INTERNATIONAL WEIGHTLIFTING FEDERATION

Technical Officials' Examination

ANSWERS

Reference
IWF TCRR 2013-2016

2013

IWF TECHNICAL OFFICIALS' EXAMINATION – ANSWERS

Q.1	b	Q.2	c		
Q.3	Junior = 15 to 20		Youth = 13 to 17		
Q.4	c	Q.5	False	Q.6	b
Q.7	b	Q.8	b		
Q.9	15 (Senior World Championships)				
	15 (Junior World Championships)				
	13 (Youth World Championships)				
Q.10	b	Q.11	c		
Q.12	48	53	58		
	63	69	75		
	+75				
Q.13	c	Q.14	True	Q.15	b
Q.16	56	62	69		
	77	85	94		
	105	+105			
Q.17	c	Q.18	c	Q.19	a
Q.20	b	Q.21	a	Q.22	b
Q.23	a	Q.24	a	Q.25	False
Q.26	400 (Width)	400 (Length)	10 (Height)		
Q.27	20 (Men's bar)	15 (Women's bar)	2.5 (1 Collar)		
Q.28	c	Q.29	a		
Q.30	Red (25kg)	Blue (20kg)	Yellow (15kg)		
	Green (10kg)	White (5kg)	Red (2.5kg)		
	Blue (2kg)	Yellow (1.5kg)	Green (1kg)		
	White (0.5kg)				
Q.31	c	Q.32	b	Q.33	c
Q.34	True	Q.35	a	Q.36	c
Q.37	b	Q.38	b	Q.39	b
Q.40	a	Q.41	c	Q.42	True
Q.43	b	Q.44	b	Q.45	a
Q.46	False	Q.47	c	Q.48	a
Q.49	a	Q.50	c	Q.51	b
Q.52	a	Q.53	b		
Q.54	10 (wrists)		30 (knees)		
Q.55	c	Q.56	c	Q.57	a

Q.58	a	Q.59	a	Q.60	b
Q.61	b	Q.62	b	Q.63	c
Q.64	b	Q.65	b	Q.66	c
Q.67	b	Q.68	a	Q.69	a
Q.70	b	Q.71	b	Q.72	True
Q.73	Technical Controller			Q.74	c
Q.75	c	Q.76	Jury	Q.77	b
Q.78	a	Q.79	a	Q.80	a
Q.81	c	Q.82	c	Q.83	c
Q.84	b	Q.85	Technical Controller		
Q.86	c	Q.87	c	Q.88	a
Q.89	False	Q.90	b	Q.91	True
Q.92	b	Q.93	b	Q.94	a
Q.95	a	Q.96	b	Q.97	b
Q.98	a	Q.99	See below		
Q.100	(S) See below		(C&J) See below		(T) See below

- **Q.3, Q.9, Q.12, Q.16, Q.26, Q.27, Q.30, Q.54, Q.99, Q.100:** 2 points for a complete answer, 1 point for 1 mistake, 0 point for 2 mistakes or more.
- **Other questions:** 1 point for each question.

Your percentage = (your points / 110) * 100

Answers for optional questions (Q.99 and Q.100)

M56kg Previous World Records: S:138 J:168 T:305

B Group **Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
5	A	56.00	135	138	140	164	167	169	140	**3**	169	**2**	309	**1**
40	B	56.00	135	138	X 140	164	168	169	138	**5**	169	5	307	**5**
44	C	56.00	135	140	X 141	164	167	169	140	**2**	169	**3**	309	**2**

A Group **Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	56.00	140	X 142	X 142	164	168	169	140	**1**	169	4	309	**3**
99	E	56.00	135	138	X 141	165	169	X 170	138	**6**	169	1	307	**4**
42	F	56.00	135	138	140	X 165	165	X 169	140	**4**	165	6	305	6

New World Record holder	**C (S)**	**A (C&J)**	**A (T)**

M62kg Previous World Records: S:137 J:172 T:308

B Group **Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	J	Place	Total	Place
5	A	62.00	134	140	X 142	160	164	X 167	140	**3**	164	6	304	6
99	B	62.00	140	X 142	X 142	165	171	X 173	140	**2**	171	3	311	**1**
44	C	62.00	130	135	138	165	173	X 175	138	**5**	173	2	311	**3**

A Group **Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	J	Place	Total	Place
1	D	62.00	134	137	140	X 165	165	X 166	140	**4**	165	**5**	305	**5**
40	E	62.00	140	X 142	X 142	165	X 173	X 173	140	**1**	165	**4**	305	**4**
42	F	62.00	130	136	138	165	173	X 175	138	**6**	173	1	311	**2**

New World Record holder	**B (S)**	**C (C&J)**	**B (T)**

W48kg Previous World Records: S:98 J:119 T:217

B Group **Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
44	A	48.00	X 98	98	X 100	X 115	115	X 120	98	**5**	115	6	213	**6**
99	B	48.00	95	98	100	118	X 120	120	100	**3**	120	**3**	220	**3**
5	C	48.00	97	100	X 101	X 118	118	120	100	**2**	120	**2**	220	**2**

A Group **Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	48.00	96	98	100	115	120	X 122	100	**4**	120	1	220	**1**
42	E	48.00	93	96	98	X 115	115	X 120	98	**6**	115	5	213	**5**
40	F	48.00	96	100	X 102	115	X 120	X 120	100	**1**	115	4	215	4

New World Record holder	**C (S)**	**C (C&J)**	**C (T)**

M+105kg Previous World Records: S213: J:263 T:472

B Group **Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
5	A	150.00	X 210	210	214	256	260	X 264	214	**3**	260	6	474	**4**
99	B	150.00	X 210	210	214	255	260	264	214	**4**	264	2	478	**2**
42	C	150.00	210	212	X 214	255	260	X 264	212	**5**	260	**5**	472	**6**

A Group **Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	150.00	210	214	X 215	260	X 264	264	214	**2**	264	3	478	**3**
40	E	150.00	210	X 212	212	255	260	X 264	212	**6**	260	**4**	472	**5**
44	F	150.00	214	X 216	X 216	260	264	X 265	214	**1**	264	1	478	1

New World Record holder	**A (S)**	**B (C&J)**	**B (T)**

W75kg Previous World Records: S:130 J:159 T:286

B Group **Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
99	A	75.00	128	X 131	131	154	157	160	131	**3**	160	5	291	**3**
5	B	75.00	126	128	130	155	159	161	130	**5**	161	**3**	291	**5**
44	C	75.00	128	130	X 131	158	161	X 162	130	**4**	161	**2**	291	**4**

A Group **Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	75.00	128	131	X 132	158	161	X 162	131	**1**	161	**1**	292	1
40	E	75.00	126	X 130	130	155	157	160	130	**6**	160	6	290	6
42	F	75.00	128	131	X 132	X 160	160	X 162	131	**2**	160	4	291	**2**

New World Record holder	**A (S)**	**C (C&J)**	**D (T)**