weight that can be lifted in a competition for women is 21.0 kg, i.e. the bar (15 kg) and collars loaded with two 0.5 kg discs.

5.5.7 One minute (60 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt. After 30 seconds, a warning signal sounds. When a competitor attempts two lifts in succession, he or she is allowed two minutes (120 seconds) for the succeeding attempt. Thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the competitor has not raised the barbell from the platform to make the attempt, this attempt is declared "No lift" by the three referees. The start of the time has to be at the completion of the announcement of the attempt by the speaker or the completion of the loading of the bar, whichever is the last.

5.5.8 When a competitor wishes to increase or decrease the weight originally selected, the competitor or his or her coach must notify the officials / marshals before the final call.

5.5.9 The final call is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.

5.5.10 Before the first attempt or between two attempts, only two changes of weight are allowed, excluding the automatic increment of 1.0 kg. Each change has to be written on the competitor's card and signed/ initialled by the coach or the athlete. After the competitor has received the final call to the platform, the weight of the barbell cannot be changed even if it is the automatic increase.

5.5.11 When a competitor asks for a change of weight and still has to take this heavier weight next, the clock is stopped while the weight is changed. After the change has been completed, the clock continues to run until the end of the allocated time. When a competitor asks for a change and, in doing so, follows another competitor, the normal one-minute (60 seconds) applies for the next attempt.

5.5.12 Competitors or their coaches cannot change their decision about the decline of an attempt once the weight and the attempt have been officially announced. They also may not re-enter the competition if an official announcement has been made that the competitor has withdrawn from the competition.

## **5.6 Order of calling**

5.6.1 There are four (4) factors to consider when calling the competitors in sequence:

The weight of the barbell

The number of the attempt (first, second or third)

The lot number of the competitor

The progression, i.e. the difference in kg between the previous attempt and the requested attempt.

5.6.2 In consideration of the above-mentioned factors, the order of calling is as follows:

a) The lifter taking the lighter weight lifts first

b) The competitor with the lower number of attempts lifts before the one with a higher number, i.e. a first attempt is executed before a second or third attempt and a second attempt executed before a third attempt;

c) When more than one competitor ask for the same weight and the number of their attempt is identical, the competitors are called progressively according to their lot number, i.e. the athlete with the lower lot number lifts before one with a higher number. EXCEPTION: If the athlete with the higher number lifted earlier than the athlete with the smaller number (the progression between the previous attempt and the requested attempt is bigger than the one of the other athlete).

d) The order of calling applies to both the snatch and the clean and jerk.

Example:

	SNATCH			CLEAN AND JERK		
Competitor A	102	106	107	135	140	142
Competitor B	100	105	107	135	143	143
Competitor C	102	106	107	135	142	143

The order of calling is the following:

Snatch: B-A-C, B-A-C, B-A-C

Clean and Jerk: A-B-C, A-C-A, B-C-B

## 5.7 Break

5.7.1 There is a ten (10) minute break after the snatch competition to allow the competitors to warm up for the clean and jerk.

5.7.2 The Jury in its discretion may shorten or extend the break period. In this case, an appropriate announcement must be made.

## 5.8 Classification of athletes and teams

5.8.1 The title of champion is awarded for individual lifts on the snatch, the clean and jerk as well as for the Total (the aggregate of the best snatch and the best clean and jerk results). The competitors who have won first, second and third place in the two lifts and in the total in official competitions under IWF rules are awarded gold, silver and bronze medals, respectively.

5.8.2 The final classification of the competitors is calculated in accordance with the total weight lifted by adding the best results in the snatch and the clean and jerk of the lifts accepted by the referees.

5.8.5 In the event of a tie, a lighter competitor is classified before a heavier one.

5.8.6 When two or more competitors obtain the same result at a competition where they registered at the same bodyweight, the competitor who reached the result first in

accordance with the sequence of the competition is classified before the other. I.e. defined by the following factors:

The weight of the barbell

The number of the attempt (first, second or third)

The lot number of the competitor

The progression, i.e. the difference in kg between the previous attempt and the requested attempt

5.8.8 Zero in the snatch does not eliminate competitors from the championships. They are allowed to continue in the jerk. If successful, they receive points for their team classification according to the place obtained in the jerk but do not receive points for the Total. Where medals are given on total only, the lifter shall be eliminated if all snatches have failed.

5.8.9 Competitors who have been successful in the snatch but have a zero in the clean and jerk receive points for their team classification according to the place obtained in the snatch but do not receive points for the Total.

The above content was extracted from the IWF/USAW rulebook. See the following link to see the entire rulebook:

<http://www.iwf.net/downloads/> for IWF Technical and Competition Rules and Regulations

\*Note there was a change to 4.1 to allow for full body fitted suits under the normal attire.

Train hard and train smart.

*Weightlifting Wise*

Ursula Garza Papandrea