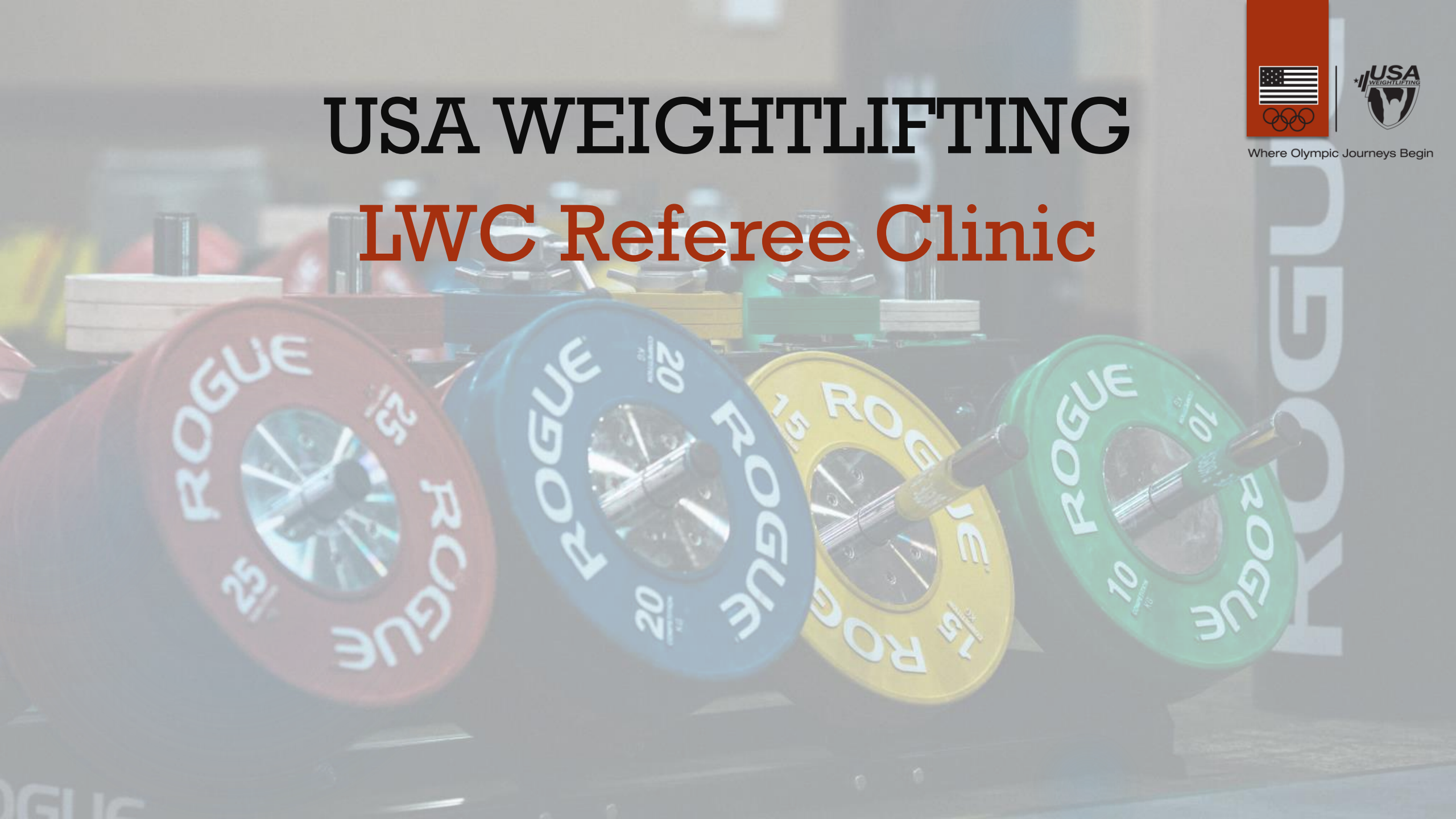
USA WEIGHTLIFTING

LWC Referee Clinic

Where Olympic Journeys Begin



Requirements for USA Weightlifting Local Referees

Where Olympic Journeys Begin

- USA Weightlifting member in good standing.
- Must be 16 years of age based on date of birth.
- For weigh-ins, must be 18 years of age based on date of birth.

Requirements for USA Weightlifting Local Referees

Where Olympic Journeys Begin

- Complete the Online Referee Course
- Pass the Online Local Referee Exam
- Complete and pass a background check every 2 years.
- Complete and pass SafeSport training every 2 years

Responsibilities of Referees

Where Olympic Journeys Begin

- Adjudicate the rules to the best of your ability.
- Assure fairness and dignity to all athletes and coaches.
- Ensure the weight of the barbell is correct as announced.
- Attend and conduct weigh-ins, (must be18 years of age)

Important Definitions

Where Olympic Journeys Begin

- **Technical Official** is any person who controls the play of the competition by applying the rules and regulations of the sport and to make judgements on rule infringement, performance, time or ranking.
- **Referee** adjudicates the lifts performed by athletes.
- **Competition Director** is in control of the progress of the competition and attends to his/her task in close cooperation with the technical controller.
- **Technical Controller** ensures the equipment and field of play are compliant and ensures athletes are wearing the correct costume. At local competitions the center referee will often double as the technical controller.

Important Definitions

Where Olympic Journeys Begin

- **Chief Marshal** accepts or declines any modifications made by coaches/athletes on declarations or attempt changes. At local competitions the speaker will often double as the Marshal.
- **Timekeeper** operates the timing clock for each attempt.
- **Competition Secretary** is responsible for examining and collating the information required for the efficient running of the competition and dispersing the required signed information.

Important Terms

Where Olympic Journeys Begin

- **Lot Number:** A randomly generated number that is assigned to an Athlete. The lot number determines the order of the weigh-in and the order of lifting during the course of the competition in the athlete's relevant group.
- **Start Number:** Upon the completion of weigh-in, the athlete is assigned an athlete start number. The athlete with the lowest lot number is assigned the start number of 1; from there, all athletes in sequence of lot number are assigned start numbers in numerical order. When more bodyweight categories are contested in one competition, in the allocation of start numbers the progression of lot numbers is considered category by category, with the lower category to be taken before the higher categories.

Weight Class Categories

Where Olympic Journeys Begin

- Junior and Senior Body Weight Classes

Men		Women	
IWF CATEGORIES	OLYMPIC	IWF CATEGORIES	OLYMPIC
55	61	45	49
61	67	49	55
67	73	55	59
73	81	59	64
81	96	64	76
89	109	71	87
96	+109	76	+87
102		81	
109		87	
+109		+87	

- Youth 16-17

Men	Women
49	40
55	45
61	49
67	55
73	59
81	64
89	71
96	76
102	81
+102	+81

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Weight Class Categories

Where Olympic Journeys Begin

- Youth 14-15

Boys	Girls
39	36
44	40
49	45
55	49
61	55
67	59
73	64
81	71
89	76
+89	+76

- Youth 13U

Boys	Girls
32	30
36	33
39	36
44	40
49	45
55	49
61	55
67	59
73	64
+73	+64

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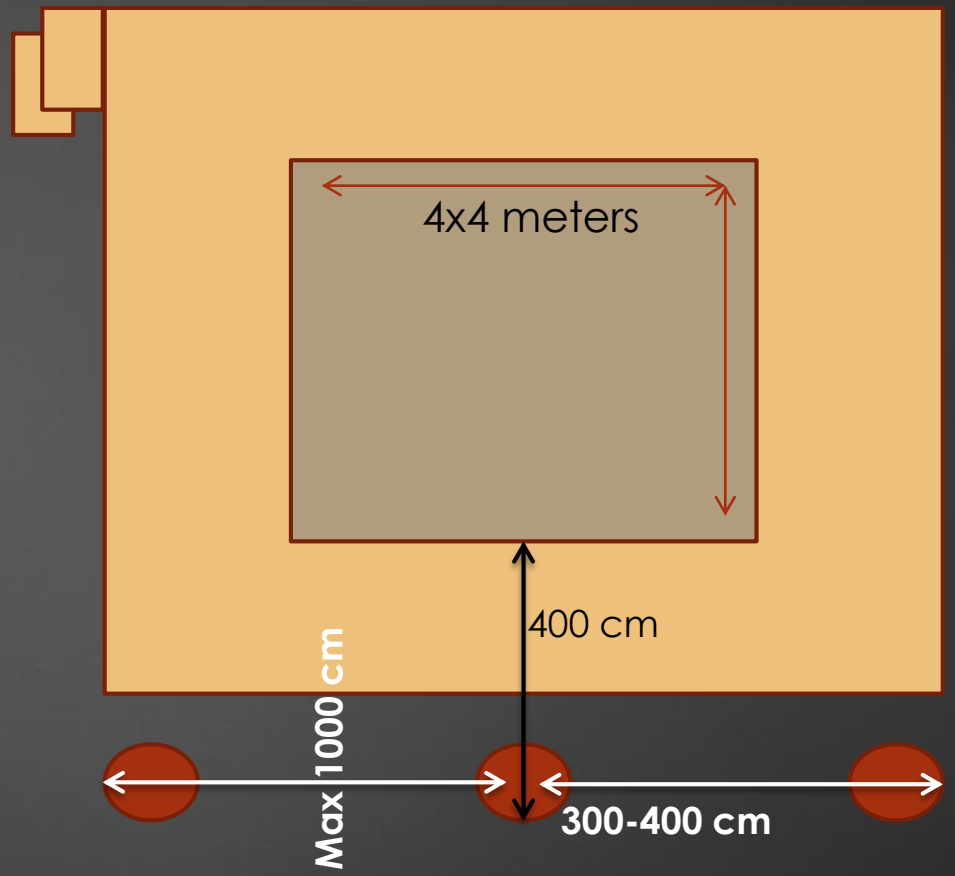
The Competition Platform

Where Olympic Journeys Begin

- 4x4 meters square (actual size or clearly marked on a larger surface)
- 10 cm in height
- The center Referee chair is located 400 cm from the front edge of the platform to the back edge of the center referee table.
- Side referees are in-line with the center referee 300-400 cm from the center referee.



Competition Equipment

Where Olympic Journeys Begin

Women's Bar=15kg
Men's Bar=20kg

Competition Discs

25kg Plate: Red
20kg Plate: Blue
15kg Plate: Yellow
10kg Plate: Green
5kg Plate: White
Collars: 2.5kg

Competition Discs

25kg Plate: Red
20kg Plate: Blue
15kg Plate: Yellow
10kg Plate: Green
5kg Plate: White

0.5kg, 1kg, 1.5kg, and 2kg friction plates go on the outside of collars.

Age Divisions at National Events

Where Olympic Journeys Begin

- Youth
  - (13 & Under)
  - (14-15)
  - (16-17)
- Junior (15-20)
- Senior (15 and older)
- Master (35 and older)

Athletic Equipment:

Where Olympic Journeys Begin

- Costume (singlet)
- Shoes
- Belts
- Bandages, Sticking Plasters and Tape
- Headgear (hats, hoods, religious headgear)

Where Olympic Journeys Begin

Module 1

Athletes' Outfit

Costume (AKA Singlet)

Where Olympic Journeys Begin

- Competitors must wear* a costume adhering to the following criteria:
  - must be one-piece
  - must be collar-less
  - may be of any color
  - must not cover the elbows
  - must not cover the knees

*LWC Competitions Only: Athletes in their first year of membership, who are under 21, are permitted to compete without a singlet. Does not apply where LWC bylaws require singlets.

Athletes' Outfit Continued

- A collarless shirt may be worn under the costume. The sleeves must not cover the elbows.
- One pair of tight-fitting shorts may be worn under costume and must not be longer than the costume.
- A t-shirt and trunks may not be worn instead of the costume.
- Socks may be worn.

Where Olympic Journeys Begin

Costume Continued - Unitard

Where Olympic Journeys Begin

- A unitard may be worn under the costume.
- One or two pieces, tight fitting and collarless.
- It may cover the elbows & knees and can be of any color.
- No pattern or design is permitted
- Hats, hoods, and religious headgear are permitted

OK!

NOT OK!
-Unitard has design

Costume Continued

Where Olympic Journeys Begin

- In the United States Only:
  - Must cover the entire abdominal area between the chest and pelvis.
  - Must be worn as it is designed with the left side strap and right side strap over each respective shoulder.
  - No Halters.
  - A T-shirt or tank-top worn under the costume may be used to cover the abdominal area.
  - Any athlete under the age of 18 must weigh-in wearing a costume (singlet).
    - All others may at their option.

Shoes and Belts

Where Olympic Journeys Begin

- Athletes must wear shoes
- A belt, if used, must be worn outside the costume
- The maximum width of the belt may not exceed 12 cm

Bandages, Sticking Plasters, and Tape

Where Olympic Journeys Begin

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.
- One-piece elastic bandages, neoprene / rubberized kneecaps, 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.
- Any bandage worn on the trunk must be worn under the costume.
- No bandages or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.

Bandages, Sticking Plasters, and Tape

Where Olympic Journeys Begin

- Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.
- Sticking plasters may be worn to protect small wounds, as required.
- 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.

Bandages, Sticking Plasters, and Tape

Where Olympic Journeys Begin

- 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 colors.
- 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.
- No tape or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.
- Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). Tape(s) worn on forearm and / or upper arm must not reach the elbow area. The elbow area consists of five (5) cm above and five (5) cm below the elbow.

Module 2

Weigh-ins

Where Olympic Journeys Begin

Weigh-Ins

Where Olympic Journeys Begin

- Weigh in starts 2 hours before each session and lasts for 1 hour
- Each athlete must be weighed in the presence of a referee and an additional person (coach or second referee)
- An athlete may have as many attempts to "make weight" as time permits. However, once an athlete weighs within a class limit they are officially in the competition and may not return to re-weigh
- At weigh-ins the athlete has both their membership card and photo ID
- Opening weights are declared at weigh-ins and cannot be less than 20kg below the verified Entry Total. *This is known as the 20 Kilo Rule*
- A coach or athlete must sign the Athlete's Card to confirm the athlete's registered body weight and opening attempts

Weigh-Ins Continued

Where Olympic Journeys Begin

- In the United States Only:
  - All athletes under the age of 18, based on actual date of birth, must weigh-in wearing a singlet
  - Athletes 18 years of age and older on the day of the weigh-in, age based on actual date of birth, now have the OPTION to weigh in wearing a singlet or alternatively prescribed by the IWF rules.
  - Athletes 18 of age or younger based on actual date of birth must have either a parent/legal guardian of either gender or a coach of the same gender accompany the youth athlete into weigh-ins.

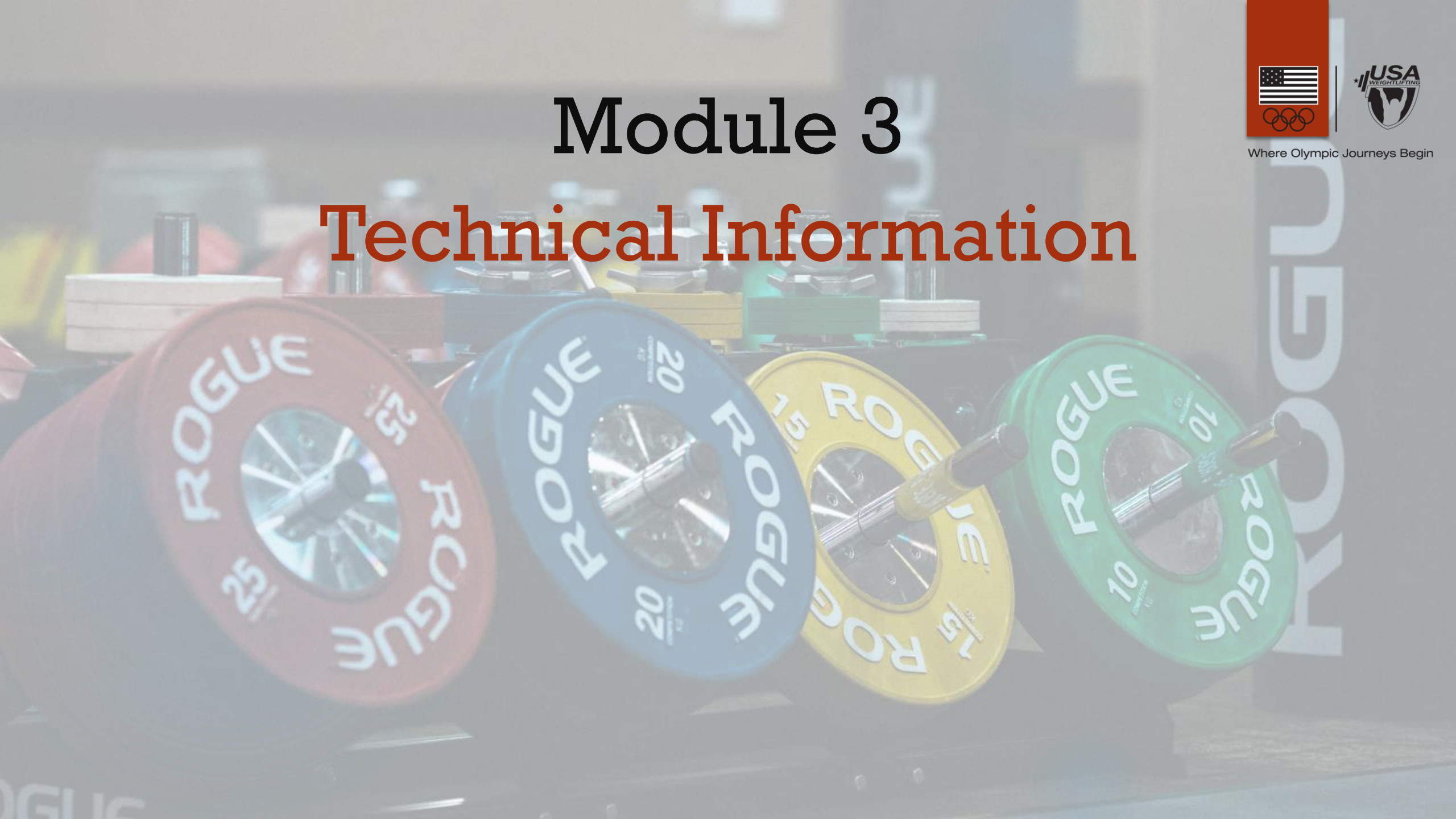
What an athlete can wear

Where Olympic Journeys Begin

- Athletes (over 18 years old) may weigh-in completely undressed or in undergarments.
- Can wear jewelry, headgear (hats, hoods, religious head gear)
- Athletes CANNOT wear socks or watches

Module 3

Technical Information



Where Olympic Journeys Begin

Introduction of Athletes

Where Olympic Journeys Begin

- The official start of competition is the Introduction of Athletes
- After the introduction, a 10-minute clock begins the rundown to the first attempt
- When the 10-minute clock expires the 1st athlete is called to the platform

Athlete Cards

Where Olympic Journeys Begin

- At every competition all lifters will have an individual athlete's card assigned to them.
- The card format may vary but the card should contain the following information:
  - lifter's name,
  - bodyweight,
  - bodyweight category,
  - date of birth,
  - country or team, age
  - group/division,
  - entry total,
  - start or lot number
  - and space to show attempts and changes.

Athlete Card Example

Where Olympic Journeys Begin

American Open
USA Weightlifting Championships
Washington D.C. Dec. 12-15,

Start number

4 Men Senior 56A

Name:				Nation
Birth day: **01/01/1988**	Lot N° : **406**	Body weight: **55.00**	Entry total **195**	20 kg Rule **0**

SNATCH

1st Attempt	2nd Attempt	3rd Attempt
Kg 95	Automatic / Declared Kg	Automatic / Declared Kg
Signature	Signature	Signature
Kg	Kg	Kg
Signature	Signature	Signature
Kg	Kg	Kg
Signature	Signature	Signature

CLEAN and JERK

1st Attempt	2nd Attempt	3rd Attempt
Kg 100	Automatic / Declared Kg	Automatic / Declared Kg
Signature	Signature	Signature
Kg	Kg	Kg
Signature	Signature	Signature
Kg	Kg	Kg
Signature	Signature	Signature

Electronic Scoring System

2015 North Queensland Open

Held: Saturday, March 21, 2015 — Session # 3 — at: Mates4Mates Centre, Townsville Qld

Start #	Name	Born	Club	Body weight	SNATCH 1	SNATCH 2	SNATCH 3	CLEAN & JERK 1	CLEAN & JERK 2	CLEAN & JERK 3	Best Snatch	Best C & J	TOTAL	Sinclair Score	Place
	SENIOR														
7	Catherine Savory	1993		57.90	50	53	53	64	66	68	53	68	121	170.568	1
5	Kim Hoang	1988	TWC	62.90	48	52	57	65	70	75	52	70	122	162.300	2
4	Holly Armstrong	1989	TWC	65.80	53	55	57	65	67	70	57	67	124	160.202	3
1	Gabrielle McNeil	1993	WWC	70.40	52	53	56	73	74	76	53	76	129	159.979	4
3	Naree Vo	1988	BBT	55.60	45	50	52	57	60	63	50	60	110	159.831	5
6	Rebecca Tucker	1983	DUN	60.00	45	47	51	55	60	65	47	60	107	147.025	6
11	Myia Bloomfield	1985		65.80	42	44	44	55	60	65	44	65	109	140.822	7
8	Kinam Salee	1990	CGA	81.60	50	55	55	60	65	65	50	65	115	132.045	8
10	Bianca Tarrant	1993	CGA	86.10	42	47	47	55	60	65	47	60	107	119.971	9
9	Caitlyn Halsey	1989	WWC	68.90	35	38	39	45	48	50	38	50	88	110.523	10
2	Erin Bassmann	1990	CGA	58.40	39	39	39	50	54	55	—	55			

Current movement = Clean & Jerk

- Coaches need to be aware that some scoring systems arrange the athlete's names by *start number or weight* and not by athlete name or declared weight

Barbell Progression

Where Olympic Journeys Begin

- 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 weight of the barbell must always be a multiple of one (1) kg
- 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

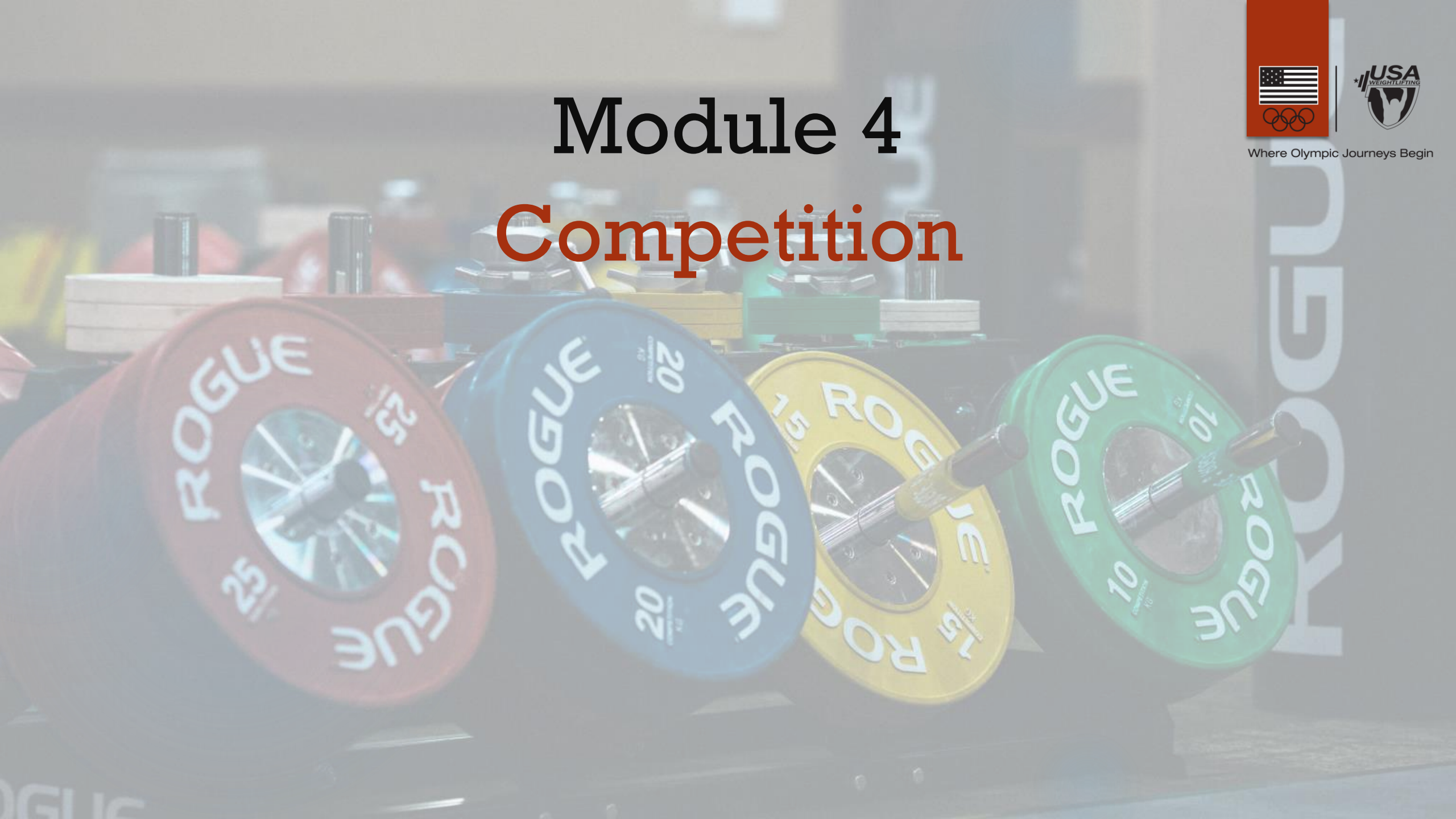
Order of Lifting

Where Olympic Journeys Begin

- Once lifting begins, athletes are called to platform using the following calling order outlined in the IWF Technical and Competition Rules & Regulations (TCCR) which states the following 4 factors, in priority, must be considered when calling athletes:
  1. The weight on the barbell (lightest weight first)
  2. The number of the attempt (lowest number first)
  3. The sequence / order of the previous attempt(s) (the athlete who lifted earliest is first)
  4. The start number of the athlete (lowest first)

Module 4

Competition



Where Olympic Journeys Begin

The Competition

Where Olympic Journeys Begin

- One (1) minute is allocated to each athlete between the calling of his / her name and the beginning of the attempt.
- After thirty (30) seconds, a warning signal sounds. When an athlete attempts two (2) lifts in succession, he / she is allowed two (2) minutes for the succeeding attempt.
- Thirty (30) seconds after the start of the allocated time and 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 three (3) Referees.
- The timing clock is started the moment the Speaker finishes the announcement of the lifter's name or when the barbell is loaded and the Loaders have left the platform, whichever is last. The clock must be stopped if any individual other than the athlete goes onto the platform.
- 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.

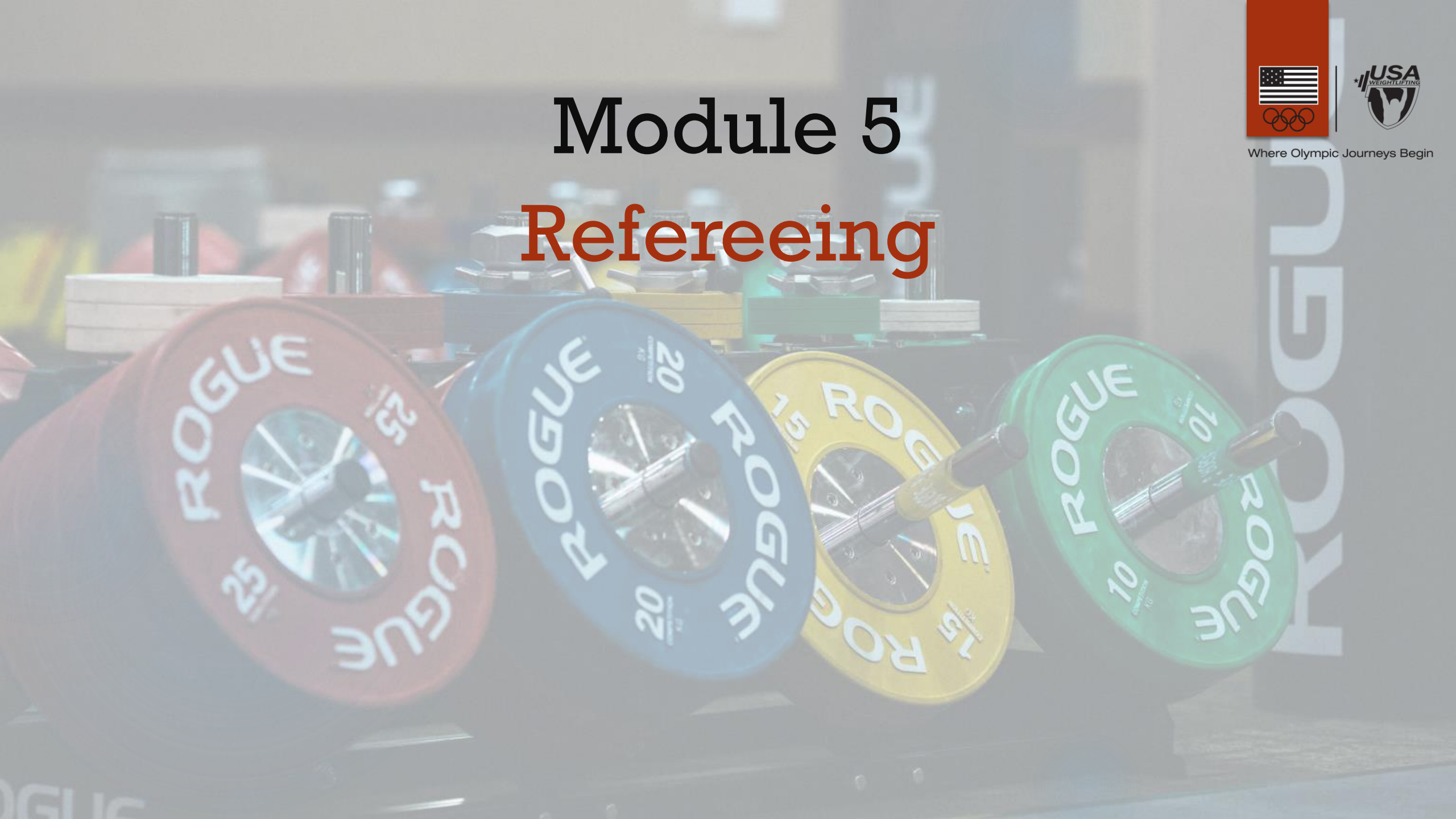
The Competition Continued

Where Olympic Journeys Begin

- 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.
- Athletes are allowed 3 attempts in each lift.
- There is a ten (10) minute break after the Snatch portion to allow athletes to warm up for the Clean & Jerk. This can be shortened or lengthened at the discretion of the meet director.
- In the case of a tie in different group(s)the athlete who competed earlier in time will be ranked higher regardless the attempt number at which the athletes reached the relevant result.

Module 5

Refereeing



Where Olympic Journeys Begin

The Lifts - Snatch

Where Olympic Journeys Begin

The Lifts - Clean and Jerk

Where Olympic Journeys Begin

Incorrect Movements for All Lifts

Where Olympic Journeys Begin

- 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.
- 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 his / her position in the squat or split for both the Snatch and the Jerk.
- Bending and extending the elbows during the recovery.

Incorrect Movements for All Lifts

Where Olympic Journeys Begin

- 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.
- Dropping the barbell from above the shoulders.
- Failing to replace the complete barbell on the competition platform.
- Not facing the Center Referee at the beginning of the lift.
- Releasing the barbell from an incomplete position.
- Touch the barbell with his / her footwear.
  - Barbell consists of the bar, plates, and collars

Incorrect Movement for the Snatch

Where Olympic Journeys Begin

In addition to previous listed incorrect movements for all lifts:

- Pause during the lifting of the barbell

Incorrect Movements for the Snatch

Where Olympic Journeys Begin

Incorrect Movements for the Clean & Jerk

Where Olympic Journeys Begin

In addition to previous listed incorrect movements for all lifts:

Incorrect movements for the Clean

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

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.

Incorrect Movements for the Clean & Jerk

Where Olympic Journeys Begin

Referee Decisions

Where Olympic Journeys Begin

- **Always** raise the paddle or buzz in so the Announcer can see (even after obvious misses).

If an infraction occurs during the lift:

- Signal immediately at moment of infraction
- Side Refs: signal the center ref by buzzing in or raising a hand so the center referee can see.
- Center Ref: buzz in if in agreement with a signal from a side ref make the decision to call the lifter down or let it go. (If both side refs signal, call the lifter down.)

Changing Decisions

Where Olympic Journeys Begin

Referees have 3 seconds to reverse a decision

The lift looks good and the lifter…

- Drops the bar before the down signal
- Loses control before returning the bar to the platform
- Drops it behind their body, or
- The referee decides there was infraction

Note: **Do not** red light a lifter who spikes the bar. Issue a warning.

Module 6

Advancement

Where Olympic Journeys Begin

How to Become a National Referee

Where Olympic Journeys Begin

- Be a current USA Weightlifting member.
- Be a USA Weightlifting LWC Referee for at least two years.
- Officiating at 6 Competitions in previous 2 calendar years prior to application. Inclusive of at least 2 in the 12 months prior to application.
- Officiating at least 1 nationally-run competition in the past 2 years for a total of a minimum of 7 competitions.
- The minimum number of sessions worked is 14. This number may require additional competitions in order to qualify.
- Submit an application to take the USA Weightlifting National Referee Test at a USA Weightlifting National Competition.
- Pass the USA Weightlifting National Referee Test which consists of a written and practical examination.
- USA Weightlifting Background Check in good standing.
- USA Weightlifting SafeSport Education in good standing.

How to Become a National Referee Continued

Where Olympic Journeys Begin

- Upon successful completion of pervious slide:
  - People who pass the test, but who are not current USA Weightlifting members, will not receive the referee booklet until membership is renewed.
  - The National Office will issue a USA Weightlifting National Referee License/Card and USA Weightlifting National Referee Patch to the successful applicant.
  - Other than possible membership renewal, there are no costs or fees associated with becoming a USA Weightlifting National Referee.

Important Links

Where Olympic Journeys Begin

- IWF TECHNICAL AND COMPETITION RULES & REGULATIONS (2019)
- USA Weightlifting Rules Addenda
- USA Weightlifting Referees
- USAW Referee Test Application