



# GENERAL RULES OF LIFTING IN COMPETITION

For this article we will be discussing the general rules of lifting in a competition. It will focus around the rules and procedures of the weigh-in during a BWL Tier 1, 2, and 3 competition, which will also be in line with international rules.

## Equipment in the weigh-in room

- Scales
- Tablets
- Protocol sheets
- Schedule
- Cleaning fluid
- Clothes

## Scales

At all competition levels the scales used for weigh-in **must** have a certificate of calibration within 6 months of the competition. At Tier 1 and 2 events the scales are set to within 10 grams (a lifter might weigh 67.45kg) but at Tier 3 the scales may be within 100 grams (a lifter may weigh 67.5kg). The scales must have a digital display.

## Schedule

The schedule will be on the wall and is just for information purposes.

## The protocol sheets and tablets

There are two protocol sheets. These will have basic information of the lifter (name, age group, weight category, club, year of birth and their lot number). The general information that needs to be included is the name/title of the competition along with the date and session number. The names of the on-duty referees should be included in the lower boxes (in the below example, these are missing). On the tablets there will be the same information.

Example protocol sheet:



Held: 03 October 2019		Session # 6			at: OLDBURY ACADEMY, BIRMINGHAM												
Start #	Name	Sex	Year Born	State	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place	
						1	2	3	1	2	3	Snatch	C & J				
<b>WOMEN 76KG CLASS</b>																	
1	SEREN MITCHELL	U15	F	2004	SAW												
2	HOLLY M-BERNARD	U17	F	2002	Pitlochry												
3	LAURA HELYAR	U17	F	2002	Oxford P												
4	ALEXANDRA CAVE	U23	F	1996	C London												
5	EMILY OURSEHOUSE	U23	F	1996	Woking												
<b>WOMEN 81KG CLASS</b>																	
6	KAITLYN CARTWRIGHT	U15	F	2005	Gladiator												
7	TYLER JOHNSTON	U15	F	2004	Gilmarnock												
8	ISABELLE SPERRY	U17	F	2002	Oxford P												
9	IZLE OJERE	U17	F	2002	SFTF												
<b>WOMEN 81KG+ CLASS</b>																	
10	KRISTANA JOHNSTON	U17	F	2003	Gilmarnock												
<b>WOMEN 87KG CLASS</b>																	
11	REBECCA GILBERT	U20	F	2000	Asylum W												
<b>WOMEN 87KG+ CLASS</b>																	
12	MERCY BROWN	U23	F	1996	TSN												

REFEREE 1	REFEREE 2	REFEREE 3
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

TIME-KEEPER:

SPEAKER/ANNOUNCER:

MARSHALL(S):

DOCTOR(S):

At a Tier 1 and 2 championship event the protocol sheets will be given to the duty Technical Officials (TO)'s (2off) 10 minutes before the start of the weigh-in. This ensures that they're at the post and prepared to accept lifters.

One TO will be inside the weigh-in room with the protocol sheet in front of them. The other TO would have another protocol sheet in hand, too. From this sheet the TO will call each lifter according to TCRR 6.4.12 starting with the lowest lot number. If there are two weight categories the lighter category is called first. A TO, at their discretion, may allow a lifter who has dieted to jump the queue if they're trying to get in the weight group.

### Cleaning fluid and clothes

The cleaning fluid is to be used by the TO after each lifter has stepped on the scales as they will be in socks or bare footed.

At a Tier 1 and 2 championship event the weigh-in will begin two hours before the start of each body weight group. At a Tier 3 event the weigh-in could be two hours before the start of the whole competition because of the low numbers of TOs available.

### Tier 1 and 2 weigh-in and procedure



At a Tier 1 and 2 competition, lifters will be waiting outside the lifting room and will be called from lowest lot number. If that numbered lifter is not there at that moment in time, then the next number will be called (if a lifter arrives out of sequence they will have to wait till the lot numbers start again). The lifter must have photographic identification and proof of age.

Each lifter will enter the weigh-in room and may take their coach or guardian. The lifter will be asked for identification and proof of age. Lifters will be asked to remove their outer clothing; the lifter may remove all clothing if they wish, be partially dressed or fully dressed in their lifting outfit. Be aware that at international competitions the lifter will be asked to remove *all* clothing. Watches and footwear must be removed before stepping on to the scales. There is no rule on removing any other jewellery or head gear.

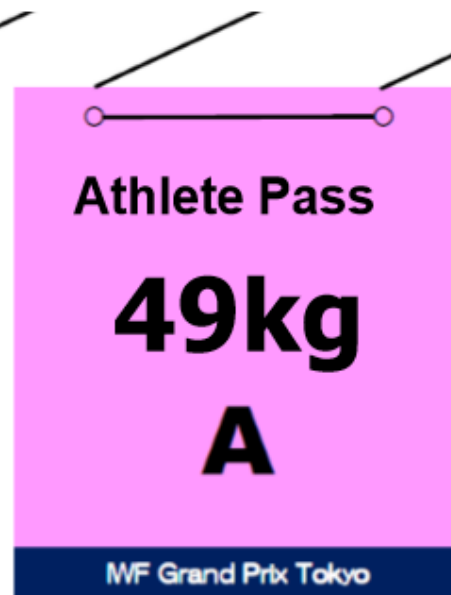
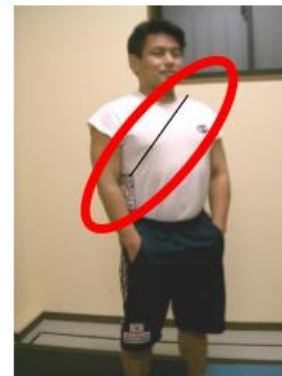
- **Wear jewelry, hair adornments and religious head gear**
- **But must *not* wear watches**



The lifter (or coach) will be asked for their first attempts on the Snatch and the Clean and Jerk. The TO will check the first attempt total comes within 20kg of their entry total and to follow rule 6.6.6 in the BWL TCRR. If they are over the 20kg limit the TO must ask the lifter/coach to make an adjustment to come within 20kg before leaving the room. The lifter's total will be marked on the tablet next to the lifter's name.

The lifter's bodyweight (as it is displayed on the digital display of the scales) and first attempt information is then recorded on the protocol sheet and tablet. A photo of the lifter will be taken which allows spectators to identify the lifter on the scoreboard.

The lifter will be given 2 warm-up passes with their bodyweight class visible. Each bodyweight category has its own colour. The pass must be visible all the time they are at the competition, the pass will allow the lifter and their coach access to the warm-up area, any person without a pass will not be given access the warm-up area.



The paper protocol sheet with all the information will be taken to the speaker table where later the speaker and/or recorder will fill in as the competition progresses, this is also the back up if any of the electrical equipment fails. Each TO who refereed the session must go to the speaker table to sign the protocol sheet.

If a lifter does not make their intended weight on their first weigh-in they may go away to try lose the excess weight. They may attempt the weigh-in as many times as they need to make their weight, jumping the queue even if the weigh-in process is still ongoing for other lifters. If the lifter does not



make their desired weight they *will not* be able to compete in the next category, even if their entry total is at least or above the required total.

### **Tier 3 weigh-in and procedure**

At a Tier 3 event there are generally only a couple of TOs available for duty. Due to this the weigh-in can often begin 2 hours before the start of the competition. One gender will weigh in first and the other gender straight after. Occasionally, there may be a second weighing later in the day if new TO's arrive and can take over referee duties from the TOs on duty.

If a lifter does not make their intended weight category on their first weigh-in they may go away to try lose the access weight and revisit the weigh-in as many times as they need to make weight. They may jump the queue even if the process of weighing lifters in is still on-going. If the lifter does not make their desired weight they *will* be able to compete in the next category above.

All the procedures from the Tier 1 and 2 are followed by filling in the paper protocol sheet and following the rules the lifter must follow. The exception is loading the tablet as this technology is not currently used at Tier 3 competitions.

The protocol sheet is taken to the 'speaker' who will load the weighing information onto the scoreboard (the BWL black scoreboard) via a laptop. This will be filled in as the competition progresses.

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