

Technical & Competition Rules and Regulations



BRITISH
WEIGHT
LIFTING

Approved by the British Weight Lifting Board

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INTRODUCTION

These BWL TCRR are approved by the British Weight Lifting Executive Board and are in effect from August 1st 2025 up to and until the board issue a revised set of rules. These BWL TCRR apply to all BWL competitions and events recognised, organised and under the jurisdiction of the United Kingdom (UK) BWL Federation.

The International Weightlifting Federation (IWF) Olympic Weightlifting TCRR forms the legitimate basis of the BWL TCRR and, though not exclusively, in its interest, the BWL reserves the right to configure parts or ALL of its UK competition events from that of the IWF TCRR.

DEFINITIONS

In these Technical and Competition Rules and Regulations (TCRR) the following terms shall have the meanings set out below:

“Board Regulatory Group” - means a committee appointed by the Board to review and develop these TCRR.

“Bodyweight” - a athletes bodyweight mass measured and recorded in kilograms (kg) during a weigh in.

“British” – means all matters relating to United Kingdom of Great Britain and Northern Ireland.

“BWL” - means British Weight Lifting.

“BWL Board” - means the Board of Directors of BWL established in accordance with Article 43 of BWL, the members of which are directors for the Companies Act 1985 as amended.

“Calendar of Events” – means the events that BWL organise in a calendar year.

“Club” - means a BWL Sport80 Portal registered weightlifting club holding a current and valid membership.

“Club Official” - means a person who may be paid or unpaid to perform official duties on behalf of a club or appointed to a position on the management board of a club.

“Coach” - means a suitably qualified person who holds a current BWL coaching licence.

“Code of Conduct” - means any codes of conduct specified by BWL from time to time.

“Competition” - means any Tier One, Two or Three Weightlifting competition recognised by BWL in which a Club or Individual participates as covered by these BWL TCRR.

“Competition Director” - means a person named as the primary administrator for a relevant Competition.

“CWO” - means Club Welfare Officer.

“DBS” - means Disclosure and Barring Service (DBS) forms including completing and receiving a suitable DBS enhanced disclosure certificate and if appropriate having had that disclosure risk assessed in accordance with the BWL Safeguarding Policy.

“Domiciled” – A person having the legal right to be permanently resident in the United Kingdom.

“Entry Total” – The total in kilograms that an athlete submits when entering a competition. Used to apply the 20kg rule. Cannot be lower than the National Qualification Total.

“EWF” – European Weightlifting Federation.

“Gender Identity” - In line with Section 195 of the Equality Act 2010, and the 2025 Supreme Court ruling, all BWLs Female categories within competitions are restricted to athletes who are biologically female.

Practical Guidance for BWL Clubs who are employers

- Review all toilet, changing, and washing facilities.
- Ensure single-sex spaces are designated based on biological sex.
- Confirm that facilities meet the Workplace (Health, Safety and Welfare) Regulations 1992, which require separate male and female facilities unless each is a single-occupancy, lockable room.
- Identify any gender-neutral or unisex facilities; these can be provided in addition to, but not instead of, single-sex options.

[Implications of the Supreme Court Decision on Gender and Practical Guidance for Employers - Invicta Law](#)

“Home Nation” – BWL recognises 4 Home Nations in the UK as England, Scotland, Northern Ireland and Wales. The Isle of Man, Channel Islands and all Crown Dependencies are considered as part of England. (This definition does not apply to the eligibility of participants for England national events whereby each part of the United Kingdom with its own independent Commonwealth Games association is regarded as a separate entity).

“Home Nation domiciled” – The country within the UK that a person has been resident in and in membership of the Home Nation association.

“IWF” – International Weightlifting Federation.

“Laws of the Sport” - means the Laws of the Sport as prescribed by the IWF from time to time.

“Athletes” – means a person who lifts weights in a BWL competition or event.

“National” – means to refer to one of the four Home Nations of the United Kingdom in an individual sense rather than as a collective.

“Official” - a person who is elected or appointed to serve with either a Club or Competition.

“On-duty” – means a person who is tasked with a duty within a specific time period to undertake a specific duty.

“Person Subject to the TCRR” - means any Athletes, Officials, Coaches, Spectators and other Volunteers.

“Qualification Total” – The total used by an athlete to become eligible for an event with a minimum qualification standard.

“Recognised Home Nation Weightlifting Association” – A Home Nation Weightlifting Association as recognised by the BWL Board having the right to organise Weight Lifting competitions in that Home nation.

“Registration Form” - means an official registration form produced by BWL for the registration of Athletes.

“Start Total” – The total taken from weigh-in after The Athlete has submitted their opening attempts in line with 20kg rule (80% of entry total for Masters, as per International Masters Weightlifting Association).

“Technical and Competition Rules and Regulations” - means these rules and regulations as amended from time to time.

“Technical Official” - is a person who holds a current BWL Level 2 Technical Officials Award or higher, a current Technical Officials License and BWL Membership. This person is then qualified to officiate at any BWL Tiered Event, upholding any required official role as allocated by the competition organiser.

“Tier” - means the level of competition to which an Individual and/or Club will be permitted by fulfilling, as determined, the standards specified in the relevant entry and qualification criteria.

“Total” - is the combined weight of the individual lifts in kilograms in the Snatch and the Clean & Jerk i.e., the aggregate of the best Snatch and the best Clean & Jerk results.

“Volunteer” - means a person who performs duties on a voluntary basis.

The BWL Technical & Competition Rules and Regulations as contained within this document only apply to the sport of Olympic Weightlifting. There are separate Technical & Competition Rules and Regulations that cover BWL Para Powerlifting competitions and events.

BWL reserves the right to amend these Technical & Competition Rules and Regulations at any time to best comply with the most current IWF/EWF Technical & Competition Rules and Regulations and/or any appropriate issues arising within the United Kingdom that may affect these Technical & Competition Rules and Regulations.

1. PARTICIPANTS

1.1 Age Groups

1.1.1 In the sport of weightlifting, competitions are organised for men and women. The Athletes compete in specified bodyweight categories and age groups.

1.1.2 BWL recognises six (6) age groups for weightlifting competitions:

Development: under 12 years of age

Under 10: aged 10 or below

Under 12: aged 11 or 12

Youth: 13-17 years of age

Under 15: aged 13, 14 or 15

Under 17: aged 16 or 17

Junior: 15-20 years of age

Under 23: 15-23 years of age

Senior: 15+ years of age

Masters: 35+ years of age

Masters age groups follow 5-year increments, with ten age groups for each men and women e.g. 35-39, 40-44, 45-49 etc. Masters age categories are determined by the athlete's age on December 31st of the year of the competition.

Age groups are based on the athlete's birth year. For example, a lifter who is 12 at the start of the year will compete as an Under 15 since they turn 13 that year and therefore do not qualify as an Under 12. If an athlete is 11 and turns 12 during the competition year, they will remain in the Under 12 category, regardless of whether they have already turned 12 on the day of the competition.

Male competitions at Under 15 and above will be referred to as a 'Men's competition' and at Under 12 and below as a 'Boy's competition'.

Female competitions at Under 15 and above will be referred to as a 'Women's competition' and at Under 12 and below as a 'Girl's competition'.

1.2 Bodyweight Categories

1.2.1 From 14 April 2025 BWL will introduce the following new bodyweight categories. From this date the existing categories (see Appendix 1) will no longer be recognised.

1.2.2 There are eight (8) bodyweight categories for both Men and Women at Senior, Under 23, Junior and Masters age groups:

MEN: 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

WOMEN: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

1.2.3 There are eight (8) bodyweight categories for U17 Youth age groups:

MEN: 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, +94kg

WOMEN: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

And

Eight (8) bodyweight categories for U15 Youth age groups:

MEN: 52kg, 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, +88kg

WOMEN: 40kg, 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, +69kg

1.2.4 BWL has eight (8) categories for both Boys and Girls at Development (U12) age group:

Boys	Girls
44 and Under	35 and Under
44.01 – 50.00	35.01 – 40.00
50.01 – 56.00	40.01 – 44. 00
56.01 – 60.00	44.01 – 48.00
60.01 – 65.00	48.01 – 53.00
65.01 – 71.00	53.01 – 58.00
71.01 – 79.00	58.01 – 63.00
79.01 and above	63.01 and above

1.2.5 There are eight (8) categories for both Boys and Girls at Development (U10) age group:

Boys	Girls
40 and Under	30 and Under
40.01 – 44.00	30.01 – 35.00
44.01 – 50.00	35.01 – 40. 00
50.01 – 56.00	40.01 – 44.00
56.01 – 60.00	44.01 – 48.00
60.01 – 65.00	48.01 – 53.00
65.01 – 71.00	53.01 – 58.00
71.01 and above	58.01 and above

1.2.6 BWL reserves the rights to include and remove bodyweight categories from competitions under its jurisdiction at its discretion.

1.2.7 When a competition is combined, e.g. Junior and U23, U15 and U17, an Athlete may only compete in one age group category. The Athlete can select which age group they want to enter but may only enter in one age group category not numerous ones.

1.2.8 BWL reserve the right to run any of their competitions and events in any sequence of body weight categories and /or gender, in the interests of delivering a fair and interesting competition to best fit the overall needs of the competition as well as the needs of The Athletes, as BWL in its sole discretion sees fit.

2. THE TWO LIFTS

2.1 General

In the sport of Olympic Weightlifting BWL recognises two (2) lifts which must be executed in the following sequence:

The Snatch

The Clean & Jerk

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

2.2 The Snatch

The barbell is centred horizontally on the competition platform. The Athlete takes the start position behind the barbell facing the officials. The Athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, upward the barbell remains close to the body and may slide along the legs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The Athlete may recover in their own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The Athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as The Athlete becomes motionless in all parts of the body.

2.3 The Clean & Jerk

2.3.1 The first part, the Clean:

The barbell is centred horizontally on the competition platform. The Athlete takes the start position behind the barbell facing the officials. The Athlete grips the barbell and bends at the knees. The barbell is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, upward the barbell remains close to the body and may slide along the legs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The Athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The Athlete may recover in their own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

2.3.2 The second part, the Jerk:

The Athlete must become motionless with the knees fully extended after the clean and before starting the jerk. The Athlete bends and then dynamically extends the legs and arms simultaneously to move the barbell upwards in one motion to the full extent of the arms while lowering the body under the barbell and either splitting or bending the legs. The Athlete then returns the feet to the same line parallel to the plane of the trunk and the barbell with both arms and legs fully extended. The Athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees' give the signal to lower the barbell as soon as The Athlete becomes motionless in all parts of the body.

Before the Jerk, The Athlete may adjust the position of the barbell for the following reasons:

To withdraw or "unhook" the thumbs

If breathing is impeded

If the barbell causes pain

To change the width of the grip

The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.

2.4 General Rules for all Lifts

2.4.1 The technique known as the hook grip is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell.

2.4.2 In both lifts, the Referees must count as "No lift" any unfinished attempt in which the barbell has reached the height of the knees

2.4.3 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.

2.4.4 An athlete who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all Referees for their Group as well as the Jury (where there is one) prior to the start of competition and remind them of this fact prior to the start of each lift when on the platform. This is the sole responsibility of The Athlete. The Jury may call the Competition doctor (if one in attendance) to examine the elbows.

2.4.5 When snatching or cleaning in the squat style, The Athlete may assist their recovery by swinging, rocking or bouncing their body while in the squat position.

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

2.4.7 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.

2.4.8 Only The Athlete or the Loaders can move the barbell to a new position on the competition platform during competition. It is forbidden for a Club Official or Coach to move, adjust or clean the barbell.

2.4.9 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.

2.4.10 When the competition clock has started for an attempt, the only person allowed on the competition platform is The Athlete who has been called.

2.4.11 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.

2.5 **Incorrect Movements**

2.5.1 Incorrect movements for all lifts

- ❖ Pulling from the hang, defined as: stopping the upward movement of the barbell during the pull.
- ❖ Touching the platform with any part of the body other than the feet during the execution of the lift.
- ❖ Pause during the extension of the arms.
- ❖ Finishing with a press-out, defined as: continuing the extension of the arms after The Athlete has reached the lowest point of their position in the squat or split for both the Snatch and the Jerk.
- ❖ Bending and extending the elbows during the recovery.
- ❖ Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.
- ❖ Releasing the barbell from above the shoulders. For the U12 and U10 age groups when using the 5kg technique bar the barbell must not be released above the knee height.
- ❖ Failing to replace the complete barbell on the competition platform.
- ❖ Not facing the Centre Referee at the beginning of the lift.
- ❖ Lowering the barbell before the Referees' signal.

2.5.2 Incorrect movement for the Snatch

- ❖ Pause during the lifting of the barbell.

2.5.3 Incorrect movements for the clean

- ❖ Resting or placing the barbell on the chest at an intermediate point before its final position producing a "double movement"; often referred to as a "dirty clean".
- ❖ Touching the thighs or the knees with the elbows or the upper arms.

2.5.4 Incorrect movements for the Jerk

- ❖ Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.

- ❖ Any deliberate oscillation of the barbell to gain advantage. The Athlete must become motionless before starting the jerk.

2.5.5 Incomplete movements and positions

- ❖ Uneven or incomplete extension of the arms at the completion of the lift.
- ❖ Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- ❖ Failing to fully extend the knees at the completion of the lift.

3. Venue, Equipment and Documents

3.1 Field of Play (FOP)

For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

Competition platform and stage
Technical Officials' and Competition Management tables
Warm-up area

3.1.1 Competition Platform and Stage

All lifts must be executed on a competition platform.

A clear area measuring one metre surrounding the competition platform is compulsory. This area must be flat and free from any obstacles including discs.

If the competition platform is placed on a stage, the stage must meet the following criteria:

Be of solid construction capable of supporting the competition platform during the lifting of heavy weights.

Measure a minimum of 8m x 8m.

Have appropriate and safe step access to the stage.

Provide the referees and jury (where appropriate) with an unobstructed view of lifting immediately in front of the stage.

Have a restraining bar placed between the front of the competition platform and the referees to prevent the barbell falling off the stage. Chalk must be provided near the competition platform on the side of the Athlete's point of entry.

3.1.1.1 Cleaning disinfectant / antiseptic, wire brushes, cloths, broom, gloves and other cleaning supplies/ appliances must be provided and neatly stored near to the competition platform /stage for the Loaders.

A zone for Coaches must be designated relative to the FOP layout.

3.1.2 Technical Officials' and Competition Management Tables

The placement of all Technical Officials' and Competition Management tables (and chairs) is consistent throughout all BWL Events.

3.1.2.1 Jury Table:

Where there is a Jury, it is located in a place where the view of the competition platform and stage is clear and unobstructed. The Jury table must be placed a maximum of ten metres from the centre of the platform, between the Centre and the Side Referees' tables and located on the side of the Athletes point of entry. Organisers must provide platforms, as an elevation for the Technical Officials if their view is impeded by the height of the stage.

3.1.2.2 Referees' Tables:

Centre Referee must be seated at least 2m measured from the front of the competition platform to the front of the referee table and in line with centre of platform.

Side Referees must be seated on the same line as and parallel with the Centre Referee, two to three metres from the Centre Referee. Organisers must provide platforms, as an elevation for the Technical Officials if their view is impeded by the height of the stage.

Competition Doctor Table: A table and chair may be provided for the Competition Doctor near the Athletes' point of entry to the competition platform / stage and in the warm-up area relative to the venue layout.

Competition Management Tables: Tables and chairs in a suitable quantity must be provided for Competition Management and placed to the side of the competition platform / stage.

3.1.2.3 Loaders' position:

Loaders must have a designated area with chairs to the side of the competition platform / stage.

3.1.3 Warm-Up Area

To prepare for competition, Athletes should be provided with a warm-up area located near the competition platform / stage relative to the venue layout.

The warm-up area must be equipped with:

An appropriate amount of warm-up platforms

Barbells, discs, chalk, etc. in relation to the number of competing Athletes

- Loudspeakers connected with the Speaker's audio system
- Real time scoreboard
- Display of official timing clock
- Live video feed of activity on the competition platform (where possible)
- Tables for Marshals and Competition Doctor(s)
- Other operational tables, as required
- Bathroom facilities (optional)

3.2 Venue – Additional Spaces

3.2.1 The following additional spaces may be provided at the competition venue as appropriate to the tier of competition:

- Anti-Doping Control Station
- Changing rooms
- Competition Management office(s)
- Technical Official's room
- First Aid / Medical room
- Weigh-in room and Test Weigh-in room

3.2.2 Only BWL authorized professional cameras, recording equipment or drones allowed in the Venue, within the FOP or in additional spaces.

3.3 Sports Equipment

3.3.1 General Provisions

At all Competitions under the jurisdiction of BWL only sports equipment recognised and/or licensed by BWL shall be used.

3.3.2 Platform

Two types of platforms are authorised for use: Competition and Training/Warm-up platforms. Both types of platforms must meet the authorised specifications:

Competition platform:

Square

Measures four metres on each side. At Tier 1 and 2 Events, and the discretion of BWL, a platform measuring three metres on each side may be used at competition for up to and including Under 17 age groups. The smaller platform can be used at any Tier 3 event.

Measures not more than ten centimetres in height.

Training / warm-up platform:

Measures not less than one metre and eighty centimetres in length

Measures not less than two metres and forty centimetres in width.

3.3.3 Barbell

The barbell consists of the following parts:

Bar

Discs

Collars

3.3.3.1 Bar

There are three (3) types of bar: 20kg (men's), 15kg (women's) and 5kg (technique) bars. All types of bar must meet the following authorised specifications:

A men's bar weighs twenty 20.00kg.

A women's bar weighs fifteen 15.00kg.

A technique bar weighs five 5.00kg.

The barbell in terms of technical specification will be as per the most current IWF TCRR.

The loading of the barbell will be compliant with the IWF TCRR Regulation to 3.3.3.11. Discs weighing 2.5kg or more will be loaded inside the collar on the sleeve of the barbell. Discs weighing less than 2.5kg can be loaded

outside the collar on the sleeve of the barbell providing they have a friction ring design. If the discs do not have a friction ring design they must be loaded inside the collar.

3.3.3.2 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:

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

Training discs

Manufactured in coloured weights as listed above.

May be manufactured in black with corresponding coloured rims or numbers.

The Discs in terms of technical specification will be as per the most current IWF TCRR.

Competition discs must be used on the competition platform.

3.3.3.3 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

For Development age groups, spring collars may 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.

The collars in terms of technical specification will be as per the most current IWF TCRR.

Discs are loaded and secured by collars on the sleeve of the bar. The bar is loaded with the heaviest discs first and then the lighter discs loaded in descending order of weight toward the outer edge of the bar. Discs must be loaded so that both the on- duty Referees and Jury can identify the weight of each disc.

An adequate number of sets of men's and women's barbells and additional discs must be provided for each competition.

3.3.4 Scales

Scale must:

Be electronic; with display and/or printout or both.

Capacity = weigh up to 200 kg

Precision = 10 grams minimum

Certified by local authorities within the previous 6 months of the competition from start of the event.

1 set for weigh in and a spare set.

3.3.5 Coach Warm-Up Pass

Warm up passes are worn for Coach identification during competition. Warm up passes are issued to Coaches in line with TCRR 6.4.3.

3.3.6 Timing and Information System (TIS)

The TIS is a complex and integrated competition management application used to implement the running order of the competition as per the TCRR. There are several versions of TIS which can be used, they may include:

3.3.6.1 Referee Light System management software and the following hardware:

The Referee Light System is the means by which Referees adjudicate the lifts.

The Referee Light System consists of one (1) control box for each of the three (3) Referees. It may also include control boxes for the Timekeeper and Jury.

Each of the Referees must give the “Down” signal by pressing a button for a 'Good Lift' or a 'No Lift' according to the function of the TIS and the relevant competition rules. When two (2) of the Referees have provided identical decisions, a visual and/or audible 'Down' signal is given to The Athlete to replace the barbell on the competition platform.

Immediately after a majority decision; the referees decision must be displayed clearly to The Athlete, the referees and the audience, indicating the individual decision of the referees by corresponding colours to their location relative to the platform.

The decision must be visible for a minimum of three (3) seconds.

After the visible and audible “Down” signal the Referees have a three (3) second window to reverse their decision.

If a referee does not use an electronic TIS to display a changed decision within the three (3) seconds, they can still overturn their decision using a manual signal such as a flag or hand signal.

When the “Down” signal has been given and the decision is displayed and The Athlete does not lower the barbell, the centre referee must verbally and physically instruct The Athlete to lower the barbell.

During the competition, a Jury may monitor the work of the Referees. Every decision by the referees may be identified for immediate further actions. Should the jury wish to call any of the referees to the jury table they will verbally instruct the referee(s) to attend the jury table.

3.3.6.2 Communication System

The TIS may provide a direct link between the Marshal table and the Speaker to relay attempt changes and instructions from the warm up room. If the TIS does not provide this directly an appropriate alternative should be implemented such as radios or a telephone.

The TIS may also provide a direct link between the Technical Controller, Competition Management Table and the Jury. If the TIS does not provide a direct communication link between the Technical Controller, Competition Management Table and the Jury an alternative measure should be implemented such as radios or a telephone.

3.3.6.3 Timing Clock

The TIS may include an electronic timing clock with countdown mode. Increments of one (1) second must be used.

The timing clock must be able to be set to any time up to fifteen (15) minutes. If the TIS does not provide a timing clock an alternative appropriate measure must be implemented.

3.3.6.4 Attempt Board

The TIS may include an attempts display. The following information should be displayed on the Attempt Board when present:

- Athlete name
- Weight to be taken
- Attempt number
- Referees' decision, if not displayed elsewhere
- Timing clock, if not displayed elsewhere

3.3.6.5 Scoreboard

The TIS may include an integrated scoreboard. This must be set up in a prominent place in the FOP to record and display the progress and results of the specific category as it takes place. If the TIS does not include an integrated scoreboard an appropriate alternative measure must be implemented. The scoreboard should display the following information:

- Athlete start number, in numerical order
- Name of each Athlete

Age group if appropriate
 Bodyweight
 BWL Club
 Three (3) attempts in the Snatch
 Three (3) attempts in the Clean & Jerk
 Total
 Final classification
 Successful and unsuccessful attempts must be marked differently (by strike-through or by colour)
 The current athlete and next athlete highlighted

3.4 Official Documents

3.4.1 Entry Forms

All entries to BWL events, and events registered with BWL must be submitted via an online entry form on the BWL Sport80 portal. Event entry forms may include:

Selection of bodyweight category
 Selection of age group
 Nomination of up to two (2) coaches
 Entry total
 Qualification event
 Additional athlete information
 Acknowledgement of BWL anti-doping, safeguarding and photography policies
 Validation of entry information prior to submission

Entries submitted by any other methods will not be accepted without explicit written confirmation by British Weight Lifting

3.4.2 Start List and Schedule Package

The Start List package including:

athlete name
 bodyweight category
 age group
 club
 entry total

3.4.3 Weigh in List

Issued for each group, the Weigh-in List must contain the following information for all Athletes:

Start number
 Name
 Date of birth
 BWL Club
 Entry Total
 Bodyweight
 First attempts in Snatch and Clean & Jerk

3.4.4 Athlete's Card

The Athletes Card refers to the document or method used to record changes to attempts during the course of a competition. If the TIS has an integrated method such as tablets or computers, a paper card may not be used.

If the TIS does not have an integrated method for attempt changes, The Athlete's card is the official document to record The Athletes' declarations, attempts and Coach or Club Officials / Athletes' initials or signature as allowed by the TCRR. Each Athlete's Card contains the following Athlete information:

Name
 Age group
 BWL Club
 Bodyweight
 Bodyweight category

Entry Total

The weight in kilograms of the 1st attempt in the snatch and clean and jerk

3.4.5 Protocol

The Protocol, either handwritten or computer generated is the official document certifying the results of each group and contains the following information of each Athlete:

Start number

Name

Age group

BWL Club

Bodyweight

All attempts for both lifts

Total

Records, if applicable

Signatures of the on-duty Jury President/Competition Director or centre referee

Successful and unsuccessful attempts must be marked differently (by strike-through or by colour)

At the end of each group the final protocol sheet will be verified and signed by the three referees that adjudicated the group.

4. ATHLETES' OUTFIT

4.1 Costume

4.1.1 Athletes must wear a weightlifting costume (leotard) which complies with the following criteria:

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

4.1.2 A unitard may be worn under the costume. The unitard must comply with the following criteria:

- May be of one or two pieces
- Must be tight fitting
- Must be collarless
- May cover elbows and knees to wrist and ankle
- May be of any colour
- A two piece unitard may be of any one colour
- Cannot be patterned or designed

4.1.3 A T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- 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

4.1.4 Shorts or leggings may be worn under the costume. They must comply with the following criteria:

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

4.1.5 T-shirt and shorts cannot be worn instead of the costume other than at Development age group competitions, and all Tier 3 competitions. At Development age group and Tier 3 competitions, lifters may compete in shorts and T-shirt in compliance with TCRR 4.1.3 and 4.1.4. T-shirts must be tucked into shorts.

4.1.6 Socks may be worn. There is no restriction on length or colour and they may cover the knees.

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

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

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

4.2 Footwear

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.

4.3 Belt

4.3.1 A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.

4.3.2 The maximum width of the belt is twelve (12) centimetres.

4.4 Bandages, Sticking Plasters and Tapes

4.4.1 Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene/rubber or leather.

There is no limit to the length of the bandages.

Knee bandages can cover as much of the leg as The Athlete wants.

One-piece elastic bandages, or neoprene/rubberised kneewraps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire.

Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.

Bandages must not be attached to the barbell at any time.

No bandages or substitutes are allowed on the elbow(s).

Bandages may be worn on the torso underneath the costume.

4.4.2 Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters must be applied to cover small wounds.

Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.

Sticking plasters must not be attached to the barbell at any time.

4.4.3 Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and/or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.

Tape worn on the fingers and thumb must not protrude in front of the fingertips.

Tape worn on both the inner and outer surface of the hands may be attached to the wrist.

Tape or substitute must not be attached to the barbell at any time.

4.4.4 No bandages, sticking plasters, tape or substitutes are allowed on the elbow(s) or within five centimetres of the elbow joint in a straight arm position.

4.4.5 Tape may be worn under any piece of The Athlete outfit including other bandages anywhere on the body, except the elbow(s).

4.5 Gloves and Palm Guards

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

4.5.2 Gloves may cover only the first knuckle of the fingers.

4.5.3 If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

4.6 Prosthetic Limbs

4.6.1 Prosthetic limbs are permitted. Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.

4.7 Personal Electronic Devices

4.7.1 Personal electronic equipment (i.e. iPods, tablets, mobile phones, etc.) is forbidden on the competition platform / stage. Medical equipment (i.e. hearing aid or such implements) is an exception. Personal electronic equipment may be used in the warm-up area. BWL and Organising Committee are not responsible for Athletes', Coaches' and Technical Officials' personal property.

4.8 Manufacturer's Identifications

At all BWL Events the following identifications are permitted on each article of The Athletes outfit with the total maximum size of five hundred (500) square millimetres per article:

The identification (logo, name or a combination of both) of the manufacturer of the product and or

The identification of The Athlete's commercial sponsor (logo, name or a combination of both)

Distinctive manufacturer's design patterns are not considered for the application of this rule.

5. COMPETITIONS

5.1 BWL Competition structure

5.1.1 The BWL competition structure for Weightlifting in the United Kingdom.

All Olympic weightlifting competitions that are under the jurisdiction of BWL are contained within the BWL competition structure which comprises of three tiers. Each tier is designed to support the development of the sport at that tier and provide appropriate qualification opportunities to compete in higher tiers of the competition structure.

Tier 1– Competitions and Events delivered by BWL covering the whole of the United Kingdom of Great Britain and Northern Ireland. The England Championships (all ages) will also fall under this Tier as England sits under the legal jurisdiction of BWL.

Tier 2 (Home Nation) – Competitions and Events designated by BWL as Home Nation covering solely and only one of the Home Nations of the UK; Northern Ireland, Scotland and Wales. Competitions that involve between 2 and 3 Home Nations are at this level.

Tier 3 – A weightlifting event registered with BWL and run by an affiliated club. These feed into Tier 2 (Home Nation) and Tier 1 (British) events. Tier 3 events are open to all lifters to enter and are suitable for both novice and experienced lifters.

British Weight Lifting supports Masters Open competitions and Regional Open competitions. These are considered to be Tier 3.

Tier 4 – Tier 4 - A hybrid weightlifting event registered with BWL and run by an affiliated club, Partner Gym or Partner School. Events may feature alternative foundational strength exercises and weightlifting derivatives. Tier 4 events are suitable for new and more experienced lifters. Individuals aren't required to be members of BWL to enter.

Where a crown dependency has its own Commonwealth Games association its events will be regarded as tier 2 however this does infer the status of a Home Nation. Where an independent Commonwealth Games association does not exist the definition of a Home Nation at the start of these TCRR will apply.

Tier 3 (Licensed) – Competitions and Events within a single Home Nation which act as entry and qualification to tier 1 and tier 2 competitions and events as well as the BWL ranking lists.

International - Competitions and Events delivered and organised within the direct remit of an international federation recognised by the International Weightlifting Federation, including but not limited to; European Weightlifting Federation, Commonwealth Weightlifting Federation. British Weight Lifting only recognises international competitions and events taking place within the United Kingdom that are planned, managed and delivered by British Weight Lifting and/or an affiliated National Federation, subject to appropriate agreements and structures being in place.

5.1.2 BWL events are Weightlifting competitions registered as “BWL events” in the United Kingdom and in the BWL calendar of events. British Weight Lifting hold an annual programme of events to best meet the needs of its members as it sees fit from time to time. Events at Tiers 1, 2 and 3 must follow the BWL Technical and Competition Rules & Regulations (TCRR) unless otherwise specified and agreed in writing by BWL.

5.1.3 At BWL Events, Organisers must guarantee unconditional entry to all participants from all eligible BWL Member Clubs and organisations as compliant with these TCRR. Subject to each events' eligibility requirements.

5.1.4 All BWL Events must include the two (2) individual lifts at tiers 1 to 3.

5.1.5 All BWL Events at Tiers 1 to 3 shall only be recognised providing the following minimum criteria are adhered to:

Competitions must be notified to BWL within the appropriate timescales and registered on the BWL Sport80 portal.

At Tier 1 and 2 Events, at the discretion of BWL, there may be one licenced centre referee adjudicating the competition, who is qualified to at least BWL Level 3.

At Tier 3 events there may be one licenced centre referee adjudicating the competition, who is qualified to at least BWL Level 3; or three licenced BWL Level 2 referees.

The Event Organiser (and/or their representative) shall send all competition protocols to BWL within two days of the end of the competition on approved BWL Competition Protocols for recognition of results and uploaded by the host to the BWL Sport80 Portal without delay, using the provided template.

Note, National records cannot be set at Tier 3 competitions unless 3 referees are officiating the lift. When a record is claimed, it is the responsibility of the lifter/coach/host to contact BWL within 2 weeks of breaking the record, and the competition organiser must provide evidence of lifts achieved, confirmation of records being claimed plus the names of the 3 licenced referees.

Be governed by the BWL Technical and Competition Rules and Regulations

5.1.6 BWL will publish online via its website the event date for each BWL Competition stating when entries open and when entries close for each competition.

5.1.7 BWL will publish the cost of entry to all competitions online. Entry fees are not refundable except in the case of extenuating circumstances (e.g. evidenced injury). Administrative fees are charged by the entry platform hosts. These are outside the remit of BWL and are non-refundable.

5.2 Acceptance of the TCRR

5.2.1 All Individuals and Clubs which participate in any relevant BWL Competition governed by these TCRR are deemed, by entering an event, to be bound by the TCRR. A copy of the TCRR applicable to the relevant Competition, shall be made available to each of the intended participating Individuals and Clubs via the BWL website prior to that Individual or Club's entry in such relevant BWL Competition being accepted. Each Individual and/or Club, agrees to observe BWL's Anti-Doping Rules, Safeguarding Policy, Diversity and Anti-Racism Policies, Respect Policy and any other rules and policies that may from time to time be adopted by BWL through the BWL Board and shall ensure that each of their members, employees, officials, volunteers, spectators and similar shall observe such rules and policies and shall make it a condition of employment or engagement or of participation in any weightlifting competition that each such members, employees, officials, volunteers, spectators or similar shall observe such rules and policies.

5.2.2 All Individuals and Clubs which participate in any relevant Competition or Event under the jurisdiction of BWL, are required to act in accordance with all applicable laws. Each Individual and Club agrees that the BWL Board shall be entitled to take any action and/or make such orders as it considers appropriate. To do otherwise would knowingly allow an Individual and /or Club to breach any applicable laws, even where such behaviour is not prohibited through a strict interpretation of these TCRR.

5.2.3 Each Individual and/or Club agrees that all athletes, coaches, officials and spectators are only allowed to take part in or attend Competitions and Events or be involved in the business of or the conduct of playing matters at any event on condition that they observe the TCRR. Each Individual and/or Club agrees to ensure that these TCRR are enforced and observed by athletes, officials and spectators.

5.2.4 The anti-doping rules of British Weight Lifting are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Weight Lifting.

5.2.5 Where an Athlete or other Person commits an anti-doping rule violation, BWL may, in its discretion and subject to the principle of proportionality, recover from The Athlete or other Person costs associated with the anti-doping rule violation, regardless of the period of ineligibility imposed. The imposition of a financial sanction shall not be considered a basis for reducing the ineligibility or other sanction which would otherwise be applicable under this Anti-Doping Policy or the Code.

5.3 Eligibility of persons to enter BWL Competitions

5.3.1 To enter Tier 1 events a person must:

5.3.1.1 Be domiciled in the United Kingdom.

5.3.1.2 Or be in possession or, be eligible to apply for a British passport.

5.3.1.3 To enter Tier 1 (England) events the aforementioned criteria apply. In addition, the Athlete must be domiciled in England. In the case of overseas based athletes, evidence must be provided demonstrating how England is where they have the closest ties within the United Kingdom.

5.3.2 BWL retains the right to allow refugee and/or asylum seeking athletes, who have requested permanent residence in the United Kingdom, to compete in Tier 1 and Tier 2 events.

To enter Tier 3 events a person must be a member of British Weight Lifting.

Athletes shall hold a valid BWL membership on the date of qualification, date of entry to the competition, and the day of the competition.

Athletes shall not be in formal dispute with BWL and/or recognised bodies or partners.

Athletes must meet any specific qualification or entry requirements on an event-by-event basis.

Athletes should seek advice from their Home Nation if they wish to compete in another Home Nation's championship, as such participation may render them ineligible to compete for their Home Nation.

5.4 Eligibility of guests to enter BWL Competitions

5.4.1 At Tier 1 events guests may enter BWL competitions provided they comply with criteria listed in and are granted written permission to do so by BWL. They may not win the competition. Results achieved by guest Athlete will be recognised by BWL.

5.4.2 A person may be invited to enter as a guest under the following conditions:
 Letter of permission from The Athletes National Federation (for UK non-domiciled athletes)
 Hold a full BWL membership (for UK domiciled athletes)
 No UK domiciled Athlete will lose a place in the competition
 Provide evidence of achieving BWL National Qualifying Totals
 Approval from the BWL Performance Advisory Group or Talent Pathway

5.5 General eligibility of persons for entry to individual BWL championships Including Home Nation Championships

5.5.1 BWL Life Members must pay the Continuing Life Membership Fee.

5.5.2 Athletes must comply with the BWL Anti-Doping Controls and Procedures. This includes that any fines that may be imposed by UKAD are the responsibility of the individual to pay not BWL.

5.5.3 Athlete who has given notice of retirement to BWL (and / or UKAD) may not resume competing unless they notify BWL at least six months before they expect to return to competition and makes themselves available for unannounced Out of Competition Testing at any time during the period before actual return to competition.

5.5.4 Acceptable proof of age for Athletes include:
 A valid UK passport
 Full or provisional UK driving licence
 UK birth certificate
 A valid government issues document from a foreign state nation government e.g. passport, birth certificate.

5.5.5 The British Weight Lifting Board reserve the total right at their discretion in the best interests of the competition to allow Athletes into an individual competition.

5.5.6 Substitution of Athletes will not be accepted.

5.6 Qualification Processes for Tier 1 events

5.6.1 British Senior Championships (Tier 1).

5.6.1.1 The British Senior Championships will have a two (2) stage qualification process:

Stage 1 - Athletes must achieve a minimum qualification standard to become eligible for the event.

Stage 2 - The defending Champion, and the highest ranked eligible athletes will be offered a place in the championship. The number of those invited will vary depending on current standards. Provision will be made for Home Nation representation provided athletes have met the qualifying standard.

5.6.1.2 Stage 1 and 2 must both be completed within the published qualification period.

5.6.1.3 If an athlete declines their place in the competition the place will be offered to the next eligible athlete.

5.6.1.4 There will be a maximum of fourteen (14) athletes in each bodyweight category unless otherwise advised.

5.6.1.5 The BWL rankings list will be the only recognised rankings list for allocating places to compete in the British Senior Championships.

5.6.1.6 Athletes may not move bodyweight category after being allocated a competition place at the British Senior Championships.

5.6.1.7 No changes may be made to the declared entry total after the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes to the declared entry total can be made no later than 14 calendar days before the first date of competition.

5.6.1.8 BWL reserves the right to give special designation to events taking places outside the qualification window to be included in the qualification process.

5.6.2 England Senior Championships (Tier 1)

5.6.2.1 The England Senior Championships will have a two (2) stage qualification process:

Stage 1 - Athletes must achieve a minimum qualification standard to become eligible for the event.

Stage 2 - The highest ranked eligible athletes will be offered a place in the championship. The number of those invited will vary depending on current standards.

5.6.2.2 Stage 1 and 2 must both be completed within the published qualification period.

5.6.2.3 In the case of unused quota places and in accordance with the field size of the bodyweight category, other qualified lifters will have the opportunity to enter the England Championships via Sport 80. This will be determined on a first-come, first-served basis irrespective of the England ranking but subject to the minimum standard of the respective bodyweight category.

5.6.2.4 The BWL rankings list will be the only recognised rankings list for allocating places to compete in the England Senior Championships.

5.6.2.5 Athletes may not move bodyweight category after being allocated a competition place at the England Senior Championships.

5.6.2.6 No changes may be made to the declared entry total after the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes to the declared entry total can be made no later than 14 calendar days before the first date of competition.

5.6.2.7 BWL reserves the right to give special designation to events taking places outside the qualification window to be included in the qualification process.

5.6.3 All other British Championship events (Tier 1)

5.6.3.1 Other British Championships include:

British Age Group Championships

British Masters Championships

BUCS Championships

5.6.3.2 Athletes must achieve a minimum qualification standard to qualify for the event.

5.6.3.3 All qualification totals must be achieved within the previous 12 months, or the previous edition of the competition, or otherwise stated qualification period.

5.6.3.4 Limits to the number of entries accepted for each event may be reviewed on a case-by-case basis.

5.6.3.5 At the British Age Group Championships, the highest ranked eligible athletes may be offered a place in the Championship. The number of those invited will vary depending on current standards.

5.6.3.6 At the British Masters Championships, the top ranked males and females (based on Q points or similar) will be invited to compete. Should any decline, the place will be offered to the next on the ranking list. Where an invitation system is used, athletes cannot move bodyweight category after acceptance of the invitation.

5.6.3.7 The BUCS Championships will adopt all the appropriate eligibility criteria as determined by BUCS.

5.6.3.8 No changes may be made to the declared entry total after the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes to the declared entry total can be made no later than 14 calendar days before the first date of competition.

5.6.4 All other England Championship events (Tier 1)

5.6.4.1 Other England Championships include:

England Age Group Championships
England Masters Championships

5.6.4.2 Athletes must achieve a minimum qualification standard to qualify for the event.

5.6.4.3 All qualification totals must be achieved within the previous 12 months, or the previous edition of the competition, or otherwise stated qualification period.

5.6.4.4 Limits to the number of entries accepted for each event may be reviewed on a case-by-case basis.

5.6.4.5 At the England Age Group Championships, the highest ranked eligible athletes may be offered a place in the Championship. The number of those invited will vary depending on current standards.

5.6.4.6 Athletes should seek advice from their Home Nation if they wish to compete in another Home Nation's championship, as such participation may render them ineligible to compete for their Home Nation.

5.6.4.7 No changes may be made to the declared entry total after the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes to the declared entry total can be made no later than 14 calendar days before the first date of competition (excepting those outlined in TCRR 6.1).

5.6.5 Qualification Totals

5.6.5.1 All qualification totals will be available on the British Weight Lifting website and can be requested by contacting the British Weight Lifting office.

5.6.5.2 Without exception all qualification totals must be achieved before the end of the entry period for a given competition.

5.6.5.3 To achieve a qualification total for a Tier 1 or Tier 2 competition the total must have been achieved in the same bodyweight category that The Athlete first submits an entry for. For example: A total achieved in the Men's 71kg bodyweight category can only be used to qualify for the Men's 71kg bodyweight category. Changes to bodyweight categories can be made after entering according to TCRR 6.1.

5.6.5.4 Results from the following competitions will be considered eligible for qualification to BWL events:

Any Tier 1, 2 or 3 competition run in accordance with BWL regulations

Any competition run by IWF and its affiliated regional bodies. For example the European Weightlifting Federation.

The senior national championships of a national federation that is affiliated and in good standing with the IWF, with results supplied directly to BWL by the federation.

Any competition results that are not listed herein are subject to the discretion of BWL to determine if they may apply as a qualification total.

BWL reserves the right to reject results from competitions that are listed herein if there are additional factors or circumstances to consider.

5.7 Appeals

5.7.1 The decision of Technical Officials regarding a successful or unsuccessful lift is final at all BWL sanctioned competitions.

5.7.2 Any appeals regarding the overall organisation of the competition and/or event must follow the BWL Complaints Procedure.

6. PROCEEDINGS OF A BWL EVENT

6.1 Pre-Competition Procedures – Entries

All entries with all relevant criteria being met must be submitted electronically through Sport80 on the BWL website. Paper entries are not accepted. No unconfirmed, incomplete and/or incorrect Entry Forms shall be accepted.

6.1.2 At all Tier 1 events except the British Senior and England Senior Championships Athletes may move to a higher bodyweight category than that which they entered if their qualification total is equal to or higher than the NQT of the higher bodyweight category (also note section 5.6). **This is entirely at the discretion of BWL** and may only change from the point of entry to the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes can be made no later than 14 calendar days before the commencement of the event.

6.1.3 At all Tier 1 events except the British Senior and England Senior Championships athletes may move down a bodyweight category (also note section 5.6). **This is entirely at the discretion of BWL** and may only change from the point of entry to the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes can be made no later than 14 calendar days before the commencement of the event.

6.1.4 Athletes aged seventeen (17) or under may move one bodyweight category higher without achieving the NQT for the higher category. **This is entirely at the discretion of BWL.** This rule only applies in age group competitions at Youth (U17) and below.

6.1.5 No changes will be made to the competition entry after the final verification date. This date will be published within the qualification process for the event. If no such date is published, changes can be made no later than 14 calendar days before the commencement of the event, excepting for U17 athletes who may move one bodyweight category higher at the time of weigh-in.

6.1.6 Qualification totals must be achieved in a competition whose results are recognised by BWL and listed on the official rankings lists.

6.1.7 The decision to recognise or de-recognise the results of any competition are at the absolute discretion of British Weight Lifting.

6.1.8 At Tier 3 events athletes may move a bodyweight category at the discretion of the competition organiser, pursuant to any relevant section of the most current version of the BWL TCRR.

6.1.9 At Tier 1 and Tier 2 events, athletes aged U17 must be accompanied in the warm up room by a BWL Level 2 or higher coach holding a valid Coach Licence.

6.1.10 BWL reserves the right to amend the competition format for the U17 age group and below.

6.2 Withdrawals

6.2.1 If an Athlete is unable to compete for any reason after entering a competition they will notify BWL immediately of their intention to withdraw. Entry fees are not refundable except in the case of extenuating circumstances (e.g. evidenced injury). Administrative fees are charged by the entry platform hosts. These are outside the remit of BWL and are non-refundable.

6.2.2 Withdrawals from competition will be accepted up to and including the end of the allocated Weigh-In period for the respective bodyweight category.

6.3 Start Numbers

6.3.1 On completion of the Start List, a randomly generated start number is drawn for each verified Athlete. The Athletes retain the start number throughout the Event. The start number defines the order of the weigh-in and the order of lifting during the competition in The Athlete's relevant group.

6.3.2 Bodyweight categories may be divided or combined into groups by the Competition Director in accordance with the Entry Totals. A maximum of sixteen (16) Athletes shall be allocated to a group.

6.3.3 If two (2) or more Athletes have the same Entry Total, Athletes may be allocated into different groups according to their start number (e.g. Athlete with the lower start number goes to Group A; Athlete with the higher start number to Group B).

6.3.4 When a body weight category is divided into multiple groups, each group will be allocated a letter to recognise the group, starting with the letter 'A'. The 'A' group being the group with the highest aggregate entry total. The groups will then compete in reverse alphabetical order; i.e. Group 'C' 1st, Group 'B' 2nd and Group 'A' 3rd.

6.4 **Weigh-In**

6.4.1 All athletes must provide photographic identification at weigh in. Acceptable photographic ID documents are:

- Passport
- driving licence
- Other government issued photographic document
- Photo travelcard

6.4.2 The Weigh-In of each group of every Tier 1 and 2 competition will begin two (2) hours before competition starts, unless otherwise advised. At Tier 3 for the second and later groups, weigh in can take place at any time as long as it is complete not less than one (1) hour before lifting begins for that group, other than for Development age groups, which are at the host's discretion. BWL reserves the right to amend weigh in times.

6.4.3 At Tier 1 and 2 events each athlete will be entitled to a maximum of two (2) passes for coaches. Passes can only be issued to BWL Level 2 or higher coaches holding a valid Coach Licence. At BWL events all coaches must be nominated no later than seven (7) days before the first day of competition, any nominations received after this point may be rejected.

6.4.4 Weigh ins for different bodyweight categories and age groups can be combined.

6.4.5 All weigh ins must be allocated a minimum of 60 minutes to complete, other than for Development age groups, which are at the host's discretion.

6.4.6 The Weigh-in is conducted in a room equipped with the following items:

- The official scale; situated in a privately screened area
- Weigh-in List
- Athlete's Cards
- Stationery kit/supplies
- Sufficient number of table & chairs for the Weigh-Ins officials

6.4.7 At Tier 1 and Tier 2 events, and any Tier 3 event with Under 18s taking part, weigh in will be conducted by two technical officials of the same gender as the group. Athletes aged under 18 will be permitted a chaperone pursuant to section 6.4.10 of the BWL TCRR. The chaperone must be of the same gender as an U18 athlete unless the chaperone is their parent/guardian.

6.4.8 Upon entry to any BWL event all athletes agree to comply with the BWL Anti-doping policy.

6.4.9 Both technical officials verify The Athlete's bodyweight and record The Athletes bodyweight and starting attempts on the protocol sheet and The Athletes card if appropriate.

6.4.10 One authorised Coach, or an appropriate chaperone may accompany Athletes during weigh-in. If the Coach or chaperone is not of the same gender as The Athlete they cannot enter the weigh in room during the weighing in process, unless the chaperone is a parent/guardian of the U18 Athlete.

6.4.11 The Athlete's bodyweight must be recorded exactly as displayed on the official scale, acknowledging the 250g allowance.

6.4.12 The Athletes are called one at a time into the Weigh-In room, according to the progression of The Athlete's start number. Athletes not present when their name is called will be weighed at the end of the weigh-in sequence.

6.4.13 When multiple bodyweight categories are combined into one group, the lighter bodyweight category athletes will weigh in first, followed by the heavier category.

6.4.14 Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes during the weigh-in. Socks are permitted but **no** allowance will be made for their weight. An allowance of 250 grams will be deducted from the weight shown on the scales to allow for the weight of the Costume.

Note, the 250g allowance will be applied to each athlete. This potentially could mean an athlete is under their officially entered bodyweight category. In accordance with 6.4.18 an Athlete may return to the weigh-in room as many times as necessary to make the bodyweight category.

In a competition where Athletes are not required to wear a one piece weightlifting costume, the Athlete must be weighed in their competition outfit and the maximum allowance is still 250g.

6.4.15 Athletes are entitled to wear jewellery, hair adornments and religious head wear during weigh-in.

6.4.16 The Weigh-In room must be presented in and provided with proper hygienic conditions. Disinfectant/antiseptic cleanser and cloths should be made available to wipe the scale, if desired/ required.

6.4.17 An Athlete who is within the weight of the bodyweight category in which they officially entered is weighed only once.

6.4.18 An Athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary to make the bodyweight category. The returning Athlete does not have to follow the sequence of weigh-in order.

6.4.19 At Tier 3 events , athletes who were originally entered and on the start list but who do not attend their weigh in, may at the discretion of the organiser weigh in and compete as a guest alongside another group. Guest totals do not count towards placings in competition but can be used for qualifications, records and rankings.

6.4.20 At Tier 1 and 2 events athletes who fail to weigh within the limits of their declared bodyweight category may only then compete as a guest (at the discretion of BWL/host Nation).

6.4.21 At Tier 3 events athletes who fail to weigh within the limits of their declared bodyweight category may be entered into another bodyweight category at the discretion of the organiser.

6.4.22 During the Weigh-In, The Athlete's Coach or the Athlete must acknowledge and submit the starting attempts in both the Snatch and Clean & Jerk, with reference to the 20kg rule (80% of entry total for Masters, as per International Masters Weightlifting Association). and The Athlete's bodyweight, either by way of an integrated TIS, other electronic method, or athletes card. Any subsequent changes to the declared starting attempts are considered part of the two (2) allocated weight changes.

6.4.23 The Protocol is made available to all concerned parties, as soon as possible upon the completion of the Weigh-In.

6.5 Introduction and Call Times

6.5.1 To ensure a timely competition schedule athletes must be ready for presentation according to the following call times:

20 minutes before first lift - Athletes must be present in warm up room and not leave before the presentation is complete

15 minutes before the first lift - Athletes will be marshalled for presentation and must not leave the warm up room

10 minutes before the first lift - Athletes will be presented to the spectators.

The competitors of the category or group are presented in ascending start number order. Should any competitor not be present for the formal introduction, they will be requested to explain their absence to the Competition Director who will determine the appropriate warning or further action.

6.5.2 Technical Officials of the competition are then presented or announced in the following order:

Chief Referee

Side Referees

Time Keeper

Marshal

Technical Controller(s)

Competition Doctor(s)

Jury (introduced whilst in their seats)

6.6 Course of the Competition

6.6.1 The barbell is loaded in progression. The Athlete requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started, the weight cannot be reduced. The Athlete or Coach must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. This is the sole responsibility of The Athlete/Coach. In case of any mistake occurring in the lifting order, either by fault of The Athlete/coach/technical official, the final classification of athletes is decided by what the order of lifting should have been if the sequence had been correct.

6.6.2 Decision making process for attempts with loading errors:

If the barbell is loaded to a lighter weight than the one requested by The Athlete, The Athlete may, if he/she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg, or refuse it. If he/she refuses the attempt, The Athlete is granted an additional attempt with the weight originally requested.

If the barbell is loaded to a heavier weight than the one requested by The Athlete, The Athlete may, if he/she wishes can accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1kg. If the attempt is not successful or if the barbell is not a multiple of 1 kg, The Athlete is automatically granted an additional attempt with the weight originally requested.

6.6.3 The weight of the barbell must always be a multiple of one (1) kg.

6.6.4 The automatic progression after any successful attempt for the same Athlete must be a minimum of one (1) kilogram. If the lift is unsuccessful the weight on the barbell automatically remains the same.

6.6.5 The minimum weights that can be lifted at BWL Events are:

Men = twenty-six (26) kg (20kg bar, 2.5kg collars, and two 0.5kg discs)

Women = twenty- one (21) kg (15kg bar, 2.5kg collars and two 0.5 kg discs)

U12 and below = ten (10) kg (5 kg bar, spring collars and two 2.5 kg full size discs).

6.6.6 The total weight of the starting attempts declared and taken in the Snatch and the Clean & Jerk cannot be less than twenty (20) kg below the verified entry total (80% of entry total for Masters, as per International Masters Weightlifting Association).. The Technical Controller will exclude The Athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the “20 Kilo Rule” and will be applied as stated in the most current IWF rules.

6.6.7 Calling Order

6.6.7.1 The following four (4) factors listed in priority must be considered when calling The Athletes:

The weight of the barbell (lightest weight first)

The number of the attempt (lowest number first)

The sequence/order of the previous attempt(s) (The Athlete who lifted earliest is first)

The start number of The Athlete (lowest first)

6.6.8 Each Athlete is allocated one (1) minute in which to start their attempt. The minute begins immediately after the Speaker has finished calling The Athlete name and attempt weight, as outlined in 7.10.1.

6.6.9 Athletes can submit changes to their attempted weight in the first 30 seconds after the timing clock is started for their attempt. Athletes cannot submit changes in the final 30 seconds after the timing clock is started for their own attempt.

6.6.10 When an Athlete attempts two (2) lifts in succession, they are allowed two (2) minutes (120 seconds) for the succeeding attempt. BWL reserves right to change the interval period between attempts.

6.6.11 Thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time The Athlete has not raised the barbell from the competition platform to make the attempt, this attempt is declared "No lift" by the Referee(s).

6.6.12 The timing clock is started the moment the Speaker finishes the announcement of the attempt or when the barbell is loaded and the loaders have left the platform, whichever is last.

6.6.13 The clock is stopped the moment the bar leaves the platform at the start of the attempt. If the barbell does not pass the height of The Athlete's knees and is returned to the platform the clock will restart as this does not count as an attempt. If the bar passes the height of the knees and replaced on the platform it is a no lift.

6.6.14 An Athlete is granted only one (1) minute if while taking two lifts in succession the calling order changes and the clock starts for another Athlete.

6.6.15 The weight announced by the Speaker must be immediately displayed on the Attempt Board.

6.6.16 At Tier 1 and 2 events, when an Athlete wishes to increase or decrease the weight originally selected, the Coach / Athlete must notify the Chief Marshal. The change will then notified to the Competition Management Table by way of the TIS, or other communication method. At Tier 3 events the Coach / Athlete must notify the Speaker of any changes.

6.6.17 To increase the weight, the Coach / Athlete must submit the weight change before the thirty (30) second indicator.

6.6.18 An attempt cannot be lowered to a weight that has already been lifted by another athlete with a higher start number unless for a later attempt number. i.e. a first attempt always precedes a second attempt regardless of start number. An attempt cannot be lowered by an athlete if the clock has already started for their own attempt at a higher weight.

6.6.19 The thirty (30) second indicator is the signal given by the timing clock thirty (30) seconds before the end of the allocation time.

6.6.20 Between two attempts the Coach / Athlete must acknowledge and submit the next attempt weight at the Marshal Table; both for a declaration weight and automatic increment. This acknowledgment allows two (2) further changes within The Athlete's remaining time.

If the Coach / Athlete fail to do so before the thirty (30) second indicator, The Athlete will make their attempt according to the automatic progression.

6.6.21 When an Athlete is taking consecutive attempts (2 minutes allocated time), the Coach / Athlete must declare the next attempt within the first thirty (30) seconds after being called, even if it is the automatic increment.

Failure to do so will forfeit the two (2) changes allowed. The Athlete will then have to take the automatic increment.

6.6.22 When the Coach / Athlete asks for a change of weight and still has to take the heavier weight next, the clock is stopped while the weight is changed. After the change of weight has been completed, the clock continues to run.

6.6.23 When the Coach / Athlete asks for a change of weight and, in doing so changes the order to follow another Athlete, the normal one (1) minute (60 seconds) applies for the next attempt.

6.6.24 The Coach / Athlete must notify the Chief Marshal if they wish to withdraw from lifting either during the Snatch or the Clean & Jerk portions of the competition, or both. It must be noted and signed on The Athlete's Card that they are withdrawing from the respective lift.

Once The Athlete's Card has been signed the withdrawal is official and The Athlete cannot re-enter the competition in that respective lift. The Speaker then announces the withdrawal.

6.6.25 An Athlete may continue to the Clean & Jerk regardless of whether they have recorded a successful lift in the Snatch, but they will not receive a final placing.

6.6.26 During competition only on-duty Technical Officials, authorised personnel, authorised Coaches (See TCRR 6.4) and Athletes of the specific group are allowed in the FOP.

6.6.27 Only two (2) Coaches are permitted to stand at the designated area/entrance of the competition platform/stage.

6.6.28 Visually impaired athletes may be accompanied to the back of the platform by a guide. The guide must then leave the platform (but not the stage) during the execution of the lift. The guide may then return to the platform to accompany The Athlete from the stage. All guides must meet the requirements in TCRR 6.4.3 to be issued an accreditation pass.

6.6.29 It is the responsibility of the competition organiser that appropriate areas are staffed only by BWL Level 2 or above coaches and Technical Officials holding a valid licence and must be monitored during competition, in line with the BWL Safeguarding Policy.

6.7 Break

6.7.1 There will be a 5 minute break between the Snatch and the Clean & Jerk; unless there are six or less competitors, in which case the break will be 10 minutes. This applies if the number of lifters reduces to 6 or less after the Snatch has completed. At Tier 3 events, the 5 minute break is at the discretion of the host.

6.8 Club Classification

6.8.1 General Criteria

6.8.1.1 To be eligible for ranking in the Top Club competition a club must have at least one male and one female athlete achieve a total in the competition.

6.8.1.2 When an athlete enters a competition the club they represent is automatically entered into the club competition provided TCRR 6.8.3.II is met.

6.8.1.3 The winner of a Top Club title holds the title until the next edition of the event takes place.

6.8.2 Club Representation

6.8.2.1 There is no limit on the number of athletes that can represent a club in a competition.

6.8.2.2 Athletes can move from one club to another and score points for that club up to seven days before the competition. They must be registered to that club on Sport80.

6.8.2.3 Unattached athletes cannot be a member of any club unless they join a club before the bodyweight category closing date of the competition and have updated their BWL Sport80 Portal membership profile.

6.8.2.4 A Athlete can change from club to unattached up until the end of weigh in for their competition.

6.8.3 Scoring Criteria

6.8.3.1 Only the top two ranked athletes per club can score points in a bodyweight category.

6.8.3.2 If three athletes from the same club score points, the points for the lowest ranked of the three do not count towards the clubs' total. This is repeated for any subsequent ranked athletes from the same club. These points are not reallocated to other athletes.

6.8.3.3 Points will be awarded to the top 10 places in each bodyweight category as follows:

- 1st place 15 points
- 2nd place 12 points
- 3rd place 10 points
- 4th place 8 points
- 5th place 6 points
- 6th place 5 points
- 7th place 4 points
- 8th place 3 points
- 9th place 2 points
- 10th place 1 point

6.8.3.4 The club with the most total points from the competition is the winner.

6.8.3.5 In the event of two or more clubs finishing the competition with the same number of points the following factors will determine the winner:

- The club who scored their points with the fewest number of athletes. If equal then;
- The club with the highest aggregate place from their point scoring athletes. If equal then;
- The club with highest Sinclair score when their top male and female athletes Sinclair scores are combined.

6.9 Victory Ceremony

6.9.1 At all BWL Tier 1 Events, after each bodyweight category, a Victory Ceremony is presented.

6.9.2 A podium with places for the three (3) medal winners is placed on the competition platform. The medal winners line up behind the podium.

6.9.3 The Speaker introduces the official(s) presenting the medals. Medals are only presented for the total.

6.9.4 Starting with the bronze medal, the Speaker announces alternately the name, the club and the result of the medal winners in the total. The Athletes mount the podium to receive their medal when they are called. The medal ceremony is continued with the silver medal and the gold medal.

6.9.5 During the Victory Ceremony, medal winners cannot be accompanied by any other persons unless The Athlete is visually impaired and requires a guide.

6.9.6 Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

7. TECHNICAL OFFICIALS

7.1 Definition

A Technical Official is defined as any person who controls the play of a competition by applying the Technical Rules and Regulations (TCRR) of the sport to make judgments on rule infringement, performance, time or ranking. Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity. The Technical Official must hold a valid BWL Technical Official's licence.

7.2 General Provisions

7.2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each BWL event. Only BWL recognised TOs may work at BWL events. TOs must not be involved in coaching or assisting any Athletes during groups that they are assigned to officiate.

7.2.2 At Tier 1 and 2 events the following Technical Officials must serve:

- Competition Director
- Referees
- Technical Controllers
- Chief Marshal(s)
- Timekeeper(s)
- Speaker(s)
- Doctor(s)/paramedic on duty
- Jury (optional)

7.2.3 Technical Officials must wear the appropriate BWL Technical Official uniform for the level of competition they are officiating:

Tier 1 & 2

International federation uniform (dark jacket/blazer, white shirt, tie or scarf, dark trouser/skirt, dark shoes)

OR

BWL white polo shirt, dark trousers, shoes of choice

Tier 3

Hosts discretion

7.2.3.1 BWL reserves the right to amend the uniform.

7.2.4 Prior to the start of the competition, the appointed Technical Officials are assigned to positions and groups and a rota is distributed.

7.2.5 Whenever possible, members in each group of Technical Officials must display diversity.

7.2.6 Technical Officials must be present at designated meeting point at the latest fifteen (15) minutes prior to their duty.

7.2.7 The Integrity and standard of competitions will be reinforced by designated standards of officiating for each tier of the Competition structure:

Tier 1 – Numbers permitting, all Technical Officials are BWL Technical Official Level 3 or above with the exception of the following roles who can be Level 2:

- Side Referee
- Assistant Marshal
- Weigh in

Tier 2 – The Centre Referee must be BWL Technical Official Level 3 or above, other Technical Officials can be BWL Technical Official Level 2.

At Tier 1 and Tier 2 events, BWL reserves the right to have one centre referee, who must be qualified to at least BWL Level 3.

Tier 3 – All Technical Officials must be BWL Technical Official Category 2 or above. If just one centre referee is being used, they must be qualified to at least BWL Level 3.

7.2.8 It is the responsibility of the competition organiser to identify and resolve any potential conflicts of interest in the organisation of the competition

7.3 **Technical Officials at BWL Events**

7.3.1 May only be a licensed BWL Technical Official.

7.4 **Jury**

7.4.1 The Jury has the control on the FOP to ensure that the TCRR are being correctly followed and applied.

7.4.2 All Jury members must be BWL Technical Official Level 4 (IWF Category 2) or above.

7.4.3 At BWL Events where a Jury is present it is composed of three (3) members, one of which is the president.

7.4.4 Throughout the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Technical Official whose decisions prove them to be incompetent.

7.4.5 The impartiality of all Technical Officials is not to be doubted. Errors in officiating may occur involuntarily and in such situations, the Technical Official can explain their decision to the Jury, if desired or requested.

7.4.6 The Jury has the power to reverse a decision when the Referees' decision has been judged unanimously by the Jury to be technically incorrect. To consider the reversal of a decision, the Jury must call the Referees in question to seek an explanation.

If the explanation is accepted, no action is taken, if the explanation is not accepted the Jury will reverse the decision. Such decision and its reason must be communicated to The Athlete / Coach concerned via the Technical Controller or any other Technical Official, as directed by the President of the Jury, and announced by the Speaker.

When the decision of the majority of the Jury members differs from that of the Referees' decisions, the Jury may call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted and the Jury reaches unanimity, the Referees' decision will be reversed. In

Events where the composition of a three (3) member Jury is appointed, unless unanimity is reached in the first instance, the Jury cannot take any action.

7.4.7 To apply the above rule (7.4.6), the Jury members must give their decision on each lift using coloured cards. Jury members adjudicate the lift once The Athlete has replaced the barbell on the competition platform. (See TCRR 3.3.6) Jury members must not influence or attempt to influence the decision of the other Jury members.

7.4.8 The Jury is not a Jury of appeal; there is no appeal against the Jury's decision.

7.4.9 The Jury has the power to recommend sanctions against an Athlete/Coach for displaying misconduct within the Field of Play. The Competition Director is responsible for determining and executing sanctions.

7.4.10 Throughout the course of the competition, the Jury must monitor and enforce TCRR 6.6.6 (the 20kg rule).

7.4.11 If a lift is failed because the barbell is not equally loaded, or the platform is damaged or the barbell becomes disarranged during the lift; or there is an incursion or any other external interference, the Jury must grant an additional attempt for the affected athlete.

7.4.12. If the Speaker makes a serious error during the announcement of an athlete's name or the calling order which leads to a No-lift decision the Jury may grant another attempt.

7.4.13. At all BWL Events, the Competition Director shall appoint an individual to complete a manual Protocol as a back-up document.

7.5 Referees

7.5.1 The main task of the Referees is adjudicating the lifts performed by The Athletes.

7.5.2 At all BWL Events there may be up to three (3) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee and two (2) Side Referees. At Tier 1 and 2 Events, at the discretion of BWL, there may be one licenced centre referee, who is qualified to at least BWL Level 3, adjudicating the competition.

7.5.3 At Tier 3 events there may be one licenced centre referee adjudicating the competition, and who is qualified to at least BWL Level 3.

7.5.4 Before the competition Referees must ascertain under the guidance of the Competition Director and in collaboration with the Technical Controller(s):

That the necessary Sport Equipment is in order

That all Athletes weigh in within the bodyweight limits of their verified bodyweight category during the allocated time

7.5.5 During the competition, the Referees ensure:

That the weight of the barbell corresponds with the weight announced by the Speaker

That only The Athlete handles the barbell during the execution of the lift

That only The Athlete or the loaders move the barbell to a new position on the competition platform. It is forbidden for a Coach to move, adjust or clean the barbell.

If The Athlete, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. If the Referee(s) move positions, the Referee(s) must take the small red / white indicators with them to give their decision upon the completion of the lift.

That TCRR 6.6.6 is enforced.

7.5.6 The three (3) Referees have equal rights on adjudicating a lift. They do so by means of the Referee Light System, in accordance with the procedures noted in TCRR 3.3.6. Referees must be certain to allow The Athlete every chance to complete the lift. Once the Referee is certain that The Athlete has completed the lift; they indicate the decision by giving the appropriate signal.

7.5.7 As soon as the Referee has adjudicated a lift “Good lift”, they immediately press the white button on the control box.

7.5.8 As soon as the Referee has adjudicated a lift “No lift”, they immediately press the red button on the control box.

7.5.9 Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.

7.5.10 A lift is a “Good lift” with two (2) or three (3) white lights; a lift is “No lift” with two (2) or three (3) red lights.

7.5.11 There is no appeal against the Referees’ decision.

7.5.12 When no referee light system is in place the centre referee will give the ‘down’ signal at the end of a completed lift. The ‘down’ signal must be audible and visible i.e. the centre referee must say ‘down’ and at the same time motion downwards with the arm.

7.5.13 When no referee light system is in place, after the ‘down’ signal the referees will show their decision using either red and white paddles or flags for a ‘no lift’ and ‘good lift’ respectively. If coloured paddles or flags are not available referees will show their decision by showing a ‘thumbs-down’ or ‘thumbs-up’ for a ‘no lift’ or ‘good lift’ respectively.

7.5.14 When no referee light system is in place if any of the referees sees an error during the execution of a lift they raise an arm to call attention to the fault. If one other referee also sees a fault and raises their arm this constitutes a majority decision and the centre referee must give the 'down' signal to end the lift.

7.5.15 The referees verify and sign the final competition protocol.

7.6 Technical Controller

7.6.1 Technical Controllers are required to assist the Competition Director and the President of the Jury in the supervision of the running of the competition.

7.6.2 At BWL Events a maximum of two (2) Technical Controllers are appointed per group. The duties of the Technical Controller(s) are as follows:

Ensures that the FOP and the Sport Equipment are compliant with BWL TCRR.

Ensures that all on-duty Technical Officials wear the correct uniform and reports to the Competition Director any non-compliant Technical Officials.

Before the start of competition, inspects The Athlete outfits and enforces relevant BWL TCRR, when necessary. When a correction must be made to The Athlete's outfit or a lubricant must be removed and The Athlete has already been called, the relevant rules must be applied.

During the competition ensures that only the authorised Coaches accompany The Athletes on the FOP.

Ensures the correct Athlete according to the Speaker's announcement goes on to the competition platform / stage even during the loading of the barbell.

Controls the cleaning of the bar and the competition platform in conjunction with the Loaders.

If requested, assists Anti-Doping personnel as directed.

Monitors and enforces TCRR 6.6.6.

At Tier 3 if a Technical Controller is not present, a BWL Level 3 Technical Official or above will take the centre referee position and assume the responsibilities of the Technical Controller.

7.7 Chief Marshal

7.7.1 The Chief Marshal's main duty is to accept or decline any modifications made by Coaches/athletes on declarations or attempts on The Athletes Cards or electronic alternative to Athletes Card, in accordance with all relevant TCRR.

7.7.2 The Chief Marshal communicates relevant information regarding the accepted declaration or attempts to the Competition Management table by means of a connected electronic system, direct telephone or intercom system.

7.7.3 Assistant Marshals are also appointed, as required.

7.7.4 The Chief Marshal monitors and enforces TCRR 6.6.6.

7.8 Timekeeper

7.8.1 At all BWL events there must be a Timekeeper who is qualified according to TCRR 7.2.7.

7.8.2 Timekeepers operate the timing clock in accordance with all relevant BWL TCRR.

7.8.3 At the beginning of each attempt, Timekeepers set and start the timing clock at one (1) minute (60 seconds) or two (2) minutes (120 seconds), in accordance with the relevant TCRR 6.6. The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

7.8.4 The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.

7.8.5 The Timekeeper restarts the timing clock if the barbell does not reach the height of The Athletes' knees and returns to the competition platform.

7.8.6 To perform their duties properly, the Timekeeper works in close cooperation with both the Speaker and the Technical Controller.

7.9 Speaker

7.9.1 The duty of the Speaker is to make the appropriate announcements for the efficient running of the competition, for each attempt, including but not limited to:

- Instructions to the Loaders to load the required weight
- The name of The Athlete
- The Athlete's respective Member Club
- The number of The Athlete's attempt
- Notification in advance of the name of the next Athlete
- The Referees' decision of "Good Lift" or "No Lift"

7.9.2 If required, a Speaker's Assistant may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.

7.9.3 The Speaker announces the Introduction of Athletes and Technical Officials, as well as makes all required announcements regarding the course of the competition.

7.9.4 The Speaker, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.

7.9.5 The Speaker conducts the Victory Ceremony.

7.9.6 The Speaker must be a BWL Technical Official Level 2 or above.

7.10 Paramedic on Duty

7.10.1 At BWL Tier 1 and Tier 2 Events Paramedic(s) on Duty must be trained medical professionals with current valid registration and professional insurance.

7.10.2 Paramedics on Duty must be present at the venue from the start of the competition until the end of the competition.

7.10.3 Paramedics on Duty must be familiar with and use the local / venue medical facilities and, if requested, assist in anti-doping control procedures.

7.10.4 Paramedics on Duty must be ready to render medical care in case of injury or illness.

7.10.5 Paramedics on Duty must cooperate with team doctors and advise Coaches and Athletes on the possibility of continuing competition after an injury.

7.10.6 Appointed Paramedics on Duty are responsible within the FOP; their responsibility ends outside the FOP.

7.10.7 In case of an accident or injury, the Paramedic(s) on Duty must assess the situation and decide if further treatment is necessary either by local medical authorities. It is up to the Paramedic(s) on Duty to provide assistance or to transfer treatment to the local authorities.

7.11 Loaders

Loaders are sport specific volunteers / staff who manage the loading of the barbell under the direction of the Speaker and Technical Controller. Loaders must be BWL members.

The duties of the Loaders are as follows:

- Load the barbell in accordance with TCRR and as directed by the Speaker

- Check the bar after each attempt for blood; advise the Technical Controller immediately for cleaning

- Manage or act as a privacy barrier for injured athletes

- Clean the bar and the competition platform /stage as required and/or as directed by the Technical Controller during and after competition

- Prepare the medal podium for the Victory Ceremony after the competition

- Unload the barbell and return the discs to the weight racks

8. Records

8.1 Records disciplines

8.1.1 Records are recognised in the following lifts: Snatch, Clean and Jerk and the Total.

8.2 Recognition of Records

8.2.1 Records established at Olympic Games, Commonwealth Games, IWF, EWF and other selected international events shall, in accordance with the rules of the organizing bodies, be recognized as British records.

8.3 Records Age Groups

BWL recognises records at Under 15, 17, 20, 23 and Senior age groups in each of the bodyweight categories for male and female athletes in the Snatch; Clean & Jerk and Total. British records may only be set at events included in the BWL Calendar. An Athlete establishing a new British record/s shall meet the Eligibility Criteria as outlined in these rules. A register of British records will be kept by BWL to whom all claims should be made. Athletes aged under 13 cannot break an U15 record. When a record is claimed, it is the responsibility of the lifter/coach/host to contact BWL within 1 week of breaking the record, and provide a copy of the results protocol, signed by all referees.

8.4 Setting Records

8.4.1 A record is a lift that exceeds the previous record by a minimum of one (1) kg and fractions of 1 kg are not permitted. All records and bodyweights will be registered in metric values.

8.4.2 Any attempts to set international records must be done in line with the relevant international federation rules.

8.4.3 In competitions abroad, the weight on the barbell shall be accepted at face value for British records.

8.4.4 In the UK, the weights of the discs and barbell shall be taken at face value, provided that they have been tested before the contest and are at least as heavy as stated. The scales used must also have been certified as being accurate.

8.4.5 In Weightlifting, the first athlete to set the Record, holds the Record, both in the individual lifts and the total. If two (2) or more Athletes achieve the same result and a new record is established, time is the most important factor. The new record holder is The Athlete who completed the lift first regardless of the sequence of the competition, if divided into groups.

8.4.6 Only current BWL members who are in membership of BWL at the time of the lift(s) will be recognised as holding a record.

8.4.7 Bodyweight categories shall be those authorised by BWL and the IWF.

8.4.8 The lift recorded, if accepted, will be registered in the body weight category of The Athlete and may not be carried on to the next body weight category even if the record in the next body weight category is lower.

8.4.9 An athlete may set a Record/s in the same bodyweight category of the age group/s above that which is their own age group, if the amount recorded exceeds that standing in the higher age group/s. This rule applies only to Under 15, Under 17, Under 20, Under 23 and Senior age groups.

8.4.10 Home Countries, and any geographical area or competition can maintain their own set of records and shall manage the process in line with these TCRR.

The Rules and Regulations end at this point

Appendix 1

Bodyweight categories up to 13 April 2025:

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Senior, Under 23, Junior and Masters age groups	
Men 55.00kg and under 55.01 - 61.00kg 61.01 - 67.00kg 67.01 - 73.00kg 73.01 - 81.00kg 81.01 - 89.00kg vii. 89.01 - 96.00kg 96.01 - 102.00kg 102.01 - 109.00kg 109.01kg and above	Women 45.00kg and under 45.01 - 49.00kg 49.01 - 55.00kg 55.01 - 59.00kg 59.01 - 64.00kg 64.01 - 71.00kg vii. 71.01 - 76.00kg 76.01 - 81.00kg 81.01 - 87.00kg 87.01kg and above
Youth age groups	
Men 49.00kg and under 49.01 - 55.00kg 55.01 - 61.00kg 61.01 - 67.00kg 67.01 - 73.00kg 73.01 - 81.00kg vii. 81.01 - 89.00kg 89.01 - 96.00kg 96.01 - 102.00kg 102.01kg and above	Women 40.00kg and under 40.01 - 45.00kg 45.01 - 49.00kg 49.01 - 55.00kg 55.01 - 59.00kg 59.01 - 64.00kg vii. 64.01 - 71.00kg 71.01 - 76.00kg 76.01 - 81.00kg 81.01kg and above
Development (U12) age group	
Boys 40.00kg and under 40.01 - 45.00kg 45.01 - 49.00kg 49.01 - 55.00kg 55.01 - 61.00kg 61.01 - 67.00kg vii. 67.01 - 73.00kg 73.01 - 81.00kg 81.01 - 89.00kg 89.01kg and above	Girls 30.00kg and under 30.01 - 35.00kg 35.01 - 40.00kg 40.01 - 45.00kg 45.01 - 49.00kg 49.01 - 55.00kg 55.01 - 59.00kg 59.01 - 64.00kg 64.01 - 71.00kg 71.01kg and above
Development (U10) age group	
Boys 35.00kg and under 35.01 - 40.00kg 40.01 - 45.00kg 45.01 - 49.00kg 49.01 - 55.00kg 55.01 - 61.00kg vii. 61.01 - 67.00kg 67.01 - 73.00kg 73.01 - 81.00kg 81.01kg and above	Girls 25.00kg and under 25.01 - 30.00kg 30.01 - 35.00kg 35.01 - 40.00kg 40.01 - 45.00kg 45.01 - 49.00kg vii. 49.01 - 55.00kg 55.01 - 59.00kg 59.01 - 64.00kg 64.01kg and above