

USA WEIGHTLIFTING NATIONAL EVENTS POLICIES

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ADAPTIVE ATHLETE COMPETITION REQUIREMENTS AND MEDALS

Qualification Procedure and Process:

- 1) An athlete must have a disability as defined by the ADA as a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

- 2) Adaptive athletes must meet a minimum qualification total equal to 50% of the national qualification standards set by USA Weightlifting. This total must be made at a USAW-sanctioned event within the proper qualifying window. Participation at a local USAW sanctioned competition as an adaptive athlete does not require USAW approval.

IE: An 88 kg male wishing to lift in the open category at the VIRUS Weightlifting Finals ordinarily must record a 283 kg qualifying total. An adaptive 88kg male athlete would need to record a 142 kg total to qualify for the event and enter as an adaptive athlete.

- 3) To enter a USAW national competition as an adaptive athlete, all athletes must submit the following form with their health professional's approval for adaptive athlete participation. Failure to do so will exclude an athlete from the competition they are seeking to enter.
 - a. Forms just need to be submitted one time and will be reviewed at the Verification of Final Entries for each subsequent USAW national event.

- 4) After an athlete has confirmed their disability, completed the health professional's approval form, and secured their qualifying total, they should go to the national meet event page in question and click on the "Adaptive Athlete Registration" box to begin their registration for the event. For information on national events, to see qualifying totals, and to register for national events, [click here](#)

Addendum to the Technical Rules and Regulations for Adaptive Athletes:

Athletes must reasonably complete the competition lifts - the snatch and the clean and jerk. The snatch and the clean & jerk must be fully locked out overhead and dropped when given the down signal.

Athletes are responsible for informing the meet director and officials of their need for specific accommodations. This notice should be shared reasonably in advance of the event's verification of final entries. Athletes are encouraged to remind the meet director and officials at weigh-ins about their requested accommodation.

At USA Weightlifting national events, adaptive entry categories are contested in all bodyweight categories in snatch, clean & jerk, and total. The first, second, and third place athletes for each lift, as well as in the total, in each available bodyweight category will be eligible for medals. In addition to the bodyweight division, athletes will be further categorized according to their disability:

- Physical Disability
- Deaf, Deafened, or Hard of Hearing
- Visual Impairment
- Intellectual Impairment

Examples of possible accommodations:

Physical Disability:

- Athletes may perform single arm snatches and clean and jerks
- Athletes may perform single leg snatches and clean and jerk

Deaf, Deafened, or Hard of Hearing

- Coaches will be allowed out of the coaches' box to stand behind the referees during the athletes lift to sign or signal coaches' cues
- Athletes may request a more robust down signal by the center referee
- Coaches may give the down signal once the referees call is visible

Visual Impairment:

- Coaches may walk athletes on stage to assist with the start of the lift
- Athletes may request a more robust down signal by the center referee

Intellectual Impairment:

- Using sound-deadening earbuds on-platform

Historically, athletes have had past accommodations for strap usage, use of a special bar, noise-cancelling earbuds, and more.

Inquiries on competing as an adaptive athlete can be sent to the national office at usaw@usaweightlifting.org

ADDENDUM TO THE IWF TECHNICAL AND COMPETITION RULES AND REGULATIONS

Addendum to the IWF TCRR can be found here: <https://www.usaweightlifting.org/about-us/governance-and-financial/bylaws-technical-rules-and-policies/rules>

Those are applied to all USA Weightlifting Sanctioned Events, local or national.

QUALIFYING TOTALS

Every athlete must post a total to qualify for a USA Weightlifting event. That total must be posted within the qualification period specified for that event. Qualifying totals can be found here: <https://www.usaweightlifting.org/resources/2024-qualifying-totals>

Take the hypothetical scenario in which the qualifying totals for the 2022 USA Weightlifting Fictional Competition are:

Men's 55kg bodyweight division: 200kg total

Men's 61kg bodyweight division: 210kg total

Taking the scenario above:

-An athlete can hit a 200kg total as a men's 55kg athlete (thus, qualifying for the Fictional Competition) and use that same result to register as a 61kg -- or any other bodyweight category -- for the Fictional Competition.

-An athlete CANNOT hit a 200kg total as a men's 61kg athlete (missing the qualifying total for the 61kg weight class by 10kg) and use that total to register at 55kg (or any weight class) for the Fictional Competition.

ATHLETE REGISTRATIONS ON USA WEIGHTLIFTING NATIONAL EVENTS FOR NON-U.S. CITIZENS

Members of USA Weightlifting that are non-U.S. citizens can register and participate on most of its national events. The following rules apply:

- At the North American Open Series, Finals and the National University Championships non-U.S. citizens can register, compete and win medals. Non-U.S. citizens cannot break American records.
- At the National Youth, National Junior, National Under 23, National Under 25, National Masters, non-U.S. citizens can register and compete but cannot establish records and are not eligible for medals. If a non-U.S. citizen places in the top three, the medal passes to the next highest-placing U.S. citizen.
- Non-U.S. citizens cannot register for the USAW National Championships.

COACH REGISTRATIONS AND REGISTRATION PERIOD

Registrations for most USA Weightlifting national events will open January 1 of the year. The registration start date may be changed and communicated by USA Weightlifting. Unless posted otherwise, registrations are non-refundable and non-transferrable. The periods are defined as:

- Early Registration
 - Spans from January 1 until 2 p.m. MT on the Thursday six weeks before the start of the competition.
 - Early registration cost for a non-refundable registration is \$0.
- Regular Registration
 - Spans from the end of the Early Registration period to 2 p.m. MT on the Thursday four weeks before the start of the competition.
 - Regular registration cost for a non-refundable registration is \$25.

- Late Registration
 - Spans from the end of the Regular Registration period to the end of the competition.
 - Regular registration cost for a non-refundable registration is \$50.
 -

Coaches need to register only once for a USA Weightlifting national event and that will cover them for all athletes they coach at that competition. This also applies to the entirety of the USA Weightlifting National Championships Week.

A coach must be registered to attend the event and enter the warm-up area and field of play. Parents of minors are exempt of this requirement. Parents of minors must purchase an event spectator ticket and show proof of a U.S. Center for SafeSport certification to be admitted at the warm-up area and field of play.

ATHLETE REGISTRATIONS AND REGISTRATION PERIOD

Registrations for most USA Weightlifting national events will open January 1 of the year. The registration start date and registration prices may be changed and communicated by USA Weightlifting. Unless posted otherwise, registrations are non-refundable and non-transferrable. The periods are defined as:

- Early Registration
 - Spans from January 1 until 2 p.m. MT on the Thursday six weeks before the start of the competition.
 - Early registration cost for a non-refundable registration is \$145.
- Regular Registration
 - Spans from the end of the Early Registration period to 2 p.m. MT on the Thursday four weeks before the start of the competition.
 - Regular registration cost for a non-refundable registration is \$175.
- Late Registration
 - Spans from the end of the Regular Registration period to 2 p.m. MT on the Thursday two weeks before the start of the competition. No athlete registrations can be taken after that.

- Late registration cost for a non-refundable registration is \$375.

Refundable Registration is an add-on that may be included for USA Weightlifting national events. If offered, it is available from January 1 through the end of the regular registration period. The cost is \$100 on top of the early registration or regular registration fee and allows for the participant to request their full registration refund at any point until the Verification of Final Entries, under any circumstance.

QUALIFICATION PERIOD

The Qualification Period for a USA Weightlifting national event ends with the regular registration deadline and begins one year prior.

AMERICAN RECORDS AND STANDARDS

American Records may only be set at drug-tested USAW national events or IWF-sanctioned events.

A lifter will break an American Record or Standard by lifting a minimum of **1kg more** than that record.

MEDALS

At USA Weightlifting national events, medals are contested in all bodyweight categories in snatch, clean & jerk and total. The 1st, 2nd and 3rd placed athletes for each lift, as well as the total, on each available bodyweight category will be eligible for medals.

TECHNIQUE MEDALS

At the National Youth Championships, athletes competing in the 14-15yo, Under 13 and Under 11 years old age groups are eligible for a Technique Medal. To achieve this, they need to successfully complete all six of their attempts. Technique Medals will be awarded at the end of each session.

BEST LIFTER AWARDS

At USA Weightlifting national events, Best Lifter awards are earned by the top men's athlete and top women's athlete. Those trophies will be awarded as follows:

Event	Age Group	Metric Used for the Award
National Youth Championships	U13	Q-points
National Youth Championships	14-15yo	Q-points
National Youth Championships	16-17yo	Q-points
National Junior Championships	Junior	Q-points
National University Championships	Open	Q-points
National Under 23 Championships	Open	Q-points
National Under 25 Championships	Open	Q-points
USAW National Championships	Open	Q-points
USAW Nationals Masters Championships	Master	Q-points
North American Open Series	Open	Q-points
North American Open Series	Masters	Q-points
North American Open Finals	Open	Q-points
North American Open Finals	Masters	Q-points

BAR LOADING AT THE NATIONAL YOUTH CHAMPIONSHIPS

At the National Youth Championships, the following loading rules will be applied to athletes in the Under 13 and Under 11 age groups:

- A 5kg bar, plus clips (weightless), will be used between weights 5kg and 14kg,
- A 10kg bar, plus clips (weightless), will be used between weights 15kg and 19kg,
- A 15kg bar, plus clips (weightless), will be used between weights 20kg and 39kg,
- A 15kg bar, plus competition collars, will be used from 40kg on

Men in the 14-15yo age group will use the 20kg bar for their lifts. Women in the 14-15yo age group will use a 15kg bar for their lifts. The 16-17yo age group will follow the rules and regulations posted on the IWF TCRR.

6-FOR-6 WRISTBANDS

At the end of each session at all USA Weightlifting national events, a “Six for Six” wristband will be awarded to all athletes that successfully earn “good lifts” for all six of their attempts.

CHAMPION PATCHES

The first-place athlete for each bodyweight division – in the total only – in the events listed below shall receive a Champion Patch during their medal ceremony.

Eligible competitions are:

- National Youth Championships
- National Junior Championships
- National Under 23 Championships
- National Under 25 Championships
- National University Championships
- USA Weightlifting National Championships
- USA Weightlifting National Masters Championships

ALL-AMERICAN TITLES

All-American titles will be claimed by athletes competing at the National University Championships that achieve 75%, or more, of the National Ranking System (NRS).

<https://www.usaweightlifting.org/club-wso/university-programs/all-american-program>

The patches denoting the honor will be mailed by USA Weightlifting’s office in the weeks after the National University Championships end.

SERVICE MEMBER MEDALS

In 2018 USA Weightlifting started awarding medals to the top three service members after specific competitions. The medals are awarded based on Q-Points for the open division, and based on the Q-points for the masters division, for the top three in each gender amongst all the registrants. Only U.S. citizens are eligible for those medals.

To be eligible for the medals, members need to update their membership profiles with their U.S. Military status prior to the Verification of Final Entries for the respective national event.

The following events and rules apply for the Service Member Medals:

Event	Medals (Q-Points)	Masters Medals (Q-Points)
National Youth Championships	NO	NO
National Junior Championships	NO	NO
National Under 23 Championships	NO	NO
National Under 25 Championships	NO	NO
National University Championships	NO	NO
USAW National Championships	NO	NO
USAW National Masters Championships	NO	YES
North American Open Series	YES	YES
North American Open Finals	YES	YES

TEAM COMPETITION AT THE NATIONAL UNIVERSITY CHAMPIONSHIPS

A club, and sometimes even an individual, can register for the team competition at the National University Championships. The scoring follows that outlined by the International Weightlifting Federation in the Technical and Competition Rules and Regulations. Registrations for teams, are open until the Verification of Final Entries of that event.

Teams are defined exactly as in the International Weightlifting Federation rules, meaning as many as 10 athletes per gender with two alternates per gender. There is no minimum team size.

At the National University Championships, a coed team event is also contested; provided there is at least one men's athlete and one woman's, the makeup and size (between two and 10 athletes, plus two alternates) of each coed team is up to the discretion of that team.

Athletes need to belong to the same school to be listed on the same team. Team registrations for those events are free. Teams can be either made of male **OR** female **OR**, for the coed division, both.

Substitutions between the team members (scoring athletes vs. alternates) need to be appointed by the Verification of Final Entries of that event. Trophies are awarded for the 1st, 2nd and 3rd placed teams, per gender plus the coed division.

TEAM COMPETITION AT OTHER NATIONAL EVENTS – USA WEIGHTLIFTING CLUB LEAGUE

The USA Weightlifting Club League will comprise of the following events, below:

- North American Open Series 1
- USAW Masters Nationals
- National Youth Championships
 - U13 age group
 - 14-15yo age group
 - 16-17yo age group
- National Junior Championships
- National Under 23 Championships
- National Under 25 Championships
- USAW National Championships
- North American Open Series 2
- North American Open Finals

There is no need for club owners to register for the team competition and no cost associated to it. Athletes registered under one's club will automatically be included in the team competition under the club that they represent.

Team scoring follows that outlined by the International Weightlifting Federation in the Technical and Competition Rules and Regulations.

Teams are divided by gender. Each event will have a Female team and a Male team competition. The top 5 athletes in a club will score points to said club on each event.

At the end of each event, the top **THREE** clubs will be recognized. Results will be posted listing all club points. **No trophies** will be awarded at the end of an event. A leaderboard of clubs will be kept updated at the USA Weightlifting National Events website.

At the end of the year, the **TOP THREE** Female and Male teams that accumulated most points will be named “Winner USA Weightlifting Club League – Female/Male”, “Runner-up – Best USA Weightlifting Club League – Female/Male” and “3rd Place – Best USA Weightlifting Club League– Female/Male”

The top three clubs will receive a trophy/plaque recognizing their achievements. The trophies will be awarded in a ceremony during the first event of the following year (e.g.: the winner of the 2025 USAW Club League will receive its trophy in the first USA Weightlifting National event of 2026).

TEAM COMPETITION – GLENN MIDDLETON AWARD FOR YOUTH DEVELOPMENT

At the National Youth Championships, the Glenn Middleton Award for Youth Development will be contested by athletes of all ages eligible for that event (U13, 14-15yo and 16-17yo)

Team registrations for the Glenn Middleton award are free. Teams can be either made of male **OR** female athletes. Substitutions between the team members (scoring athletes vs. alternates) must be appointed prior to the Verification of Final Entries. Athletes need to belong to the same club to be listed on the same team.

These teams can consist of up to 10 athletes with two alternates; provided there is at least one athlete per gender, the team makeup is at the discretion of each team.

The Glenn Middleton Award for Youth Development is earned by the team with the most points in that category. A \$1,000 check is also awarded to this team. There are no second and third places awards for this division.

PRELIMINARY SCHEDULE RELEASE DATE

The Preliminary Schedule will be released after the approval of the competition secretaries in a maximum of 48 hours after the end of regular registrations. The Preliminary Schedule will be posted on the event page and advertised on USA Weightlifting social media.

ONLINE EVENT RULES

USA Weightlifting National Online Events will follow the rules and regulations established here: <https://www.usaweighting.org/online-event-rules-2024>

TECHNICAL OFFICIALS SIGN-UP SHEET

The Technical Officials Sign-up Sheet will be produced within five days of the event's preliminary schedule. The sign-up sheet will be shared with all technical officials at the same time, except at the National Championships Week.

For the USAW National Championships, the TOs Sign-up Sheet release will be done in waves, as follow:

- IWF Category 1 referees will receive it first,
- IWF Category 2 referees will receive it 24 hours after that,
- National and Local referees will receive it 24 hours after the IWF Category 2 referees

On top of all normally required accreditations, a Technical Official must have valid U.S. Center for SafeSport certifications and Background Screening through the end of any USA Weightlifting national event in which they are willing to participate.

TECHNICAL OFFICIALS RANKING AND ADVANCEMENT

USA Weightlifting Technical Officials will receive points towards an annual ranking, as outlined on: <https://www.usaweightlifting.org/referees>

COMPETITION SECRETARIES' APPOINTMENT

To be considered for a Competition Secretary (CS) position, a Technical Official must first attend one national event and shadow a CS for the entirety of the event (beginning the night before competition and inclusive of the final session). The Technical Official will receive the points for the ranking system as if they have served as a Competition Secretary.

Following the completion of the above, the candidate will be evaluated on the following:

- Punctuality
- Problem solving (weigh-in issues, staffing)
- Willingness to work
- Demeanor with other Technical Officials

In the year after the above completion, the individual may apply to be Assistant Competition Secretary at an upcoming event. Following the Assistant Competition Secretary assignment, the individual will be evaluated on:

- Punctuality
- Problem solving (weigh-in issues, staffing)
- Willingness to work
- Demeanor with other TOs

Following successful completion of the above, the individual may be considered for lead Competition Secretary.

NORTH AMERICAN OPEN SERIES

The North American Open Series offer a direct opportunity for athletes from North American Federations to qualify for the North American Open Finals. Qualification for the North American Open Finals is also possible by achieving a qualifying total (as explained above in the topic 'Qualifying Totals')

The following athletes will immediately qualify for the North American Open Finals after each one of the North American Open Series:

- In the Open division, the medalists in **TOTAL** for each bodyweight category. (Gold, Silver and Bronze in **TOTAL** for W49kg, W55kg, M55kg, etc. will qualify for the Finals)
- In the Youth Division
 - Men's **16-17yo**: The top three athletes ranked via Q-points for the whole Men's Youth 16-17yo division.
 - Women's **16-17yo**: The top three athletes ranked via Q-points for the whole Women's Youth 16-17yo division.
 - Men's **14-15yo**: The top three athletes ranked via Q-points for the whole Men's Youth 14-15yo division.
 - Women's **14-15yo**: The top three athletes ranked via Q-Points for the whole Women's Youth 14-15yo division.
- In the Masters' division
 - For Masters Men's: The top athlete via Q-Points per age division will qualify for the finals.
 - For Masters Women's: The top athlete via Q-Points per age division will qualify for the finals.

PRE-COMPETITION MEETINGS

Administrative meetings may be held prior to any National event. Unless EXPLICITLY informed and highlighted in the Preliminary Schedule, those meetings are NOT mandatory for athletes and coaches. USA Weightlifting *strongly* recommends participants to attend meetings such as USADA briefings, First Time Athlete briefing, High Performance meetings, and others.

TRAINING HALL

Unless specifically mentioned in the Preliminary Schedule and the Event Regulations, a Training Hall will be made available at USA Weightlifting National Events. This area will open at 2pm on the day prior to when the competition starts. The size of the training hall may vary due to space limitations but typically USAW will provide ten (10) platforms, with squat racks barbells and plates

accordingly, for this area. The opening time of this area may be adjusted by USAW national office and clearly communicated to participants.

REGISTRATION DESK

At USA Weightlifting National Events the registration desk and all its functionalities (check-scale, ticket purchase, ticket pick-up, credentials pick-up, etc.) will be open at 2pm on the day prior to when the competition starts. The opening time of this area may be adjusted by USAW national office and clearly communicated to participants.

TICKETS

Tickets for USA Weightlifting events can be purchased at <https://www.usaweightlifting.org/tickets>