



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.



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 [BWL TCRR](#) 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 midhigh.
- 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.



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

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