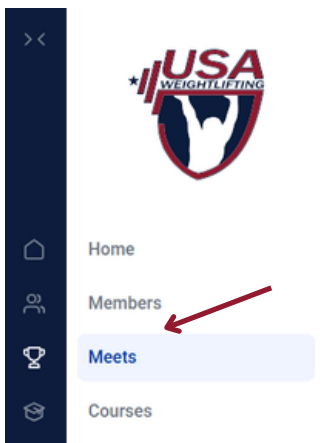


EDIT YOUR WEIGHT CLASS AND ENTRY TOTAL

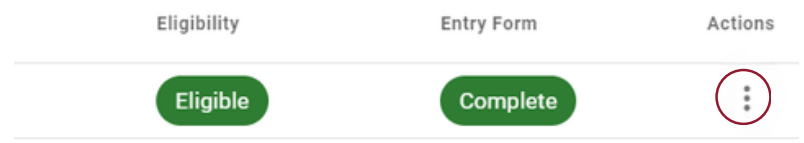
1. LOGIN

Search for and select the competition

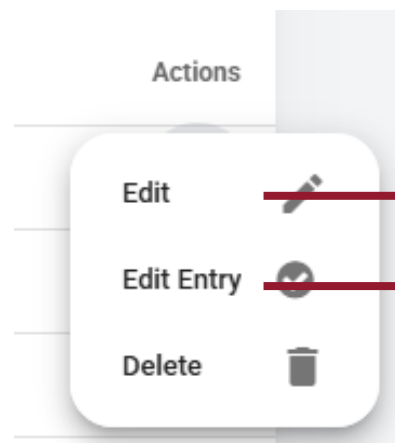


2. FIND YOUR ENTRY

Click the 3 dots under "Actions"



3. EDIT YOUR WEIGHT CLASS OR ENTRY FORM



Entry Total, Club Affiliation & Coach Information

Weight Class

"Edit Entry" - Weight Class

Additions: New weight class
Removals: Previous weight class

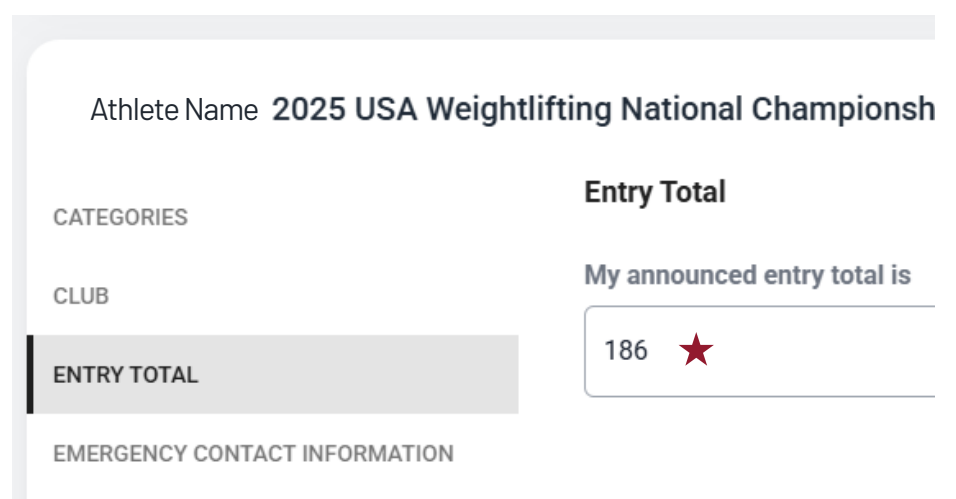
Click **"Submit"**



"Edit" - Entry Form

Choose "Next" until you reach the page you want to edit, flow through to the end

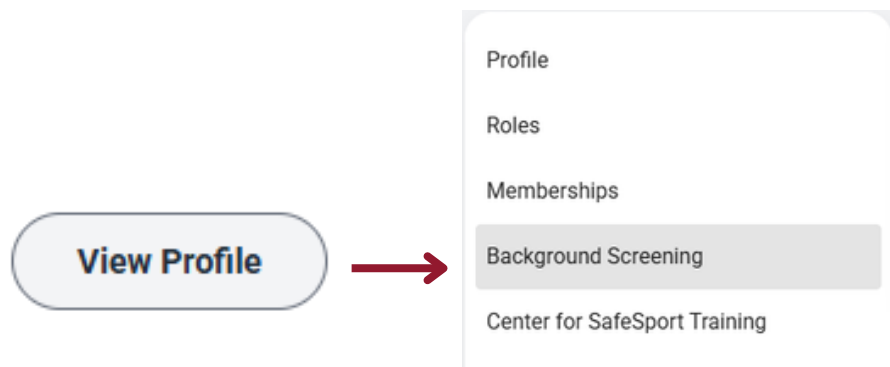
Click **"Update"**



PURCHASE A BACKGROUND SCREENING

1. LOGIN

Click "View Profile"

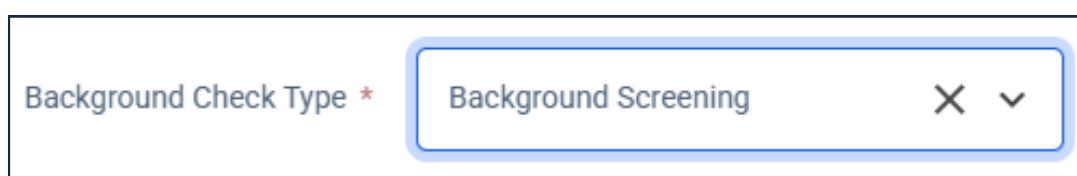


2. BACKGROUND SCREENING

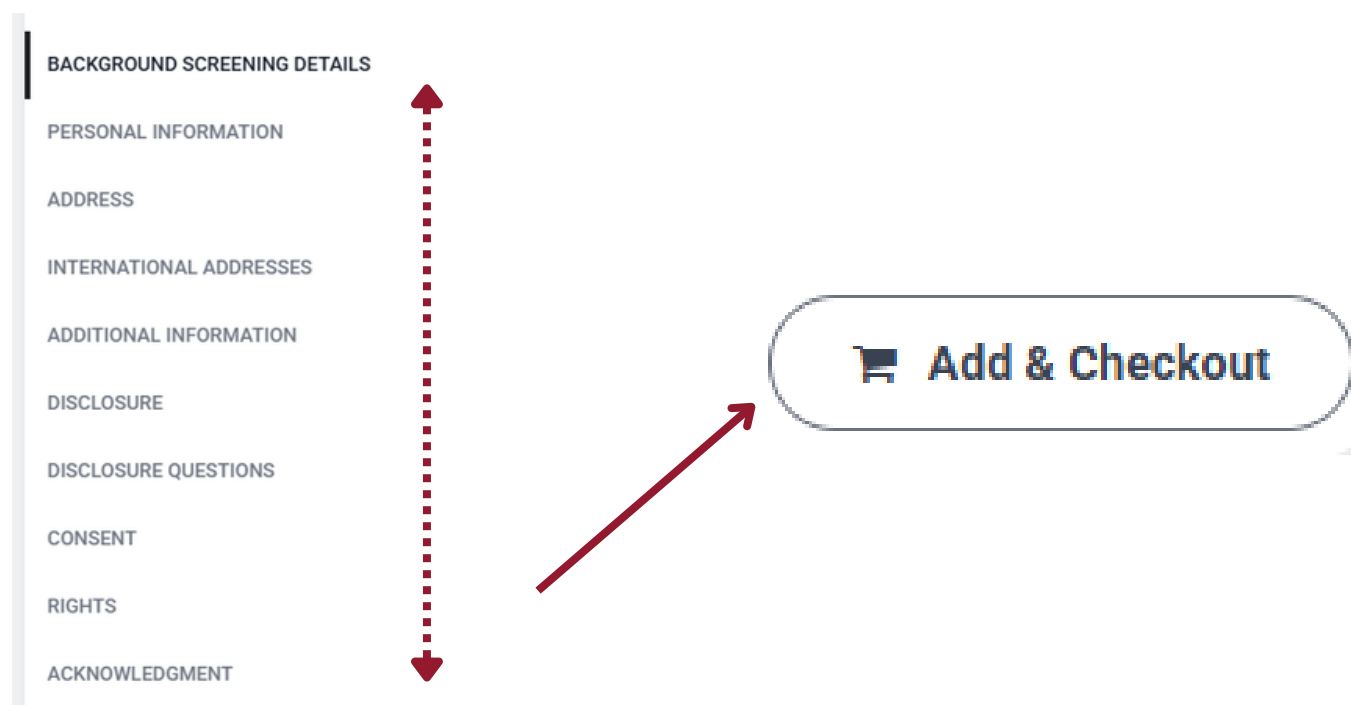
Click "+ Add Background Screening"



3. SELECT BACKGROUND SCREENING TYPE



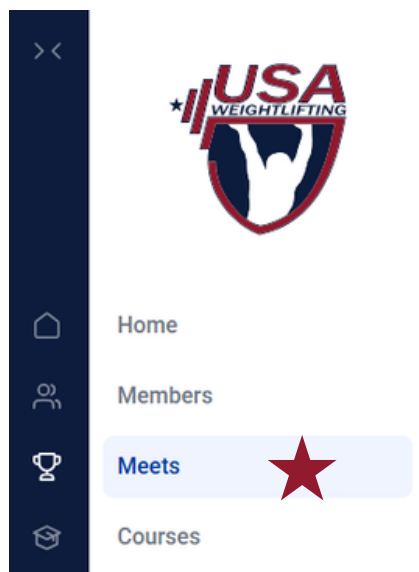
4. COMPLETE INFORMATION & CHECKOUT



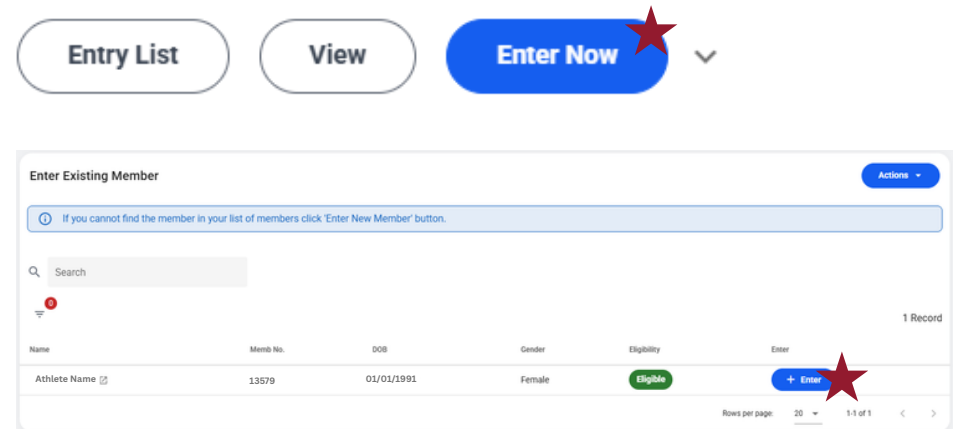
REGISTER FOR A MEET

1. LOGIN

Click "Meets" to search for an event



2. CLICK "ENTER NOW"



Don't see an "Enter Now" button? The meet is doing registration off-platform. Contact the meet director to sign up.

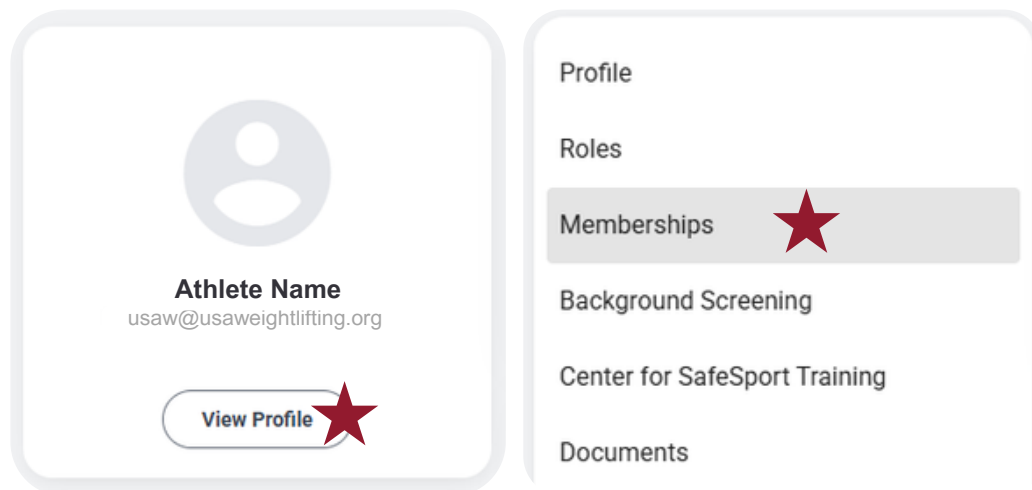
3. COMPLETE THE REGISTRATION FORM

Club affiliations only show up if the club membership is "valid". Entry totals and weight classes can be changed up to one week prior to the event.

UPDATE PAYMENT DETAILS

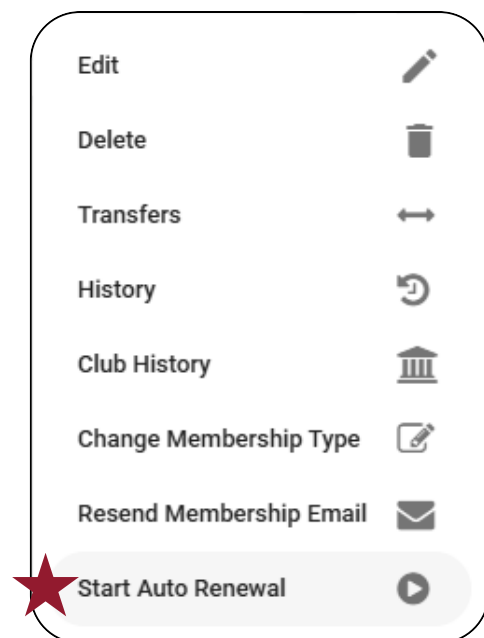
1. LOGIN

Click "View Profile", Click "Memberships"



2. CLICK ACTIONS

Click "Start Auto Renewal"



3. ENTER YOUR PAYMENT INFORMATION

Complete the payment information section and click Setup Auto Renewal to save

A screenshot of a payment form. It contains the following fields: Card number (1234 1234 1234 1234), Expiration date (MM / YY), Security code (CVC), Country (United States), and ZIP code (12345). Below the fields is a disclaimer: "By providing your card information, you allow USA Weightlifting Inc. to charge your card for future payments in accordance with their terms." At the bottom right, there is a "Powered by stripe" logo and a blue "Setup Auto Renewal" button with a red star.

*You can opt-out of auto renewal by selecting "Cancel Auto Renewal" at anytime

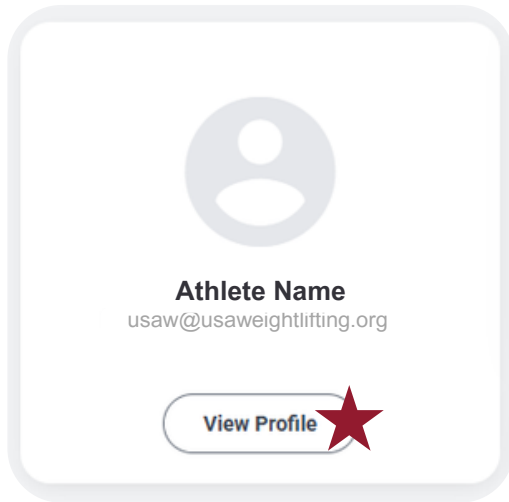


PURCHASE A PARTNER MEMBERSHIP

(ACSM/NASM/AFAA)

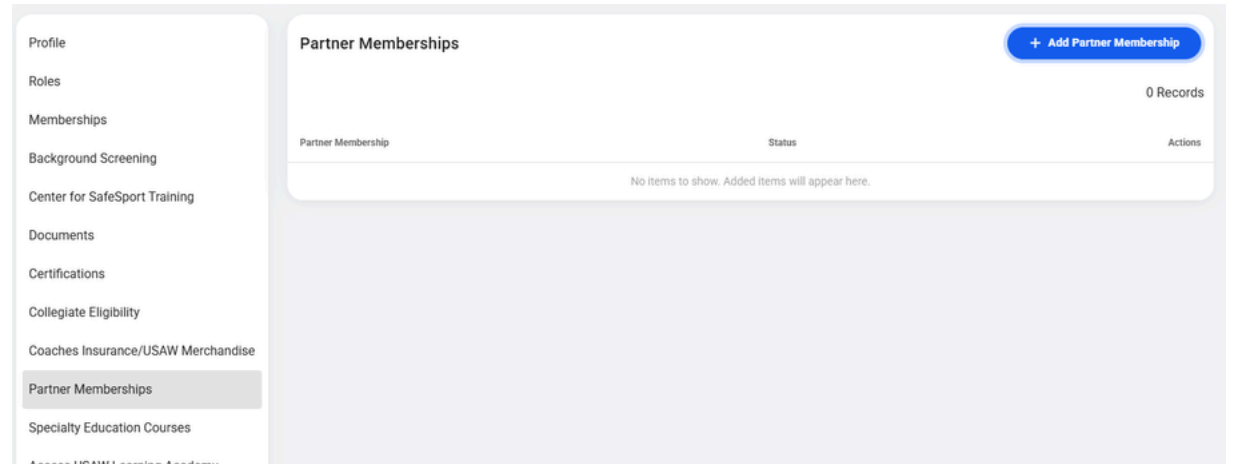
1. LOGIN

Click "View Profile"



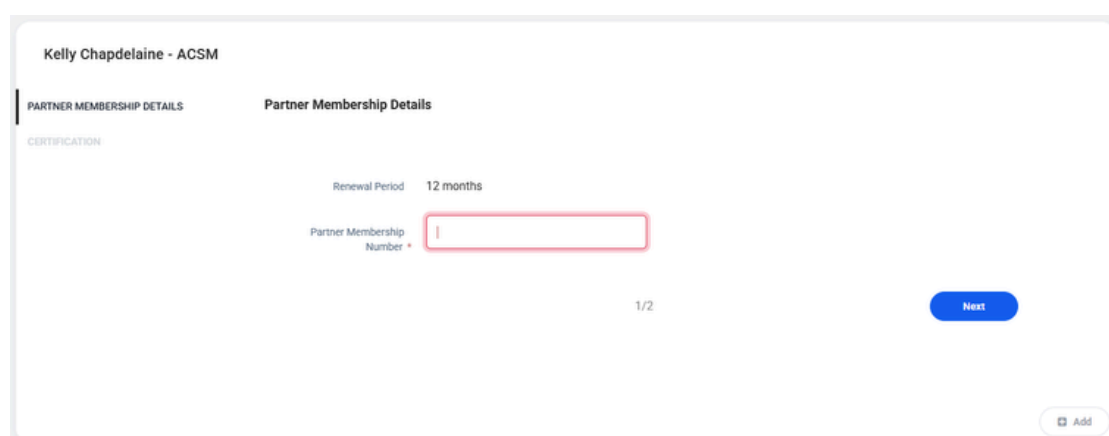
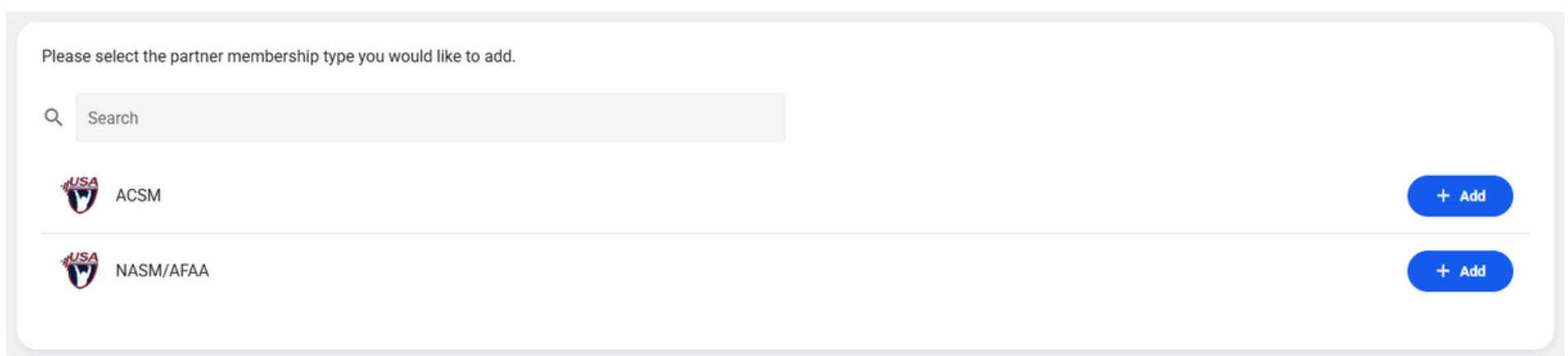
2. FIND PARTNER MEMBERSHIPS

Click "+ Add Partner Membership"



3. SELECT THE PARTNER MEMBERSHIP

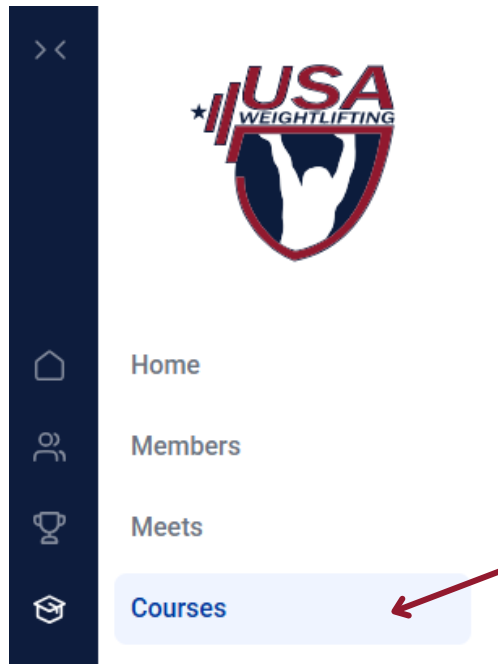
Click "+ Add" and complete the certification form



REGISTER FOR A COURSE

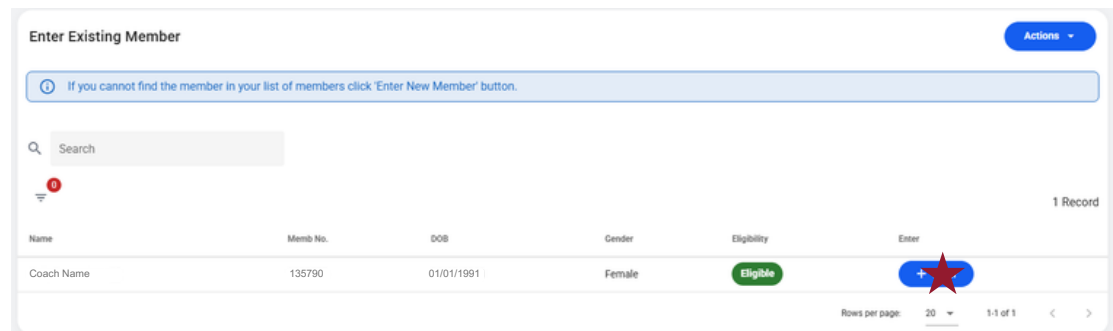
1. LOGIN

Select "Courses" and search for a course



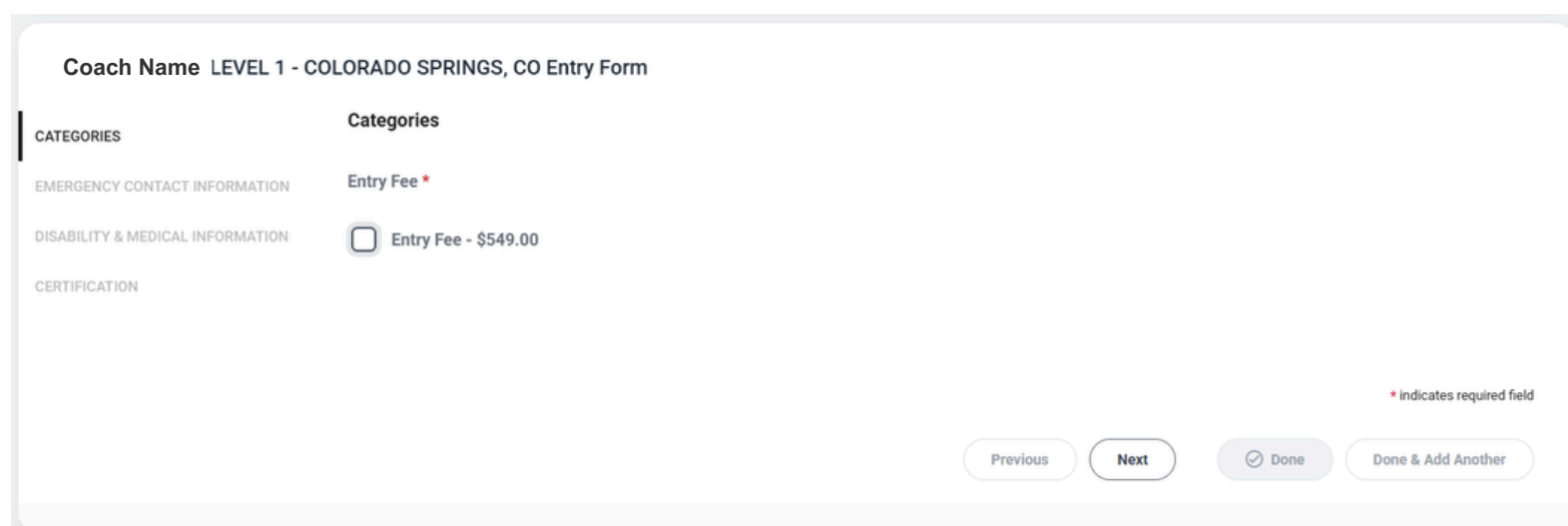
2. ENTER THE COURSE

Click "Enter Now"



3. COMPLETE THE REGISTRATION FORM

Complete each tab of the registration form and click "Done".



Coach Name LEVEL 1 - COLORADO SPRINGS, CO Entry Form

CATEGORIES

EMERGENCY CONTACT INFORMATION

DISABILITY & MEDICAL INFORMATION

CERTIFICATION

Categories

Entry Fee *

Entry Fee - \$549.00

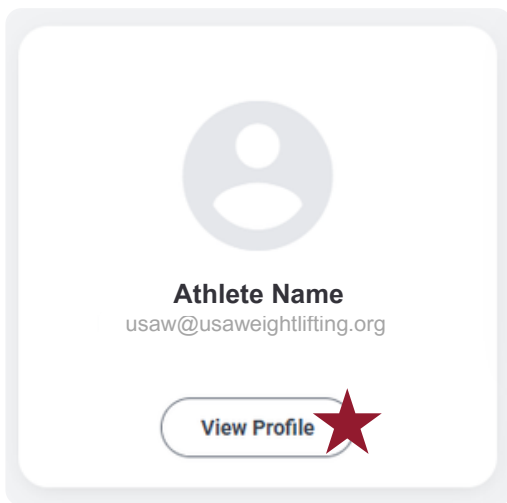
* indicates required field

Previous Next Done Done & Add Another

ACCESS THE USAW LEARNING ACADEMY

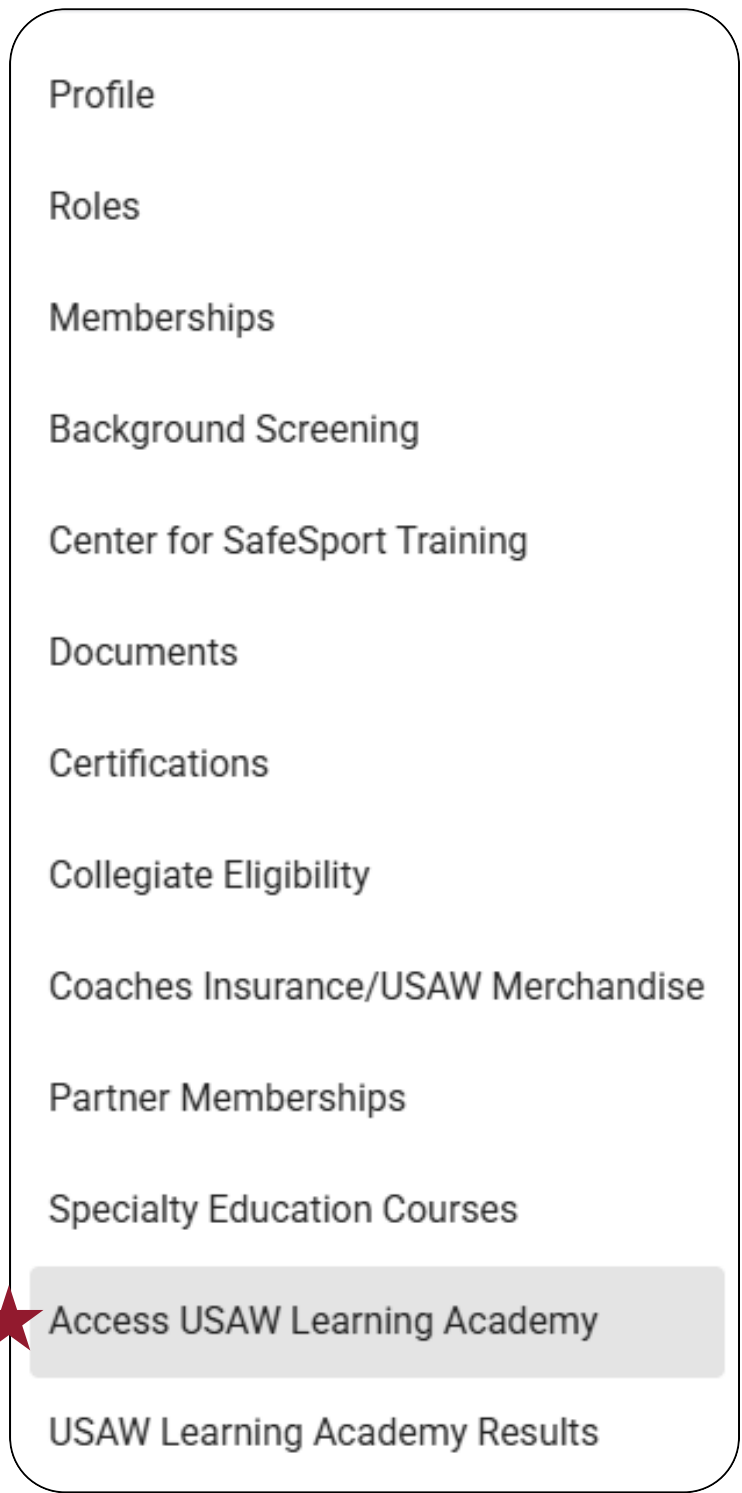
1. LOGIN

Select View Profile



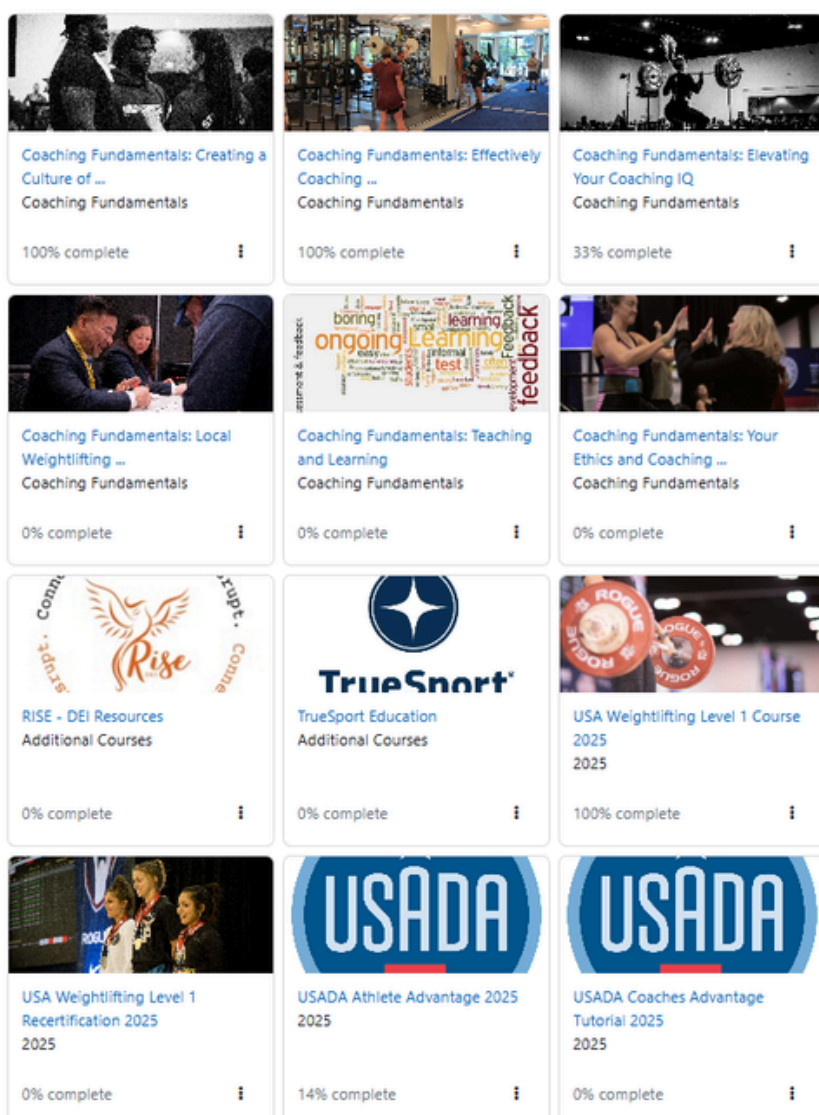
2. SELECT FROM MENU

Click Access USAW Learning Academy



3. SELECT COURSE

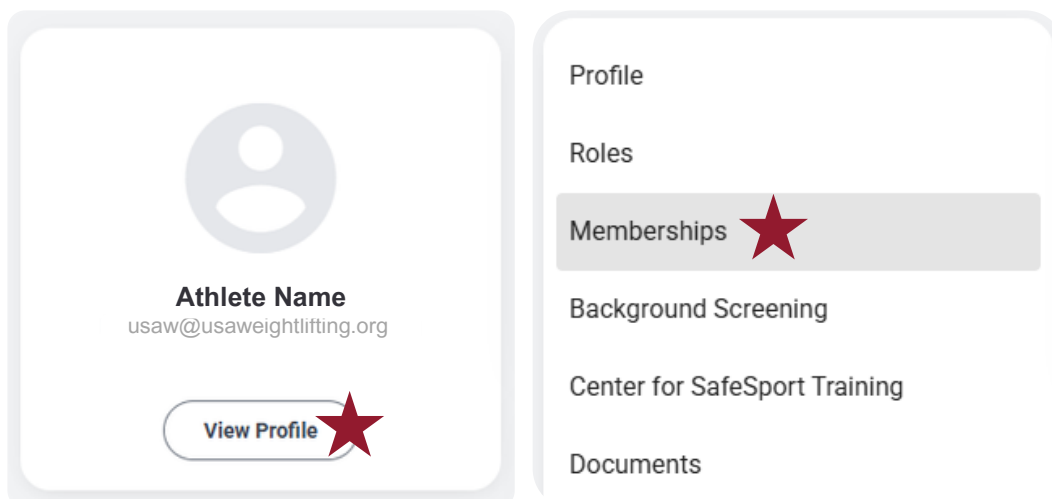
Select the course you wish to take.



SETUP AUTO RENEWAL

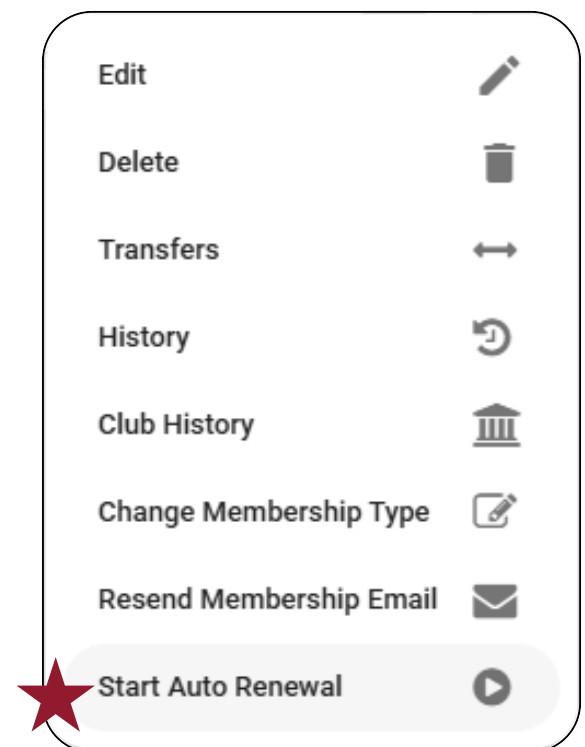
1. LOGIN

Click "View Profile" and "Memberships"



2. MEMBERSHIPS

Click "⋮" and "Start Auto Renewal"



3. ENTER YOUR PAYMENT INFORMATION

Click "Setup Auto Renewal" to complete

The screenshot shows a payment form with the following fields: Card number (1234 1234 1234 1234), Expiration date (MM / YY), Security code (CVC), Country (United States), and ZIP code (12345). Below the fields is a disclaimer: "By providing your card information, you allow USA Weightlifting Inc. to charge your card for future payments in accordance with their terms." At the bottom right, there is a "Powered by stripe" logo and a blue "Setup Auto Renewal" button with a red star.

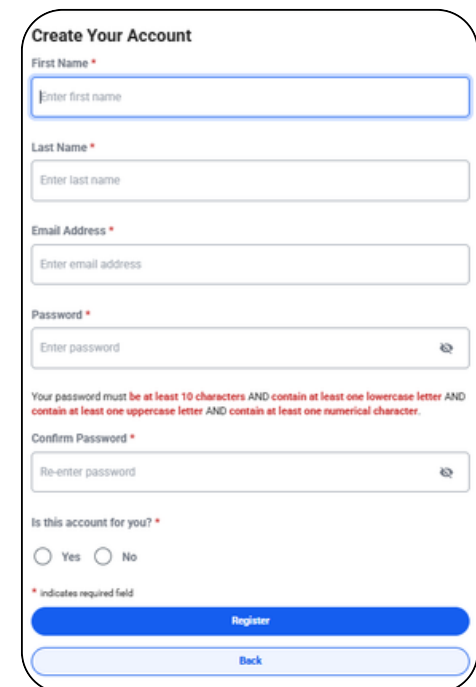
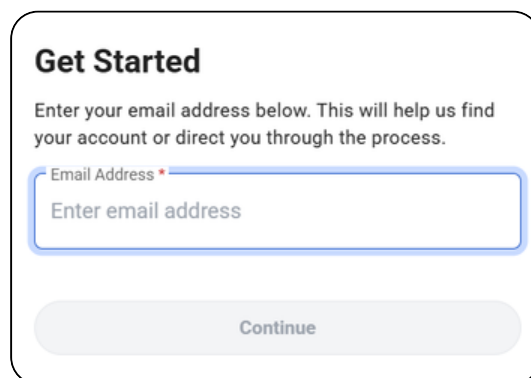
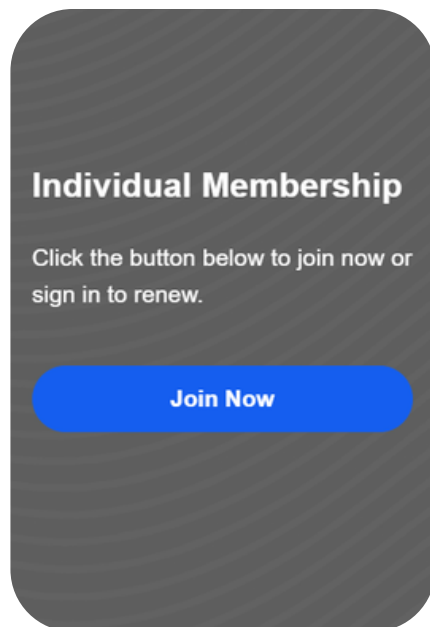
*You can opt-out of auto renewal by selecting "Cancel Auto Renewal" at anytime

PURCHASE A MEMBERSHIP

1. CREATE ACCOUNT

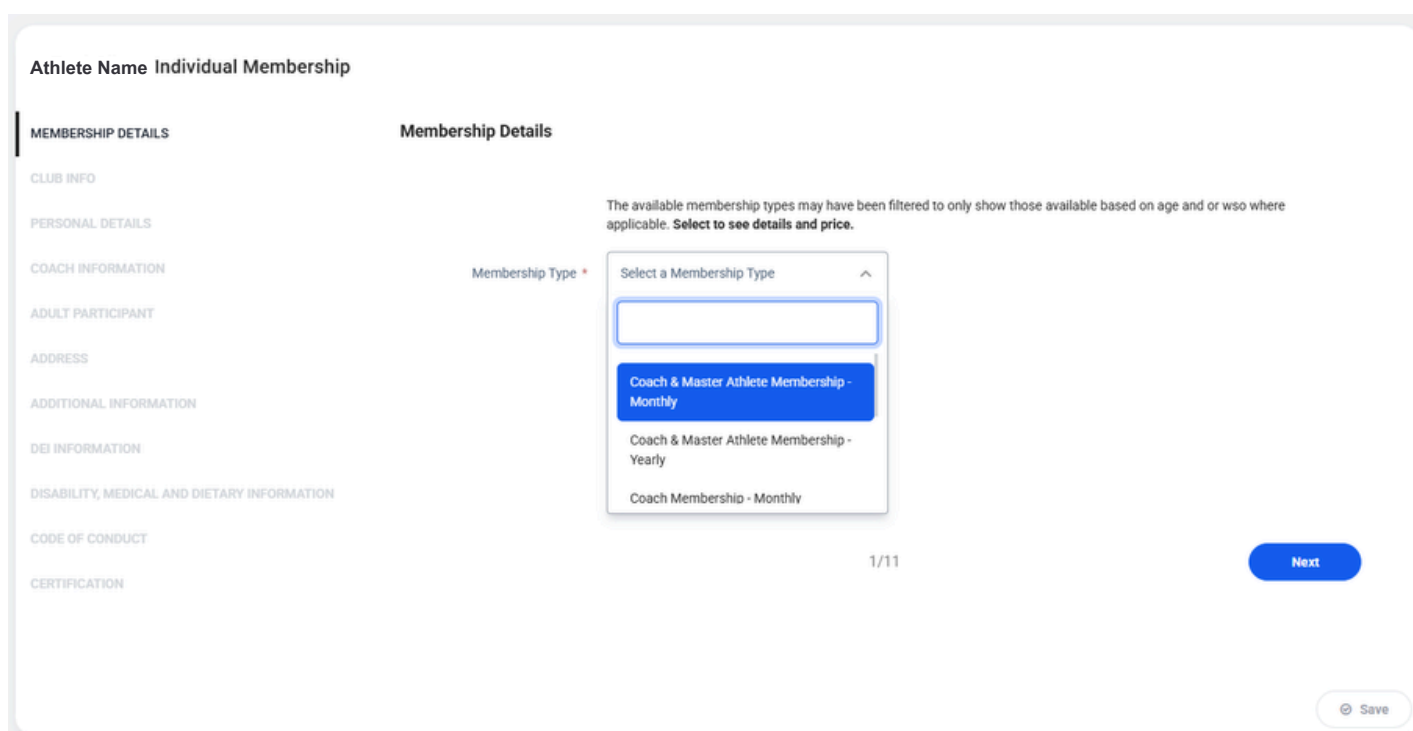
2. ENTER YOUR INFORMATION

Become a Member on BARS



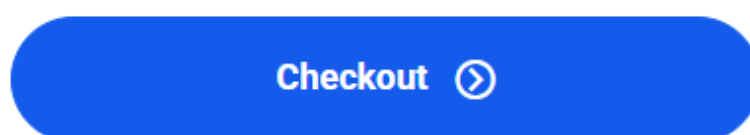
3. COMPLETE THE REGISTRATION FORM

Fill out the membership form and click "Next"



4. CHECKOUT

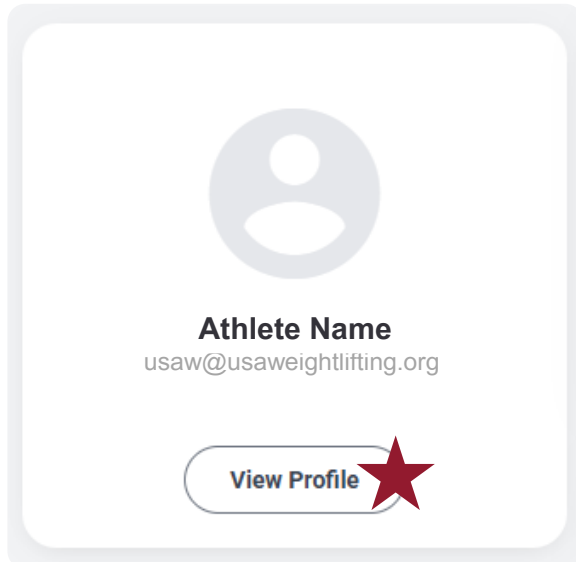
Select "Add & Checkout" at the end of the form



SAFESPORT

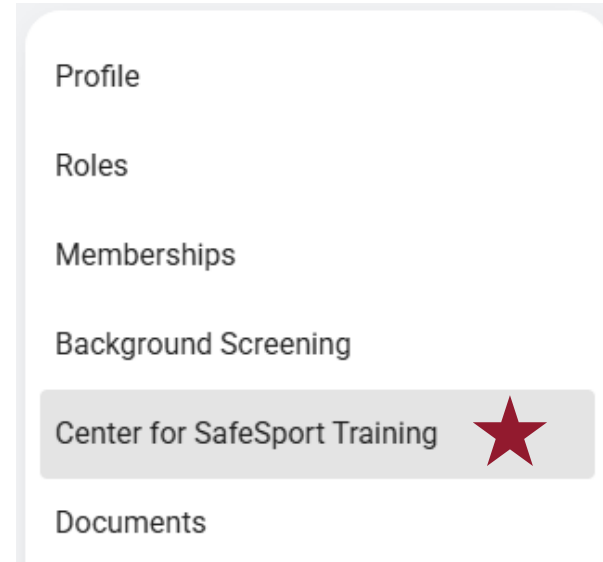
1. LOGIN

Click "View Profile"



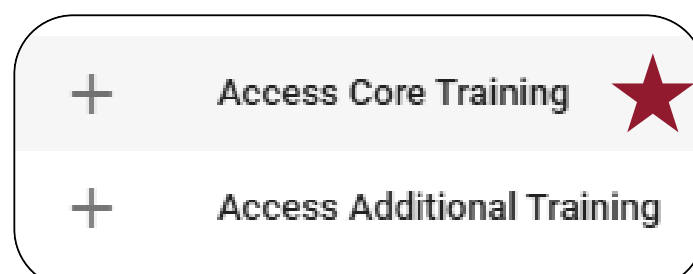
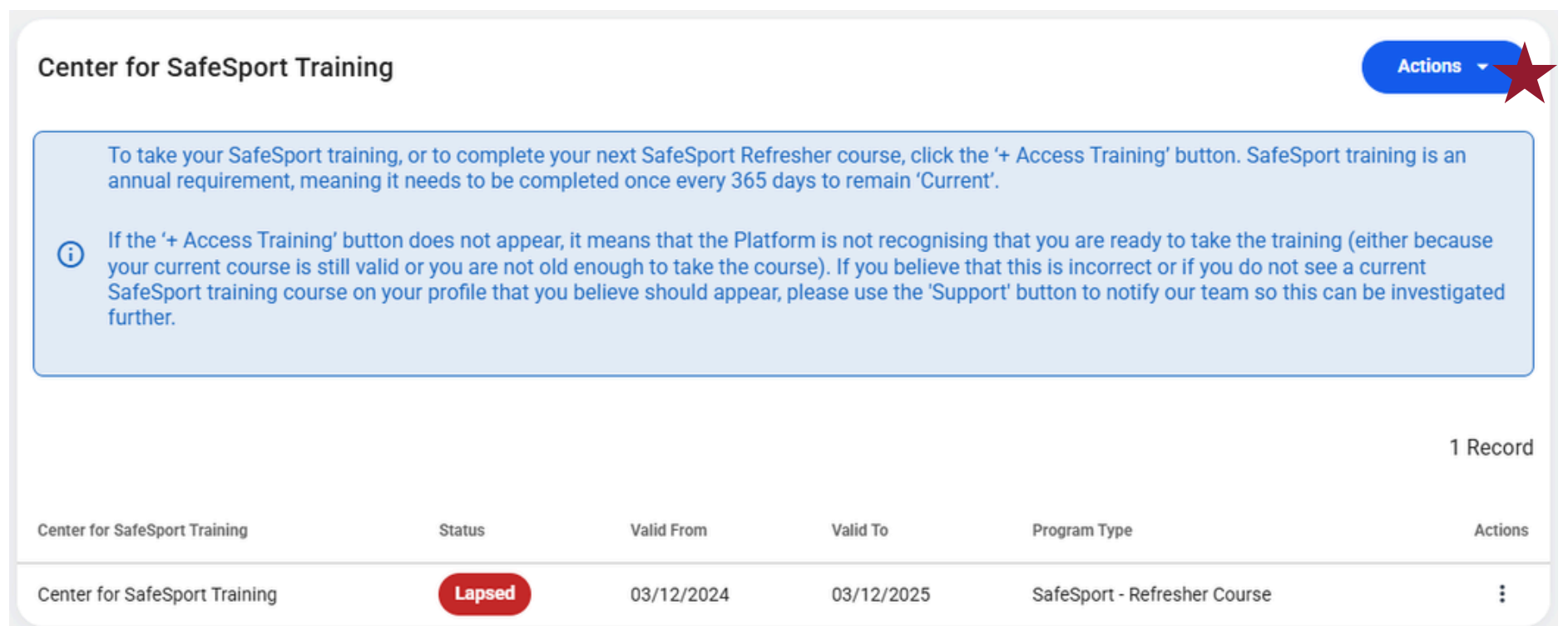
2. FIND LEFT TAB MENU

Click "Center for SafeSport Training"



3. ACCESS TRAINING

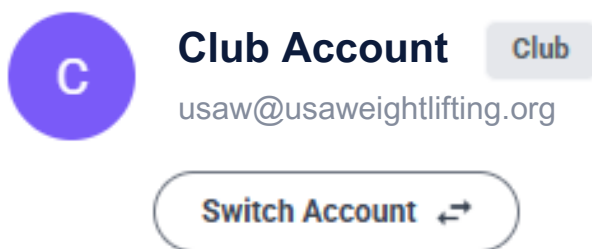
Select the blue "Actions" Button and click "+Access Core Training"



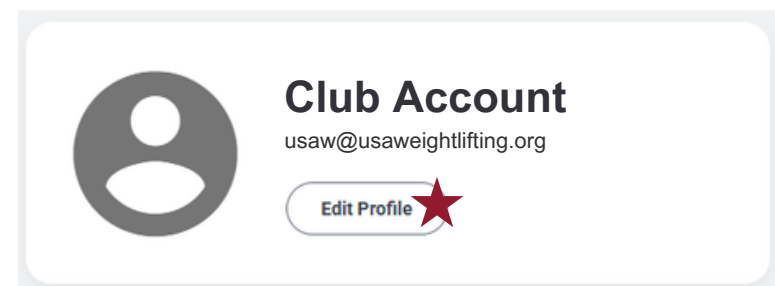
UPDATE CLUB DETAILS

1. LOGIN

Switch profiles to your club account

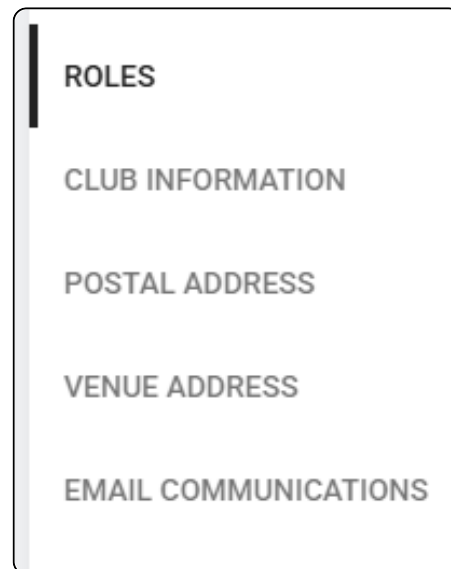


2. EDIT PROFILE



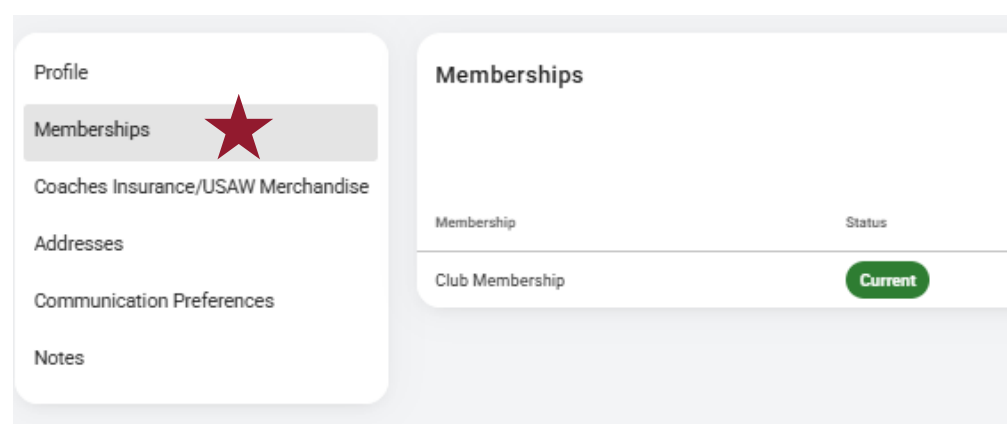
3. EDIT INFORMATION

- Assign: ←
- Club Director
 - Club Coach
 - Club Admin



→ To change your club name please contact USAW

Find purchases, auto-renewal and club Information



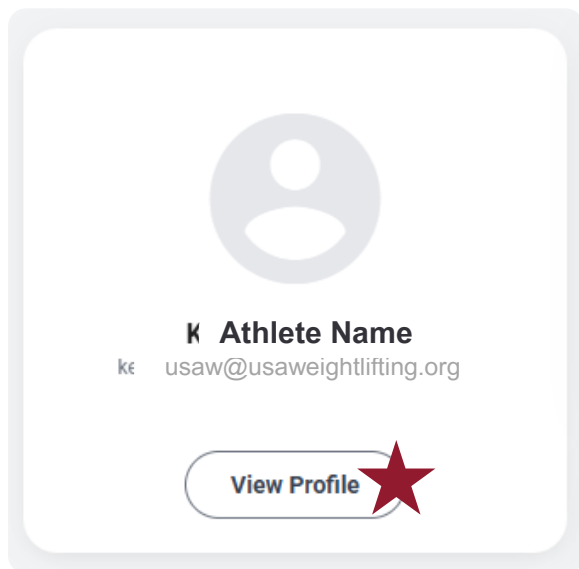
4. SAVE CHANGES



TRANSFER CLUBS

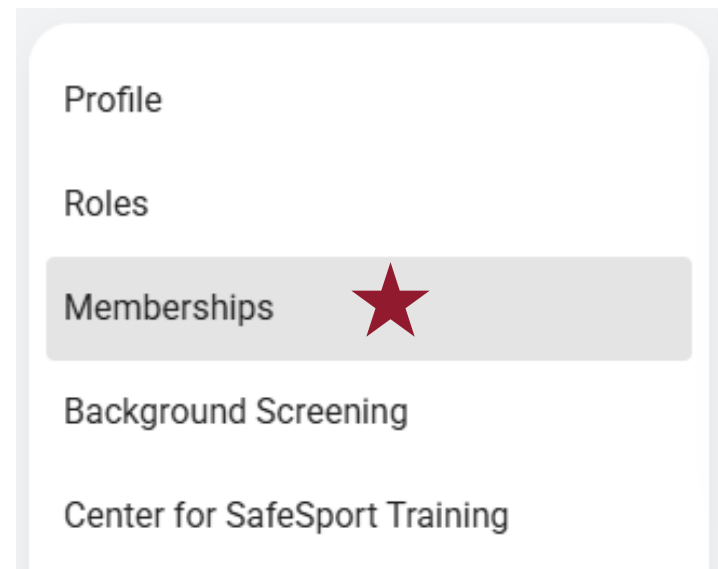
1. LOGIN

Login > View Profile



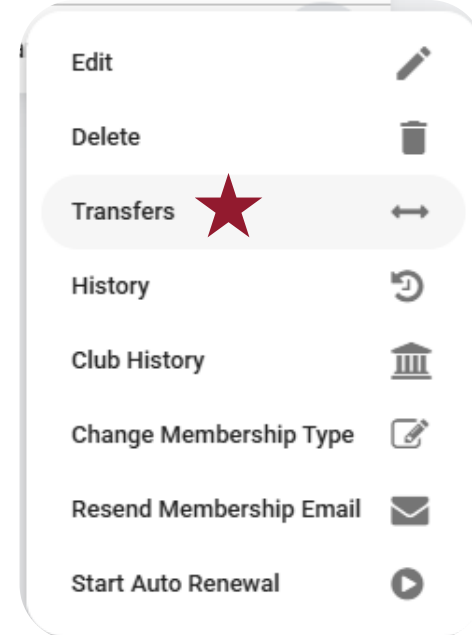
2. MEMBERSHIPS

Select the Memberships Tab



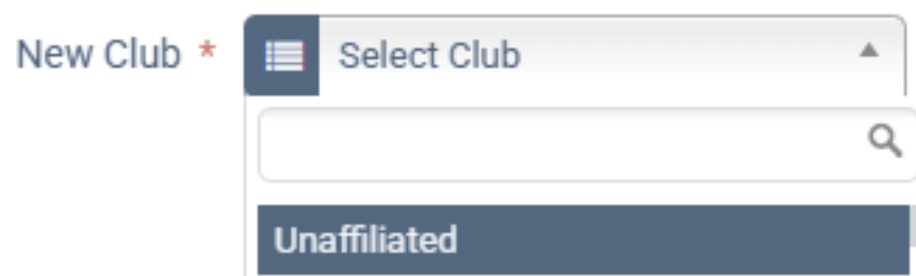
3. ACTIONS

Select Actions (3 dots) > Transfers



4. START TRANSFER

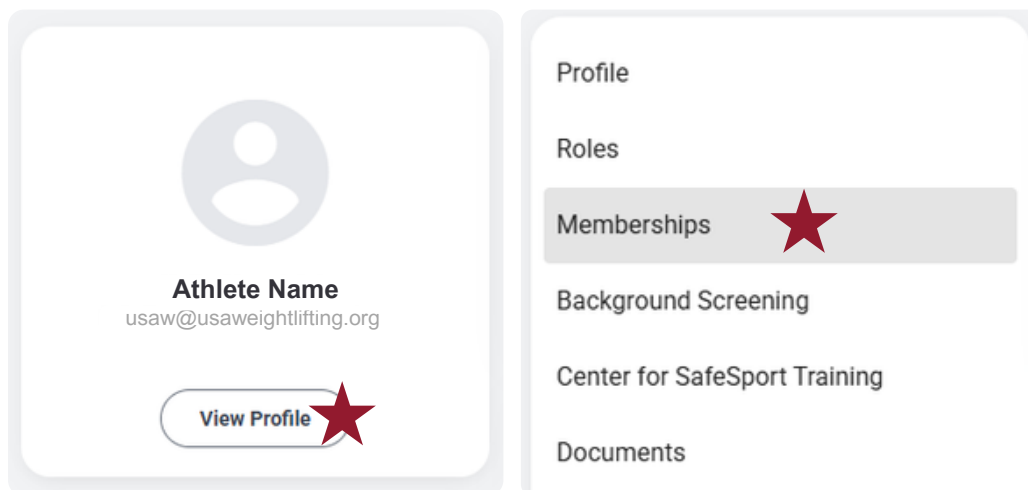
Click the blue "Start Transfer" Button. Then Select the club you wish to affiliate with from the dropdown menu. Save.



RENEW YOUR MEMBERSHIP

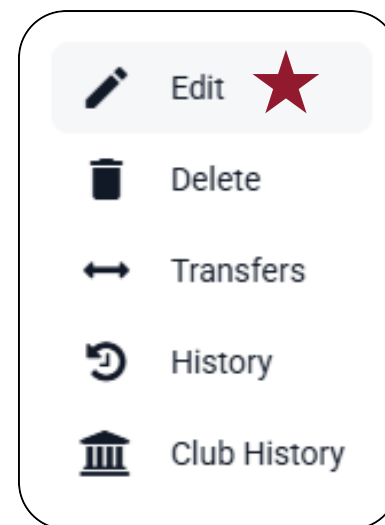
1. LOGIN

Click "View Profile" and click "Memberships"



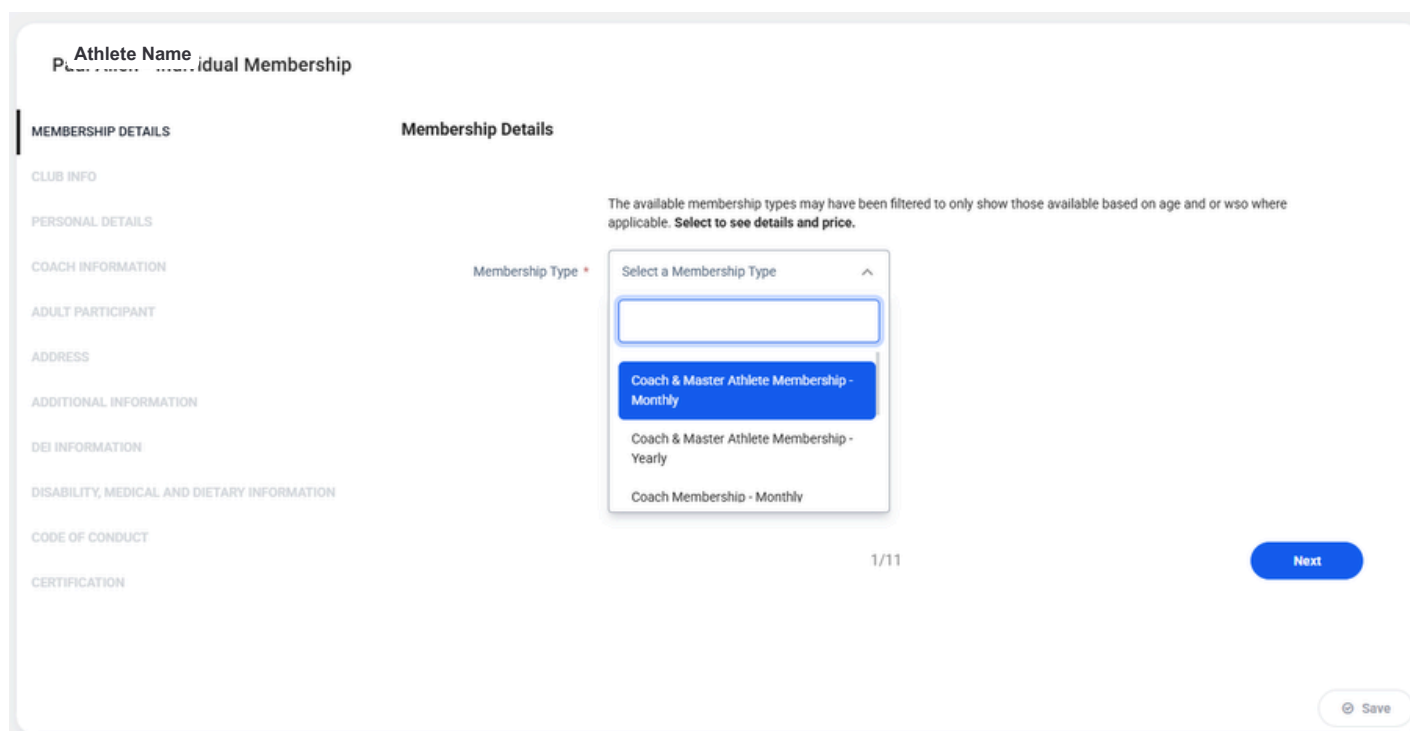
2. CLICK ACTIONS "⋮"

Click "Edit"



3. FLOW THROUGH THE MEMBERSHIP FORM

Complete the payment information section and click "Setup Auto-Renewal" to complete



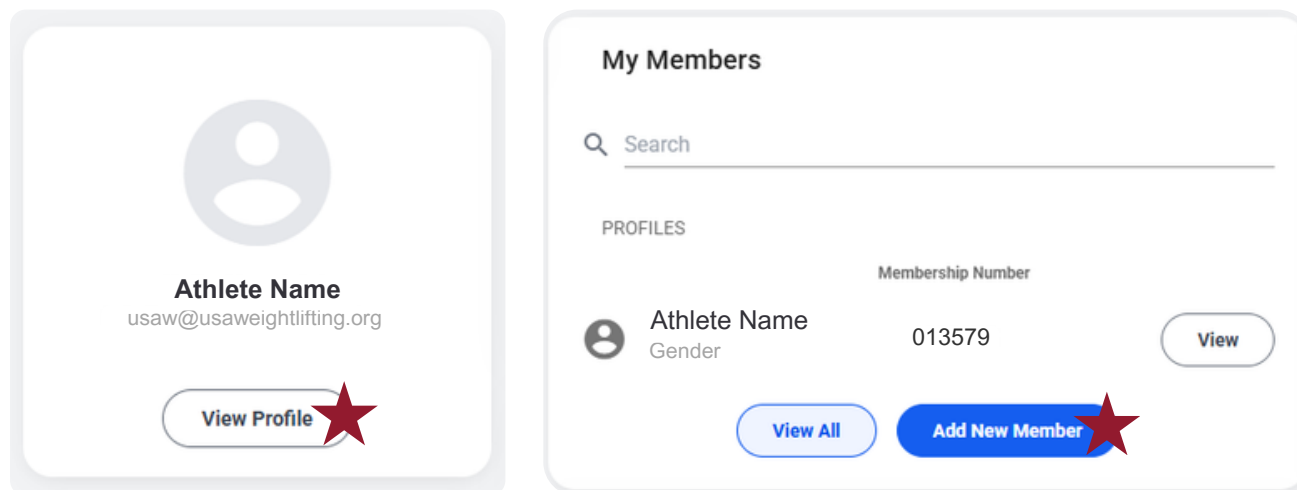
4. ADDITIONAL STEPS (COACH ONLY)

Complete the Level 1 Recertification Exam and SafeSport Core Training

ADD A MEMBER TO YOUR PROFILE

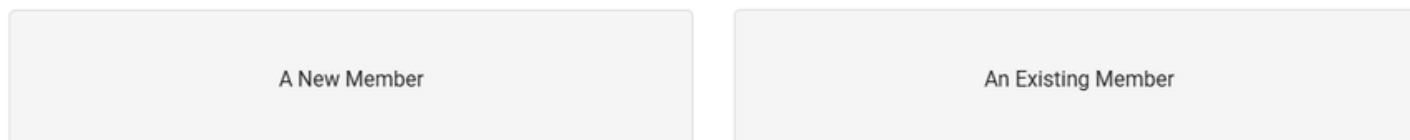
1. LOGIN

Click "View Profile" and click "Add New Member"



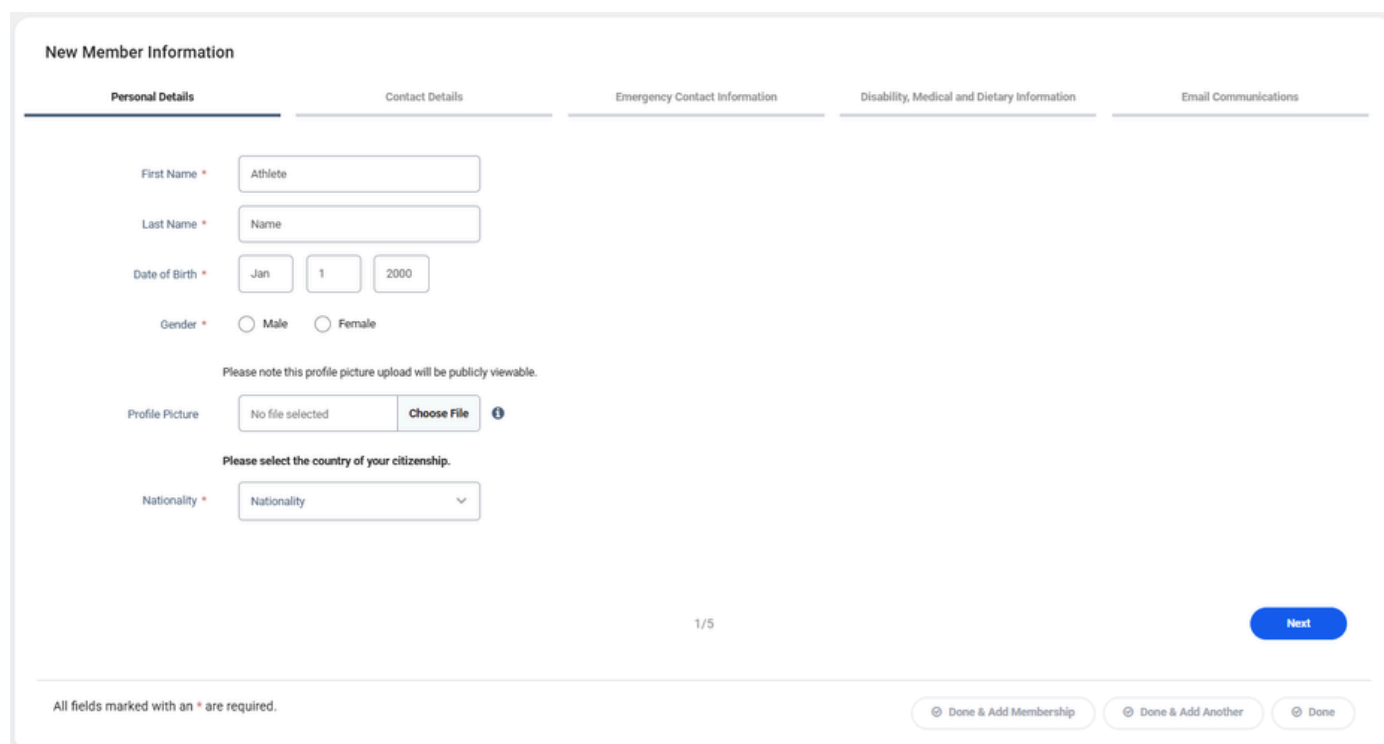
2. CLICK PROFILE TYPE

Click "A New Member" if they do not have a USAW profile yet
Click "An Existing Member" if they already have an account



3. FLOW THROUGH THE MEMBERSHIP FORM

Complete the payment information section and click "Setup Auto-Renewal" to complete



HOST A COURSE

1. FACILITY REQUIREMENTS

Ensure all facility and time requirements are met before requesting to host an event

- A platform or rubberized space, light bumper plates, and an Olympic-style barbell for every 3 course participants
- A projector and screen/wall or large TV, seating, and a dedicated area for hands-on lifting portions of the course


2. REQUEST FORM


Complete the [Host A Course - Request Form](#)

Host A Course - Request Form

Interested in hosting a course? Submit this form below and we'll be in touch.

Please select the dates that are at least 8 weeks out in the future. Courses must be spaced 2 weeks or 50 miles from each other. Please check the current [Course Calendar](#) for conflicts. USAW requires at least 8 registrants for a course and can accommodate up to 30 or maximum allowable per facility size. USAW will supply the instructor(s).

usaw@usaweighting.org [Switch account](#) 

 Not shared

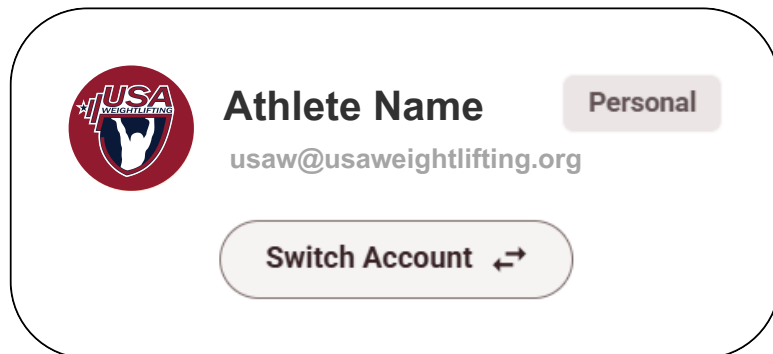
* Indicates required question

Note: If you would like to sanction a Level 2 Coaching Course, reach out to education@usaweighting.org

SANCTION A MEET

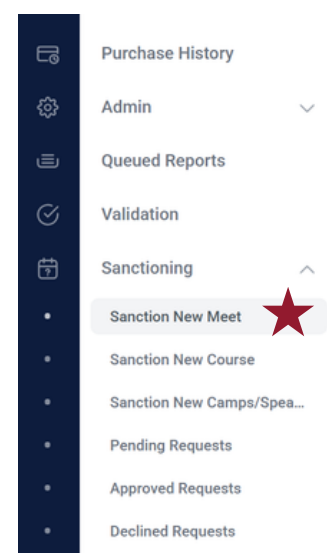
1. LOGIN TO SPORT80

Click "Switch Account" and select your club profile [club membership must be active]



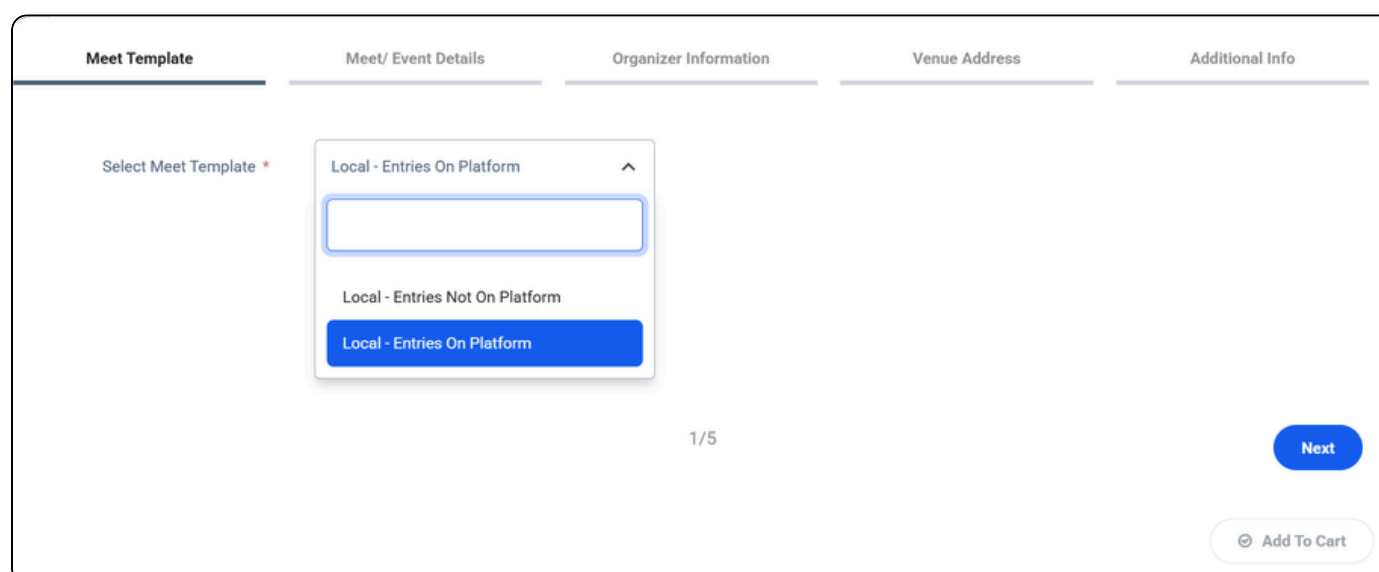
2. CLICK SANCTION NEW MEET

On the left side tab scroll down and click "Sanctioning" > "Sanction New Meet"



3. FLOW THROUGH THE SANCTIONING FORM

Choose on or off platform registration and fill out the meet information for your event. The meet is active once the sanction is approved by the WSO President.

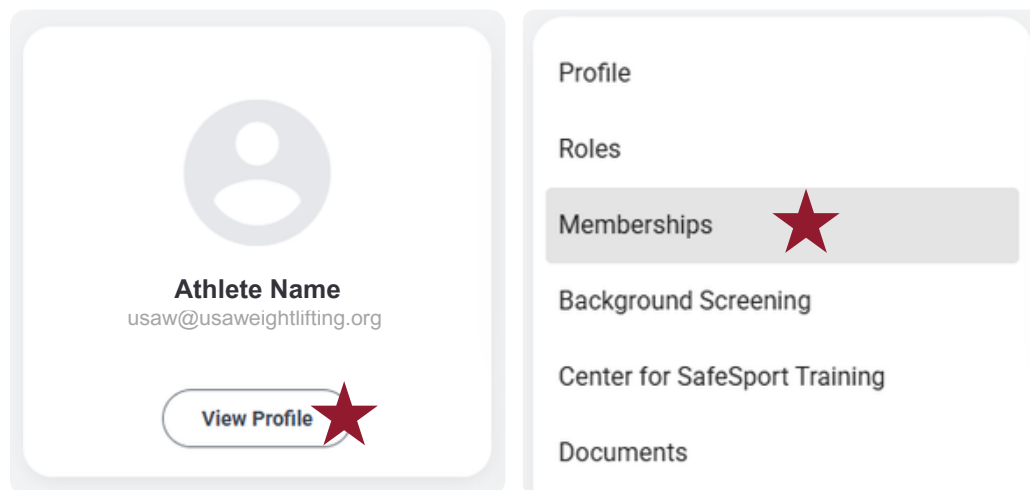


- ★ Local - Entries On Platform [Registration **On** Sport80] - \$79.00
- ★ Local - Entries Not On Platform [Registration **Off** Sport80] - \$99.00

ADD A COACH MY PROFILE

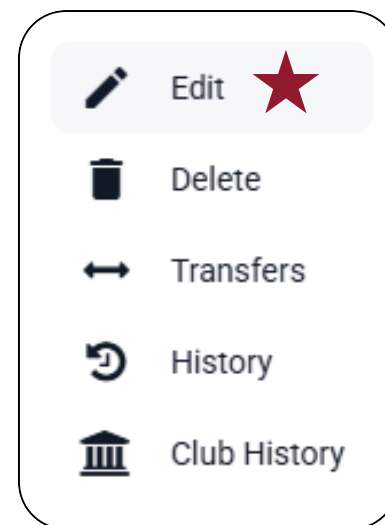
1. LOGIN TO SPORT80

Click "View Profile" and click "Memberships"



2. CLICK ACTIONS "⋮"

Click "Edit"



3. COACH INFORMATION

Click "Coach Information" and complete the coach information section

MEMBERSHIP DETAILS

CLUB INFO

PERSONAL DETAILS

COACH INFORMATION

ADULT PARTICIPANT

Coach 1

Coach 2

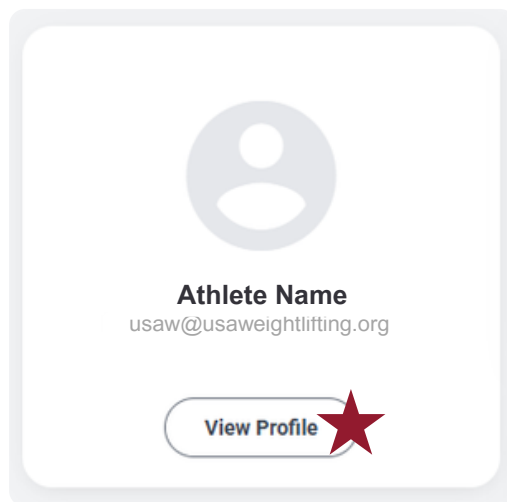
4. SAVE

Click "Save" at the bottom of the form

TAKE THE REFEREE EXAM

1. LOGIN TO SPORT80

Click "View Profile"



2. SELECT FROM MENU

Click "Access USAW Learning Academy"

Profile

Roles

Memberships

Background Screening

Center for SafeSport Training

Documents

Certifications

Collegiate Eligibility

Coaches Insurance/USAW Merchandise

Partner Memberships

Specialty Education Courses

 Access USAW Learning Academy

USAW Learning Academy Results

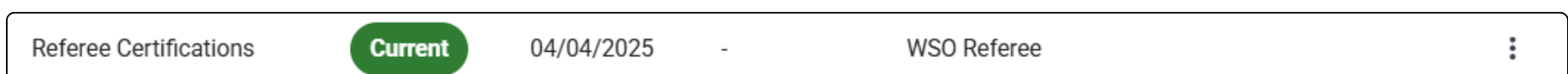
3. SELECT COURSE

Select the course to review content and take the referee exam



4. CERTIFICATION STATUS

Review the status of your certification by going to the "Certifications" tab on your profile

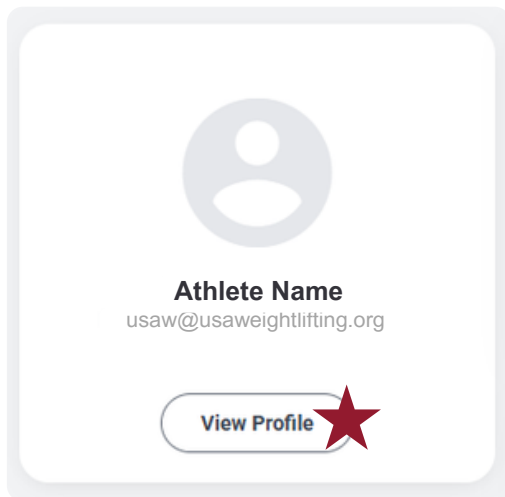


*The Referee exam is free and must be taken by Coaches wishing to participate in a National level meet

TAKE THE USADA COURSE

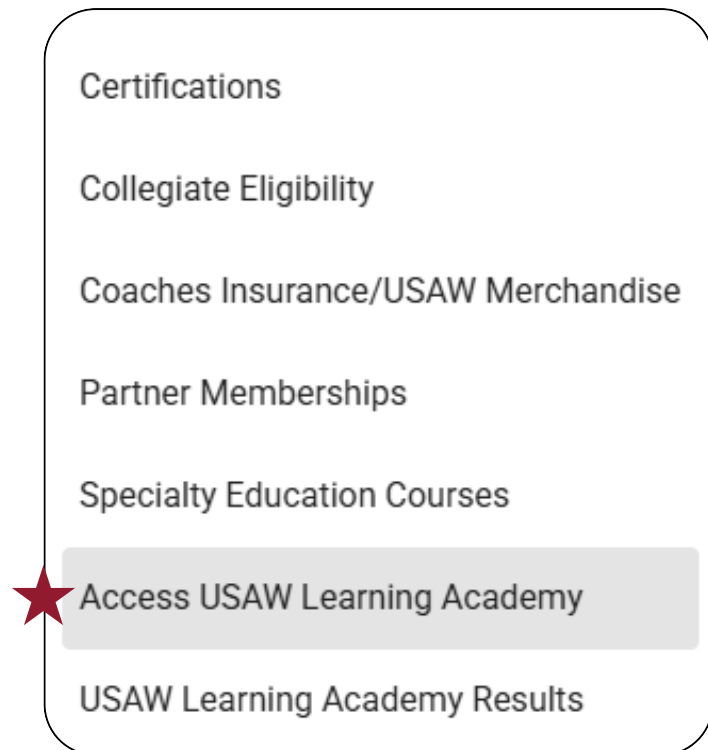
1. LOGIN TO SPORT80

Click "View Profile"



2. SELECT FROM MENU

Click "Access USAW Learning Academy"



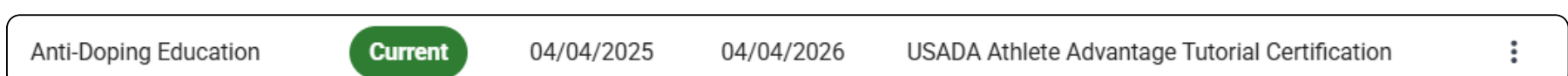
3. SELECT COURSE

Select the course to review content and take the USADA Anti-Doping Quiz



4. CERTIFICATION STATUS

Review the status of your certification by going to the "Certifications" tab on your profile

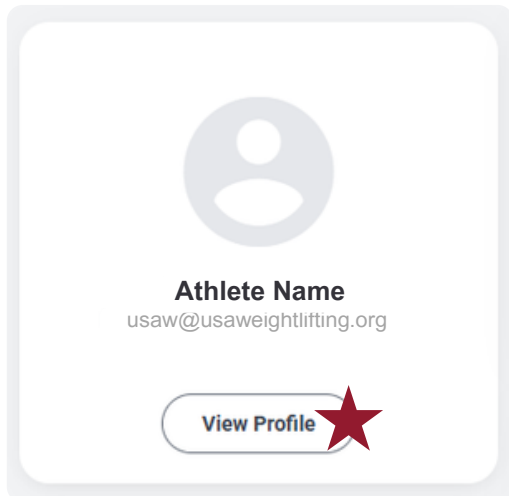


*Athletes and Coaches must take the USADA training annually to participate in National level events

ACCESS COURSE MATERIALS

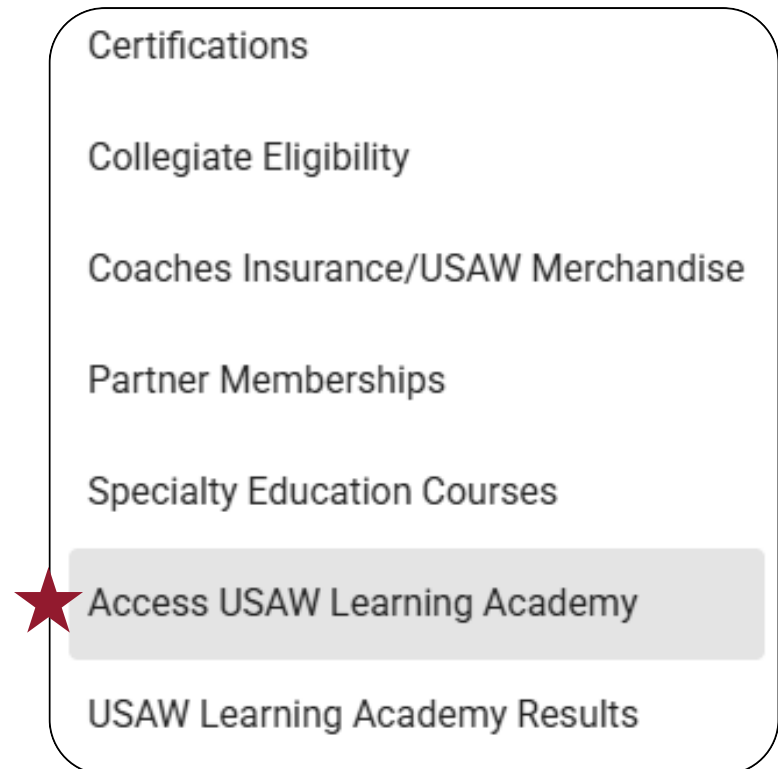
1. LOGIN TO SPORT80

Click "View Profile"



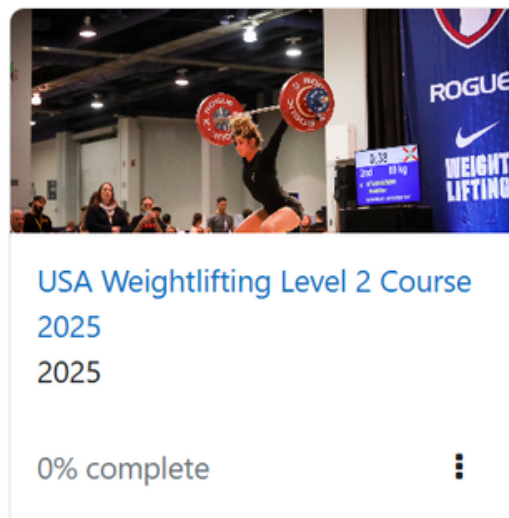
2. SELECT FROM MENU

Click "Access USAW Learning Academy"



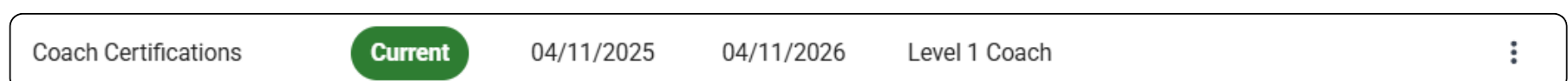
3. SELECT COURSE

Select the course to review content and take the Coaching Certification Exam



4. CERTIFICATION STATUS

Review the status of your certification by going to the "Certifications" tab on your profile

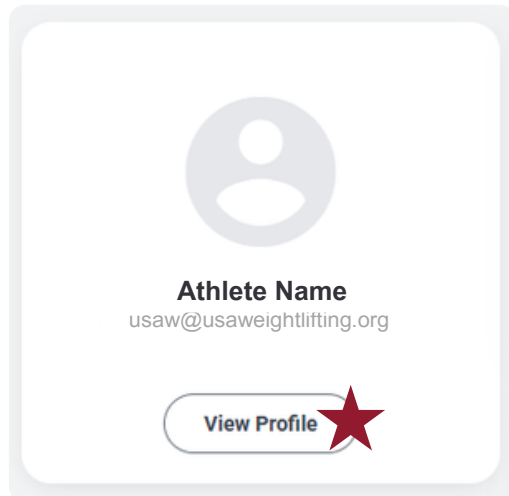


*The Level 1 recertification exam must be taken annually, the Level 2 is valid with membership

LEVEL 1 RECERTIFICATION

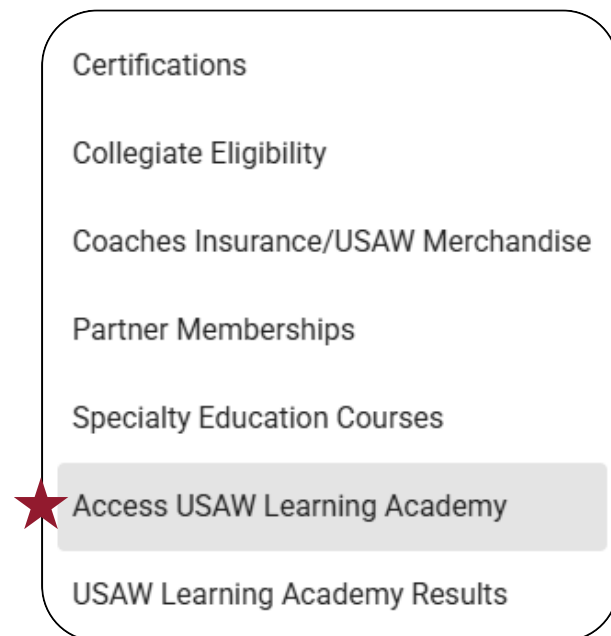
1. LOGIN TO SPORT80

Click "View Profile"



2. SELECT FROM LEFT MENU

Click "Access USAW Learning Academy"



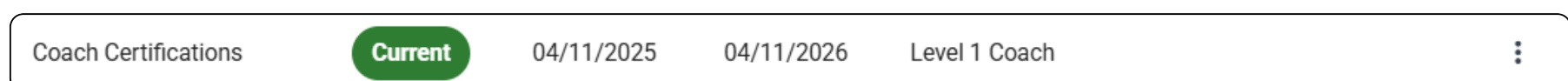
3. SELECT COURSE

Scroll down and click the "Level 1 Recertification" module to take the Recertification Exam



4. CERTIFICATION STATUS

Review the status of your certification by going to the "Certifications" tab on your profile

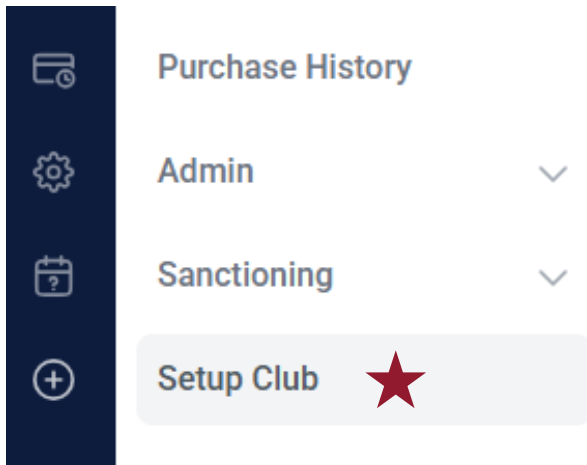


*The Level 1 recertification exam must be taken annually, the Level 2 certification is valid with membership. The Level 1 recertification exam is a 2 attempt, 10 question quiz.

ADD A CLUB MEMBERSHIP

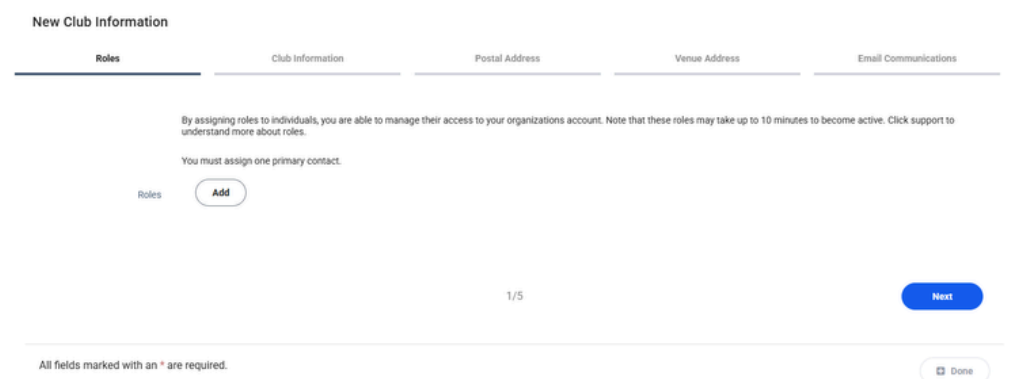
1. LOGIN TO SPORT80

Click "Setup Club" in the left hand menu



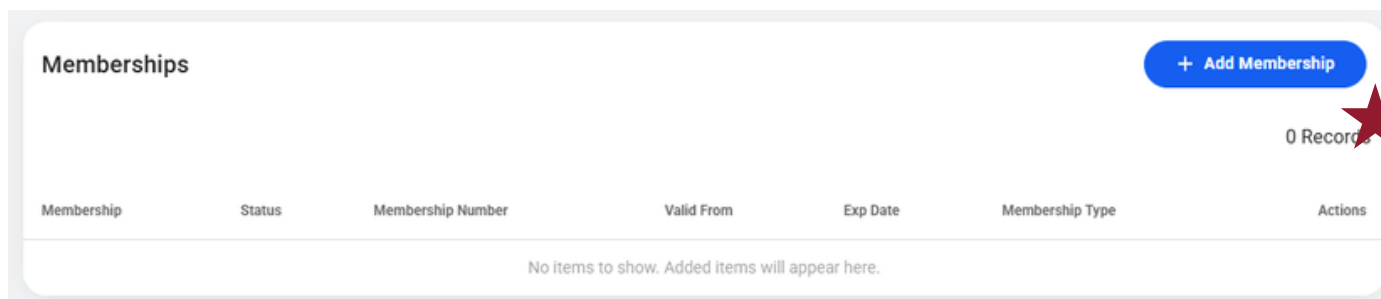
2. SETUP CLUB

Complete the new club information form



3. ADD MEMBERSHIP

Scroll down and click "Add Membership"



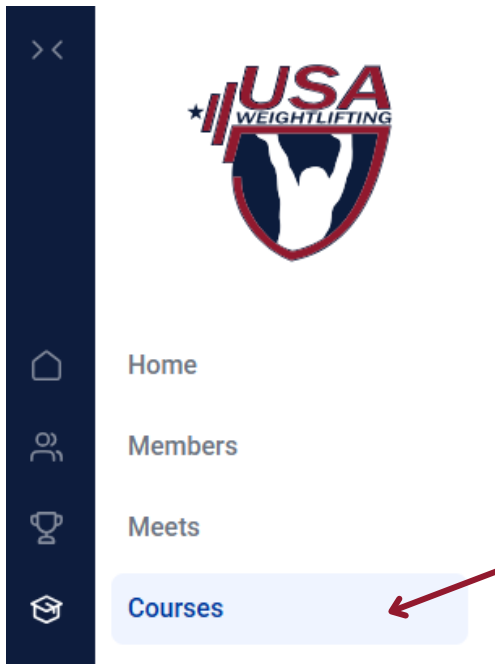
4. COMPLETE MEMBERSHIP

After the membership information is complete, click "Add and Checkout"

ADD INSURANCE TO A COURSE

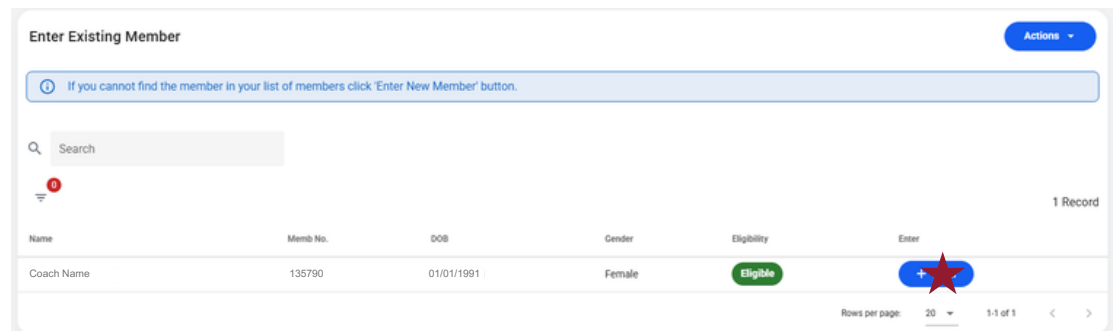
1. LOGIN

Select "Courses" and search for a course



2. ENTER THE COURSE

Click "Enter Now"



3. COMPLETE THE REGISTRATION FORM

Complete each tab of the registration form and click "Done".



REGISTER FOR A LEVEL 1 COURSE

1. CREATE A SPORT80 ACCOUNT

Click ["Create account"](#)

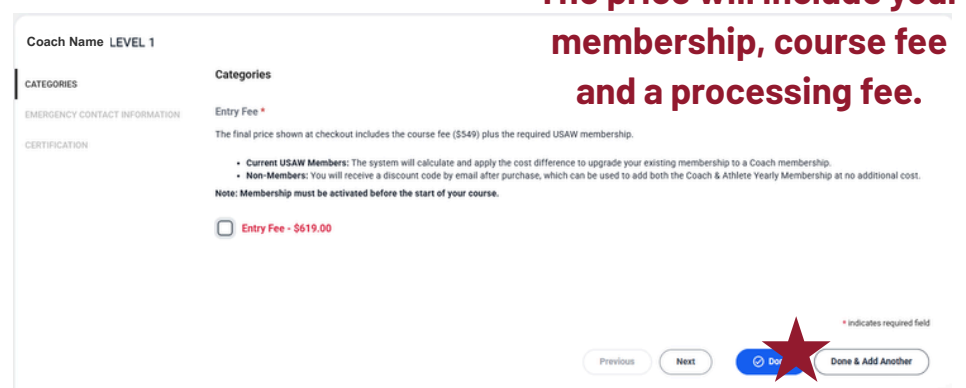
Sign in

Don't have an account? [Create account](#)



2. FIND A COURSE AND CHECKOUT

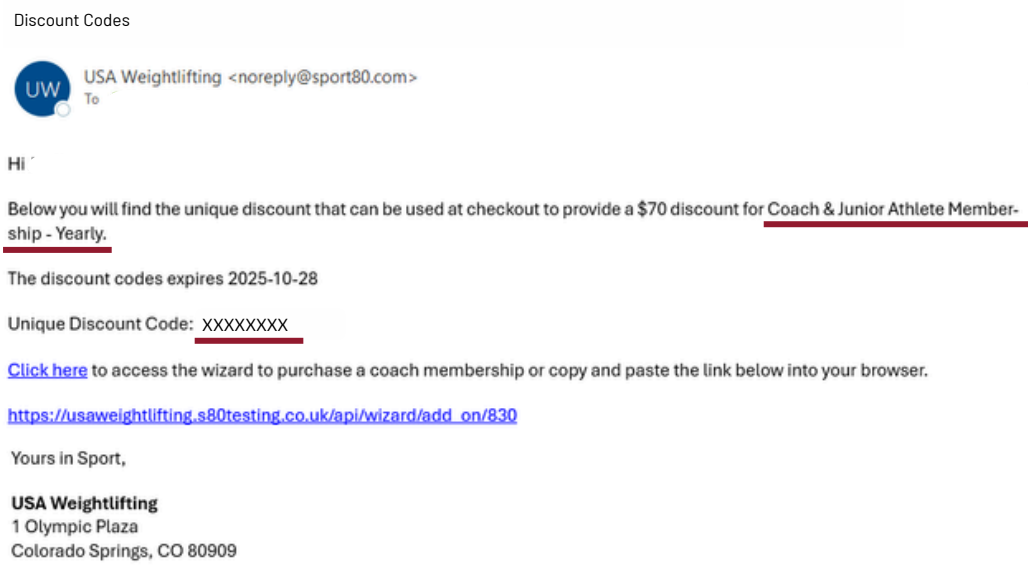
Select your course, complete the registration form, and checkout



The price will include your membership, course fee and a processing fee.

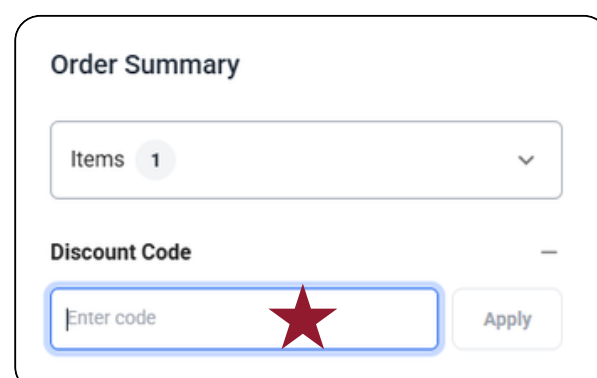
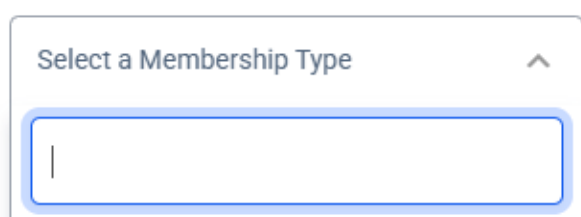
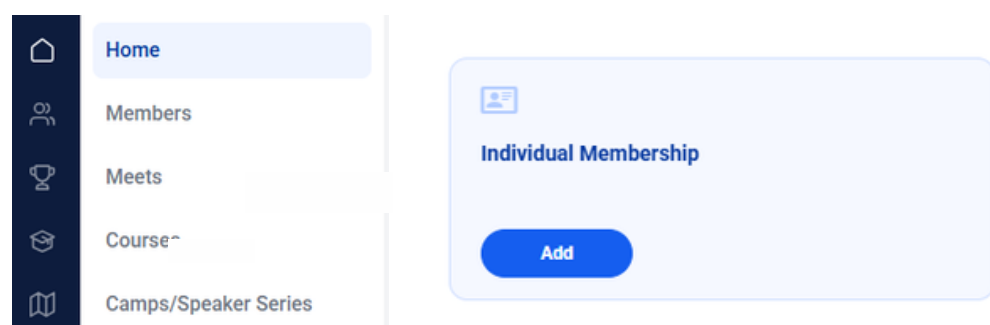
3. LOCATE YOUR MEMBERSHIP CODE

Sport80 will email you a unique code to use to add your membership



4. ADD YOUR MEMBERSHIP

Login, add the membership type from the email and checkout using the discount code

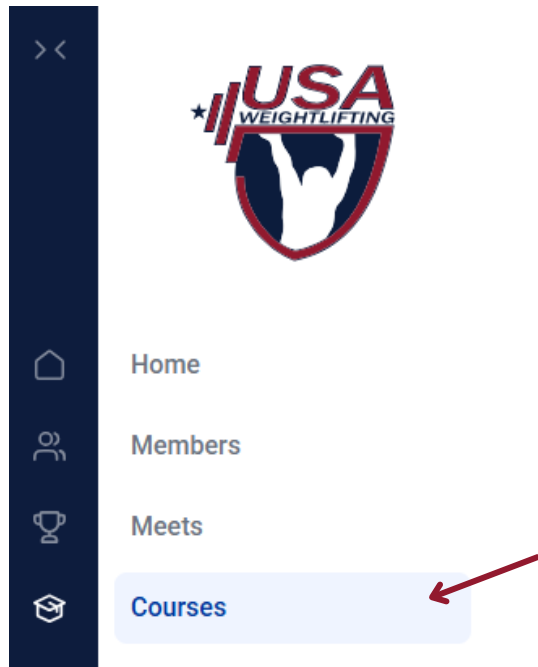




REGISTER FOR A LEVEL 1 COURSE

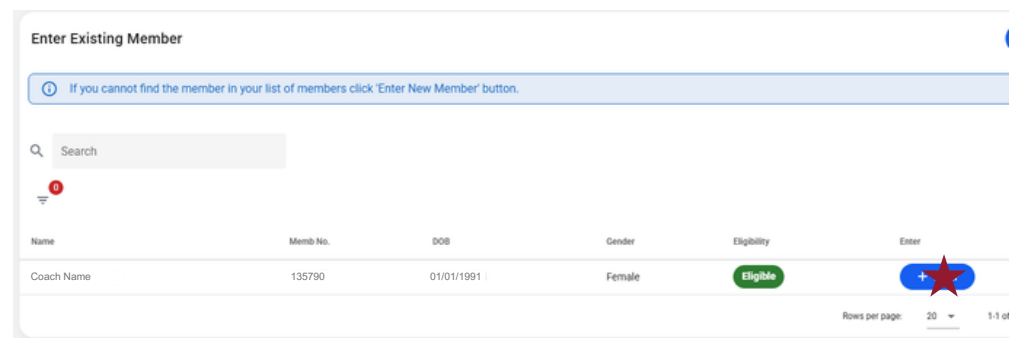
1. LOGIN TO SPORT80

Select "Courses" and search for a course



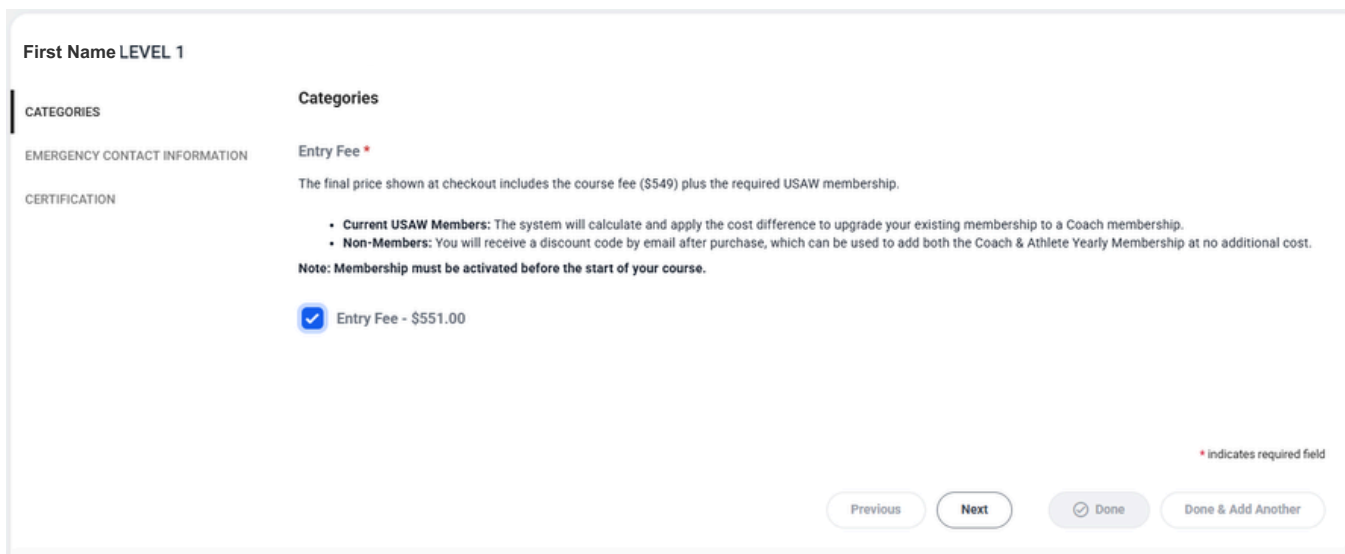
2. ENTER THE COURSE

Click "Enter Now"



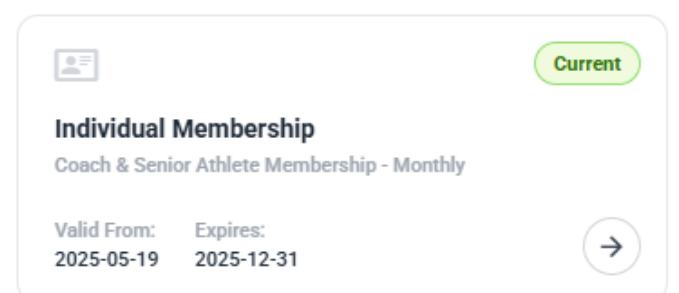
3. COMPLETE THE REGISTRATION FORM

Complete each tab of the registration form and click "Done".



4. CHECKOUT

After checkout, your membership will be automatically updated to an annual Coach & Athlete membership

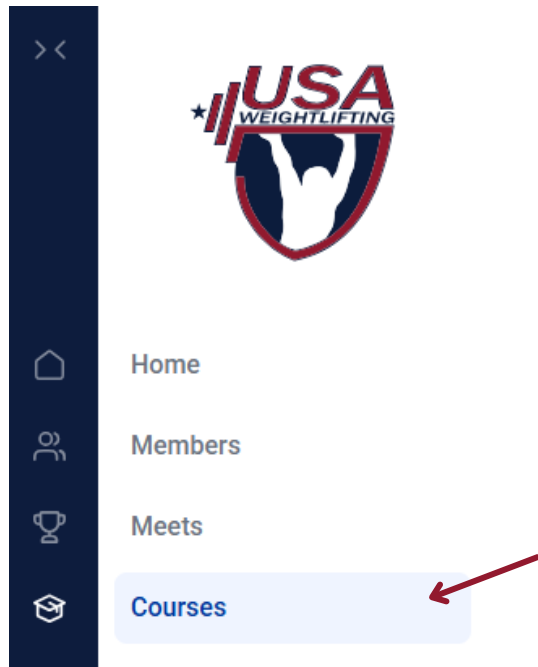




REGISTER FOR A LEVEL 1 COURSE

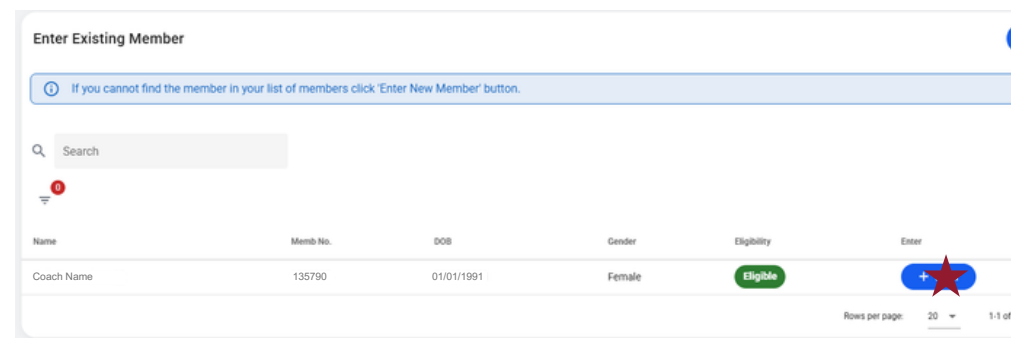
1. LOGIN TO SPORT80

Select "Courses" and search for a course



2. ENTER THE COURSE

Click "Enter Now"



3. COMPLETE THE REGISTRATION FORM

Complete each tab of the registration form and click "Done".

Coach Name LEVEL 1

CATEGORIES

EMERGENCY CONTACT INFORMATION

DISABILITY & MEDICAL INFORMATION

CERTIFICATION

Categories

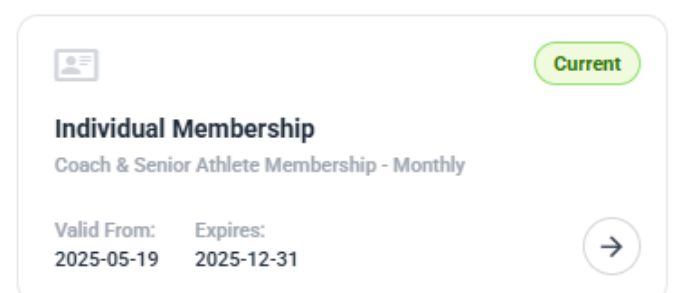
Entry Fee *

Entry Fee - \$549.00 Entry Fee (ACSM Member) - \$519.00

Entry Fee (NASM/AFAA Member) - \$499.00

4. CHECKOUT

After checkout, your membership will be automatically updated to an annual Coach & Athlete membership





REGISTER FOR A LEVEL 1 COURSE

1. REGISTER ON SPORT80

Go to usaweightlifting.sport80.com and fill out the registration fields to begin

2. FILL OUT THE PROFILE

Fill out the new member information tabs 1-2 and click "Done and Add Membership" in the bottom right hand corner

3. SKIP ADDING MEMBERSHIP AND GO TO "VIEW PROFILE"

Click "View Profile" and "Partner Memberships"

4. ADD YOUR NASM OR ACSM PARTNERSHIP

Click "+ Add Partner Membership" in the blue button



PARTNER MEMBER HOW TO [NEW MEMBERS]

5. SELECT PARTNER MEMBERSHIP

Click "+Add" and enter in your partner membership number

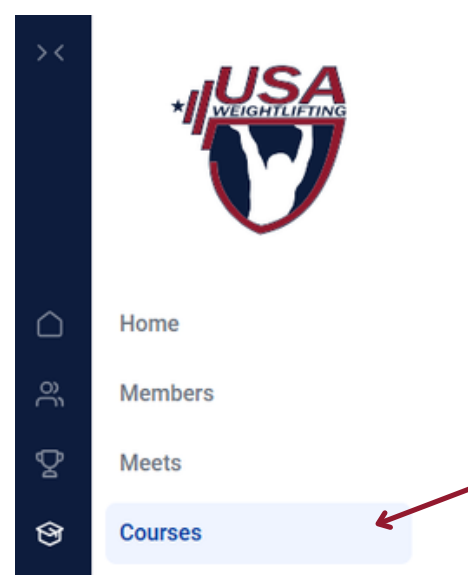
The screenshot shows a form titled "Select Partner Membership Type". At the top, it says "Please select the Partner Membership type you would like to add." Below this is a search bar. Two options are listed: "ACSM" and "NASM/AFAA". To the right of each option is a blue button with a red star icon. Below the "NASM/AFAA" option is a blue button labeled "+ Add".

After added your partner membership should read as "Current"

The screenshot shows a table titled "Partner Memberships". The table has columns for "Partner Membership", "Status", and "Actions". There is one row with "ACSM" in the "Partner Membership" column and "Current" in the "Status" column. A red arrow points to the "Current" status. In the top right corner, there is a blue button labeled "+ Add Partner Membership" and a "1 Record" indicator. In the bottom right corner, there is an "Actions" column with a vertical ellipsis icon.

6. LEFT SIDE PANEL: COURSES

Find the course you would like to attend and click "Enter"



7. SELECT ENTRY FEE (ACSM/NASM MEMBER) AND CHECKOUT

Select the checkbox for "Course Fee + Membership Fee (if applicable)" and select the checkbox for "Entry Fee (ACSM or NASM Member)". Complete checkout and check your email for the membership discount code to add your USAW membership to your profile

The screenshot shows a checkout page with a "CATEGORIES" section. Under "Categories", there are two options: "Course Fee" and "Exam Fee". The "Course Fee" option is selected with a red star icon and has a price of "\$24.00". The "Exam Fee" option is not selected and has a price of "\$525.00". There is also a "Entry Fee (ACSM Member)" option with a price of "\$415.00" and a red star icon. Below the options, there is a note: "It is not possible to purchase either item separately, both the course (+ membership) and the exam fee must be purchased together". At the bottom right, there is a "Previous" button, a "Next" button, a "Done" button, and a "Done & Add Another" button. A red asterisk indicates required fields.



CLAIM YOUR CLUB BANNER

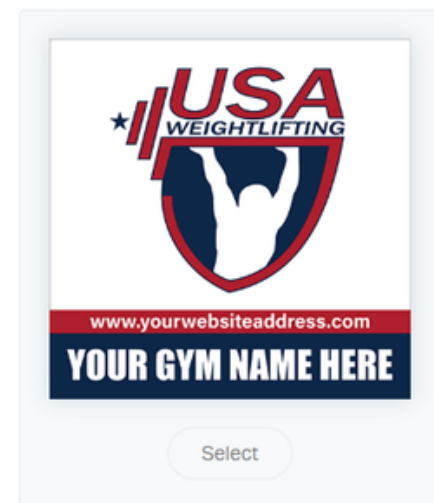
1. VIEW PRODUCT

Claim your banner by heading to SignsRX via the link or button below.

[USAW CLUB BANNER](#)

2. SELECT FROM TEMPLATE

Select "Create Your Design" then select the USAW template to begin customizing.



3. CUSTOMIZATIONS

Please change only your **CLUB NAME** and **WEBSITE ADDRESS**.

To customize a field, select the text you want to edit on the banner design, and use the text box on the left side panel to enter your desired text.



4. CHECKOUT

After all changes are made, select "Confirm" to save and "Add to Cart". You can then apply the discount code **USAWCLUB** for your free banner. Complete the checkout form and place order.



ACCESS STRIPE

1. VIEW PRODUCT

Claim your banner by heading to SignsRX via the link or button below.

2. SELECT FROM TEMPLATE

Select "Create Your Design" then select the USAW template to begin customizing.

3. CUSTOMIZATIONS

You can access Stripe by following these steps:

1. Log into your USAW account
2. Switch to your club account
3. Scroll down to Finance Admin
4. Select Stripe
5. Click on your Stripe account
6. Access Stripe



CERTIFICATION ADVANCEMENT

1. NATIONAL COACH

- Current USAW Coach Membership
- Level 2 Coaching Certification
- Pass Background Check
- Complete USADA Coaching Advantage Training
- Complete SafeSport Certification
- Complete the National Coach Application

2. INTERNATIONAL COACH

- Current USAW Coach Membership
- Level 2 Coaching Certification
- Pass Background Check
- Complete USADA Coaching Advantage Training
- Complete SafeSport Certification
- Complete the International Coach Application

3. ADDITIONAL CONSIDERATIONS

- You must have all requirements or your application will not be reviewed
- Athletes you coach must have you listed as their "Coach 1" on their respective USAW membership accounts for them to count towards your advancement



WHICH MEMBERSHIP TYPE DO I NEED?

1. DO YOU WANT TO COACH?

Select one of the Coach Membership Options

- Coach Only
- Coach & Athlete

2. WHAT IS YOUR AGE CATEGORY?

Select the corresponding age Category

- Youth (under 18)
- Junior (18-20)
- Senior (20-34)
- Master (35+)

3. HOW DO YOU WANT TO PAY?

Select the frequency of your payments

- Annual
- Monthly

4. SELECT YOUR MEMBERSHIP TYPE



FREQUENTLY ASKED QUESTIONS

WHY CANT I SELECT MY CLUB WHEN REGISTERING FOR A MEET?

It is likely your club is in an "action required" state. Please contact the club director and ensure their club account is Valid.

WHO CAN TAKE A LEVEL 1 COACH COURSE?

Anyone with a Coach membership and over 16 years old can take the Level 1 Coach course.

HOW CAN I QUALIFY FOR A NATIONAL MEET?

You can qualify for National competitions by achieving a qualifying total at any USAW Sanction meet or Online qualifier.

WHEN DO USAW ONLINE QUALIFIERS HAPPEN?

There are 4 online qualifiers in a year: January, April, July, October.

WHERE CAN I LIFT BEFORE NATIONAL COMPETITIONS?

At the event venue training hall -

- Wednesday: 2 p.m. - 8 p.m.
- Competition days: 8 a.m.- 6 p.m.
- Final day of competition: 8 a.m.-12 p.m.

MEMBERSHIP: REQUIRED FIELDS

1. PERSONAL DETAILS

- First Name
- Last Name
- Date of Birth
- Gender
- Nationality

2. CONTACT DETAILS

- Email Address

3. DISABILITY, MEDICAL AND DIETARY INFORMATION

- Do you have a disability
- Are there any medical details we should know?
- Do you have any dietary requirements that we should know

2. CLUB INFO

- Select your club or "unaffiliated"

2. PERSONAL DETAILS

- First Name
- Last Name
- Date of Birth
- Gender

2. ADULT PARTICIPANT

- Yes/No

2. ADDRESS

- Address Line 1
- City
- State
- Zip
- Country

UPLOAD MEET RESULTS

1. DOWNLOAD THE RESULTS TEMPLATE

Click Here

2. FILL TEMPLATE CATEGORIES

- Do not add to or change the template

A	B	C	D	E	F	G	H
Lifter Membership ID	Lift Date (YYYY-MM-DD)	Age Category	Bodyweight (kg)	Snatch Weight (kg) Lift 1	Snatch Weight (kg) Lift 2	Snatch Weight (kg) Lift 3	Clean & Jerk Weight (kg) 1
123456	2026-07-13	Men's	99.70	100	-103	105	111
		Women's					
		Junior Men's					
		Junior Women's					
		Men's 11 Under Age Group					
		Women's 11 Under Age Group					
		Men's 13 Under Age Group					
		Women's 13 Under Age Group					
		Men's 14-15 Age Group					
		Women's 14-15 Age Group					
		Men's 16-17 Age Group					
		Women's 16-17 Age Group					

Select the age category from the list

Record missed lifts with a (-)

3. SUBMIT RESULTS

- Under your event sanction, click choose file, select results template and upload

Upload File

[Click here to download template](#)

No Results Have Been Submitted.

Please Note: Re-uploading results for an event will replace all current results for that event with the latest upload. Once an event has been approved you will not be able to re-upload results.

Upload File

ADDITIONAL TIPS:

- The template is sensitive, do not use copy/paste
- Ensure the membership ID # is correct and matches the athlete's profile
- Close the file before uploading

Additional questions can be sent to usaw@usaweightlifting.org