

# **1 PROGRAMME OF THE COMPETITION**

## **1.1 THE TWO LIFTS**

1.1.1 In the sport of weightlifting the IWF recognises two lifts which must be executed in the following sequence:

- a) The Snatch
- b) The Clean and Jerk.

1.1.2 Both lifts must be executed with two hands.

1.1.3 A maximum of three (3) attempts is allowed in each lift.

## **1.2 PARTICIPANTS**

1.2.1 In the sport of weightlifting, competitions are organised for men and women. The athletes compete in the categories specified in the rules, according to their bodyweight.

1.2.2 In its activities, the IWF recognises three age groups:

- i) YOUTH: up to and including seventeen (17) years of age.
- ii) JUNIOR: up to and including twenty (20) years of age.
- iii) SENIOR

Note 1: All age groups are calculated in the athlete's year of birth.

Note 2: The minimum age for participation in the World, Junior World and University World championships and other open international events for men and women is fifteen (15).

Note 3: The minimum age for participation in the Olympic Games, for men and women is sixteen (16).

Note 4: The minimum age for participation in the Youth events is thirteen (13).

## **1.3. CATEGORIES**

1.3.1 There are eight (8) categories for men and junior men. All competitions under IWF rules must be held in the following categories and sequence:

- 1- 56 kg
- 2- 62 kg
- 3- 69 kg
- 4- 77 kg
- 5- 85 kg
- 6- 94 kg
- 7- 105 kg
- 8- +105 kg

1.3.2 There are seven (7) categories for women and junior women. All competitions under IWF rules must be held in the following categories and sequence:

- 1- 48 kg
- 2- 53 kg
- 3- 58 kg
- 4- 63 kg
- 5- 69 kg
- 6- 75 kg
- 7- +75 kg

1.3.3 There are eight categories for youth men (boys):

- 1- 50 kg
- 2- 56 kg
- 3- 62 kg
- 4- 69 kg
- 5- 77 kg
- 6- 84 kg
- 7- 95 kg
- 8- +95 kg

There are seven categories for youth women (girls):

- 1- 44 kg
- 2- 48 kg
- 3- 53 kg
- 4- 58 kg
- 5- 63 kg
- 6- 69 kg
- 7- +69 kg

1.3.4 For the Men's World and Continental Championships, Continental, Regional and other Games, each country may enter a team of eight (8) athletes plus two (2) reserves spread over the different categories with a maximum of two (2) athletes per category. For the Olympic Games point 3.3 of the By-laws applies.

1.3.5 For the Women's World and Continental Championships, Continental, Regional and other Games, each country may enter a team of eight (7) athletes plus two (2) reserves spread over the different categories with a maximum of two (2) athletes per category. For the Olympic Games point 3.3 of the By-laws applies.

1.3.6 During any competition, an athlete may not compete in more than one category.

## **2 THE TWO LIFTS**

### **2.1 THE SNATCH**

2.1.1 The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. No part of the body other than the feet may touch the platform

during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the referees give the signal to replace the barbell on the platform. The lifter may recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

## 2.2 **THE CLEAN AND JERK**

### 2.2.1 The first part, the Clean:

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

### 2.2.2 The second part, the Jerk:

The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended, and waits for the referees' signal to replace the barbell on the platform. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

#### IMPORTANT REMARK:

After the Clean and before the Jerk, the lifter may adjust the position of the barbell. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to:

- a) withdraw the thumbs or "unhook" if this method is used,
- b) lower the barbell in order to let it rest on the shoulders if the barbell is placed too high and impedes the breathing or causes pain,
- c) change the width of the grip.

## 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.

### **3 APPARATUS AND DOCUMENTS**

#### **3.1 BARBELL**

3.1.1 Only barbells meeting IWF specifications and approval may be used in weightlifting competitions under its jurisdiction.

3.1.2 The barbell consists of the following parts:

- i) the bar
- ii) the discs
- iii) the collars

3.1.2.1 i) The bar

The men's bar weighs 20 kg and the women's bar weighs 15 kg and must meet the specifications on the diagrams in the Annex.

3.1.2.2 ii) The discs

The discs must meet the following specifications:

a) Must be of the following weights and colours:

25 kg	red
20 kg	blue
15 kg	yellow
10 kg	green
5 kg	white
2.5 kg	red
2 kg	blue
1 kg	green
0.5 kg	white

b) The diameter of the largest discs: 450 mm with a tolerance of  $\pm 1$  mm

c) The 450 mm discs must be covered with rubber or plastic and coated on both sides with permanent colours or painted at least on the surface of the rim

d) The discs lighter than 10 kg may be made of metal or other material as approved.

e) All the discs must have a clear indication of their weight.

3.1.2.3 iii) The Collars

In order to secure the discs to the bar, each bar must be equipped with two collars weighing 2.5 kg each for men and women.

3.1.3 The tolerance on the nominal weight of each component weighing more than 5 kg must be + 0.1% and - 0.05%. On parts weighing 5 kg or less, the tolerance must be +10 grams and - 0 grams per part.

3.1.4 The bar must be loaded with the largest and heaviest discs inside and the smaller ones in descending order of weight towards the outside. They must be placed in such a way that the referees can read the weight of each disc. They must be secured on the bar by means of the collars.

3.1.5 Markings on the bars:

Weightlifting bars must have coloured identification markings to facilitate their recognition. The men's bar must have blue markings and the women's bar yellow markings. These colours correspond to those of the 20 kg and 15 kg discs.

### 3.2 **COMPETITION PLATFORM**

3.2.1 All lifts must be executed on the competition platform.

3.2.2 The platform must be square, level and measuring four (4) metres on each side. When the floor surrounding the platform has similar or same colouring, the top edge of the platform must have a different coloured line of at least 150 mm.

3.2.3 The platform may be made of wood, plastic or any solid material and may be covered with a non-slippery material.

3.2.4 A clear area measuring one (1) metre surrounding the platform is compulsory. This area must be flat and free from any obstacle including discs.

3.2.5 The height of the platform must be between 50 and 150 mm.

3.2.6 If the platform is above ground level, a restraining bar at least the width of the platform must be suitably and safely fixed to the stage, at least one (1) metre in front of the platform.

### 3.3 **ELECTRONIC REFEREE LIGHT SYSTEM**

#### 3.3.1 **ELEMENTS OF THE SYSTEM**

The electronic referee light system consists of the following components:

a) One control box for each of the three (3) referees. These control boxes are equipped with two (2) push buttons, one white and one red and one signalling device.

b) One apparatus giving a visual and audible "Down" signal placed on a stand in front of the competition platform.

c) Two (2) or more sets of referees "decision lights" equipped with three (3) red and three (3) white lights, horizontally placed, showing the referees' decisions to the competitors and the audience.

- d) One or more control panels equipped with three (3) red and three (3) white lights that light up instantly when the referees press the appropriate button. These control panels, placed on the Jury table, are also equipped with a signalling device that may be used to call any or all the referees to the Jury table.

### 3.3.2 **OPERATION OF THE SYSTEM**

- 3.3.2.1 During the course of the competition, as soon as the three (3) referees have judged a lift “Good lift”, they press the white button on their control box. Immediately, the apparatus located in front of the platform gives a simultaneous visual and audible “Down” signal indicating the competitor to replace the barbell on the platform. When the “Down” signal has been given and the “Decision lights” are on and the competitor does not lower the barbell, the centre referee must say “Down” and signal the athlete to lower the barbell.
- 3.3.2.2 When the three (3) referees judge that the athlete has committed a fault during the execution of a lift, they give a “No lift” decision by pressing the red button on their control box. Immediately, the apparatus in front of the platform gives a simultaneous visual and audible “Down” signal indicating the competitor to replace the barbell on the platform.
- 3.3.2.3 The visual and audible “Down” signal is given as soon as two of the referees have given identical decisions.
- 3.3.2.4 Should one of the referees press the white button and another press the red button while the third referee does not press any, the latter hears an intermittent audible signal coming from the control box urging him to give his/her decision. Also, when any two (2) white lights or two (2) red lights have been given by two (2) of the three (3) referees and the “Down” signal has been seen and heard, then the third referee is reminded to give his/her decision by the intermittent audible signal.
- 3.3.2.5 Three (3) seconds after all the three referees have given their decision, the “decision lights” light up, indicating the individual decision of the referees by corresponding colours (red or white). These lights remain lit for a minimum of three (3) seconds.
- 3.3.2.6 After the visible and audible “Down” signal and before the decision lights operate, the referees have three (3) seconds to reverse their decision, e.g. after a completed good lift the athlete drops the barbell the referees have to press the red button and the red “decision lights” light up indicating “No lift”. If it is too late to change the colour of the lights, the referees must raise their small red flag to indicate this change.

### 3.3.3 **RESPONSIBILITIES OF THE REFEREES**

- 3.3.3.1 The three referees have equal rights of decision and adjudication on a lift.
- 3.3.3.2 Each of the referees must give the “Down” signal by pressing the white button for a “Good lift” or the red button for “No lift”, according to the relevant rules. A referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.
- 3.3.3.3 At Masters competitions, referees should use discretionary powers.

#### 3.3.4 **JURY MONITORING**

During the competition, the Jury members monitor the work of the referees through the control panel. Every decision by the referees may be verified as the lights on the control panel light up instantly when the referees press the appropriate button. Slow, fast or no decision may be identified for immediate or further action. Should the Jury President want to call one of the referees to the table; this may be done by pressing the appropriate button, which gives an audible signal to the referee in question.

#### 3.4 **SCALES**

3.4.1 For World Championships, Olympic Games and other important international competitions such as Grand Prix, Multisport Games, the scales must have the capacity to weigh up to 200 kg and be precise to a minimum of 10 grams.

3.4.2 At World Championships, Olympic Games and other important international competitions, a second identical scale must be placed near the weigh-in room to permit the competitors to control their bodyweight.

3.4.3 The scale certificate accompanying the scales must not be older than one (1) year at the date of the competition.

#### 3.5 **TIMING CLOCK**

3.5.1 At official IWF competitions, an electric or electronic timing clock must be used. This accurate time measuring device must have the following characteristics:

- a) Operate continuously up to a minimum of fifteen (15) minutes
- b) Indicate minimum intervals of ten (10) seconds
- c) Give an automatic audible signal thirty (30) seconds before the end of a lifter's allocated time.

3.5.2 The elapsed time has to be displayed simultaneously in the competition and warm-up areas, one element facing the audience, one element facing the competitor on the platform and one element in the warm-up area.

#### 3.6 **OTHER EQUIPMENT**

##### 3.6.1 **ATTEMPT BOARD**

A well visible board on which must appear the name of the competitor, the weight to be attempted and the number of the attempt. The information on the attempt board must be available throughout the entire competition.

##### 3.6.2 **SCOREBOARD**

A scoreboard has to be set up at a prominent place in the competition area in order to record and display the results of a specific category as it happens. The scoreboard contains the following information which must be available throughout the entire competition:

- the start number
- the name of each competitor in progressive order according to the lot numbers drawn
- their bodyweight



- the IWF/IOC country code
- the three attempts on the Snatch
- the three attempts on the Clean and Jerk
- the Total
- the final classification.

### 3.6.3 RECORD DISPLAY

The records of the category contested must be displayed in the competition area.

Note: The information on the records must be available throughout the entire competition and must be updated immediately when a new record is set.

### 3.6.4 WARM-UP AREA

In order to prepare themselves for their competition, the competitors must be provided with a warm-up area located in close proximity to the competition area. The warm-up area has to be equipped with an appropriate number of platforms, barbells, chalk, etc. in relation to the number of competitors. In addition, it has to be equipped with the following equipment:

- Loudspeakers linked with the speaker's microphone
- A scoreboard showing the names of the competitors in the order of the lot numbers, their respective bodyweight and the weight they have requested before being called to the platform
- A table for the doctor on duty
- A display of the timing clock operating in the competition area
- Video replay screen(s) showing the activity on the competition platform.

3.6.5 At Olympic Games weightlifting competitions and in any other major international championships, such as World and Continental Championships or Multisport Games, the organisers must provide and use the following:

- Electronic scales accurate to 10 grams
- Video screens for the audience
- IWF Technology Information System (TIS) or technology licensed by the IWF (see By-Law 2.1.b)

3.6.6 The use of any additional equipment or device, which may improve the running of the competition is recommended.

## 3.7 OFFICIAL DOCUMENTS OF THE COMPETITION

3.7.1 The following documents are essential for the efficient operation of a weightlifting competition:

a) The Start List:

Gives in detail the names of all the participants, their drawn lot number, date of birth, best total, category, group, time of weigh-in and time of competition.

b) The Weigh-in List:

For each category or group, this form used by the Competition Secretary must contain the following information: the name of the athlete, his or her lot number, name of the country and exact bodyweight as verified by the referees. This list is prepared and distributed as soon as possible after the weigh-in.

c) The Competitor's Card:

This document contains the competitor's name, start number, country code, year of birth, bodyweight category and group. It is used to record the weight of each attempt during the competition, with the eventual modifications as allowed by the rules. The coach must sign against each entry.

d) The official Protocol Form:

This form, either handwritten or a computer printout is the official document certifying the results of each competition. It has to be verified in detail for accuracy and signed by the Competition Secretary and the President of the Jury.

e) The Record Protocol:

This form is used to record all the records broken during the course of the competition. It must contain all pertinent information concerning each specific record: weight, name of the athlete, country code, date of birth, bodyweight, category, date, etc. The three officiating referees must sign it. Applies only if the competition is organised with other than the IWF TIS.

f) Passes for the warm-up-area:

These passes, valid only for the specific categories or groups for which they are issued, are distributed at the weigh-in, by the Competition Secretary, to identify the authorised team officials to be in the warm-up and competition areas. (See also under 5.3.14)

g) Final Results Package:

This document, distributed to the delegations at the end of the Championships, contains the results of all categories in the Snatch, the Clean and Jerk and Total. It also contains the points and ranking of competitors and teams, the medal winners, new records and any information that may be useful

## **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 rubberised 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 authorised 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 1.4). At Olympic Games, the IOC rules prevail.

## **5 COMPETITIONS**

### **5.1 ENTRIES**

- 5.1.1 In any category, during the competition, the athletes may be divided into two (2) or more groups by the Competition Director and/or Secretary. The allocation into the groups will follow the verification of the final entries (see By-Law 4.3.5) in accordance with the stated Entry Totals.
- 5.1.2 At the Technical Officials meeting, the appointed jury members, referees, technical controllers and doctors on duty are assigned to their categories and groups.

## 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**

5.5.1 The competition organisers have to appoint a sufficient number of officials to arrange, under the supervision of the Competition Director, the orderly progress of the competition. For this purpose, they have to use the competitor's cards that have spaces for the three attempts in the two lifts. These officials are called marshals and the senior marshal is called the Chief Marshal. At World Championships and Olympic Games, the Chief Marshal must be English speaking international category 1 referee. The Chief Marshal's duty is to communicate the information to the Competition management table about the requested attempts.

5.5.2 The marshals supervise the changes made by the lifters or coaches in respect of the weight required for each attempt. The changes are immediately communicated to the Technical Operator/Competition Management who informs the speaker to make the appropriate announcement.

The marshalling may be carried out by means of an intercom or telephone system, or any other approved communication method between the warm-up area and the Technical Operator/Competition Management.

- 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.
- 5.5.13 In an international match between two individuals or between two nations contested in separate categories, the competitors may lift alternately. The competitor taking the lighter weight lifts first and that order is maintained throughout that particular lift.

5.5.14 The weight announced by the speaker must be immediately displayed on the attempt board.

5.5.15 During any competition organised on a platform or stage, nobody other than the members of the Jury, the officiating referees, the speakers, the technical officials, authorised team officials (see 5.3.13) and the competitors of the specific category or group are allowed in the competition area.

## 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	<del>143</del>	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.
- 5.8.3 In World and Continental Championships and regional Games and also when agreed by the countries participating in international tournaments, the classification of the teams is calculated by adding the points allocated to each competitor according to the following scale:

1 <sup>st</sup> place	28 points
2 <sup>nd</sup> place	25 points
3 <sup>rd</sup> place	23 points
4 <sup>th</sup> place	22 points
5 <sup>th</sup> place	21 points
6 <sup>th</sup> place	20 points
7 <sup>th</sup> place	19 points
8 <sup>th</sup> place	18 points
9 <sup>th</sup> place	17 points
10 <sup>th</sup> place	16 points
11 <sup>th</sup> place	15 points
12 <sup>th</sup> place	14 points
13 <sup>th</sup> place	13 points
14 <sup>th</sup> place	12 points
15 <sup>th</sup> place	11 points
16 <sup>th</sup> place	10 points
17 <sup>th</sup> place	9 points
18 <sup>th</sup> place	8 points
19 <sup>th</sup> place	7 points
20 <sup>th</sup> place	6 points
21 <sup>st</sup> place	5 points
22 <sup>nd</sup> place	4 points
23 <sup>rd</sup> place	3 points
24 <sup>th</sup> place	2 points
25 <sup>th</sup> place	1 point

- 5.8.4 At World Championships, team points for best lifts (snatch and clean and jerk) as well as for the total will be allocated to each team for the final classification.
- 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

The sequence of the competition applies also when one bodyweight category is divided into groups.

- 5.8.7 In the event of a tie in the team classification, the team with the largest number of first places is classified first. When two teams have the same number of first places, the one with the most second places is classified first and so on through the third places, etc.
- 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.

## **6 OFFICIALS OF THE COMPETITION**

### **6.1 THE JURY**

- 6.1.1 The function of the Jury is to ensure that the Technical Rules are being followed and applied.
- 6.1.2 All Jury members must be category 1 referees.
- 6.1.3 All Jury members must be from different countries.
- 6.1.4 Before the Olympic Games and the World Championships, two juries are appointed (Jury 1 and Jury 2).
- 6.1.5 At Olympic Games and World Championships, the juries are composed of five (5) members each, one of them being the President. Reserves may also be appointed.
- 6.1.6 During the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any referee whose decisions prove him or her to be incompetent. The impartiality of the referees is not to be doubted, however, a mistake in refereeing may occur involuntarily. In such an event, the referee is allowed to explain his or her decision.
- 6.1.7 After observing the work of the referees throughout the competition, the Jury members may highlight any special occurrences by way of report on the prescribed form. The President of the Jury will deliver such reports to the Chairman of the Technical Committee or to the General Secretary.

6.1.8 The Jury, in unanimity and after discussion, has the power to reverse a decision when the referees' decision has been judged on majority by the Jury to be technically incorrect.

6.1.9 In order to apply the above rule, the Jury members have to give their decision on each lift using the equipment located on the Jury table.

This equipment is equipped with 5 green LEDs (Light Emitting Diodes), 5 white LEDs and 5 red LEDs. Each Jury member has a piece of apparatus with a red and white push button. When the Jury members press either one of the buttons, the green led lights up. The white and red decision LEDs light up only when all the Jury members have given their decision.

6.1.10 When there has been an error in loading the barbell or when the speaker makes an incorrect announcement, the Jury takes the following decision:

Example 1:

When the barbell is loaded to a lighter weight than the one requested by the competitor, the competitor may, if he or she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0 kg, or refuse it. If he or she refuses the attempt, the competitor is granted an additional attempt with the weight originally requested.

Example 2:

When the barbell is loaded to a weight which is not a multiple of 1.0 kg and the lift is successful, the competitor may accept the attempt at the value of the next lower value of 1.0 kg.

Example 3:

When the barbell is loaded to a heavier weight than the one requested by the competitor, the competitor may if he or she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0 kg. If the attempt is not successful or if the barbell is not a multiple of 1.0 kg, the competitor is automatically granted an additional attempt with the weight originally requested.

Example 4:

When a lift is failed because the barbell is not equally loaded, or because the barbell is changed during the lift or the platform is disarranged, the Jury may grant an additional attempt at the request of the lifter or his/her coach.

Example 5:

When the speaker makes a mistake in announcing a weight lighter or heavier than the one requested by a competitor, the Jury must take the same decision as for errors in loading.

Example 6:

In certain competitions, when the competitors are not obliged to remain near the platform, therefore finding it impossible to follow the progress of the other competitors, the weight must be similarly reduced when the speaker omits to

call a competitor at the time he or she would have normally taken his or her attempt.

- 6.1.11 The Jury must be located where the view of the competition is clear and unobstructed. Reserve members may not sit at the Jury table. They may take their place only when called upon to replace one of the original five members.
- 6.1.12 The Jury members must remain in their respective place for the medal presentation ceremony. They must also make sure that the referees remain in their respective positions.
- 6.1.13 A direct automatic telephone hook-up must be set up between the Jury President and the speaker.

## 6.2 **COMPETITION SECRETARY/DIRECTOR**

- 6.2.1 For all weightlifting competitions, a Competition Secretary and Competition Director are appointed. The Competition Secretary and Competition Director are in control of the progress of the competition and attend to their task in close cooperation with the Jury and the Technical controllers.
- 6.2.2 At World Championships and Olympic Games, the Competition Director is the General Secretary or Assistant General Secretary of the IWF or a person appointed by them. This appointed person must be an international category 1 referee.

The duties of the Competition Secretary and Competition Director are as follows:

- 6.2.3. Verify the lists of the competitors and divide them into groups if necessary, according to the best results supplied by the participating Federations following the verification of final entries.
- 6.2.4 Supervise the drawing of lots at the Congress if not done electronically.
- 6.2.5 Conduct the weigh-ins.
- 6.2.6 Supervise the order of lifting in accordance with the sequence of the competition.
- 6.2.7 Supervise the registration of new World and Olympic records set up during the competitions.

## 6.3 **TECHNICAL CONTROLLERS**

- 6.3.1 Technical controllers are appointed to assist the Competition Secretary and Competition Director in the supervision of the running of the competition. They attend to their duties with the referees appointed for the competition.
- 6.3.2 At World Championships and Olympic Games, the Technical controllers must be international category 1 referees.
- 6.3.3 At World Championships, the Technical Committee appoints the technical controllers; at Olympic Games the Executive Board appoints them, two (2) per category. In other international Games or tournaments, the IWF's official delegate appoints them.

The duties of the Technical controllers are as follows:

- 6.3.4 Check that the competition platform, the barbell, the scales, the electronic referee light system, the timing clock, the warm-up area and the other facilities of the competition.
- 6.3.5 Ensures that the referees wear the correct uniform.
- 6.3.6 Before the competition, place their international referee card on the Jury table in front of the President and collect it at the end of the competition.
- 6.3.7 Before the competition, inspect the outfits of the competitors and enforce the rules when necessary. When a correction has to be made on the athlete's outfit or a lubricant has to be removed and the athlete has already been called, rule 2.3.6 applies.
- 6.3.8 During the course of the competition ensure that only the accredited number of officials accompany the athletes in the competition and warm-up areas.
- 6.3.9 Ensure that while the athlete is on the stage, nobody, including the Technical controller is seen in that area (in view of the audience and / or TV cameras).
- 6.3.10 During the course of the competition checks the information of the scoreboard (correct lifter, attempt, weight, time, records) and allows lifters to go on stage once the announcements are complete.
- 6.3.11 Control the cleaning of the bar and the platform.
- 6.3.12 Assist the Anti-doping Commission, if requested.

6.4 **REFEREES**

- 6.4.1 In every competition, referees must concentrate on the main task of adjudicating the lifts performed by the athletes. All international referees must hold a valid referee card issued by the IWF.
- 6.4.2 International referees are classified in two categories:
  - a) Category 2: These persons may referee at national championships, international tournaments, Regional Games and continental championships.
  - b) Category 1: These persons may referee at the above-mentioned championships and tournaments, as well as at Olympic Games and World Championships. They may also serve on an international Jury.
- 6.4.3 Referee licence:

At the request of the National Federations, the IWF issues referee licences valid for each Olympiad. Referees who do not hold a valid licence cannot officiate outside their country.
- 6.4.4 A self-adhesive stamp placed on the last page of the referee card identifies a valid licence.
- 6.4.5 The IWF registers only licensed referees.

- 6.4.6 For an Olympiad, the licence fee for an international category 1 card is US\$100 (one hundred US dollars) and for a category 2 card, US\$50 (fifty US dollars).
- 6.4.7 When a National Federation requests a licence for a referee who does not yet hold a card (category 2); the additional fee of US\$50 (fifty US dollars) is paid for the card itself.
- 6.4.8 Payment for the fees must accompany the request.
- 6.4.9 Any new card must be paid for together with the licence.
- 6.4.10 The date of registration of the new category 2 referees is the date of their examination.
- 6.4.11 Each referee card contains space for recording all the international events refereed by the holder. The IWF President, the IWF General Secretary, the president of the Jury, the Competition Secretary or the secretary of the holder's National Federation may write these entries.
- 6.4.12 The General Secretary of the IWF and the Technical Committee draw up a list of referees to be used as reference for future selections. This list includes the names of those who are most competent to referee at important international events (World Championships, Olympic Games).

#### **REFEREES AT COMPETITION**

- 6.4.13 At competitions held under IWF rules, three referees (a centre referee and two side referees) and one reserve referee are appointed for each category or group.
- 6.4.14 Before the competition, the referees must ascertain under the guidance of the Technical controller:
- That the necessary competition equipment is in order (see 6.3.4)
  - That all competitors weigh-in within the limits of their category during the allocated time.
- 6.4.15 Before the competition, the referees must place their international card on the Jury table in front of the President.
- 6.4.16 Referees at World Championships and all international competitions must be correctly dressed in accordance with the IWF rules and if they are not, they are not allowed to officiate.
- 6.4.17 At World Championships competitions, all the officials on duty must wear the proper uniform: dark blue jacket, white shirt, IWF tie (or scarf for women), grey trousers (grey skirt or trousers for women) dark socks or stockings, black shoes and the IWF referee badge on the breast pocket of the jacket. Only the IWF badge may be worn because these officials represent the International Federation. In very hot weather and subject to the authorisation of the Jury President, the jacket may be removed. At Olympic Games and at other multi-sports Games, only the uniform issued by the Organising Committee is worn.

- 6.4.18 The centre referee must be seated four (4) metres (measured from the front of the platform to the rear of the referee's table) and in line with its centre. The side referees must be seated on the same line as the centre referee, three (3) to four (4) metres apart.
- 6.4.19 During the competition, the referees must ascertain:
- That the weight of the barbell corresponds with the weight announced by the speaker
  - That nobody but the lifter handles the barbell during the execution of a lift.
  - That only the lifter or the loaders move the barbell to a new position on the platform. It is forbidden for a coach to move, adjust or clean the barbell. If the lifter moves the barbell to a position where the view of the referee is impaired, the referees concerned may move to a position where the lift can be observed correctly. After, the referees return to their place to give the signal and the decision.
- 6.4.20 At World Championships, Olympic Games, as well as major international competitions, the electronic referee light system (as per specification in point 3.3) is used. However, when there has been a breakdown of the system or at competitions where it is not available, the centre referee gives the signal to replace the barbell on the platform at the conclusion of each lift, as soon as the lifter becomes motionless in all parts of the body and has both feet on the same line. This signal must be both audible and visible, i.e. the centre referee must say "Down" and at the same time motion downwards with the arm.
- 6.4.21 The referees must indicate their judgment of the lift by giving signals. "Good lift" - white light; "No lift" - red light. A lift is "Good lift" with two or three white lights; a lift is "No lift" with two or three red lights.
- 6.4.22 In the event of a failure of the electronic system and in competitions where they are not available, small red and white flags can substitute the lights. The referees announce their decision by raising the appropriate flag.
- 6.4.23 When the electronic referee light system is not being used, should one of the side referees see a serious fault during the execution of a lift, he or she raises an arm to call attention to the fault. If there is agreement from the other side referee or from the centre referee, this constitutes a majority opinion and the centre referee stops the lift and signals to the lifter to lower the barbell to the platform.
- 6.4.24 In a competition at which no Technical controller is appointed, the referees must perform the duties of the Technical controller (see 6.3).
- 6.4.25 During the competition that they are called upon to adjudicate, the referees must not receive any document concerning the progress of the competition. They must abstain from any comment.
- 6.4.26 During the competition, a referee must not attempt to influence the decisions of the other referees.
- 6.4.27 After the competition, the referees must:
- Sign the record protocols if any

- Collect from the Jury table their respective referee card, signed and noted by the president of the Jury
- Remain in their respective place during the medal presentation ceremony.

#### **REFEREES AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES**

- 6.4.28 Two referees from the same nation cannot be selected to adjudicate in the same group.
- 6.4.29 Three (3) months prior to the World Championships, each National Federation may submit a maximum of two (2) category 1 referees to officiate at these Championships. The IWF Executive Board and the Technical Committee select from the proposed list of names those who will referee. The number of referees to be selected is determined by the IWF in the knowledge of the exact programme of the Championships. The National Federations are advised of the appointment or non-appointment of their referees. The Competition Secretary assigns the selected referees to the specific categories or groups at the site of the World Championships, before the start of the competitions.
- 6.4.30 For the Olympic Games, referees are selected six (6) months before the start of the Games by the IWF Executive Board, amongst the candidates submitted by the National Federations (maximum of two (2) officials per Federation).

#### **PROMOTION OF REFEREES**

- 6.4.31 In order to be promoted to international referee the following conditions are required. The candidates:
- a) must have served at least five (5) years in their respective nation;
  - b) must be proposed by their National Federation;
  - c) must have a complete knowledge of the IWF Technical Rules;
  - d) must prove their competence in a practical examination organised either by the IWF or in an IWF approved examination organised by their National Federation;
  - e) must obtain the marks of at least 85% in a written examination prepared and revised by the Technical Committee from time to time.
- 6.4.32 To be promoted from category 2 to category 1, referees must prove their competence before three (3) category 1 referees in the course of a competition held under IWF rules (not Masters). In addition, the candidates must pass a written examination in the form of a questionnaire prepared and revised periodically by the Technical Committee.

#### Conditions for the referees' examinations for category 1 are as follows:

- 6.4.33 Candidates must have served at least two (2) years as category 2 referees.
- 6.4.34 Candidates may be examined at Continental Championships, Regional Games, international tournaments, international matches and national championships.
- 6.4.35 The three members of the examining committee may all be of the same country.



- 6.4.36 Each examiner sits separately from the others and marks the candidates independently, without consulting the other examiners.
- 6.4.37 When the electronic referee light system is used, up to three (3) referees may be examined simultaneously, otherwise only the centre referee can be examined.
- 6.4.38 The examiners record their marks using the score-sheet of the competition.
- 6.4.39 The name and the nationality of the candidate(s) are entered to correspond with their position at the platform, i.e. the referee at the left is number 1, the centre referee is number 2 and the referee on the right is number 3. The examiners also sign their name and indicate their nationality.
- 6.4.40 The names of the competitors are entered in the same order on all the score-sheets of the examining committee, so that all their marks coincide.
- 6.4.41 Candidates must referee at least one hundred (100) attempts. This includes uncompleted as well as completed attempts.
- 6.4.42 The examiners first mark at the top of each space on the score-sheet their own opinion of each lift. A / indicates a good lift and an X indicates a bad lift. Underneath the mark, and using the same signs, they mark the decisions given by the three referees.

Example: / = white light                      X = red light

      /  
/ / / = all three have given a correct decision

      X  
XXX = all three have given an incorrect decision

      X  
X / X = the centre referee has given an incorrect decision  
/ X X = referee number 1 has given an incorrect decision

- 6.4.43 When only the centre referee is examined and he gives an incorrect signal, e.g. a signal too fast or too late to lower the barbell, the examiner must mark this with an X, plus the letter S below to indicate incorrect signal. A candidate can thereby commit two faults during one attempt and both these faults are shown on the score-sheet.
- 6.4.44 The examiners mark with an O every attempt, which is not completed by the competitors, e.g. dropping the bar in the snatch, or clean, failing to complete a jerk, etc.
- 6.4.45 If a candidate gives an incorrect decision during an uncompleted lift, the examiners mark with an X instead of an O and give the number of the mistake.
- 6.4.46 The results of each candidate are calculated from the completed attempts. In order to be promoted to category 1, the candidates must obtain 95% in the practical exam and 90% in the written exam.

- 6.4.47 The original mark-sheets, without any alteration or addition, are sent to the IWF Secretariat to calculate the percentage obtained by the candidates in their practical exam.
- 6.4.48 The General Secretary through the candidate's National Federation transmits the results to each candidate. The successful candidates also receive their category 1 card and licence through their National Federation.
- 6.4.49 The date of the promotion of the successful candidate is the date on which the examination was taken.
- 6.4.50 When referees, already holding a valid referee licence for the given Olympiad, are promoted to category 1, the US\$ 50 (fifty US dollars) difference must be paid by their National Federation in order to receive their new card.
- 6.4.51 Candidates who fail must wait at least six (6) months before taking the examinations again.

## 6.5 **TIMEKEEPER**

- 6.5.1 At all competitions held under IWF rules, the organising committee must appoint timekeepers.
- 6.5.2 At Olympic Games the timekeepers must be Category 1 international referees. At World Championships the timekeepers must be qualified international referees. At Continental, Regional Games and other International events the timekeepers must be qualified international or national referees.
- 6.5.3 The duties of the timekeepers are as follows:
- To operate the timing clock when the athletes are called to perform their attempts during the course of the competition, in accordance with the rules;
  - to set and start the clock at one minute (60 seconds) at the beginning of each attempt. 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 barbell, whichever is the last;
  - to set and start the clock at two minutes (120 seconds) when a competitor attempts two lifts in succession. 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 barbell, whichever is the last;
  - to stop the clock immediately the barbell is raised from the platform;
  - to restart the clock if the barbell has not reached the height of the knees.
- 6.5.4 In order to perform his/her duties properly, the timekeeper works in close cooperation with the speaker and the President of the Jury.

## 6.6 **CHIEF MARSHAL**

At World Championships and Olympic Games, the Chief Marshal must be an English speaking international category 1 referee. The Chief Marshal's duty is to communicate the information to the Competition management table about the requested attempts by means of a point-to-point intercom system.

## 6.7 **SPEAKERS**

One or more speakers must be appointed. Their duty is to make the appropriate announcements for the efficient running of the competition. This includes naming the competitor called to the platform, the name of the country, the weight of the barbell and the number of the attempt. The speaker also notifies the next competitor in advance. An assistant to the speaker(s) whose function is to accept the weight changes from the marshals and inform the speaker may be appointed.

## 6.8 **DOCTORS ON DUTY**

6.8.1 At Olympic Games, World Championships and other major international events, medical doctors are appointed to be on duty during the competitions in each of the bodyweight categories.

Doctors on duty have the following tasks:

6.8.2 Be present at the competition venue from the weigh-in until the end of the doping control.

6.8.3 Be aware of and use the medical facilities and cooperate in the taking of samples for the doping control.

6.8.4 Be ready to render medical care in case of injury or illness; cooperate with team doctors and advise the coaches, officials and the athletes on the possibility of continuing the competition after an injury.

6.8.5 During the competition, authorise the application of additional plasters or bandages in accordance with the rules.

6.8.6 At World Championships, two (2) doctors must be on duty at the same time. If necessary, team doctors may also be asked to assist the doctors on duty. If there is a medical need, the competitor shall agree to the doctor on duty attending him/her.

6.8.7 At Olympic Games, only IWF appointed doctors may work at the competitions as doctors on duty. Two (2) doctors per category are appointed.

## 7 **WORLD RECORDS**

7.1 The IWF recognises world, junior world and Olympic records in each of the eight (8) body weight categories for men and seven (7) categories for women in the snatch, the clean and jerk and the total.

7.2 A junior record can only be set by an athlete who is within the junior age group. Junior athletes may also establish senior records, i.e. these records are recognised regardless of the age of the athlete.

- 7.3 World records may only be set at events in the IWF Calendar.
- 7.4 Olympic records may be set only at the Olympic Games.
- 7.5 New world records are ratified only when the athletes successfully undergo an anti-doping test.
- 7.6 Three international referees must be officiating when a world record is set.
- 7.7 The following conditions have to be fulfilled for the registration of a new record:
- a) A record is only valid if it exceeds the previous one by 1.0 kg.
  - b) The record protocol must include the following information:
    - the name and country code of the athlete
    - the competitor's bodyweight
    - the athlete's date of birth (dd/mm/yy).
    - the weight of the barbell
    - the bodyweight category
    - the date and name of the competition
    - the place where the record is set
- 7.8 As soon as a new record is established, any other lifter who wants to break it has to exceed it by at least 1.0 kg thus a lighter competitor lifting the same weight cannot claim the record.
- If two or more competitors make the same new record, the holder of the new record is the one who has completed it first, regardless of the bodyweight of the athletes concerned or the sequence of the competition if the bodyweight category is divided into groups.

## **8 CEREMONIES**

### **8.1 OPENING CEREMONY**

Before the beginning of World Championships, an Opening Ceremony is held according to the following procedure:

- 8.1.1 All participating national teams, or appointed team members, march in in the alphabetical order of the organising country, the host country closing the parade.
- 8.1.2 The flag-bearers of each national team form a semi-circle on the stage.
- 8.1.3 The guests of honour march in and take their position on the stage.
- 8.1.4 The guest of honour of the host Federation makes a speech.
- 8.1.5 The President of the host Federation makes a speech.
- 8.1.6 The IWF President replies to the speeches and declares the Championships open.

- 8.1.7 The national flag of the host Federation and the flag of the IWF are raised while the national anthem of the host Federation is played.
- 8.1.8 The guests of honour followed by the delegations leave the stage.
- 8.1.9 An entertainment programme provided by the host Federation may follow the Ceremony.

## 8.2 VICTORY CEREMONY

At World Championships, at the conclusion of the competition of each category, a Victory Ceremony is held according to the following procedure:

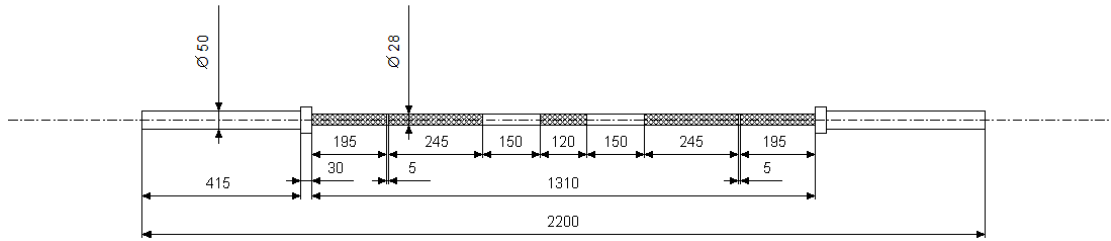
- 8.2.1 A podium with places for the three (3) medal winners is placed on the competition platform.
- 8.2.2 All the medal winners, the medal bearers and the officials presenting the medals march in and take their place on the stage. The medal winners line up behind the podium.
- 8.2.3 The speaker introduces the official presenting the medals. The IWF President presents the medals but may delegate this duty to another IWF official or to a person representing the host Federation or sponsor. Starting with the bronze medal, the speaker announces alternately the name, the country and the result of the medal winners in the Snatch. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).
- 8.2.4 The speaker introduces the official presenting the medals if these persons are not the same as for the Snatch. Starting with the bronze medal, the speaker announces alternately the name, the country and the result of the medal winners in the Clean and Jerk. The athletes mount the podium to receive their medal when they are called. When all the medals have been presented, the athletes step back in their original position behind the podium (there is no flag raising or national anthem played).
- 8.2.5 The speaker introduces the officials presenting the medals if these persons are not the same as for the two lifts. Starting with the bronze medal, the speaker announces alternately the name, the country and the result of the medal winners for the Total. The athletes mount the podium to receive their medal
- 8.2.6 After the Total medals have been presented, while the medallists are standing on the podium, the champion's national anthem is played and the national flags of the three winners are raised.
- 8.2.7 The medal bearers, the athletes and the officials march out.
- 8.2.8 The IWF President may appoint one or two other persons to accompany him for the presentation.
- 8.2.9 The Victory Ceremony is carried out in due solemnity, the marching in and out done with musical accompaniment.

### 8.3 **CLOSING CEREMONY**

At the conclusion of World Championships, a Closing Ceremony is held in accordance with arrangements made between the Organising Committee and the IWF. The presentation of the Team Trophies may be held in conjunction with the Closing Ceremony and will be held at the discretion of the Organising Committee and the IWF President and/or General Secretary or delegated Official.

- 8.3.1 The delegates of the participating teams march in and take their position on the stage.
- 8.3.2 The flag bearers of the participating teams form a semi-circle.
- 8.3.3 The guests of honour march in and take their position on the stage.
- 8.3.4 The President of the host Federation makes a speech.
- 8.3.5 The IWF President replies to the speech and declares the Championships closed.
- 8.3.6 The national flag of the host Federation and the IWF flag are lowered while the national anthem of the host Federation is played.
- 8.3.7 The IWF flag is brought to the President.
- 8.3.8 The IWF flag is presented to the organisers of the next World Championships.
- 8.3.9 The guests of honour followed by the team representatives leave the stage.

## Men's bar



## Women's bar

