

# Adaptive Open Guidance

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## 1. REFEREE BEIFING AND INTRODUCTIONS

Athletes must attend a mandatory referee briefing 30 minutes before the start of each session. The purpose of this briefing is to discuss how each individual will perform their lifts. This may include, but is not limited to;

- The athlete's range of motion.
- The use of additional equipment needed to complete the lift.
- The addition of an assistant, wheelman, coach, or translator on the platform. These individuals are also permitted to attend the briefing.

Athletes will declare their opening attempts and bar weight to the session marshall before the athlete introductions take place. The opening lift may be adjusted up until the announcement of the first lift.

Athlete introductions will take place 10 minutes before the listed start time, athletes will then be given a further 10 minutes before lifting commences.

## 2. COMPETITION FORMAT

In the sport of Olympic Weightlifting BWL recognises two (2) lifts which must be executed in the following sequence: a) The Snatch b) The Clean & Jerk. A maximum of three (3) attempts is allowed in each lift in competition.

### KEY COMPETITION RULES

- The competition will follow a traditional rising bar format. The athlete with the lightest first attempt will lift first.

- Once the weight and athlete has been announced by the speaker, each athlete will have 2 minutes to prepare and start the lift. The lift attempt must begin before the 2-minute clock expires. The athlete may not be present on the platform until the clock starts.
- All athletes will complete up to three attempts at the snatch, this will then be followed by a 10-minute break before proceeding to the three clean and jerk attempts.
- The athlete must wait for the down signal from the centre referee before lowering the bar.
- The total will be based on the sum of each athlete's best snatch and best clean and jerk.

#### BETWEEN LIFTS

- The Coach/Athlete must acknowledge and submit the next attempt at the Marshal Table as outlined in the TCRRs.

#### SCORING

- The sum of both lifts will be added to create a competition total. Prizes will be awarded to two athletes in each session. These will be awarded as the following; Standout Performance (As nominated by centre ref) Personal Best Performance Award (Comparative to personal best declared on entry)
- Further details on scoring can be found in the competition's TCRR.

### 3. THE LIFTS

#### SNATCH – CRITERIA FOR A SUCCESSFUL LIFT

- Bar in one continuous movement from platform or lap to overhead. The bar may finish overhead by any means.
- Where possible the arm(s) must be fully extended overhead to finish the lift.
- Bar must remain overhead in a stable position until the down signal is given.
- If the athlete is able there must also be full extension at the hips and knee(s), with the feet finishing in parallel.

#### CLEAN & JERK – CRITERIA FOR A SUCCESSFUL LIFT

- The bar must start from the floor or lap, stop at the shoulders, and then finish overhead. The bar may finish overhead by any means, i.e. push press, split jerk, power jerk, squat jerk.
- Where possible arm(s) must be fully extended overhead to finish the lift.
- Bar must remain overhead in a stable position until the down signal is given.
- If the athlete is able there must also be full extension at the hips and knee(s) with feet together for finishing both the clean and jerk.

#### REASONS FOR A NO LIFT

- If the athlete is able and does not fully extending joints of the body to finish the lift.

- For the snatch, a pause when moving the bar from floor/lap to overhead.
- Where possible, failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- Lowering the barbell before the referees down signal is given.
- Failing to complete the full lift.
- Failing to start the lift before the end of the 2-minute timer.

## 4. STANDARDS FOR MOVEMENT IN BRITISH WEIGHT LIFTING FOR ADAPTIVE CATEGORIES

This brief outlines the standards for the **Snatch** and **Clean & Jerk** movements for adaptive athletes in British Weightlifting. It includes adaptations for various impairments, including **upper limb**, **lower limb**, and **seated categories** with specific classifications for athletes with **hip function**, **without hip function**, and **quad impairment**.

### 4.1. SNATCH (ADAPTIVE CATEGORIES)

The **Snatch** is a movement where the barbell is lifted from the floor to an overhead position in one continuous motion. Adaptive standards vary based on the athlete's impairment.

#### 4.1.1 STANDING CATEGORIES

##### Upper Limb Impairments

- One-Arm Snatch:
  - The athlete may perform the lift using one arm only.
  - A strap or harness may be used to secure the barbell to the affected limb.
  - The barbell must be lifted from the floor to an overhead position in one continuous motion, demonstrating control at the top with the arm fully extended.

##### Lower Limb Impairments

- Athletes with Prosthetics:
  - Athletes with prosthetic legs may perform the snatch standing.
  - The prosthetic must be securely attached and stable.
  - The athlete must demonstrate a locked-out position at the top with feet in line, to the best of their ability.

#### 4.1.2. SEATED CATEGORIES

Seated athletes will perform the lift from their chairs. The classification is based on **hip function** and **quad function**. Assistant, wheelman, or coach is able to place the bar on the athletes' lap where required.

- The lift may begin from the lap, provided the athlete is fully seated, stabilised, and the barbell is motionless before initiation of the lift.
- The barbell must be positioned above the thighs/lap without contacting the torso, sides of the body, or chair frame prior to the upward pull.
- The barbell must not traverse or cross the body at any point during the lift.
- The bar must be lifted in a continuous vertical or near-vertical path from the lap to overhead.
- No contact between the barbell and the athlete's torso, hips, sides, thighs, or chair frame is permitted at any stage of the lift.
- The lift must rely on full momentum generated by the athlete's upper body only — no dragging, sliding, resting, or rebounding the barbell off the athlete or the chair.
- Hand grip at its widest on the bar in a snatch position.
- Athletes who retain hip function can use hip flexion to assist in the lift.
- Athletes with quad impairments but functional hips may use leg stabilization straps.
- The athlete must demonstrate control at the top of the lift with arms fully extended or within the athlete's range of movement.

#### 4.1.3. NUROMUSCULAR CATEGORIES

Athletes in the neuromuscular division may experience spasticity, reduced coordination, or strength impairments. Standards are adjusted based on severity and may include the use of a **box for stability or balance**.

- Minor Impairment:
  - Athletes with minimal spasticity or balance issues may use a small box or platform for additional stability during the setup and lift.
  - One-arm or two-arm execution is permitted based on the athlete's functional range of motion.
  - The snatch must demonstrate a controlled, continuous motion to a locked overhead position.
- Moderate Impairment:
  - Athletes with moderate spasticity or balance challenges may require a larger or more supportive box to maintain stability.
  - The box must ensure safety without interfering with the movement path of the barbell.
  - The athlete may perform the snatch using one or two arms, depending on their ability.
- Major Impairment:
  - Athletes with significant neuromuscular impairments may rely heavily on a supportive box to maintain balance and prevent falls.
  - Lifts may be performed seated or standing with the use of the box.

- The barbell must be lifted from the floor to an overhead lockout, with additional stabilization provided as needed.

#### 4.1.4. MULTI-EXTREMITY IMPAIREMENT CATEGORIES

Athletes with impairments in multiple limbs have tailored standards to ensure inclusivity and safety:

- One-Arm Snatch:
  - If only one arm is functional, the snatch is performed using the functional arm.
  - A strap or harness may stabilize the barbell or assist in grip.
- One-Leg Support or Prosthetics:
  - Athletes with lower limb impairments may perform the snatch while using prosthetics, crutches, or supports to stabilize their stance.
- Combined Upper and Lower Limb Impairments:
  - Lifts may be performed standing or seated, with stabilization straps and supports to account for limited mobility.

#### 4.1.5. SHORT STATURE

Athletes with short stature may require modifications to bar height and equipment:

- Modified Starting Height:
  - The barbell may be elevated on blocks or a raised platform to accommodate shorter limb lengths.
- Grip Adjustments:
  - Athletes may use an alternate grip to account for differences in arm span.
- Execution:
  - The barbell must travel from the floor (or modified starting height) to an overhead lockout in a continuous motion.

#### 4.1.6. BLIND ATHLETES

Blind or visually impaired athletes are provided environmental adaptations and tactile feedback to ensure safety and consistency during lifts:

- Platform Orientation:
  - A tactile strip (e.g., raised tape or rubber markers) is placed on the platform to help the athlete maintain consistent footing and orientation during the lift.

- Guidance Assistance:
  - A coach or assistant may verbally guide the athlete to position their feet at the starting point.
  - Guidance is limited to pre-lift positioning and cannot provide feedback during the lift.
- Execution:
  - The athlete must demonstrate full control of the barbell from floor to overhead lockout.
- Spotters:
  - Spotters must be present to ensure safety, especially during balance recovery phases.

## 4.2. CLEAN & JERK (ADAPTIVE CATEGORIES)

The **Clean & Jerk** is a two-phase movement where the barbell is first lifted from the floor to the shoulders (clean), followed by lifting the barbell overhead (jerk).

### 4.2.1 STANDING CATEGORIES

#### Upper Limb Impairments

- One-Arm Clean & Jerk:
  - The clean can be completed with one arm, and the jerk must be executed with the same arm.
  - A strap or harness can be used for stability.
  - The athlete must demonstrate control with a locked-out arm and feet in line.

#### Lower Limb Impairments

- Athletes with Prosthetics:
  - The clean and jerk can be performed standing or with a prosthetic device.
  - Stability must be ensured before and after the lift.

### 4.2.2 SEATED CATEGORIES

Seated athletes will perform the lift from their chairs. The classification is based on **hip function** and **quad function**. Assistant, wheelman, or coach is able to place the bar on the athletes' lap where required.

- The lift may begin from the lap, provided the athlete is fully seated, stabilised, and the barbell is motionless before initiation of the lift.
- The barbell must be positioned above the thighs/lap without contacting the torso, sides of the body, or chair frame prior to the upward pull.
- The barbell must not traverse or cross the body at any point during the lift.

- The bar must be lifted in a continuous vertical or near-vertical path from the lap to the shoulders and then overhead.
- No contact between the barbell and the athlete's torso, hips, sides, thighs, or chair frame is permitted at any stage of the lift.
- The lift must rely on full momentum generated by the athlete's upper body only — no dragging, sliding, resting, or rebounding the barbell off the athlete or the chair.
- Leg stabilization straps may be used for support.

#### 4.2.3 NEUROMUSCLAR CATEGORIES

- Minor Impairment:
  - Athletes may use a box for additional balance during the clean phase.
  - One-arm or two-arm execution is permitted, depending on the athlete's ability.
  - The lift must demonstrate control, with the barbell stabilised in the overhead position.
- Moderate Impairment:
  - A supportive box or platform may be used to help balance or coordination during the clean and jerk phases.
  - The barbell must travel to the chest and overhead in a controlled manner.
  - Referees may adjust judging criteria for minor deviations caused by balance impairments.
- Major Impairment:
  - Athletes with significant impairments may rely on a large or adjustable box for stability during the lift.
  - The use of one arm or two arms is determined by the athlete's range of motion and strength.
  - Both phases of the lift must end in a stable and controlled position, with the barbell overhead.
  - Both phases of the lift must demonstrate stability and end in a locked-out position overhead.

#### 4.2.4. MULTI-EXTREMITY IMPAIRMENTS CATEGORY

- One-Arm Execution:
  - The clean and jerk can be performed using one arm with adjustments for grip and stabilization.
- Lower Limb Impairments:
  - Athletes may use prosthetics, crutches, or other supports during the lift.
- Combined Upper and Lower Limb Impairments:
  - Lifts may be performed standing or seated with necessary straps or supports.

#### 4.2.5. SHORT STATURE

- Modified Bar Height:
  - The barbell may be raised on blocks or platforms to ensure proper starting position.
- Grip and Technique Adjustments:
  - Athletes may use a customized grip or adjust their clean and jerk technique to match their proportions

#### 4.2.6. BLIND ATHLETES

Blind or visually impaired athletes are provided environmental adaptations and tactile feedback to ensure safety and consistency during lifts:

- Platform Orientation:
  - A tactile strip (e.g., raised tape or rubber markers) is placed on the platform to help the athlete maintain consistent footing and orientation during the lift.
- Guidance Assistance:
  - A coach or assistant may verbally guide the athlete to position their feet at the starting point.
  - Guidance is limited to pre-lift positioning and cannot provide feedback during the lift.
- Execution:
  - The athlete must demonstrate full control of the barbell from floor to overhead lockout.
- Spotters:
  - Spotters must be present to ensure safety, especially during balance recovery phases.

#### 4.3. KEY POINTS FOR LIFTING STANDARDS

- Athletes can ask for any aids that are required to perform the lifts safely.
- Straps:
  - Straps may be used to stabilise the athlete, especially in seated categories without hip or quad function.
- Equipment:
  - Athletes must ensure that their prosthetic devices and straps are secure before the lift.

Range of Motion Assessment:

- Coaches must assess the athlete's range of motion and strength during classification to determine the safest and most effective lifting technique.



- Session referees will be shown the athletes' range of motion during the athlete briefing.

#### Use of Straps and Harnesses:

- Straps and harnesses may assist in stabilising the barbell.
- These aids must not interfere with the athlete's ability to execute the lift safely.

#### Referee Guidelines:

- Referees must consider one-arm or two-arm execution within the context of the athlete's classification.
- Consistency and safety are the priorities when determining lift validity.

### 4.4. KEY POINTS FOR BLIND ATHLETES

- Safety Measures:
  - Spotters and guides must prioritize athlete safety, particularly for sensory or stability impairments.
- Environmental Consistency:
  - Platforms should be consistent across training and competition environments to reduce disorientation.
- Adaptive Equipment:
  - Athletes may use tactile markers, straps, or stabilization supports based on their classification and impairment.
- Referee Considerations:
  - Referees should account for minor deviations in movement caused by sensory or balance challenges without compromising the integrity of the lift.