

Adaptive Athlete Technical Rules and Regulations

1. DIVISIONS

Adaptive divisions for BWL (British Weight Lifting) competition are as follows;

- Male and Female Upper Extremity
- Male and Female Lower Extremity
- Male and Female Neuromuscular
- Male and Female Seated
- Male and Female Multi Extremity Impairments
- Male and Female Short Stature
- Male and Female Blind Athletes

2. ELIGIBLE DIVISIONS AND ELIGIBILITY REQUIREMENTS BY DIVISION

2.1. - ELIGIBILITY FOR THE UPPER EXTREMITY DIVISION

To be eligible to compete in the Upper Extremity Division, athletes must meet all the following criteria below:

- Athletes must have a diagnosed, significant, and permanent impairment that exists and causes limitations to the upper extremity (e.g., arm) up to or including the shoulder joint. This does not include athletes affected by reparable bone breakages or temporary joint injuries.

2.2 - LOWER EXTREMITY DIVISION COMPETITION ELIGIBILITY

To be eligible to compete in the Lower Extremity Division, athletes must meet all the following criteria below:

- Athletes must have a diagnosed, significant, and permanent impairment that exists, or causes limitations, to the lower extremity (e.g., leg) to include the hip joint. This does not include athletes affected by reparable bone breakages or temporary joint injuries.

2.3 - ELIGIBILITY FOR NEUROMUSCULAR DIVISION

To be eligible to compete in the Neuromuscular Division, athletes must meet all the following criteria below:

- Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations in movement, specifically in gait, balance, range of motion, and/or



coordination through impaired muscular control, dystonia, ataxia, athetosis, hypertonia, paralysis and/or general neurological signaling in the trunk and/or more than one limb.

2.4 - ELIGIBILITY FOR SEATED DIVISION

To be eligible to compete in the Seated Division, athletes must meet all the following criteria:

- Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations and requires athletes to perform most Activities of Daily Living (ADLs) in a seated position.

2.5. - ELIGIBILITY FOR MULTI EXTREMITY IMPAIRMENTS DIVISION

To be eligible to compete in the Multi-Extremity Impairment Division, athletes must meet all the following criteria:

- Athletes must have a diagnosed, significant, and permanent impairment that exists, or causes limitations. This does not include athletes affected by reparable bone breakages or temporary joint injuries.

2.6. - ELIGIBILITY FOR SHORT STATURE DIVISION

To be eligible to compete in the Short Stature Division, athletes must meet all the following criteria:

- To be eligible, male athletes must meet all the following criteria:
 - Standing height less than or equal to 57 in (145 cm); and
 - Arm length less than or equal to 26 in (66 cm); and
 - Sum of standing height plus arm length less than or equal to 79 in (200 cm).
- To be eligible, female athletes must meet all the following criteria:
 - Standing height less than or equal to 54 in (137 cm); and
 - Arm length less than or equal to 25 in (63 cm); and
 - Sum of standing height plus arm length less than or equal to 75 in (190 cm).

2.7. - ELIGIBILITY FOR BLIND ATHLETE DIVISION

To be eligible to compete in the Blind Athlete Division, athletes must meet all the following criteria:

- Athletes must have a diagnosed, significant, and permanent impairment that causes functional limitations in vision caused by dysfunction of the eye structure, optical nerves or optical pathways, or visual cortex of the brain.



3. ELIGIBILITY OF ENTRY AND ENTRY FEE

3.1 - A BWL membership is required to participate in all BWL-run adaptive events. Additionally, the membership provides eligibility to enter other BWL-run events, subject to specific requirements.

As per the General Data Protection Regulation (GDPR), individuals can ask for their data to be removed once the competition has taken place. Please email memberships@britishweightlifting.org for further support.

3.2 - Each entry is subject to a non-refundable entry fee, except in cases of extenuating circumstances (e.g., an evidenced injury). This fee is payable to British Weight Lifting and is subject to deductions for Stripe and Sport80 transaction fees, which are also non-refundable. Please note that in the event of a refund, these transaction fees cannot be reimbursed.

4. THE LIFTS

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

Further Adaptive lifting standards are outlined in the competition guidance.

4.1. GENERAL RULES FOR ALL LIFTS

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

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

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

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

4.1.5. Touching the barbell with his/her footwear. If an athlete touches the barbell with his/her footwear before the attempt the Referees must press Red. If the barbell is touched after a successful attempt with his/her footwear the Referees decision will not be reversed, however the Jury will give a warning to the Athlete. If the Athlete repeats this action on a subsequent lift, the lift will be a No Lift.

5. COMPETITION FORMAT



5.1. - Athletes must adhere to a traditional rising bar competition format with the first lift being the lightest opening attempt.

5.2. - Each lifter will be given 2 minutes to initiate their lift, the 2 minutes will begin once the lifter is called.

5.3. - There will be a ten-minute break between the Snatch and Clean & Jerk attempts.

5.4. - Each athlete must declare their opening weight to the session marshall prior to the briefing. This weight can be amended up until the athlete's first attempt. The marshall will be located at the platform entrance.

5.5. - For a successful lift, an automatic increment of 1kg will be applied to the athlete's next attempt. The athlete or coach must either acknowledge the 1kg increment or declare the next attempt weight. Upon acknowledgment, two (2) further changes may be made within the athlete's remaining time. If the coach or athlete fails to provide confirmation before the lifter is called, the athlete will proceed with the automatically increased weight.

5.5.1. - Weight changes can be made within the first 30 seconds of the timer starting, no weight changes can be made thereafter.

5.5.2. - If a no lift is declared, the athlete may choose to remain at the same weight or declare a higher attempt.

5.5.3. - All weight changes must be declared and signed for at the marshals table by either the athlete or the coach.

6. REFEREE BRIEFING AND INTRODUCTIONS

Athletes are required to attend a mandatory referee briefing as outlined at the start of this document. The briefing will occur 30 minutes prior to the athlete's session and will involve the three referees appointed for the session, the athlete, BWL staff and any necessary assistants, including a wheelman, coach, or translator. To assist the referees in understanding each athlete's technique, a video may be submitted before the competition date.

Any additional equipment referring but not limited to straps and supports, any equipment not disclosed in the briefing will not be permitted within the competition. This does not extend to the use of prosthetics.

7. - MODIFICATIONS TO LIFTING STANDARDS

In specific instances, athletes may modify the standards set forth in the lifting standards. These modifications are only permitted in cases in which the athlete's impairment affects their ability to perform the movements safely. Modifications must also be discussed with the session referees and approved by the centre referee.



7.1 - ACCEPTED MODIFICATION TO LIFTING STANDARDS

Acceptable modifications include the following:

1. Setup and finish positions due to range-of-motion limitations; or
2. Assistance with positioning or "spotting" of the athlete for risk mitigation.

If any modifications or adaptive equipment are used without being declared to the session referees, it will result in a no lift.

8. SCORING

8.1. - In order to achieve a total, the athlete must achieve one successful lift in both the Snatch and Clean & Jerk. If the athlete cannot achieve a total, they will not be eligible for prizes.

8.2. - Prizes will be awarded per session and will be presented at the end of each session.

8.3. - The Personal Best Performance Award is comparable to the athletes' personal best as declared on the entry form. The prize will be awarded to the athlete who achieves the highest increase in their personal best total. If no athlete in the session achieves an increase, the award will be given to the athlete whose achieves a total closest to their personal best. The athlete must declare accurate and true personal bests, any athlete found not to have declared such will forfeit their right to either prize.

9. - COMPETITION EQUIPMENT

9.1 - BAR

There are three (3) types of bar: 20kg (men's), 15kg (women's) and 5kg (technique) bars. A men's bar weighs twenty 20.00kg. A women's bar weighs fifteen 15.00kg. A technique bar weighs five 5.00kg.

Lifters may bring personal bars or additional weights with prior approval. This must be declared in writing prior to arrival, please email competitions@britishweightlifting.org to confirm.

9.2. - 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:

9.2.1. - Competition discs: (weights in kilograms with corresponding colour)

- 25kg Red
- 20kg Blue
- 15kg Yellow
- 10kg Green



- 5kg White
- 2.5kg Red
- 2kg Blue
- 1.5kg Yellow
- 1kg Green
- 0.5kg White

9.2.2. - Training discs

Manufactured in coloured weights as listed above. May be manufactured in black with corresponding coloured rims or numbers.

9.3. - DUMBBELLS

Dumbbells may be used in place of a barbell with prior approval from BWL. The use of dumbbells must be confirmed in writing before arrival by emailing competitions@britishweightlifting.org. Please note, dumbbells are available in 2.5kg increments.

9.4. - COLLARS

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
- Spring collars may also be used.
- For competitions, where the bar is loaded between 10 and 14 kg the bar shall be loaded with 2.5 kg bumper discs with spring collars.

10. - USE OF ADAPTIVE EQUIPMENT IN CLASSIFICATION

When determining the appropriate competition division, athletes shall present all adaptive and assistive equipment they intend to use in competition within their referee briefing. This includes the assistance of an able-bodied individual.

11. - ATHLETE OUTFIT

11.1 - PERMITTED CLOTHING

Athletes are permitted to wear the following lifting apparel:

One piece (lifting leotard):

- Must be one piece
- Must be collarless
- May be of any colour
- Must not cover the knees

- Must not cover the elbows

T-shirt:

- Must be collarless
- Must be close fitting
- May be of any colour
- Must not have buttons / fasteners at the front of the neck
- Must be tucked in at all times during the competition
- Must not cover elbows

Shorts or leggings:

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

Costumes may be decorated or marked with The Athlete's:

- Name
- Nick name
- Club name
- Club emblems
- Sponsor logos

Costumes may not be decorated or marked with any political statements or symbols, any markings or symbols that may be considered offensive or inappropriate.

11.2 - OTHER APPAREL

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

A weightlifting belt may be worn. If used, it must be worn on the outside of the outfit. The maximum width a belt can be is twelve centimeters.

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

12. - WITHDRAWALS

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