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Running a weightlifting competition



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Today's session will help you to:

- Gain a clear understanding of how to set up a Tier 3 competition on Sport80.
- Understand the equipment and people required to run an event.
- Understand how to run a weightlifting competition.
- Know how to process results and payments.
- Be aware of coach licensing and anti-doping.



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Why run a weightlifting competition?

Raise funds for your club:

- Help with your day to day running costs.
- Invest in new equipment.
- Support your athletes - allows them to gain platform experience and totals.
- Promotion for the club - encourages new members to join.
- Official totals.





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Why run a weightlifting competition?

Benefits to volunteers

- Technical Officials can gain experience and work towards a National Championships.
- Loaders get the best seat in the house to watch their teammates in action.
- Creating an engaging volunteer experience helps your club grow beyond people who already lift and into the wider community.
- Train your own Technical Officials.



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Why run a weightlifting competition?

Benefits to lifters

- Record official competition results and gain a British ranking.
- Achieve qualification totals to national events.
- Less travel for local lifters.
- More support from friends and family.
- Set new British records.





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What is a BWL Registered Event?



- An event registered with BWL is known as a Tier 3 event.
- All Tier 3 events are held to the same minimum standards.
- Any BWL Licensed Club can run a Tier 3 event.



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Setting up a competition

Registration process

- Competitions can only be run by a Licensed Club and must be set up through the club's BWL account.
- All Tier 3 events are registered through Sport 80 (if the event is not registered the results will not be recognised and cannot be used for qualification to a Tier 1 or Tier 2 event).

Pre-competition

- It's important to set a time period for entries. Entries usually close around 2 weeks before the competition date.



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Setting up a competition

Event day

- On event day, all Tier 3 events should follow the format of a traditional weightlifting competition.
- Membership numbers and DOB of each lifter must be checked and recorded at weigh-in.
- Check all TOs and officials hold valid licenses. This should be their physical license – not via email.
- Only BWL Level 2 coaches with a valid coach license are permitted in the warm-up area with the lifters.



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Setting up a competition

Post-event

- After the competition, you need to submit the results to BWL for inclusion in the national ranking list.
- Notify BWL once you have uploaded your results. BWL will approve the results which will then become live.



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Entries

Age groups

- At your competition it's completely up to you which age groups you want to recognise.

Bodyweight categories

- It's your decision which bodyweight categories to allow in your competition, but we'd recommend that you accommodate all the bodyweight categories in the BWL TCRR.

Entry fees

- Entry fees are usually the main source of income for Tier 3 competitions. However, it's your decision how much to charge. The average entry fee is around £25 for a Tier 3 event but some are more, and some are less.



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Entries

Managing Entry Changes

- If a lifter wants to change their entry information after they have completed their entry i.e. bodyweight category or entry total, you need to manually process the changes.
- Make a note of the change and then update your start list and schedule when you come to create them. BARS (Sport80) doesn't currently support changes to entry information after an entry has been submitted so manage changes to entry information by email, so you have a record of all requested changes.
- Refunds are at your discretion. It is important to note that any refunds processed will be subject to non-refundable transaction fees.



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Creating your start list

You can start creating your start list as soon as you receive an entry but usually it's easier to wait until entries have closed.

Your start list can be written in one of two ways:

- Option 1 is to list every lifter in bodyweight category order.
- Option 2 is to list every lifter by age group order.



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Creating your start list

What should be on it?

The key pieces of information you should include on your start list for each lifter are:

- First Name and Last Name
- Age Group
- Bodyweight Category
- Entry Total
- Club Name



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Creating your start list

What shouldn't be on it?

There are some pieces of information that you should not include on your start list for data protection:

- Date of Birth
- Address
- Any contact information
- Photos



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Deciding on group size

- When your start list is finished, you can use it to work out your groups for the competition.
- There are a few points to remember when allocating your groups:
 - Maximum group size of 16. If you have 17 or more lifters you must split the group into an A and a B group.
 - If there are 6 or fewer lifters in a group, you must insert a break between the Snatch and Clean & Jerk. This is usually around 10 minutes.
 - Men and women cannot compete in the same group unless they are in the Development (U10 and U12) age groups.



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Deciding on group size

There are two common ways to allocate groups:

- By bodyweight category.
- By entry total, so that lifters with similar entry totals are grouped together. This method can help your competition to run faster but consideration must be given to medaling, as lifters in the same bodyweight category could be competing in different groups.

There are two possible options:

- Sort the results at the end of the competition.
- Award medals on Sinclair points in each group.



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Writing a schedule

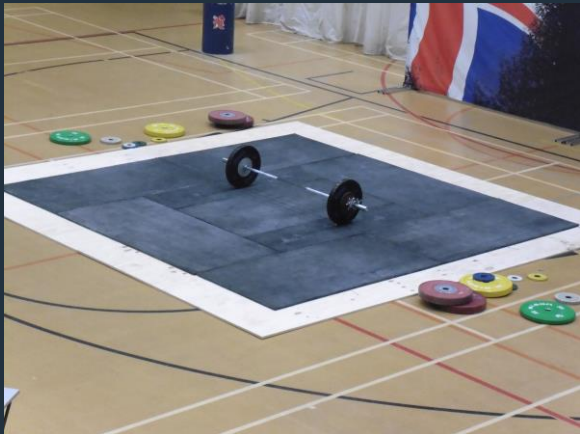
The next step is to put groups into a schedule:

- On average, each lifter should be allocated 9 minutes.
- If there are 6 or fewer lifters in a group, you will need a 5–10-minute break after the snatch.
- Most competitions alternate between a male group and a female group.
- Every weigh in must finish at least 2 hours before the start of the group.
- It's normal to have several versions of your schedule before the final one.



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Competition Kit



Kit

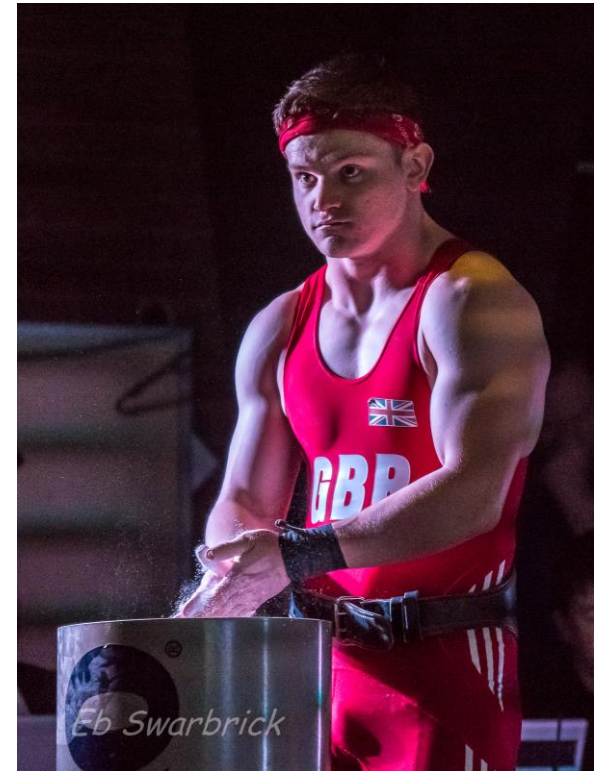
- Your competition platform must have a full set of equipment to cover the different age groups you are including.
- The competition 'platform' must be a 4x4m lifting area for lifters aged 13 and above.
- 200kg of weight (you may need more depending on the possible heaviest attempt) plus an extra pair of 25kg.
- 20kg bar for male lifters/15kg bar for female lifters.
- 5kg bar for Development lifters (aged 12 and below).



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Competition Kit

- 2.5kg and 5kg bumper discs.
- 2.5kg collars.
- Spring collars.
- Chalk bin with chalk.
- Bar cleaning kit - surgical spirits/antiseptic spray, wire brush, tea towel/dish cloth and rubber gloves.
- Rack for the discs - ideal but not essential.





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Any

questions?





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The warm up

Warm Up:

- You should have no more than 4 lifters per warm up platform.
- Each warm up platform should have 150kg of weight, with a 20kg and 15kg bar.
- 2.5kg and 5kg weights, plus a 5kg bar (Development lifters).
- Each warm up platform should have spring collars.
- You should have at least one chalk bin in the warm up room filled with chalk.
- Broom handles or a similar lightweight bar replacement.



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The weigh in

Weigh In

- Scales - these need to be accurate to 100g (0.1kg).
- Start list - for the group to record bodyweights and first attempts. This can be done on athlete cards if they are being used, handwritten on a printout of the protocol sheet or typed directly into the protocol sheet on a laptop.
- Start list and protocol sheet.



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Technical equipment

The basic equipment needed to run a weightlifting competition is:

- A laptop to run the scoring Programme.
- A large monitor or screen to show the scoreboard to your spectators. If possible, we suggest using a projector and projector screen, so it's clear to the spectators. BWL have a scoreboard available for clubs to borrow.
- A monitor or screen to show the scoreboard in the warm up room.
- Wires and cables to connect your laptop to the screens.





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Technical equipment

- A suitable scoring system - this can be electronic or manual. If using an electronic system, it's good practice to also have manual backup in case of technical issues. This can be very simple red and white hand-held items they can hold up after each lift i.e. paddles.
- A timing clock. Some scoring systems include a clock but if yours doesn't, you will need to use a free-to-download online version or simply a phone or stopwatch. If the lifters and coaches can't see the clock, you'll need to ensure that the speaker is aware of this and regularly announces the time.
- For Scoreboard software please contact competitions@britishweightlifting.org as they can supply a range of acceptable templates.



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Technical Officials (TOs)

Technical Officials

- Technical Officials are the people who run your competition after you've arranged the registration, equipment and scheduling.
- They ensure that the technical rules are maintained and that the sport is delivered in the correct way.





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Technical Officials (TOs)

- Your Technical Officials must meet a basic set of requirements for your competitions:
 - Level 2 or higher qualified Technical Official
 - BWL Technical Official License
- You can contact TOs through your own network but we would strongly advise you to contact BWL prior to your competition to check that all the TOs meet the requirements.
- If any of your Technical Officials don't meet the requirements, it can **invalidate your entire competition** so it's better to check and be certain than to leave it to chance.



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Technical Officials (TOs)

- Depending on the number of groups your competition has, you'll need at least three TOs to act as referees.
- However, we recommend five as the ideal number for a single platform, as this also allows for a qualified Speaker and time keeper.
- Remember that you'll need at least one TO in each weigh in so you need to consider this if you have weigh ins taking place during the competition.

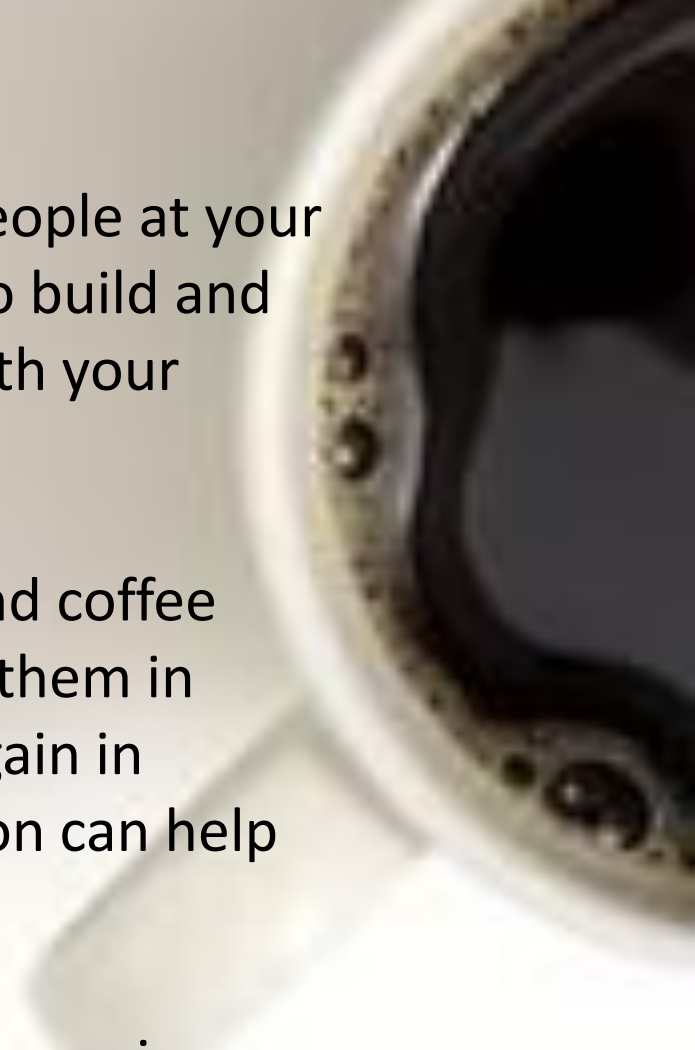




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Technical Officials (TOs)

- As some of the most important people at your competition, it's very important to build and maintain positive relationships with your Technical Officials.
- Simple things like providing tea and coffee during the competition, thanking them in person at the competition, and again in writing/email after the competition can help maintain a good relationship.
- We also encourage you to consider paying Technical Officials a contribution towards their expenses - the average amount for a single day of competition is £15 at a Tier 3 event.





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Technical Officials (TOs)

- We recommend that you encourage at least two people from your club to take the BWL Level 2 Technical Official Qualification (this is the entry level) and apply for a license before your competition.
- This means you'll only need to find one or two more from outside your club.
- The benefit of having qualified TOs in your club isn't just in running competitions. Having that level of technical rule knowledge can help with educating your coaches and lifters, to ensure your lifters are well prepared for a competition.



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Loaders and volunteers



- Loaders are some of the most important volunteers at any weightlifting competition.
- Although it doesn't require any specific qualifications, loading is a physically demanding task and therefore it's important to thank your loaders and make it known that you really appreciate their time and effort to support your competition.



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Results and financial management

Results

- Following your competition, you need to submit the results of your Tier 3 competition to BWL as soon as possible so that they can be verified, approved and uploaded. We have a results processing guide available to take you through the task step by step.

Financial Management

- You will need to set up a Stripe account to receive entry fees and manage refunds. We have a step by step guide available to guide you through.



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Essential for Competition

Essential for competition

- If not using a platform, the floor must be solid and made of concrete with rubber mats on top. The 4 metre square should also be clearly marked with bright coloured tape.
- Weights are coloured and calibrated in KG and of good quality.
- Bars are straight and have markings in accordance with the IWF (apart from Tier 3) and BWL TCRR.
- The TOs have red and white flags, batons or cards.
- A clock which shows 1 and 2 minutes.
- A means of sounding a 30 second warning for lifters.
- Weigh in scales are electrical and have been calibrated prior to the date of competition.



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Managing Entries

Managing Entry Changes

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Anti-doping



- BWL enforces a strict zero-tolerance policy
- BWL works closely with the International Weightlifting Federation (IWF), International Olympic Committee (IOC), International Paralympic Committee (IPC), World Anti-Doping Agency (WADA), and UK Anti-Doping (UKAD) to implement anti-doping rules through education, testing (in and out of competition), research, and results management.
- Any competition registered with BWL is subject to testing by UK Anti-Doping. **This means they can attend your competition without giving any notice and perform anti-doping tests on any lifter.**



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Any
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