

# POINTS SCORING SYSTEM FOR THE UNDER 13 AND BELOW AGE GROUPS

The BWL points scoring system for under 13s and below has proved over many years to be successful in encouraging the technical abilities of young lifters at these crucial age groups. The scoring system is also designed to assist coaches in how best to teach and coach the various techniques as well as ensuring lifters are not injured due to using heavier weights not appropriate for their age.

The points system is designed to encourage lifters technical ability rather than how much they can lift and so be competitive because of their technical ability. The final points awarded are a combination of technical ability and weight lifted rather than just weight lifted.

To achieve a winning total the lifter will score the most points through the highest combination of technique points scored and the weight lifted in kilograms in the two lifts of the Snatch and the Clean and Jerk.

## GENERAL RULES

- » No qualifying totals are required, and there are no records to list.
- » The lowest weight on a bar is 7kg (5kg bar with 1kg discs and springy collars).
- » The minimum increase between attempts is 1kg however the lifter is not required to increase the weight at each successive attempt.
- » The maximum increase between attempts is 5kg.

The bodyweights categories are as defined in the most current BWL Technical and Competition Rules and Regulations (TCRR) can be found here:

- » <http://britishweightlifting.org/wp-content/uploads/2016/01/BWL-Technical-Competition-Rules-and-Regulations-20161.pdf>
- » All lifters must produce proof of age by means of a passport or birth certificate at every age group event.
- » BWL reserves the right at Under 11 and Under 13 competitions to run the body weight categories in whatever sequence of weight, which in the opinion of the Competition Organiser provides the best overall competition and event.

## THE COMPETITION STRUCTURE

The competition structure is as with any Weightlifting Competition. The lifter will have three attempts at the Snatch followed by three attempts at the Clean and Jerk. The weight may be increased between attempts as indicated in the general rules. The bar can raise by 1kg after each successful lift or stay the same.

## EXPLANATION OF THE POINT SYSTEM

Technique points are awarded as follows if the lift is correctly executed:

<b>POWER SNATCH</b>	1 point
---------------------	---------

<b>SNATCH</b>	
Start position	1 point
Bar at the knee	1 point
Triple extension	1 point
Receiving position	1 point
<b>Total</b>	4 point

Any failed lift in the snatch either by the referee's decision or the lifter failing to lift successfully is zero points (0).

<b>POWER CLEAN</b>	1 point
--------------------	---------

<b>CLEAN</b>	
Start position	1 point
Bar at the knee	1 point
Triple extension	1 point
Receiving position	1 point
<b>Total</b>	4 point

Any failed lift in the clean either by the referee's decision or the lifter failing to lift successfully is zero points (0).

<b>POWER JERK</b>	1 point
-------------------	---------

<b>JERK</b>	
Start position	1 point
Dip and drive	1 point
Split receive position	1 point
Recovery	1 point
<b>Total</b>	4 point

After a successful clean but a failed jerk the lifter is awarded points for the clean up to 4 as adjudicated by a referee but zero points for the jerk (0).

After a power clean and a successful split jerk the power clean is awarded 1 point and the jerk can be awarded up to 4 points as adjudicated by a referee.

A power clean and power jerk is awarded 2 points only.

## HOW IS THE TOTAL SCORE CALCULATED?

The total technique points scored on each of the six attempts are added together and then doubled. This is then added to the weight in kilograms lifted in the 2 best lifts by weight to give an overall total number.

The lifter with the greatest overall total number wins.