

# WEIGH IN PROTOCOL

## Technical Official OUTSIDE of Weigh In Room

- Checks athlete against Picture ID, DOB, and name.
- Birth certificate or passport is appropriate ID for Youth Athletes. State or Federally issued PHOTO ID for JR, SR & Master athletes.
- Calls athlete by name according to Protocol List. Athletes not present go to end of list.
- Enters Weigh In Room with athlete so there are two officials present during weigh in.

## Technical Official INSIDE Weigh In Room:

- Allows athlete to weigh themselves in sight of officials. (athlete may weigh in with singlet, under garment, or nothing. No watches, socks, or shoes.)
- All athletes under the chronological age of 18 MUST weigh in wearing a singlet.
- All athletes under the chronological age of 18 MUST have TWO adults of the same gender as the athlete present in the Weigh In Room at ALL times.

Verify that Opening Attempts Comply with 20kg Rule

USAW Attempt Card		
Phil Andrews		
Start Number:	Lot: 685	Category: 81
		Age / Group: SR
Entry Total:	Body Weight: 79.20	Signature: PA
SNATCH		
1st	2nd	3rd
<del> </del>	Automatic Increment:	Automatic Increment:
Declared Weight: 94	Declared Weight:	Declared Weight:
Signature: PA	Signature:	Signature:
1st Change:	1st Change:	1st Change:
Signature:	Signature:	Signature:
2nd Change:	2nd Change:	2nd Change:
Signature:	Signature:	Signature:
Member Number	Date of Birth	Declared Clean and Jerk
XXXXXXX	HBD	

USAW Attempt Card		
Phil Andrews		
Start Number:	Lot: 685	Category: 81
		Age / Group: SR
Entry Total: 214	Body Weight: 79.20	Signature: PA
CLEAN and JERK		
1st	2nd	3rd
<del> </del>	Automatic Increment:	Automatic Increment:
Declared Weight: 116	Declared Weight:	Declared Weight:
Signature: PA	Signature:	Signature:
1st Change:	1st Change:	1st Change:
Signature:	Signature:	Signature:
2nd Change:	2nd Change:	2nd Change:
Signature:	Signature:	Signature:
Best Snatch	Best Clean and Jerk	Total

- Coach of the same gender or parent of either gender may enter weigh in with room with athletes under the chronological age of 18
- Athletes aged 18 and older on the day of the weigh in have the OPTION to weigh in wearing a singlet or alternatively as prescribed by the IWF rules. In either case, the athlete must be within the bodyweight category inclusive of the garment.
- When an athlete makes weight, Body Weight, Opening Attempts for Snatch, and Clean & Jerk are recorded on the Attempt Card by the Technical Official.
- The athlete then signs to verify that BW and Opening Attempts have been recorded correctly.
- The athlete is then given 4 Warm-Up Area Passes.
- One (1) Challenge Card is provided for each athlete at the weigh-in.
- If the athlete does NOT make weight, they may return and "cut" into line as often as necessary. They have only until official Weigh In ends.

## ATTEMPT CARD CHAIN OF CUSTODY

1. Cards will be ON the Table inside Weigh in Room at the beginning of Weigh In
2. At the CLOSE of Weigh In (when all athletes have successfully weighed in OR when the 1 hour Weigh In time expires), ALL cards are given to the Competition Secretary who then takes them to the Technical Desk.

