

HOW TO WATCH WEIGHTLIFTING

A GUIDE FOR SPECTATORS AND NEW MEMBERS



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WHAT IS WEIGHTLIFTING

BRIEF HISTORY

The sport of Weightlifting has been contested since the first Olympic Games in 1896. Women's weightlifting was added to the Olympic program in 2000 13 years after the first women's world championship was held in Daytona Beach, FL.

The sport continues to grow in participation and the level of talent within the United States is getting better and better with each year.

LOCAL VS. NATIONAL



The primary difference between a local and national level competition is the total (Snatch + Clean & Jerk) an athlete must have in order to qualify.

Some local events may have a qualifying total however that is not a common requirement.

Any club at any time can host a local level event while national events are organized by the USA Weightlifting national office.

National level competitions are usually more competitive and have more experienced athletes competing.



**THE EVENT LOOK AND
FEEL WILL BE AN
EXPERIENCE LIKE NO
OTHER**

REGISTRATION

Similar to any sporting event, before entering the main room you will find athlete and coach check-in as well as a table for spectators to purchase day or weekend tickets.

Weightlifting competitions length varies on the number of athletes competing; most are 3-4 days long.

A wristband will be given to allow you to enter and re-enter the venue.

Athletes and coaches are given a credential that allows them to enter the venue.


Common question:

When do I get my passes to get in the warm up room?

Athletes will receive 4 passes at weigh in. 1 for themselves and 3 for their coach/loaders.

UPON ARRIVAL





TAKE IT ALL IN

WALKING INTO A COMPETITION FOR THE FIRST TIME MAY BE A LITTLE OVERWHELMING.

HOWEVER, THE COMPETITION ITSELF IS VERY ORGANIZED DOWN TO LAST MINUTE. THE SPORT ITSELF IS SIMPLE TO UNDERSTAND, BUT THE STRATEGY, MINDSET, AND ABILITY OF A COACH AND ATHLETE TO PERFORM IS WHAT MAKES THE SPORT SO GREAT.



WHAT ARE THEY WEARING?

ATHLETES COMPETE IN A ONE PIECE SINGLET THAT MAY HAVE A SINGLE, SOLID COLORED LAYER UNDERNEATH.

WEIGHTLIFTING SHOES WILL BE WORN TO HELP ELEVATE THE HEEL OF THE ATHLETE TO ASSIST WITH A MORE UPRIGHT BOTTOM POSITION.

WRIST WRAPS, BELTS, KNEE SLEEVES AND TAPED THUMBS ARE ALL PART OF THE ATHLETES TECHNICAL EQUIPMENT AND ARE ALLOWED TO BE USED WITHIN THE CONFINES OF THE RULES.



COMPETITION

DURING THE COMPETITION ATHLETES WILL COMPETE IN TWO EVENTS: THE SNATCH AND THE CLEAN AND JERK.

COMPETITIONS TAKE PLACE OVER A TWO HOUR PERIOD.

THE FIRST HOUR OF THE EVENT ALL ATHLETES WILL TAKE 3 ATTEMPTS IN THE SNATCH.

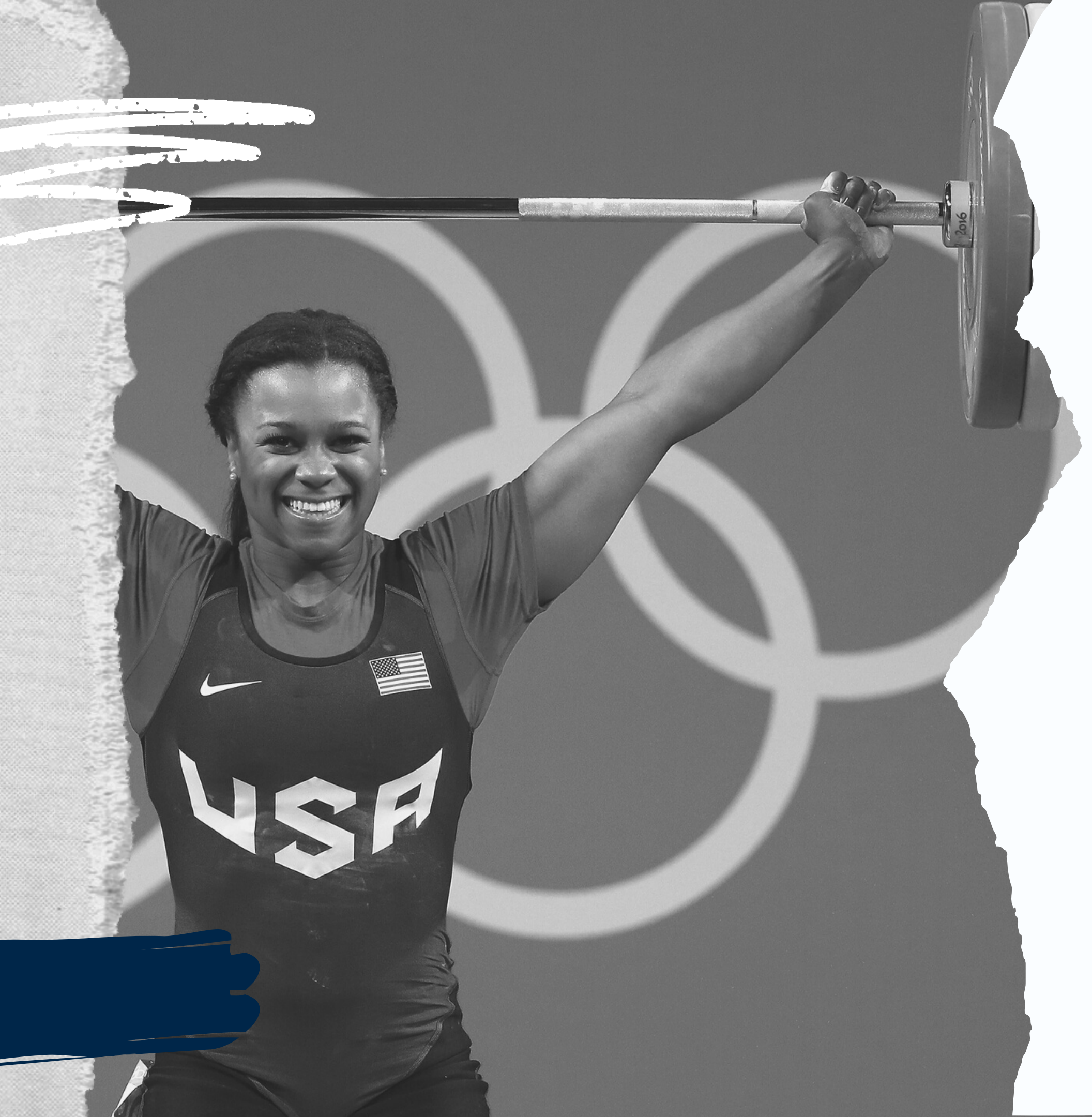
THE SECOND HOUR ALL ATHLETES WILL TAKE 3 ATTEMPTS IN THE CLEAN AND JERK.

ATHLETES MUST MAKE AT LEAST 1/3 ATTEMPTS IN BOTH LIFTS TO POST A TOTAL.

IF AN ATHLETE FAILS TO MAKE 1/3 LIFTS IN EITHER EVENT THEY WILL NOT POST A TOTAL AND "BOMB OUT".

ATHLETES ARE RANKED BASED ON TOTAL WITH THE HIGHEST TOTAL BEING RANKED 1ST.

AT ALL NATIONAL AND INTERNATIONAL EVENTS (WITH THE EXCEPTION OF THE OLYMPIC GAMES AND PAN AMERICAN GAMES) MEDALS ARE AWARDED 1ST-3RD FOR THE SNATCH, CLEAN AND JERK, AND TOTAL UNLESS OTHERWISE STATED.



THE SNATCH



THE BARBELL IS CENTERED HORIZONTALLY ON THE COMPETITION PLATFORM.

THE ATHLETE TAKES THE START POSITION BEHIND THE BARBELL FACING FORWARD.

THE ATHLETE (WIDE) GRIPS THE BARBELL AND BENDS AT THE KNEE. THE BAR IS GRIPPED AND PULLED OFF THE GROUND IN A SINGLE MOVEMENT TO THE FULL EXTENT OF BOTH ARMS OVERHEAD, WHILE EITHER SPLITTING OR BENDING (SQUATTING) THE LEGS.

THE ATHLETE MAY RECOVER (STAND UP) IN HIS/HER OWN TIME. THE LIFTED WEIGHT MUST BE MAINTAINED IN THE FINAL MOTIONLESS POSITION WITH BOTH ARMS AND LEGS FULLY EXTENDED AND FEET PARALLEL TO THE PLANE OF THE TRUNK AND BARBELL.



THE CLEAN AND JERK

THE BARBELL IS CENTERED HORIZONTALLY ON THE COMPETITION PLATFORM. THE ATHLETE TAKES THE START POSITION BEHIND THE BARBELL FACING FORWARD.

THE ATHLETE (NARROW) GRIPS THE BARBELL AND BENDS AT THE KNEE. THE BAR IS GRIPPED AND PULLED OFF THE GROUND IN A SINGLE MOVEMENT WITH THE FINAL POSITION EITHER ON THE CLAVICLES, CHEST, OR FULLY BENT ARMS IN WHILE EITHER SPLITTING OR BENDING (SQUATTING) THE LEGS.

THE ATHLETE MAY RECOVER (STAND UP) IN HIS/HER OWN TIME.

AFTER THE ATHLETE STANDS UP WITH THE WEIGHT THEY MUST BECOME MOTIONLESS BEFORE STARTING THE JERK. THE ATHLETE BENDS/DIPS AT THE KNEE AND DYNAMICALLY EXTENDS THE LEGS AND ARMS SIMULTANEOUSLY TO MOVE THE BARBELL UPWARD IN ONE MOTION TO THE FULL EXTENT OF THE ARMS, WHILE EITHER SPLITTING OR BENDING THE LEGS.

THE LIFTED WEIGHT MUST BE MAINTAINED IN THE FINAL MOTIONLESS POSITION WITH BOTH ARMS AND LEGS FULLY EXTENDED AND FEET PARALLEL TO THE PLANE OF THE TRUNK AND BARBELL.





WARM UP ROOM

AFTER AN ATHLETE WEIGHS IN AND BEFORE THEIR SESSION BEGINS, THEY MUST REPORT TO THE WARM-UP AREA 30 MINUTES PRIOR.

THIS IS LOCATED BEHIND THE STAGE/PLATFORM THAT THE ATHLETES ARE COMPETING ON. ONLY ATHLETES AND COACHES FOR THEIR DESIGNATED SESSION ARE ALLOWED IN THE WARM-UP AREA.

ALL SPECTATORS (FRIENDS, FAMILY, ETC.) CAN FIND SEATING IN FRONT OF THE COMPETITION PLATFORM.



PLATFORMS



DEPENDING ON THE SIZE OF THE EVENT YOU WILL SEE 2-5 PLATFORMS SET UP IN THE VENUE.

PLATFORMS ARE LABELED COMMONLY AS "RED, WHITE, BLUE, STARS AND STRIPES" AND ARE SET UP FROM THE LEFT TO THE RIGHT.

EX. IF YOU OR YOUR ATHLETE ARE COMPETING ON THE RED PLATFORM IT WILL BE THE FIRST PLATFORM ON THE LEFT SIDE OF THE ROOM WHEN VIEWING FROM SPECTATOR SEATING.

BARBELLS AND WEIGHTS

TWO TYPES OF BARBELLS:

- MEN'S BAR WEIGHS 20 KG
- WOMEN'S BAR WEIGHS 15 KG

BUMPER PLATES:

- RED - 25 KG
- BLUE - 20 KG
- YELLOW - 15 KG
- GREEN - 10 KG
- WHITE - 5 KG
- RED - 2.5 KG
- BLUE - 2 KG
- YELLOW - 1.5 KG
- GREEN - 1 KG
- WHITE - 0.5 KG

COLLARS:

- 2.5KG





SESSIONS

SESSIONS LAST FOR APPROX. 2 HOURS WITH 10-20 ATHLETES PER SESSION.

GENERALLY EACH SESSION IS COMPRISED OF ATHLETES WITHIN THE SAME WEIGHT CLASS HOWEVER THIS MAY CHANGE DEPENDING ON THE SIZE OF THE EVENT.

MAKE SURE TO CHECK THE FINAL SCHEDULE AND START LIST AFTER THE TECHNICAL MEETING TO VERIFY SESSION AND PLATFORM ASSIGNMENTS.



ATHLETE INTRODUCTION

ATHLETES WILL BE INTRODUCED AT THE BEGINNING OF THEIR SESSION START TIME.

ATHLETES WILL RECEIVE A 10 MINUTE CLOCK BETWEEN INTRODUCTION AND THE START OF THE SNATCH EVENT.

ATHLETES ATTENDANCE AT INTRODUCTION IS MANDATORY



WEIGHT CONVERSION

WHILE AT A WEIGHTLIFTING MEET YOU MIGHT HEAR PEOPLE TALKING IN KILOGRAMS THIS IS BECAUSE THE SPORT OF WEIGHTLIFTING WORKS SOLELY USING THE METRIC SYSTEM.

A QUICK CONVERSION WOULD BE TO MULTIPLY THE # OF KG'S BY 2.2 TO GET THE TOTAL NUMBER OF LB'S.

HOW MANY WEIGHT CLASSES
ARE THERE?

20

Weight categories change from the youth level to the senior level however overall there will always be 10 men's and 10 women's categories.

7 of those categories from each gender are denoted as Olympic weight categories.

AGE DIVISIONS

YOUTH: 13 – 17 years of age

JUNIOR: 15 – 20 years of age

SENIOR: ≥ 15 years of age

MASTERS: ≥ 35 years of age

At the masters level there will be additional age category divisions ex. 35–39, 40–44 etc.



WHAT IS "THE CLOCK"?

Each athlete will receive a 1 minute clock once their name is called to lift.

If they do not attempt the lift during that 1 minute it is an automatic no lift.

In the case that an athlete follows themselves they will receive a 2 minute clock to allow for more rest.

The clock will also be set to an automatic 10 minutes after athlete introductions and between the snatch and clean and jerk.





TECHNICAL OFFICIALS

BLUE BLAZERS



Aside from athletes everywhere, you will notice many adults wearing blue blazers inside and outside the competition venue. These are the Technical Officials (TOs) and are any person who controls the play of competition by applying the rules and regulations of the sport to make judgements on rule infringement, performance, time and score.

Each athlete is judged by 3 technical officials and must receive 2 out of 3 white for the lift to pass.

Referees will use either an electronic timing system or a manual paddle to signal whether the lift is good or not.



TECHNICAL OFFICIALS

BLUE BLAZERS



Other roles:

Technical controller: The TC is responsible for ensuring the flow of the competition in the case a technical infraction or issue arises.

Jury:

Oversees the referees to ensure fair calls are being made.

Timekeeper:

Operates the timing system starting and stopping the clock between athletes attempts.

Speaker:

Announces the athlete, weight, club and next lifter.

Chief Marshall/Assistant Marshall: Record and manage weight changes and attempts.



VOLUNTEERS

LOADERS



Loaders are located next to the competition platform and are required at all sessions.

Their role is to put the plates on the barbell quickly (in order to keep the competition flowing) as requested by the athlete competing and announced by the speaker.

The loaders also maintain the cleanliness of the bar in between attempts to ensure safety for all. Lastly, they will prepare the podium for the victory ceremony at the conclusion of each A session.



**IF ATHLETES MISS THE
CEREMONY THEIR MEDAL
WILL BE SHIPPED AFTER
THE EVENT**

VICTORY CEREMONY



The Victory Ceremony takes place right after the A session of the weight class being contested.

The 1st the 2nd and the 3rd place are awarded for individual lifts for the Snatch, the Clean and Jerk as well as for the Total.



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DOPING CONTROL



Doping Control is conducted according to the IWF Anti-Doping Policy. Athletes must comply with the rules given by the United States Anti-Doping Agency (USADA) and the World Anti-Doping Agency (WADA).

IF an athlete is selected for doping control they will be notified following the end of their session and will be required to provide a sample for testing.

Athletes under the age of 18 must have a custodian available to accompany during the testing process.

HOOK GRIP



The technique known “hookgrip” is permitted. It consists of covering the thumb with the other fingers of the same hand while gripping the barbell.



FACTS

An athlete who cannot fully extend the elbow(s), must report and display this fact to all on-duty referees as well as the jury prior to the start of competition and may remind them of this fact prior to each attempt on the competition platform.

The use of chalk (magnesium carbonate) is permitted. This helps keep the athletes hands dry and makes gripping the barbell easier.

