

GENERAL DUTIES FOR THE TECHNICAL OFFICIAL IN COMPETITION

For this article we are discussing the roles a Technical Official may undertake in competition. This will include what other rules of competition they should be looking for during a BWL Tier 1, 2, and 3 competition and if they're in line with the international rules.

The Technical Official (TO) has a range of tasks they can perform at a competition. The TO must be appropriately dressed in either the competition uniform including:

- Dark blue/black blazer,
- Grey trousers/skirt,
- White shirt,
- Blue, EWF, IWF tie or scarf, and;
- Black or dark shoes

or;

- Dark trousers
- Dark shoes and
- TO polo shirt

What are the duties at a competition?

- Weigh-in the lifters.
- Judge the lifts.
- Chief Marshall (at tier 2 and 1).
- Assistant Marshall (at tier 2 and 1).
- Technical Controller (at tier 2 and 1).
- Time keeper.
- Speaker.

The TO will be given the protocol sheet and will proceed to the weigh-in room where they should check the scales are powered and a quick calibration with a 5kg disc. They can then proceed with calling the lifters in (as per the list) and take the information required to complete the form. Once the protocol sheet is complete they should take it to the speaker table where the information can be loaded on to the competition scoreboard.



The TO should take time to look over the warm-up area to:

- Check the equipment laid out for the lifters to warm-up with,
- Check the bars are fit for purpose. To do this the TO must check they spin and are not bent, that they're not rusty and the bar has suitable knurling which is not clogged up with chalk.
- The TO must have, amongst other kit, a tape measure to check the bar's measurement. Be aware that some of older bars can be longer than others. For example, the German brand 'schnell' is 100mm longer than the Eleiko bars but the snatch ring marking are standard.
- The TO must check the weights are of reasonable standard and in good condition
- Check the platforms or lifting areas do not have holes,
- Remove any rubber plates which are damaged.

Then the TO must then make their way to the `field of play` (FOP)` and inspect the platform or lifting area. This area should be a 4m square platform or a clearly marked out 4m square on a rubber matting floor area. They must check that there are no holes or any damage underneath the mats. Using the tape measure the TO can check the position and distance of the centre TO chair and make any adjustment needed. The distance of the centre referee's chair should be 2m from the front edge of the platform.

They need to check the competition lifting equipment, is in good condition for the competition, and that there is a chalk bin with plenty of chalk and a fully kitted out bar cleaning bag (to clean any chalk or other debris that may be left on the bar).

Competition

At the beginning of each session the referee must be seated as per their rota.

Example rota:

BRITISH UNIVERSITY AND COLLEGE CHAMPIONSHIPS 13 APRIL 2019 RED PLATFORM								
WEIGH-IN GROUP 1 PARA M/F 7am John/Joyce Sheard /Kelly G	START TIME 9AM	LOADERS PARA LOAD TEAM Phoebe Thorpe						
WEIGH-IN GROUP 2 W55 830am Helen Rogers/ Victoria Mann	START TIME 1030AM	LOADERS Francis Lee/ Irshaad Jaffer						
WEIGH-IN GROUP 3 M67 930am Paul Smith/ Alex John	START TIME 1200PM	LOADERS Irshaad Jaffer/Francis Lee/ Phoebe Thorpe						
WEIGH-IN GROUP 4 M73 1130am Alex John/	START TIME 1425M	LOADERS Ryan Malt/ Fergus Ogilvie/ Yegeun Ji						
WEIGH-IN GROUP 5 M81B 130pm Paul Smith/ Alex John	START TIME 1635PM	LOADERS Alex Campbell/ Ryan Malt/ Phoebe Thorpe						
WEIGH-IN GROUP 6	START TIME	LOADERS						

GROUP	REFEREE1	REFEREE 2	REFEREE 3	SPEAKER	MARSHALL	TIME KEEPER	TECHNICAL CONTROLLER	NO. LIFTERS
1	Joyce Sheard	John Sheard	Kelly	Matt		Darren		11
			Gardner	Marshall		Rogers		
2	Victoria	Mary	Paul Smith	Jo Calvino		Rebecca		9
	Mann	Hancock				Stoner		
3	Geoff Laws	Heather	Rebecca	Jo Calvino		Darren		15
		Alison	Stoner			Rogers		
4	Mary	Laura-D	Heather	Darren		Jo Calvino		13
	Hancock	Ramsay-O	Alison	Rogers				
5	Geoff Laws	Heather	Rebecca	Darren		Laura-D		16
		Alison	Stoner	Rogers		Ramsay-O		
6								



In the example above you can see all the different positions where a TO may be situated throughout a competition. Positions may change for each group of lifters. While one TO may be timekeeping for session 2, they may move to be judging in session 3.

When sat in the judging seat the TO must watch each lift closely. They must judge each lift to the <u>BWL TCRR</u> fairly and without prejudice. If the TO sees a fault at any time during the lift you *must* press the red button to stop the lift. If two of the referees see the same fault the buzzer will sound and the lifter will have to lower the bar.

Possible fails to look out for

With an increasing number of lifters coming from other sports who have used weightlifting to assist their training, there has been an increase in incidents of technical faults. These technical faults are fails during competition.

- Pausing midthigh.
- Power cleaning the bar to the chest and moving the bar onto the shoulders (also known as a 'dirty clean').
- Not fully extending the legs after the clean.
- Double dipping without changing the grip or making an obvious adjustment on the shoulders for clothing.
- Bending the legs and holding, then dipping and driving for the jerk.
- Obvious press-out on the jerk.
- Touching the bar with the foot.

When the TO is sat in the judging chair they will have a red and white button/batons in front of them. These are to show their decision of whether the lift is good or a fail. The buttons are part of the light system which is also the clock.

If the TO sees a fault during the lift (and are using the button system) they must press the red *immediately*. If there's a majority (two red) during the lift the buzzer will sound. And the lifter will have to put the bar back on the platform.

When a lifter completes the lift, remains stationary and a majority of judges are happy with the lift the white button must *immediately* be pressed (in the past the lifter had to wait a couple of seconds). The buzzer will then sound for the lifter to lower the bar.

When using the baton system the referee must raise their hand if they see a fault during the lift. By holding up their hand they identify that they have seen a fault. If another referee sees the fault the centre referee must also raise their hand and lower it at the same time to indicate to the lifter to lower the bar. They must clearly call 'down' and then raising the red baton.

The referee does not need to explain any decision if they don't want to.



After each session TOs must go the speaker table to sign the protocol sheet.

Ed Halstead

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