BRITISH
WEIGHT LIFTING

BRITISH WEIGHT LIFTING
TECHNICAL & COMPETITION RULES & REGULATIONS

1ST MARCH 2017

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DEFINITIONS

DEFINITIONS

In these Technical and Competition Rules and Regulations (TCRR) the following terms shall have the meanings set out below:

"**Board Regulatory Group**" - means a committee appointed by the Board to review and develop these TCRR.

"**British**" – means all matters relating to United Kingdom of Great Britain and Northern Ireland.

"**BWL**" - means the BWL Governing Body Limited.

"**BWL Board**" - means the Board of Directors of the BWL established in accordance with Article 43 of the BWL, the members of which are directors for the purpose of the Companies Act 1985 as amended.

"**Calendar of Events**" – means the events that BWL organising in a calendar year

"**Club**" - means a club affiliated to and/or playing in a Competition who are subject to these TCRR.

"**Club Official**" - means a person who may be paid or unpaid to carry out official duties on behalf of a club or appointed to a position on the management board of a club.

"**Coach**" - means a suitable UKCC qualified person who holds a current BWL coaching licence.

"**Code of Conduct**" - means any codes of conduct specified by the BWL from time to time.

"**Competition**" - means any Tier One, Two, Three and Four Weightlifting competition recognised by BWL in which a Club participates as covered by these TCRR.

"**Competition Director**" - means a person named as the primary administrator for a relevant Competition.

"**CWO**" - means Club Welfare Officer.

"**DBS**" - means completion of the disclosure and barring service forms including receiving a suitable disclosure and barring service enhanced disclosure certificate and if appropriate having had that disclosure risk assessed in accordance with the BWL Safeguarding Policy.

"Domiciled" – A person having the legal right to be permanently resident in the United Kingdom.

"**EWF**" – European Weightlifting Federation

"Home Nation" – BWL recognises 4 Home Nations in the UK as England, Scotland, Northern Ireland and Wales. The Isle of Man, Channel Islands and all Crown Dependencies and British Overseas Territories are considered as part of England.

"Home Nation domiciled" – The country within the UK that a person has been resident in and in membership of the Home Nation association for that Home Nation for the last 365 days prior to a specific entry and/or competition date.

"**IWF**" – International Weightlifting Federation

"**Lifters**" – means a person who lift weights in a BWL competition or event.

"**Laws of the Sport**" - means the laws of the Sport as prescribed by the IWF from time to time.

"**National**" – means to refer to one of the four Home Nations of the United Kingdom in an individual sense rather than as a collective.

"**Official**" - a person who is elected or appointed to serve with either a Club or Competition.

"**On-duty**" – means a person who is tasked with a duty within a specific time period to undertake a specific duty.

"**Technical and Competition Rules and Regulations**" - means these rules and regulations as amended from time to time.

"**Person Subject to the TCRR**" - means any Lifters, Officials, Coaches, Spectators and other Volunteers.

"**Recognised Home Nation Weightlifting Association**" – A Home Nation Weightlifting Association as recognised by the BWL Board having the right to organise Weight Lifting competitions in that Home nation.

"**Registration Form**" - means an official registration form produced by the BWL for the registration of Lifters.

"**Season**" - means the period beginning on the day of the first scheduled BWL Competition and ending immediately after the completion of the last scheduled BWL Competition.

"**Tier**" - means the level of competition entry to which an Individual and/or Club will be permitted by fulfilling, as determined, the standards specified in the relevant entry and qualification criteria.

"**Total**" - is the total of the individual lifts in kilograms in the Snatch and the Clean & Jerk i.e. the aggregate of the best Snatch and the best Clean & Jerk results.

"**Volunteer**" - means a person who carries out duties on a voluntary basis.

The BWL 2017 Technical & Competition Rules and Regulations as contained within this document only apply to the sport of Olympic Weightlifting. There are separate Technical & Competition Rules and Regulations that cover BWL / IPC Powerlifting competitions and events.

The BWL Board reserve the right to amend these Technical & Competition Rules and Regulations at any time to best comply with the most current IWF/EWF Technical & Competition Rules and Regulations and/or any appropriate issues arising within the United Kingdom that may affect these Technical & Competition Rules and Regulations.

1 PARTICIPANTS

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1.1 Age Groups

1.1.1 In the sport of Weightlifting, competitions are organised for males and females. The Lifters compete in specified bodyweight categories and age groups.

1.1.2 The BWL recognises eight (8) age groups for weightlifting competitions:

i)	Under 11 years and under	
ii)	Under 13	13 -11 years of age
iii)	Youth Under 15	13 - 15 years of age
iv)	Youth Under 17	16 – 17 years of age
v)	Junior Under 20	15 - 20 years of age
vi)	Under 23	15 – 23 years of age
vii)	Senior	15+ years of age
viii)	Masters	35+ years of age

All age groups are calculated in the Lifter's year of birth other than Under 15 and below and that is then done on school years according to the school year starting 1st September.

1.1.3 Male competitions at Under 17 and above will be referred to as a 'Men's competition' and at Under 15 and below as a 'Boy's competition'.

1.1.4 Female competitions at Under 17 and above will be referred to as a 'Women's competition' and at Under 15 and below as a 'Girl's competition'.

1.1.5 Competition Age Group Rules 2017

AGE GROUP	UPPER LIMIT	LOWER LIMIT
Senior	None	15 years of age on 1 January 2017
23 and under*	22 years of age on the 31st December 2016	15 years of age on 1 January 2017
20 and under*	19 years of age on the 31st December 2016	15 years of age on 1 January 2017
17 and under*	16 years of age on the 31st December 2016	13 years of age on 1 January 2017
15 and under	**Enrolled in school year:** England & Wales: Year 9, Year 10 Northern Ireland: Year 9 (2nd year), Year 10 (3rd year) Scotland: S2 (2nd year), S3 (3rd year)	
13 and under	**Enrolled in school year:** England & Wales: Year 7, Year 8 Northern Ireland: P7, Year 8 (1st year) Scotland: Primary 7, S1 (1st year)	
11 and under	**Enrolled in school year:** England & Wales: 6 or below Northern Ireland: P6 or below Scotland: Primary 6	
	*for lifters to be eligible for an age group in 2017, they must be under the age of the age group on the 1st of January 2017 unless the 1st of January is their birth date. This is in line with IWF protocol.	

1.2 Bodyweight Categories

1.2.1 There are eight (8) categories for Men at Senior, Under 23, Junior (under 20), Masters:

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

1.2.2 There are eight (8) categories for Men at Youth (under 17):

1 50 kg
2 56 kg
3 62 kg
4 69 kg
5 77 kg
6 85 kg
7 94 kg
8 94+ kg

1.2.3 There are eight (8) categories for Boys at Youth (under 15):

1 50 kg
2 56 kg
3 62 kg
4 69 kg
5 77 kg
6 85 kg
7 94 kg
8 94+ kg

1.2.4 There are eight (8) categories for Boys at Under 13:

1 45 kg
2 50 kg
3 56 kg
4 62 kg
5 69 kg
6 77 kg
7 85 kg
8 85+ kg

1.2.5 There are eight (8) categories for Boys at Under 11:

1. 40 kg
2. 45 kg
3. 50 kg
4. 56 kg
5. 62 kg
6. 69 kg
7. 77 kg
8. 77+ kg

1.2.6 There are eight (8) categories for Women at Senior, Under 23, Junior (Under 20), Masters:

1 48 kg
2 53 kg
3 58 kg
4 63 kg
5 69 kg
6 75 kg
7 90kg
8 90kg+

1.2.7 There are eight (8) categories for Women at Youth (Under 17):

1 44 kg
2 48 kg
3 53 kg
4 58 kg
5 63 kg
6 69 kg
7 75 kg
8 75+ kg

1.2.8 There are eight (8) categories for Girls at Youth (Under 15):

1 44 kg
2 48 kg
3 53 kg
4 58 kg
5 63 kg
6 69 kg
7 75 kg
8 75+ kg

1.2.9 There are eight (8) categories for Girls at Under 13:

1 35 kg
2 40 kg
3 44 kg
4 48 kg
5 53 kg
6 58 kg
7 63 kg
8 63+ kg

1.2.10 There are eight (8) categories for Girls at Under 11:

1. 30 kg
2. 35 kg
3. 40 kg
4. 44 kg
5. 48 kg
6. 53 kg
7. 58 kg
8 58+ kg

1.2.11 BWL reserve the right to run any of their competitions and events in any sequence of body weight categories and /or gender, in the interests of delivering a fair and interesting competition to best fit the overall needs of the competition as well as, the needs of the Lifters as BWL in its sole discretion sees fit.

2 THE TWO LIFTS

2 THE TWO LIFTS

2.1 General

In the sport of Weightlifting the BWL recognises two (2) lifts which must be executed in the following sequence:

a) The Snatch
b) The Clean & Jerk

Both lifts must be executed with two hands. A maximum of three (3) attempts is allowed in each lift.

2.2 The Snatch

The barbell is centered horizontally on the competition platform. The Lifter takes the start position behind the barbell facing the officials. The Lifter grips the barbell and bends at the knees. The barbell is gripped, palms downward 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 upward the barbell remains close to the body and may slide along the legs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The Lifter may recover in their own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The Lifter waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the Lifter becomes motionless in all parts of the body.

2.3 The Clean & Jerk

2.3.1 The first part, the Clean:

The barbell is centered horizontally on the centre of the competition platform. The Lifter takes the start position behind the barbell facing the officials by grabbing the barbell and bending at the knees. The barbell 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 upward the barbell remains close to the body and the barbell may slide along the legs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The Lifter's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The Lifter may recover in their own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

2.3.2 The second part, the Jerk:

The athlete must become motionless after the clean and before starting the jerk. The athlete bends and then dynamically extends the legs to move the barbell upwards in one motion to the full extension of the arms while lowering the body under the barbell and either splitting or bending the legs. The athlete then returns the feet to the same line parallel to the plane of the trunk and the barbell with his/her arms and legs fully extended. The athlete waits for the referees signal to replace the barbell on the competition platform.

The Referees give the signal to lower the barbell as soon as the Lifter becomes motionless in all parts of the body.

Before the Jerk, the Lifter may adjust the position of the barbell for the following reasons:

a) To withdraw or "unhook" the thumbs
b) If breathing is impeded
c) If the barbell causes pain
d) To change the width of the grip

The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.

2.4 General Rules for all Lifts

2.4.1 The technique known as the hook grip 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.

2.4.2 In both lifts, the Referees must count as "No lift" any unfinished attempt in which the barbell has reached the height of the knees.

2.4.3 After the Referees' signal to lower the barbell, the Lifter must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.

2.4.4 A Lifter who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all on-duty Referees as well as the Jury prior to the start of each lift. This is the sole responsibility of the Lifter.

2.4.5 When snatching or cleaning in the squat style, the Lifter may assist their recovery by swinging or rocking their body while in the squat position.

2.4.6 The use of chalk (magnesium carbonate) is permitted.

2.4.7 The use of grease, oil, water, talcum or any other lubricant on the Lifter's thighs is forbidden. A Lifter who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that Lifter, the clock remains running.

2.4.8 Only the Lifter or the Loaders can move the barbell to a new position on the competition platform during competition. It is forbidden for a Team Official to move, adjust or clean the barbell.

2.4.9 It is the sole responsibility of the Lifter to complete each lift in accordance with the BWL TCRR and to the satisfaction of the on-duty Technical Officials.

2.5 Incorrect Movements

2.5.1 Incorrect movements for all lifts

2.5.1.1 Pulling from the hang, defined as: stopping the upward movement of the barbell during the pull.

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

2.5.1.3 Pause during the extension of the arms.

2.5.1.4 Finishing with a press-out, defined as: continuing the extension of the arms after the Lifter has reached the lowest point of their position in the squat or split for both the Snatch and the Jerk.

2.5.1.5 Bending and extending the elbows during the recovery.

2.5.1.6 Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.

2.5.1.7 Dropping the barbell from above the shoulders. For the U13 and U11 age groups when using the 5 kg technique bar the barbell must not be released above the knee height.

2.5.1.8 Failing to replace the complete barbell on the competition platform.

2.5.1.9 Not facing the Centre Referee at the beginning of the lift.

2.5.1.10 Releasing the barbell before the Referees' signal.

2.5.2 Incorrect movements for the snatch

2.5.2.1 Pause during the lifting of the barbell.

2.5.2.2 Touching the head with the bar; hair and any items worn on the head are considered to be part of the head.

2.5.3 Incorrect movements for the clean

2.5.3.1 Resting or placing the barbell on the chest at an intermediate point before its final position producing a "double clean"; often referred to as a "dirty clean".

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

2.5.4 Incorrect movements for the Jerk

2.5.4.1 Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.

2.5.4.2 Any deliberate oscillation of the barbell to gain advantage. The Lifter must become motionless before starting the jerk.

2.6 Incomplete movements and positions

2.6.1 Uneven or incomplete extension of the arms at the completion of the lift.

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

2.6.3 Failing to fully extend the knees at the completion of the lift.

3 VENUE, EQUIPMENT AND DOCUMENTS

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3.1 Field of Play (FOP)

For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

- Competition platform and stage
- Technical Officials' and Competition Management tables
- Warm-up area

3.1.1 Competition Platform and Stage

3.1.1.1 All lifts must be executed on a competition platform.

3.1.1.2 A clear area measuring one metre surrounding the competition platform is compulsory. This area must be flat and free from any obstacles including discs.

3.1.1.3 If the competition platform is placed on a stage, the stage must meet the following criteria:

- Be of solid construction capable of supporting the competition platform during the lifting of heavy weights.
- Measure a minimum of 8m x 8m.
- Have appropriate and safe step access to the stage.
- Provide the referees and jury (where appropriate) with an unobstructed view of lifting either on the stage, or immediately in front of the stage.
- Have a restraining bar placed between the front of the competition platform and the referees to prevent the barbell falling off the stage.

3.1.1.4 Chalk and resin must be provided near the competition platform.

3.1.1.5 Cleaning disinfectant / antiseptic, wire brushes, cloths, broom, gloves and other cleaning supplies/ appliances must be provided and neatly stored next to the competition platform / stage for the loaders and decontamination attendants.

3.1.1.6 A zone for Team Officials must be designated relative to the FOP layout

3.1.2 Technical Officials' and Competition Management Tables

The placement of all Technical Officials' and Competition Management tables (and chairs) is consistent throughout all BWL Events.

3.1.2.1 Jury Table: The Jury is located in a place where the view of the competition platform and stage is clear and unobstructed. The Jury table must be placed a maximum of ten metres from the centre of the platform, between the Centre and the Side Referees' tables.

3.1.2.2. Referees' Tables:

a. Centre Referee must be seated at least 2m measured from the font of the competition platform to the front of the referee table and in line with centre of platform.

b. Side Referees must be seated on the same line as and parallel with the Centre Referee, three to four metres from the Centre Referee.

3.1.2.3 Doctor on Duty Table: A table and chair must be provided for the Doctor(s) on Duty near the Lifters' point of entry to the competition platform / stage and in the warm-up area relative to the venue layout.

3.1.2.4 Competition Management Tables: Tables and chairs in a suitable quantity must be provided for the Competition Management and placed on the side of the Lifters' point of entry to the competition platform / stage.

3.1.2.5 Loaders' and Decontamination Attendants' position: Loaders and Decontamination Attendants must have a designated area with chairs on the opposite side of the Lifters' point of entry to the competition platform / stage.

3.1.3 Warm-Up Area

3.1.3.1 In order to prepare for competition, Lifters must be provided with a warm-up area located in close proximity to the competition platform / stage relative to the venue layout.

The warm-up area must be equipped with:

- An appropriate amount of warm-up platforms
- Barbells, chalk, resin, etc. in relation to the number of competing Lifters
- Loudspeakers connected with the Speaker's audio system
- Real time scoreboard
- Attempt board
- Display of official timing clock
- Live video feed of activity on the competition platform
- Tables for Marshals and Doctor on Duty
- Other operational tables, as required
- Bathroom facilities (optional)

3.2 Venue – Additional Spaces

3.2.1 The following additional spaces may be provided at the competition venue as appropriate to the tier of competition:

- Anti-Doping Control Station
- Changing rooms
- Competition Management office(s)
- Technical Official's room
- First Aid / Medical room
- Weigh-in room and Test Weigh-in room

3.3 Sports Equipment

3.3.1 General Provisions

3.3.1 At all Competitions under the jurisdiction of BWL only sports equipment recognised and or licensed by BWL shall be used.

3.3.2 Platform

3.3.2.1 Two types of platforms are authorised for use by the BWL Competition and Training/Warm-up platforms. Both types of platforms must meet the authorised specifications.

3.3.2.2 Competition platform:

- Square
- Measures four metres on each side
- Measures not more than ten centimetres in height.

3.3.2.3 Training / warm-up platform:

- Measures not less than one metre and eighty centimetres in length
- Measures not less than two metres and forty centimetres in width.

3.3.3 Barbell

3.3.3.1 The barbell consists of the following parts:

- Bar
- Discs
- Collars

3.3.3.2 Bar

There are three (3) types of bar: men's, women's and technique bars. All types of bar must meet the following authorised specifications:

3.3.3.3 A men's bar weighs twenty (20) kg. A women's bar weighs fifteen (15) kg. A technique bar weighs five (5) kg. The barbell in terms of technical specification will be as per the most current IWF TCRR.

3.3.3.4 The loading of the barbell will be compliant with the IWF TCRR Regulation to 3.3.3.11. Discs weighing 2.5kg or heavier need to be loaded inside the collar on the sleeve of the barbell. Any disc lighter than 2.5kg may be loaded on the outside of the collar if they have the antifriction ring fitted, if they do not have the antifriction ring they must be loaded inside the collar.

3.3.3.5 Discs

Two types of discs are authorised for use by BWL: Competition and Training discs. Both types of discs must meet the following authorised specifications:

3.3.3.6 Competition discs: (weights in kilograms with corresponding colour)

25 kg	red
20 kg	blue
15 kg	yellow
10 kg	green
5 kg	white
2.5 kg	red
2 kg	blue
1.5kg	yellow
1 kg	green
0.5 kg	white

3.3.3.7 Training discs

» Manufactured in coloured weights as listed above

» May be manufactured in black with corresponding coloured rims

The Discs in terms of technical specification will be as per the most current IWF TCRR.

3.3.3.8 Collars

In order to secure the discs to the bar, each bar must be equipped with collars. Collars must meet the following authorised specifications:

» two (2) collars per barbell

» weight = 2.5 kg each

For Schools and Age Group Cup competitions, spring collars may be used.

For competitions, where is bar is loaded between 10 and 14 kg the bar shall be loaded with 2.5 kg full size discs with spring collars.

The collars in terms of technical specification will be as per the most current IWF TCRR.

3.3.3.9 Competition discs must be used on the competition platform.

3.3.3.10 Discs are loaded and secured by collars on the sleeve of the bar. The bar is loaded with the heaviest discs first and then the lighter discs loaded in descending order of weight toward the outer edge of the bar. Discs must be loaded so that both the on- duty Referees and Jury can identify the weight of each disc.

3.3.3.11 An adequate number of sets of men's and women's barbells and additional discs must be provided for each competition.

3.3.4 Scales

Scales must:

» Be electronic; with display and/or printout or both

» Capacity = weigh up to 200 kg

» Precision = 100 grams minimum

» Certified by local authorities within the previous 3 months of the competition from start of the Event

» 1 set for weigh in and a spare set

3.3.5 Team Official Warm-Up Pass

Warm-up passes are worn for Team Officials' identification during competition. Warm - up passes are issued to Team Officials in line with rule 6.4.3.

3.3.6 FOP Technology and Information System (FOPTIS)

The FOPTIS is a complex and integrated competition management application including the competition management software and the following hardware:

3.3.6.1 Referee Light System

3.3.6.2 The Referee Light System is the means by which Referees adjudicate the lifts.

3.3.6.3 The Referee Light System consists of one (1) control box for each of the three (3) Referees and a control box for the Timekeeper.

3.3.6.4 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.

3.3.6.5 When two (2) of the Referees have provided identical decisions, a visual and audible "Down" signal is given to the Lifter to replace the barbell on the competition platform.

3.3.6.6 Three (3) seconds after the three (3) Referees have given their decision; the "decision lights" light up, indicating the individual decision of the Referees by corresponding colours, either red or white. The decision lights remain lit for a minimum of three (3) seconds.

3.3.6.7 After the visible and audible "Down" signal and before the decision lights operate, the Referees have a three (3) second window to reverse their decision. If a Referee misses the three (3) second window he/she must raise the small flag provided to them to indicate a change in decision.

3.3.6.8 When the "Down" signal has been given and the "decision lights" are on and the Lifter does not lower the barbell, the Centre Referee must say "Down" and signal the Lifter to replace the barbell to the competition platform.

3.3.6.9 During the competition, the Jury monitors the work of the Referees. Every decision by the Referees may be identified for immediate or further action. Should the Jury want to call any of the Referees to the Jury table, they verbally call them over to the table.

3.3.6.10 Communication System

An intercom or telephone system must be provided for direct communication between the Jury, Competition Management and Chief Marshal.

3.3.6.11 Timing Clock

An electronic timing clock with countdown mode in increments of one (1) second must be used. The timing clock must be able to be set to any time up to fifteen (15) minutes.

3.3.6.12 Attempt Board

The following information must be displayed on the Attempt Board when present:

- Name
- BWL Club
- Weight to be taken
- Attempt number
- Lifter lot number
- Referees' decision, if not displayed elsewhere
- Timing clock, if not displayed elsewhere

3.3.6.13 Scoreboard

A scoreboard must be set up in a prominent place in the FOP in order to record and display the progress and results of the specific category as it happens.

3.3.6.14 The scoreboard must contain the following information for all Lifters in the group being contested

- Lifter lot number, in numerical order
- Name of each Lifter
- Age group if appropriate
- Bodyweight
- BWL Club
- Three (3) attempts in the Snatch
- Three (3) attempts in the Clean & Jerk
- Total
- Final classification

3.3.6.15 Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.3.6.16 Record Display

The records of the category contested must be displayed on the FOP. The information on the records must be available throughout the entire group and must be updated immediately when a new record is set.

3.4 Official Documents

3.4.1 Event Regulation

3.4.1.1 Three (3) months prior to the date of the BWL Event, the BWL distributes the BWL Event Regulation Calendar by way of publishing it online and distributing it via email.

3.4.2 Entry Forms

3.4.2.1 An online Entry Form includes:

- BWL Membership number
- BWL Member Club
- Lifters' name
- Lifters' date of birth
- Lifters' bodyweight category
- Entry Total
- Confirmation and date

3.4.3 Start List Package

3.4.3.1 The Start List package includes:

- Timetable, indicating the date and time of competitions, groups, TOs' assignment
- List of Technical Officials and their group allocation
- Start Lists for each group, including Lifters' lot numbers, names, date of birth, BWL club, Entry Totals

3.4.4 Weigh-In List

3.4.4.1 Issued for each group, the Weigh-in List must contain the following information for all Lifters:

- Lot number
- Name
- Date of birth
- BWL Club
- Entry Total
- Bodyweight
- First attempts in Snatch and Clean & Jerk
- Signatures of Technical Officials attending the weigh-in

3.4.5 Lifter's Card

3.4.5.1 The Lifter's Card is issued for each Lifter and is the official document to record the Lifters' declarations, attempts and Team Officials / Lifters' initials or signature as allowed by the TCRR.

Each Lifter's Card contains the following Lifter information:

- Name
- Date of birth
- BWL Club
- Bodyweight
- Bodyweight category
- Entry Total
- The weight in kilograms of the 1st attempt for each of the lifts

3.4.6 Protocol

3.4.6.1 The Protocol, either handwritten or computer generated is the official document certifying the results of each group and contains the following information of each Lifter:

- Lot number
- Name
- Date of birth
- BWL Club
- Bodyweight
- All attempts for both lifts
- Total
- Sinclair Total
- Records, if applicable
- Signatures of the on duty referees

3.4.6.2 Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.4.7 Final Results Package

3.4.7.1 The Final Results Package produced either in an electronic/digital format is distributed by way of publishing it online to all concerned parties at the end of the Event and must contain:

- Number of Lifters
- Results of Snatch, Clean & Jerk and Total in each bodyweight category; including ranking, name, date of birth, BWL club, bodyweight, attempts (with successful and unsuccessful attempts differently marked) and result
- New records; including bodyweight category, name, date of birth, BWL Club, record weight

4 LIFTERS' OUTFIT

4 LIFTERS' OUTFIT

4.1 Costume

4.1.1 Lifters must wear a weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any colour
- must not cover the elbows
- must not cover the knees

4.1.2 A unitard may be worn under the costume. The unitard must comply with the following criteria:

- may be one or two piece
- must be tight fitting
- must be collarless
- may cover elbows and knees
- may be of any colour
- no pattern or design permitted

4.1.3 A T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- must be collarless
- must not cover the elbows
- Must be tight fitting
- may be of any colour
- must not have buttons / fasteners at the front of the neck

4.1.4 Shorts or leggings may be worn under or over the costume. Shorts must comply with the following criteria:

- must be tight fitting
- Must not cover the knees
- Can be of any colour

4.1.5 A T-shirt and shorts cannot be worn instead of the costume other than at the U13 and U11 age groups when a t-shirt and shorts may be worn in compliance with rules 4.1.3 and 4.1.4.

4.1.6 Hair and any items worn on the head are considered to be part of the head.

4.1.7 Socks may be worn and may cover the knees.

4.1.8 Costumes may be decorated or marked with the Lifter's:

- Name
- Nick name
- Club name
- Club emblems
- Sponsor Logo (see 4.8.1)

4.2 Footwear

Lifters must wear appropriate sport footwear (e.g. weightlifting shoes / boots) to protect their feet and provide stability and a firm stance on the competition platform.

4.3 Belt

4.3.1 A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.

4.3.2 The maximum width of the belt is twelve (12) centimetres.

4.4 Bandages, Sticking Plasters and Tapes

4.4.1 Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene/rubber or leather.

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

4.4.1.2 Wrist bandages must not cover more area than ten (10) centimetres of the wrist area, either on skin or on the unitard.

4.4.1.3 Knee bandages can cover as much of the leg as the lifter wants.

4.4.1.4 One-piece elastic bandages, neoprene/rubberised kneecaps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire.

4.4.1.5 Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.

4.4.1.6 Bandages must not be attached to the barbell at any time.

4.4.1.7 No bandages or substitutes are allowed within five (5) cm of a line drawn between the point of the elbow and the inner crease of the elbow. Therefore, an area ten (10) cm wide must not be covered.

4.4.2 Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.

4.4.2.1 Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.

4.4.2.2 Sticking plasters must not be attached to the barbell at any time.

4.4.3 Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and/or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.

4.4.3.1 Tape worn on the fingers and thumb must not protrude in front of the fingertips.

4.4.3.2 Tape worn on both the inner and outer surface of the hands may be attached to the wrist.

4.4.3.3 Tape or substitute must not be attached to the barbell at any time.

4.4.3.4 Tape may be worn under any piece of the Lifter outfit including other bandages anywhere on the body, except the elbow(s).

4.5 Gloves and Palm Guards

4.5.1 In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g.: gymnastic palm guards, cycling gloves).

4.5.2 Gloves may cover only the first knuckle of the fingers.

4.5.3 If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

4.6 Prosthetic Limbs

4.6.1 Prosthetic limbs are permitted. Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.

4.7 Personal Electronic Devices

4.7.1 Personal electronic equipment (i.e. iPods, tablets, mobile phones, etc.) is forbidden on the competition platform / stage. Medical equipment (i.e. hearing aid or such implements) is an exception. Personal electronic equipment may be used in the warm-up area. The BWL and Organising Committee are not responsible for Lifters', Team Officials' and Technical Officials' personal property.

4.8 Manufacturer's Identifications

4.8.1 At all BWL Events the following identifications are permitted on each article of the Lifters outfit with the total maximum size of five hundred (500) square centimetres per article:

a) The identification (logo, name or a combination of both) of the manufacturer of the product and or

b) The identification of the Lifter's commercial sponsor (logo, name or a combination of both)

Distinctive manufacturer's design patterns are not considered for the application of this rule.

5 COMPETITIONS

5 COMPETITIONS

5.1 BWL Competition structure

5.1.1 The BWL competition structure operates across five tiers of competition

Tier 1 – Events designated by BWL as British and also act as BWL qualification and selection events for BWL international teams. All Home Nation Senior championships are also included in this tier.

Tier 2 – All other forms of British Championships as designated by BWL as well as any events that BWL may organise as qualification from time to time for entry and qualification into tier 1 events.

Tier 3 – Regional Championships and all other regional competitions as well as any events that BWL may organise from time to time as qualification events for entry into tier 2 and above events.

Tier 4 – Inter Club competitions not designated as formal regional competitions and events but may be used to gain entry and qualification into tier 3 events. All Masters events.

Tier 5 – Local Club events to encourage entry into the sport.

5.1.2 BWL events are Weightlifting competitions registered as "BWL events" in the United Kingdom and in the BWL calendar of events. British Weight Lifting hold the following National Weightlifting competitions:

Tier 1:

- British Senior Weightlifting Championships;
- British Junior (Under 20) & Under 23 Weightlifting Championships
- British Youth (Under 17) Weightlifting Championships
- English Weightlifting Championships

Tier 2:

- British National Age Group Weightlifting Championships
- British University and College Weightlifting Championships

The BWL Technical and Competition Rules & Regulations (TCRR) must be followed, unless otherwise specified.

5.1.3 At BWL Event Organisers must guarantee unconditional entry to all participants from all eligible BWL Member Clubs and organisations as compliant with these TCRR.

5.1.4 All BWL Events must include the two (2) individual lifts at tiers 1 to 4.

5.1.5 All BWL Events at tiers 1 to 4 shall be recognised providing the following criteria are adhered to:

(a) Competitions must be notified to BWL within the appropriate timescales.

(b) There shall be three referees adjudicating the competition.

(c) The Competition Director (and/or their representative) shall send all competition protocols to BWL with two days of the end of the competition on approved BWL Competition Protocols in order for recognition of results.

(d) Be governed by the BWL Technical and Competition Rules and Regulations

(e) Adhere to the policies and procedures outlined in the BWL Competition Organiser manual.

5.1.6 BWL will publish online via its website the event date for each BWL Competition stating when entries open and when entries close for each competition. There normally should be 4 weeks from entries opening to entries closing and 4 weeks from entry opening to the event being held.

5.1.7 BWL will publish the cost of entry to all competitions online and there is no appeal against the monetary level of the entry fee.

5.2. Acceptance of the TCRR

5.2.1 All Individuals and Clubs which participate in any relevant BWL Competition governed by these TCRR are deemed, by acceptance of the invitation, to be bound by the TCRR. A copy of the TCRR applicable to the relevant Competition, shall be made available to each of the intended participating Individuals and Clubs via the BWL website prior to that Individual or Club's entry in such relevant BWL Competition being accepted. Each Individual and/or Club, agrees to observe the BWL's Anti-Doping Rules, Safeguarding Policy, Diversity and Anti-Racism Policies, Respect Policy and any other rules and policies that may from time to time be adopted by the BWL through the BWL Board and shall ensure that each of their members, employees, officials, volunteers, spectators and similar shall observe such rules and policies and shall make it a condition of employment or engagement or of participation in any weightlifting competition that each such members, employees, officials, volunteers, spectators or similar shall observe such rules and policies.

5.2.2 All Individuals and Clubs which participate in any relevant Competition or Event under the jurisdiction of the BWL, are required to act in accordance with all applicable laws. Each Individual and Club agrees that the BWL Board shall be entitled to take any action and/or make such orders as it considers appropriate. To do otherwise would knowingly allow an Individual and /or Club to breach any applicable laws, even where such behaviour is not prohibited through a strict interpretation of these TCRR.

5.2.3 Each Individual and/or Club agrees that all lifters, coaches, officials and spectators are only allowed to take part in or attend Competitions and Events or be involved in the business of or the conduct of playing matters at any event on condition that they observe the TCRR. Each Individual and/or Club agrees to ensure that these TCRR are enforced and observed by lifters, officials and spectators.

5.2.4 The anti-doping rules of the British Weight Lifting are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Weight Lifting.

5.2.5 Where a Lifter or other Person commits an anti-doping rule violation, the BWL may, in its discretion and subject to the principle of proportionality, recover from the Lifter or other Person costs associated with the anti-doping rule violation, regardless of the period of ineligibility imposed. The imposition of a financial sanction shall not be considered a basis for reducing the ineligibility or other sanction which would otherwise be applicable under this Anti-Doping Policy or the Code.

5.2.6 Where a BWL Competition or Event is to be used as an official ranking event for Commonwealth Games qualification the BWL TCRR will be applied in such a way to ensure the competition and/or event is also fully compliant with the requirements of the IWF TCRR.

5.3 Eligibility of persons to enter BWL Competitions

5.3.1 A person must have been domiciled in the United Kingdom for one year prior to the date of the final entry of the competition and on the day of the competition.

5.3.2 A person must be a current member of BWL and/or a recognised Home Nation Weightlifting Association. Lifters shall hold a valid BWL membership on the date of qualification, final entry date to the competition, and the day of the competition.

5.3.3 Lifters shall not be in formal dispute with BWL and/or recognised bodies or partners.

5.3.4 For competitions with an extensive number of entrants (above 12 per weight category), BWL reserves the right to invite the top 12 per weight category to compete in the Championships based on the BWL national rankings. If there remains places available after this process, BWL will invite the next individual(s) on the rankings. This process will be repeated until the category is full to the level which BWL believes is in the best interest of the overall competition.

5.4 Eligibility of guests to enter BWL Competitions

5.4.1 Guests may enter any BWL competition provided they comply with criteria listed in 5.4.2 and are granted written permission to do so by the BWL Competition Manager. They may not win the competition.

5.4.2 A person may be invited to enter as a guest under the following conditions:

- Letter of permission from the Lifters National Federation
- Hold a full BWL membership
- No UK domiciled Lifter will lose a place in the competition
- Provide evidence of achieving BWL National Qualifying Totals
- Approval from the BWL Performance Advisory Group

5.5 General eligibility of persons for entry to individual BWL championships

5.5.1 BWL Life Members must pay the Continuing Life Membership Fee.

5.5.2 Lifters must comply with the BWL Anti-Doping Controls and Procedures. This includes that any fines that may be imposed by UKAD are the responsibility of the individual to pay not BWL.

5.5.3 A Lifter who has given notice of retirement to the BWL (and / or UKAD) may not resume competing unless they notify BWL at least six months before they expect to return to competition and makes themselves available for unannounced Out of Competition Testing at any time during the period before actual return to competition.

5.5.4 Proof of age for Lifters is from a valid UK passport, full or provisional UK driving license, UK birth certificate or a valid government document from a foreign state nation government e.g. passport, birth certificate

5.5.5 The British Weight Lifting Board reserve the total right at their discretion in the best interests of the competition to allow Lifters into an individual competition.

5.5.6 Substitution of Lifters will not be accepted.

5.5.7 British Senior Championships

5.5.7.1 The qualification total must be achieved at a BWL and/or Home Nation recognised competition in tiers one to three of the BWL competition structure within the previous twelve (12) months prior to the British Senior Championships.

5.5.8 English Championships

5.5.8.1 To enter and win a BWL English Championship at tiers one and two of the BWL competition structure a person must; have the legal right to be domiciled in the UK as well as have been domiciled in England, and in membership of BWL, for a minimum of 12 months prior to the competition entry date and the day of the competition.

5.5.8.2 Lifters who do not comply with the above rule may at the discretion of BWL enter the competition as a guest providing no English Lifter loses their place because of the inclusion of the guest. The Guest lifter cannot record an official placing in an English Championship. Guest Lifters will not be included in the final classification of lifters.

5.5.9 British Age Groups Championships

5.5.9.1 The rules relating to how under 11 and under 13 age groups are scored at the National Age Groups are published separately to these rules.

5.5.10 University and College Championships

5.5.10.1 For a student to be eligible to participate in the BWL University and College Championships and competitions, they shall:

5.5.10.2 Be a registered student at an Institution (aged 16 or over in the case of FE) that is a currently entitled to participate in British University and Colleges or Association of College Sport competitions.

5.5.10.3 Be registered on a credit rated course (that is a course that is registered under CATS (Credit Accumulation and Transfer Scheme)). e.g. MSc, Degree or HND;

5.5.10.4 Be undertaking a study programme equivalent to at least 60 credits per year, or in the case of a postgraduate student be undertaking a study programme of no less than 50% of the full time student programme. HE institutions that have FE students registered with them and undertaking a minimum of 225 Guided Learning Hours are eligible to compete in BWL competitions.

5.5.10.5 Allowing ineligible participants to represent an institution will result in appropriate disciplinary action to either the lifter and/or insitution.

5.5.10.6 No student may compete for more than one institution of Higher or Further Education in any one academic year.

5.5.10.7 Special Cases for Participation

The following persons are classified as eligible to participate or to represent their university in BWL University and College Championships and Competitions:

5.5.10.7.1 A sabbatical officer of either a Students' Union or an Athletic Union who has paid the appropriate Union or Athletic Union subscription.

5.5.10.7.2 A student satisfactorily finishing his/her course of study between December and March or later until the end of the academic year provided their Union or Athletic Union subscription has been paid and his/her institution still classifies them as a registered student.

5.5.10.7.3 A student embarking on a Sandwich Course and/or Year Abroad course provided all of the following the duration of the course in industry is less than one year.

5.5.11 Eligibility of a lifter to compete for a club

5.5.11.1 A lifter can compete for any BWL member club they wish to providing that they are registered as member of that BWL member club at the point of entry to the competition, the closing date of the competition and on the day of the competition providing they owe no money and/or are not in formal dispute with any other BWL member club.

5.5.12 Entry to Multiple Age Groups

5.5.12.1 A lifter may enter multiple age groups in a competition providing they are by eligible by age to do so and have met the qualification standards for that competition. The lifter will pay a separate entry fee per age category as per the stated entry fees.

5.5.12.2 If a lifter wishes to enter more than one group they must first enter and compete in the lowest age they are eligible for and then other appropriate age groups.

5.6 Qualification procedures to entry

5.6.1 Lifters must equal or better the National Qualification Totals (NQTs) at any designated qualification competition within the previous twelve (12) months of the competition. NQTs must be achieved before the end of the entry period for a competition.

5.6.2 The National Qualification Totals for 2017 are as listed below:

CLASS/ EVENT	BRITISH SENIOR	ENGLISH SENIOR	BRITISH 23 & UNDER	BRITISH 20 & UNDER	BRITISH 17 & UNDER	BRITISH 15 & UNDER	BRITISH 13 & UNDER	BRITISH 11 & UNDER	BRITISH UNIVERSITY & COLLEGE
M40	-	-	-	-	-	-	-	*	-
M45	-	-	-	-	-	-	*	*	-
M50	-	-	-	-	90	60	*	*	-
M56	192	176	152	140	100	70	*	*	125
M62	212	194	168	155	112	77	*	*	140
M69	235	215	187	172	125	87	*	*	155
M77	254	233	207	190	137	97	*	*	175
M77+	-	-	-	-	-	-	-	*	-
M85	267	245	225	207	155	107	*	-	190
M85+	-	-	-	-	-	-	*	-	-
M94	276	253	240	225	172	120	-	-	200
M94+	-	-	-	-	190	132	-	-	-
M105	289	264	252	230	-	-	-	-	210
M105+	303	277	260	240	-	-	-	-	220
W35	-	-	-	-	-	-	-	*	-
W40	-	-	-	-	-	-	*	*	-
W44	-	-	-	-	70	45	*	*	-
W48	115	95	90	85	75	50	*	*	75
W53	127	105	97	90	80	55	*	*	80
W58	139	115	105	95	85	60	*	*	85
W58+	-	-	-	-	-	-	-	*	-
W63	147	122	110	100	90	65	*	-	90
W63+	-	-	-	-	-	-	*	-	-
W69	152	126	115	105	95	72	-	-	95
W75	157	130	122	110	100	79	-	-	100
W75+	-	-	-	-	100	79	-	-	-
W90	170	140	130	117	-	-	-	-	105
W90kg+	170	140	130	117	-	-	-	-	105

5.6.3 Each Competition at Tiers 1, 2 and 3 will have an explicit qualification process for that competition e.g. qualification to a Tier 1 event can only be undertaken through achieving qualification totals at designated Tier 2 and 3 competitions.

5.6.4 For the new 90, 90+ female classes the qualifying standards will both remain as the current 75+ standard for 2017.

5.7 Appeals

5.7.1 The decision of Technical Officials regarding a successful or unsuccessful lift is final at all BWL sanctioned competitions.

5.7.2 Any appeals regarding the overall organization of the competition and/or event must follow the BWL Complaints Procedure.

6 PROCEEDINGS OF A BWL EVENT

6 PROCEEDINGS OF A BWL EVENT

6.1 Pre-Competition Procedures – Entries

6.1.1 All entries with all relevant criteria being met must be submitted electronically through the BWL website. Paper entries are not accepted. No unconfirmed, incomplete and/or incorrect Entry Forms shall be accepted.

6.1.2 Lifters may move to a higher bodyweight category than that which they qualified for providing that they have achieved the National Qualification Total of the higher category in an appropriate competition. This is entirely at the discretion of BWL and may only change from the point of entry to seven days prior to the commencement of the event.

6.1.3 Lifters may move down a bodyweight category providing they inform BWL no later than seven (7) days prior to the start of the event. This is entirely at the discretion of BWL.

6.1.4 Lifters aged seventeen (17) or under may move one bodyweight category higher without achieving the NQT for the higher category. This must be done by informing BWL no later than seven (7) days prior to the start of the event. This is entirely at the discretion of BWL. This rule only applies in age group competitions at Youth (U17) and below.

6.1.5 No changes will be made to the competition entry after final verification six (6) days prior to the start of the event.

6.1.6 Lifters not listed on the final Start List published on the BWL website six (6) days prior to the date of the competition cannot take part in the Event.

6.2 Withdrawals

6.2.1 If a Lifter is unable to compete for any reason after entering a competition they will notify the BWL immediately of their intention to withdraw. BWL does not offer refunds for competition entries.

6.2.2 Withdrawals from competition will be accepted up to and including the end of the allocated Weigh-In period for the respective bodyweight category. Lifters who fail to notify the BWL of their intention to withdraw before the end of their respective Weigh-In are liable to a ten pound (£10) administration charge. Failure to pay the administration charge within 10 working days will result in suspension of BWL membership until the fee is settled.

6.2.3 Administration charges for 'no show' Lifters may be waived if a Doctor's note can be provided to verify the Lifter was unable to compete within fourteen (14) days of the end of the event.

6.3 Drawing of Lots

6.3.1 On completion of the Start List, a randomly generated lot number is drawn for each verified Lifter. The Lifters retain the lot number throughout the Event. The lot number defines the order of the weigh-in and the order of lifting during the course of the competition in the Lifter's relevant group.

6.3.2 Bodyweight categories may be divided or combined into groups by the Competition Director in accordance with the Entry Totals. A maximum of sixteen (16) Lifters shall be allocated to a group.

6.3.3 If two (2) or more Lifters have the same Entry Total, Lifters may be allocated into different groups according to their lot number (e.g. Lifter with the lower lot number goes to Group A; Lifter with the higher lot number to Group B).

6.3.4 When a body weight category is divided into multiple groups, each group will be allocated a letter to recognise the group, starting with the letter 'A'. The 'A' group being the group with the highest aggregate entry total. The groups will then compete in reverse alphabetical order; i.e. Group 'C' 1st, Group 'B' 2nd and Group 'A' 3rd.

6.4 Weigh-In

6.4.1 All lifters must present proof of their identity and their BWL and/or Home Nation current membership at the Weigh in to verify their valid member status. All lifters in the Under 11, Under 13, Under 15, Under 17, Under 20 and Under 23 must provide proof of age at the Weigh In. Acceptable proof of age documents are Passport, birth certificate, driving license. Any lifter wishing to attempt to set a national age group record must provide proof of age during weigh in.

6.4.2 The Weigh-In of each competition will begin two (2) hours before the start of the first group. Weigh-In lasts for one (1) hour.

6.4.3 As soon as the Lifter has weighed within the officially entered body weight category, accompanying Team Officials must be provided with Warm-up Passes for access to the warm-up area as per the following chart per group:

- One (1) Lifter – two (2) passes
- Two (2) Lifters – three (3) passes
- Any additional lifter– one (1) pass per lifter

All Team Officials must hold the BWL Coach License.

6.4.4 The Weigh-in is conducted in a room equipped with the following items:

- The official scale; situated in a privately screened area
- Start List, posted at the entrance of the weigh-in room
- Weigh-in List
- Lifter's Cards
- Team Officials warm-up passes
- Stationary kit/supplies
- Sufficient amount of table & chairs for the Weigh-In officials
- Container to store Lifter membership book / card for anti-doping control.

6.4.5 The Weigh-in Secretariat will consists of on-duty Referees. Each Lifter for all groups must be weighed in the presence of two Referees. Both of the Referees must be the same gender as the Lifter.

6.4.6 Upon entry to any BWL event all lifters agree to comply with the BWL Anti- doping policy.

6.4.7 Lifters must provide proof of identity by presenting their passport or identity card (with photograph) to the Weigh-In Secretariat. Eamples of identification are: passport, driving license.

6.4.8 Both Referees verify the Lifter's bodyweight and provide it to the Competition Director by way of a handwritten note or electronic print-out. The Weigh-in Secretariat records the Lifter's bodyweight and start weights on the protocol sheet and the Lifter's Card.

6.4.9 One authorised Team Official may accompany the Lifter during weigh-in. If the Team Official is not of the same gender as the Lifter they must stay outside the area where the official scale is situated.

6.4.10 The Lifter's bodyweight must be manually recorded exactly as handwritten or as stated on the electronic print-out, if available.

6.4.11 The Lifters are called one at a time into the Weigh-In room, according to the progression of the Lifter's lot number. Lifters not present when their name is called will be weighed at the end of the weigh-in sequence.

6.4.12 When multiple bodyweight classes are combined into one group, the lighter bodyweight class lifters will weigh in first, followed by the heavier class.

6.4.13 Lifters may be weighed in either completely undressed, partially dressed or fully dressed in lifting costume. Footwear is not permitted.

6.4.14 The Weigh-In Officials are suitably screened from the actual Weigh-In process.

6.4.15 Lifters are entitled to wear jewellery, hair adornments and religious head gear during weigh-in. Lifters must not wear watches during weigh-in.

6.4.16 The Weigh-In room must be presented in and provided with proper hygienic conditions. Disinfectant / antiseptic cleanser and cloths should be made available to wipe the scale, if desired/required.

6.4.17 A Lifter who is within the weight of the bodyweight category in which they officially entered is weighed only once. A Lifter who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary in order to make the bodyweight category. The returning Lifter does not have to follow the sequence of weigh-in order.

6.4.18 Those Lifters who were originally entered on the Start List but are unable to make the weigh in times may at the discretion of the Competition Director may be allowed to compete provided they informed the Competition Director prior to the commencement of the Weigh-In as to their reasons for non-attendance.

6.4.19 Those Lifters attending the Weigh-In and fail to achieve the stated body weight category as per their entry form may at the discretion of the Competition Director be entered into another body weight category at the same competition.

6.4.20 During the Weigh-In, the Lifter's Coach or Lifter must sign the Lifter's Card to confirm the Lifters' registered bodyweight; and to declare the starting attempts in both the Snatch and Clean & Jerk, with reference to the 20 kg rule. Any subsequent changes to the declared starting attempts are considered part of the two (2) allocated weight changes.

6.4.21 The Protocol is made available to all concerned parties, as soon as possible upon the completion of the Weigh-In.

6.5 Introduction

6.5.1 Ten (10) minutes before the start of the competition of each bodyweight category or group, the following presentations will be made:

The competitors of the category or group are presented in the order of the lots drawn.

The Technical Officials of the competition are then presented in the following order:

- Centre Referee
- Side Referees
- Chief Marshall
- Time Keeper
- Technical Controller(s)
- Doctor(s) on Duty
- Jury (introduced whilst in their seats)

Should any competitor not be present for the formal introduction, they will be requested to explain their absence to the Competition Director who will determine the appropriate warning or further action.

6.6 Course of the Competition

6.6.1 The barbell is loaded in progression. The Lifter requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started, the weight cannot be reduced. The Lifter or Team Official must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. This is the sole responsibility of the Lifter/Team Official.

6.6.2 Decision making process for attempts with loading errors

If the barbell is loaded to a lighter weight than the one requested by the Lifter, the Lifter may, if he/she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg, or refuse it. If he/she refuses the attempt, the Lifter is granted an additional attempt with the weight originally requested.

If the barbell is loaded to a heavier weight than the one requested by the Lifter, the Lifter may, if he/she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1kg. If the attempt is not successful or if the barbell is not a multiple of 1 kg, the Lifter is automatically granted an additional attempt with the weight originally requested.

6.6.3 The weight of the barbell must always be a multiple of one (1) kg.

6.6.4 The automatic progression after any successful attempt for the same Lifter must be a minimum of one (1) kilogram. If the lift is unsuccessful the weight on the barbell automatically remains the same.

6.6.5 The minimum weights that can be lifted at BWL Events are:

Men = twenty-six (26) kg (20kg bar, 2.5kg collars, and two 0.5kg discs)

Women = twenty- one (21) kg (15kg bar, 2.5kg collars and two 0.5 kg discs)

U13 and below = ten (10) kg (5 kg bar, spring collars and two 2.5 kg full size discs)

6.6.6 The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk cannot be less than twenty (20) kg below the verified entry total for Women and twenty (20) kg below the verified entry total for Men. The Competition Director will exclude the Lifter from the competition if this rule is not adhered to. The above rule is commonly referred to as the "20 Kilo Rule" and will be applied as stated in the most current IWF rules.

6.6.7 Calling Order

The following four (4) factors listed in priority must be considered when calling the Lifters:

1. The weight of the barbell (lightest weight first)
2. The number of the attempt (lowest number first)
3. The sequence/order of the previous attempt(s) (the Lifter who lifted earliest is first)
4. The lot number of the Lifter (lowest first)

6.6.8 One (1) minute (60 seconds) is allocated to each Lifter between the calling of their name and the beginning of the attempt. After thirty (30) seconds, a warning signal sounds.

When a Lifter attempts two (2) lifts in succession, they are allowed two (2) minutes (120 seconds) for the succeeding attempt. (For exception see 6.6.9)

Thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the Lifter has not raised the barbell from the competition platform to make the attempt, this attempt is declared "No lift" by the three (3) Referees.

The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last. The clock is stopped the moment the bar leaves the platform at the start of the attempt.

6.6.9 If lifter A makes a change of weight before the first 30 seconds or the buzzer has sounded, the clock must not be altered until lifter B has been called and the bar loaded, this is because lifter B may then move their weight and the calling order will go back to lifter A, if however, the clock has started for lifter B and then makes a weight change the calling order goes back to lifter A and the clock is set to 1 minute.

6.6.10 The weight announced by the Speaker must be immediately displayed on the Attempt Board.

6.6.11 When a Lifter wishes to increase or decrease the weight originally selected, the Team Official / Lifter must notify the Chief Marshal by signing the Lifter's Card. In order to increase the weight the Team Official / Lifter must sign the Lifter's Card before the final call (except TCRR 6.6.13). In order to decrease the weight, the clock must not have started for the Lifter.

6.6.12 If a lifter wishes to lower the weight of their attempt they can only do it if a lifter with a higher lot number has not already attempted that weight.

6.6.13 Before the first attempt and between two attempts the Team Official / Lifter must notify and sign the next attempt on the Lifter's Card; both for declaration and automatic increment. This signature enables two (2) changes.

If the Team Official / Lifter fail to do so before the final call (30 seconds), the Lifter will be called according to the automatic progression.

When a Lifter is taking consecutive attempts (2 minutes allocated time), the Team Official / Lifter must declare the next attempt within the first thirty (30) seconds after being called, even if it is the automatic increment.

Failure to do so will forfeit the two (2) changes allowed. The Lifter will then have to take the automatic increment.

6.6.14 When the Team Official / Lifter asks for a change of weight and still has to take the heavier weight next, the clock is stopped while the weight is changed. After the change of weight has been completed, the clock continues to run. When the Team Official / Lifter asks for a change of weight and, in doing so, follows another Lifter, the normal one (1) minute (60 seconds) applies for the next attempt.

6.6.15 The Team Official / Lifter must sign the Lifter's Card if they wish to withdraw from lifting either during the Snatch or the Clean & Jerk portions of the competition, or both. It must be noted and signed on the Lifter's Card that they are withdrawing from the respective lift.

Once the Lifter's Card has been signed the withdrawal is official and the Lifter cannot re-enter the competition in that respective lift. The Speaker then announces the withdrawal.

6.6.16 During competition only on-duty Technical Officials, authorised personnel, authorised Team Officials (See TCRR 6.4) and Lifters of the specific group are allowed in the FOP. The clock must be stopped if any individual other than the lifter goes onto the platform.

6.6.17 Only two (2) Team Officials are permitted to stand at the designated area / entrance of the competition platform / stage.

6.6.18 Visually impaired lifters may be accompanied onto the platform by a coach/guide to assist in the starting position. They must then leave the platform (not the stage) before the lifter starts the lift.

6.7 Break

6.7.1 There is no break between the Snatch and the Clean & Jerk; unless there are six or less competitors, in which case the Competition Director may insert a break in time between the two lifts at their discretion.

6.7.2 There is a ten (10) minute break between each of group of competitors in line with the Introduction.

6.7.3 The Competition Director may shorten or lengthen the break. An appropriate announcement to all relevant parties (Lifters, Team Officials, Technical Officials, sport production, broadcast, spectators, etc.) must be made.

6.8 Classification of Lifters and Clubs

6.8.1 Lifter Classification

The title of Champion is awarded for the total of the individual lifts in the Snatch and the Clean & Jerk (the aggregate of the best Snatch and the best Clean & Jerk results). The Lifters who win first, second and third place in the total at all BWL events are awarded gold, silver and bronze medals, respectively.

6.8.2 Factors to decide the classification of athletes in Snatch and Clean & Jerk:

1. best result – highest first; if identical, then:
2. the lifter who makes the weight first in competition wins

Factors to decide the classification of athletes in Total:

1. best result – highest first; if identical, then:
2. the lifter who makes the weight first in competition wins

The sequence / order of the competition applies when a bodyweight category is divided into multiple groups.

6.8.3 Team Classification

The Top Club competition will be held at the following BWL competitions:

1. British Weightlifting Championships
2. British Junior & U23 Weightlifting Championships
3. British Age Group Weightlifting Championships
4. English Weightlifting Championships

6.8.4 Definitions

1. Club: A weightlifting club registered with BWL via BARS holding a current membership.
2. BARS: British Weight Liftings Administration and Results Service.

6.8.5 General

1. In order to be eligible for ranking in the Top Club competition a club must have at least one male and one female lifter achieve a total in the competition.
2. At the end of competition, the top three clubs will be announced.
3. When a lifter enters a competition, the club they represent is automatically entered into the club competition providing rule 2.1 is met.
4. The winner of the Top Club will hold the title until the next edition of the competition is held.

6.8.6 Club representation

1. There is no limit on the number of Lifters that can represent a club in a competition.
2. Lifters can move from one club to another and score points for that club up to 7 days before the competition.
3. Unattached Lifters cannot be a member of any club unless the join a club before the closing date of the competition and have updated their BARS membership profile.
4. A Lifter can change from club to unattached up until the end of weigh in for their bodyweight category.

6.8.7 Scoring

1. Only the top two ranked lifters per club can score points in a bodyweight class.
2. Points will be awarded to the top 10 places in each bodyweight category as follows:

   1st place 10 points
   2nd place 9 points
   3rd place 8 points
   4th place 7 points
   5th place 6 points
   6th place 5 points
   7th place 4 points
   8th place 3 points
   9th place 2 points
   10th place 1 point

3. The club with most total points from the competition is the winner.
4. In the event of two or more clubs finishing the competition with same number of points the following factors will determine the winner:

   - The club who scored their points with the fewest number of Lifters.
   - The club with greatest number of placings.
   - The club with the highest Sinclair score when their top male and female Lifters' Sinclair scores are combined.

6.9 Victory Ceremony

6.9.1 At all BWL Events, at the conclusion of each bodyweight category, a Victory Ceremony is presented.

6.9.2 A podium with places for the three (3) medal winners is placed on the competition platform. The medal winners line up behind the podium.

6.9.3 The Speaker introduces the official(s) presenting the medals. Medals are only presented for the total.

6.9.4 Starting with the bronze medal, the Speaker announces alternately the name, the club and the result of the medal winners in the total. The Lifters mount the podium to receive their medal when they are called. The medal ceremony is continued with the silver medal and the gold medal.

6.9.5 During the Victory Ceremony, medal winners cannot carry or use electronic devices onto the podium and cannot be accompanied by any other persons.

6.9.6 Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

7 TECHNICAL OFFICIALS

7 TECHNICAL OFFICIALS

7.1 Definition

A Technical Official is defined as any person who controls the play of a competition by applying the rules and regulations of the sport to make judgments on rule infringement, performance, time or ranking. A Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity.

7.2 General Provisions

7.2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each BWL event. Only BWL recognised TOs may work at BWL events must not be involved in coaching or assisting any lifters during groups that they are assigned to officiate.

7.2.2 At BWL events the following Technical Officials must serve:

- Jury
- Competition Director
- Referees
- Technical Controllers
- Chief Marshal(s)
- Timekeeper(s)
- Competition Director
- Speaker(s)
- Doctor(s) on Duty

7.2.3 Technical Officials must wear the official BWL Technical Official uniform:

- dark blue jacket
- white shirt
- IWF, EWF, tie / scarf
- Grey trousers / skirt
- black shoes
- Other BWL garments as specified from time to time

In hot weather or venues and subject to the authorisation of the Competition Director, the jacket and/or tie / scarf may be removed. Jackets, ties / scarves must always be worn for introduction and Victory Ceremony, unless otherwise stated by the BWL.

7.2.4 Prior to the Technical Officials' meeting, the appointed Technical Officials are assigned to positions and groups.

7.2.5 Prior to the start of the Event, a Technical Officials' meeting shall be held. Participation in the meeting is obligatory for the appointed Technical Officials.

7.2.6 Whenever possible, members in each group of Technical Officials must include women.

7.2.7 Technical Officials must be present at their respective assigned positions / working locations at the latest fifteen (15) minutes prior to their duty.

7.2.8 The Integrity and standard of competitions will be reinforced by designated standards of officiating for each tier of the Competition structure.

Tier 1 – All Technical Officials are BWL Technical Official Category 1 or above

Tier 2 – The Centre Referee must be BWL Technical Official Category 1 or above, other Technical Officials can be BWL Technical Official Category 2.

Tier 3 and below – All Technical Officials must be BWL Technical Official Category 2 or above.

7.3 Promotion of Technical Officials

7.3.1 The BWL issues and registers Technical Official Cards, Certificates of Duty and licences.

7.4 Technical Officials at BWL Events

7.4.1 May only be a licensed BWL Technical Official

7.5 Jury

7.5.1 The Jury has the control on the FOP to ensure that the TCRR are being correctly followed and applied.

7.5.2 All Jury members must be BWL Technical Official Category 1.

7.5.3 At BWL Events where a Jury is present it is composed of three (3) or five (5) members each, one of which is the President. Up to two (2) reserve Jury members may also be appointed.

7.5.4 Throughout the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Technical Official whose decisions prove them to be incompetent.

7.5.6 The impartiality of all Technical Officials is not to be doubted. Errors in officiating may occur involuntarily and in such situations, the Technical Official is allowed to explain their decision to the Jury, if desired or requested.

7.5.7 The Jury has the power to reverse a decision when the Referee's decision has been judged by a majority of the Jury to be technically incorrect. In order to consider the reversal of a decision, the Jury must call the referees in question to seek an explanation. If the explanation is accepted by a majority of the Jury, no action is taken. If the Jury unanimously rejects the decision it is overturned. If the Jury does not unanimously reject the decision, it stands as made by the Referees.

Such decisions and the reasons must be communicated to the Lifter/Team Official concerned via a Technical Official as directed by the President of the Jury, and announced by the Speaker.

In events where a three (3) person Jury is appointed, unless unanimity is reached in the first instance the Jury cannot take any action.

7.5.8 In order to apply the above rule, the Jury members have to give their decision on each lift using the Referee Check form. Jury members adjudicate the lift once the lifter has replaced the barbell on the competition platform. (See TCRR 3.3.6)

Jury members must not influence or attempt to influence the decision of the other Jury members.

7.5.9 The Jury is not a Jury of appeal; there is no appeal against the Jury's decision.

The Jury has the power to recommend sanctions against a Lifter/Team Official for displaying misconduct within the Field of Play. The Competition Director is responsible for determining and executing sanctions.

7.5.10 Throughout the course of the competition, the Jury must monitor and enforce TCRR 6.6.6. (the 15/20kg rule)

7.5.11 If a lift is failed because the barbell is not equally loaded, or the platform is damaged or the barbell becomes disarranged during the lift; or there is an incursion or any other external interference, the Jury must grant an additional attempt for the affected lifter.

7.5.12 If there has been an error in loading the barbell or if the Speaker makes a serious error during the announcement of a lifter's name or the calling of the weight the Jury must grant another attempt.

7.5.13 Competition Director controls and signs all Technical Officials' Cards.

7.5.14 At all BWL Events, the Competition Director shall appoint an individual to complete a manual Protocol as a back-up document.

7.5.15 The Competition Director verifies and signs the final competition Protocol.

7.6 Competition Director

7.6.1 The Competition Director is in control of the progress of the competition and attends to their task in close cooperation with the Jury and the Technical Delegate (if appointed),

The duties of the Competition Director are as follows:

7.6.2 Assigns Technical Officials into groups / assignments.

7.6.3 Verifies the lists of the Lifters and divide them into groups, if necessary, according to the verified Entry Totals.

7.6.4 Supervises the Drawing of Lots.

7.6.5 Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System and the issue of all BWL official competition documents.

7.6.6 Supervises the registration of new records set throughout the Event.

7.6.7 Monitors and enforces TCRR 6.6.6.

7.6.8 Verifies and signs the final competition Protocol.

7.7 Referees

7.7.1 The main task of the Referees is adjudicating the lifts performed by the Lifters.

7.7.2 At all BWL Events three (3) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee, two (2) Side Referees and one (1) Reserve Referee. Referees within one group must serve in rotating positions. Each group of Referees should where possible have a minimum of two (2) women.

7.7.3 Before the competition Referees must ascertain under the guidance of the Competition Director and in collaboration with the Technical Controller(s):

- that the necessary Sport Equipment is in order
- that all Lifters weigh in within the bodyweight limits of their verified bodyweight category during the allocated time

7.7.4 During the competition, the Referees ensure:

- that the weight of the barbell corresponds with the weight announced by the Speaker
- that no one but the Lifter handles the barbell during the execution of the lift
- that only the Lifter or the loaders move the barbell to a new position on the competition platform. It is forbidden for a Team Official to move, adjust or clean the barbell.
- if the Lifter, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. If the Referee(s) move positions, the Referee(s) must take the small red / white flags with them in order to give their decision upon the completion of the lift.
- that TCRR 6.6.6 is enforced.

7.7.5 The three (3) Referees have equal rights on adjudicating a lift. They do so by means of the Referee Light System, in accordance with the procedures noted in TCRR 3.3.6. Referees must be certain to allow the lifter every chance to complete the lift. Once the Referee is certain that the lifter has completed the lift; they indicate the decision by giving the appropriate signal.

7.7.6 As soon as the Referee has adjudicated a lift "Good lift", they immediately presses the white button on the control box.

7.7.7 As soon as the Referee has adjudicated a lift "No lift", they immediately press the red button on the control box. Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.

7.7.8 A lift is a "Good lift" with two (2) or three (3) white lights; a lift is "No lift" with two (2) or three (3) red lights.

7.7.9 There is no appeal against the Referees' decision.

7.7.10 When no referee light system is in place the centre referee will give the 'down' signal at the end of a completed lift. The 'down' signal must be audible and visible i.e. the centre referee must say 'down' and at the same time motion downwards with the arm.

7.7.11 When no referee light system is in place, after the 'down' signal the referees will show their decision using either red and white paddles or flags for a 'no lift' and 'good lift' respectively. If coloured paddles or flags are not available referees will show their decision by showing a 'thumbs-down' or 'thumbs-up' for a 'no lift' or 'good lift' respectively.

7.7.12 When no referee light system is in place if any of the referees sees an error during the execution of a lift they raise an arm to call attention to the fault. If one other referee also sees a fault and raises their arm this constitutes a majority decision and the centre referee must give the 'down' signal to end the lift.

7.8 Technical Controller

7.8.1 Technical Controllers are required to assist the Competition Director and the President of the Jury in the supervision of the running of the competition.

7.8.2 At BWL Events a maximum of two (2) Technical Controllers are appointed per group.

The duties of the Technical Controller(s) are as follows:

7.8.3 Ensures that the FOP and the Sport Equipment are compliant with BWL TCRR.

7.8.4 Ensures that all on-duty Technical Officials wear the correct uniform and reports to the Competition Director any non-compliant Technical Officials.

7.8.5 Before the start of competition, inspects the lifter outfits and enforces relevant BWL TCRR, when necessary. When a correction must be made to the lifter's outfit or a lubricant must be removed and the Lifter has already been called, the relevant rules must be applied.

7.8.6 During the course of the competition ensures that only the authorised Team Officials accompany the Lifters on the FOP.

7.8.7 Ensures the correct Lifter according to the Speaker's announcement goes on to the competition platform / stage even during the loading of the barbell.

7.8.8 Controls the cleaning of the bar and the competition platform in conjunction with the Loaders and Decontamination Attendants.

7.8.9 If requested, assists Anti-Doping personnel as directed.

7.8.10 Monitors and enforces TCRR 6.6.6.

7.9 Chief Marshal

7.9.1 The Chief Marshal's main duty is to accept or decline any modifications made by Team Officials / lifters on declarations or attempts on the Lifters Cards, in accordance with all relevant TCRR.

7.9.2 The Chief Marshal communicates relevant information regarding the accepted declaration or attempts to the Competition Management table by means of a direct telephone or intercom system.

7.9.3 Assistant Marshals are also appointed, as required.

7.9.4 Monitors and enforces TCRR 6.6.6.

7.10 Timekeeper

7.10.1 At all BWL events there must be a Timekeeper who is qualified to BWL Technical Official Category 2.

7.10.2 Timekeepers operate the timing clock in accordance with all relevant BWL TCRR.

7.10.3 At the beginning of each attempt, Timekeepers set and start the timing clock at one (1) minute (60 seconds) or two (2) minutes (120 seconds), in accordance with the relevant TCRR 6.6. The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

7.10.4 The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.

7.10.5 The Timekeeper restarts the timing clock if the barbell does not reach the height of the lifters' knees and returns to the competition platform.

7.10.6 In order to perform their duties properly, the Timekeeper works in close cooperation with both the Speaker and the Competition Director.

7.11 Speaker

7.11.1 The duty of the Speaker is to make the appropriate announcements for the efficient running of the competition, for each attempt, including but not limited to:

- instructions to the Loaders to load the required weight
- the name of the Lifter
- the Lifter's respective Member Club
- the number of the Lifter's attempt
- notification in advance of the name of the next Lifter
- the Referees' decision of "Good Lift" or "No Lift"

7.11.2 If required, a Speaker's Assistant may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.

7.11.3 The Speaker announces the Introduction of Lifters and Technical Officials, as well as makes the all required announcements regarding the course of the competition.

7.11.4 The Speaker, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.

7.11.5 The Speaker conducts the Victory Ceremony.

7.11.6 The Speaker must be a BWL Technical Official Category 2 or above.

7.12 Doctor on Duty

7.12.1 At BWL Events Doctors on Duty must be medically qualified clinical doctors with current valid registration and professional insurance.

7.12.2 Doctors on Duty must be present at the venue from the start of the competition until the end of the competition.

7.12.3 Doctors on Duty must be familiar with and use the local / venue medical facilities and, if requested, assist in anti-doping control procedures.

7.12.4 Doctors on Duty must be ready to render medical care in case of injury or illness.

7.12.5 Doctors on Duty must cooperate with team doctors and advise Team Officials and the Lifters on the possibility of continuing competition after an injury.

7.12.6 Appointed BWL Doctors on Duty are responsible within the FOP; their responsibility ends outside the FOP.

7.12.7 In case of an accident or injury, the Doctor(s) on Duty has to assess the situation and decide if further treatment is necessary either by local medical authorities or by the team doctor. If no team doctor is available, it is up to the Doctor(s) on Duty to provide assistance or to transfer treatment to the local authorities.

7.13 Loaders / Decontamination Attendants

7.13.1 Loaders are sport specific volunteers / staff who manage the loading of the barbell under the direction of the Speaker and Technical Controller.

The duties of the Loaders are as follows:

- Load the barbell in accordance with TCRR and as directed by the Speaker
- Check the bar after each attempt for blood; advise the Technical Controller and Decontamination Attendants immediately for cleaning
- Manage or act as a privacy barrier for injured athletes; assist the Doctor(s) on Duty, if requested
- Clean the bar and the competition platform /stage as required and/or as directed by the Technical Controller during and after competition
- Prepare the medal podium for the Victory Ceremony at the conclusion of the competition
- Unload the barbell and return the discs to the weight racks

7.13.2 Decontamination Attendants are sport specific volunteers / staff who manage the cleaning of the barbell under the direction of the Technical Controller.

The duties of the Decontamination Attendants are as follows:

- Safely remove blood and other contaminants from the bar and competition platform, as required and/or as directed by the Technical Controller.
- Ensure the safe disposal of contaminated materials in accordance with applicable policy
- Clean the bar with antiseptic at the conclusion of each competition
- Assist Loaders, if required, to manage or act as a privacy barrier for injured Lifters assist Doctor(s) on Duty, if requested

Note: Decontamination Attendants must respect universal precautions by wearing gloves in the performance of their duties.

8 RECORDS

8 RECORDS

8.1 Records are recognised in the snatch, clean and jerk, and total only.

8.2 Record will be maintained in age groups according to section 1.1.

8.3 Records will be maintained for bodyweight categories according to section 1.2.

8.4 A record is a lift that exceeds the previous record by a minimum of one (1) kilogram.

If two or more lifters achieve the same results and a new record is established the lifter who completed the lift first will hold the record.

8.5 Records can be established at the following levels of competition:

- Olympic Games
- Commonwealth Games
- IWF Championships
- EWF Championships
- Events sanctioned by the IWF, EWF
- BWL Tier 1
- BWL Tier 2
- BWL Tier 3

8.6 Any attempts to set international records must be done in line with the relevant international federation rules.

8.7 To set a record the results of a BWL Tier 1, 2 or 3 competition must be uploaded to BARS within 5 days of the competition.

8.8 In U15, U17, U20, U23 and Senior age groups a lifter can set records in any age group they are eligible for according to section 1.1.

8.9. In Masters age groups a lifter can set records for the age group they are competing in, as well as any Masters age groups below.

8.10. A record will be registered in the bodyweight category of the lifter at the time of the lift and will not be applied to the any other bodyweight categories.

8.11. Home Countries are responsible for maintaining their own register of records.

Home Country, Divisional, Regional and County records

8.12 Home Countries, Divisions, Regions and Counties shall maintain their own register of records and shall manage the process in line with these TCRR.

The Rules and Regulations end at this point

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