



How to Compete



Where to start

Step 1: Become a member of USA Weightlifting

Step 2: Search for a local event

Step 3: Register through Sport80 or event link

Step 4: Compete!

Competing in Weightlifting

- Find a Coach or a Club
 - It is helpful to have a coach with you at a competition (especially your first one). Often the meet director will be happy to help you find someone at their meet or you can search for one in your area using our [coaches directory](#). You can also lift on a team by finding a [club near you](#).
- Competition Prep
 - The two lifts performed in Olympic weightlifting are the [Snatch](#) and the [Clean & Jerk](#).
- Review the Rules
 - Our [National Event Policy](#) answers FAQs about competing.
- What to expect
 - Check out our [Weightlifting 101](#) page.

Levels of Competition

Write a

LOCAL

The first place to compete is a local competition. USAW has over 500 local meets per year!

NATIONAL

You can qualify for national events using your total from a local meet. There are 5 national events per year.

INTERNATIONAL

The very top athletes can qualify for the National Team Program (NTP) and compete for Team USA.



See you on the platform!

