



TECHNICAL OFFICIALS GUIDEBOOK

Based on IWF Technical Officials Guidebook and

Based on IWF Technical Officials – Roles and Responsibilities *A guide to Competition (2011)*

2nd Edition

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1. DEFINITION

A Technical Official is defined as any person who controls the play of a competition by applying the rules and regulations of the sport to make judgments on rule infringement, performance, time or ranking. A Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity.

Reference to the IWF TCRR section 7.1

2. GENERAL PROVISIONS

2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each QWA Event.

2.2 At QWA Events the following Technical Officials may serve at the discretion of the QWA and based on the requirements of the event

2.3 QWA members with current refereeing qualifications who are coaching/competing in a QWA event may volunteer to officiate at that QWA event providing they are wearing correct TO uniform and area available for the whole session they volunteer for.

- Competition Director 1 (optional)
- Referees 3
- Technical Controllers 1
- Chief Marshal(s) 1
- Assistant Marshal(s) 1
- Timekeeper(s) 1
- Competition Secretary 1 (optional)
- Weigh-in Official(s)
- Doctor or appointed First Aider

2.3 QWA Technical Officials must wear the official TO uniform:

Reference to IWF TCRR 7.2.3

- Navy Blue Jacket
- Navy Blue Trousers/Skirt/Dress Shorts
- White Shirt/Blouse
- Tie or Scarf (Optional)
- Black Shoes
- Officials Badge to be worn where visible (if you have been presented with one)

In hot weather or venues, the jacket and/or tie/scarf may be removed. Jackets, ties/scarves must always be worn for introduction unless otherwise stated by the QWA.

2.4 Prior to the start of the event the QWA will email out a sign up schedule to all QWA members and/or Technical Officials identified in the QWA data base to select Technical Official roles available for the event. The sign up schedule will also be made available on the QWA website and social media platforms

2.5 Once all roles are filled to the satisfaction of the QWA, the QWA will publish the Technical Official schedule via email and on the QWA website.

Roles and Responsibilities

Each individual Technical Official position has a variety of tasks; however, all Technical Officials must:

- ✓ ensure that the Field of Play (Competition area including the Warm-up area) is safe for athletes, Team Officials (coaches, managers, team doctors, etc.) and Technical Officials and sport specific
 - Volunteers/staff
- ✓ know the TCRR with absolute assurance
- ✓ apply (not interpret) the Technical Rules without fear or favour
- ✓ use a degree of sound judgement when confronted with non-technical issues; OR refer to a more Senior Official/Competition Director
- ✓ must JUDGE WHAT THEY SEE; NOT WHAT THEY THOUGHT THEY SAW!

QWA Technical Officials must:

- be present at the Introduction of Technical Officials
- ensure that all facilities, equipment and documents meet the requirements of the IWF TCRR
- ensure they make the correct decision when to act or when not to act
- act immediately once a fault is realized
- remain in their assigned position/working locations until the completion of the Victory Ceremony
- conduct themselves in a professional manner
- present a good image
- be, and remain, attentive
- assist whenever and wherever possible in any area, if requested
- be friendly and courteous
- be aware of, and sensitive to, language, cultural and religious differences
- promote a safe and harassment free environment where participants are treated with respect
- be firm and decisive
- respect the work / position of other Technical Officials and sport specific volunteers/staff
- respect accreditation levels and access privileges
- complete a minimum of 3 Technical Official duties per calendar year to remain active as per the AWF list
- complete the online referee training a minimum of once every 2 years
- complete the Club/State online Refresher if the Technical Official has been a non-active Technical Official (A non-active Technical Official is anyone who has completed less than 3 Technical Official duties within the current year)

QWA Technical Officials must not:

- attempt to influence the decisions of others
- consider any TO position, such as Jury, as a matter of prestige
- use mobile phones, cameras or any other electronic equipment whilst on duty
- Technical Officials must refrain from any derogatory comments regarding other Technical Officials' decision or otherwise; and must not attempt to influence the decisions of others

- Technical Officials, on or off duty. **Professional respect and discretion** must be practiced at all times.

3. Blue Card Services

Queensland Government legislation requires volunteers who work with children and young people must hold a blue card regardless of how often they will come into contact with children.

- 3.1 A QWA Technical Official is required to hold a current Blue Card or link an existing Blue Card to the QWA via the Blue Card website unless you are a **Police Officer** or **Registered Teacher** where you may need to apply for an exemption card.
- 3.2 All information regarding Blue Cards (applying for a Blue Card, linking your existing Blue Card or applying for an exemption) can be located at <https://www.bluecard.qld.gov.au/index.html>.
- 3.3 If a Technical Official cannot apply or hold a Blue Card they are required to inform the QWA (without reason) to ensure that any allocated Technical Official roles are not in contact with children or young people (under 18). The QWA can assign a Technical Official to roles that do not have contact with children or young people, unless it is a Seniors or Masters event.
- 3.4 All Blue Card holders are required to enter their card details into their QWA account. If you do not have a QWA account the following information needs to be provided to the QWA:
 - a. Name
 - b. Card Number
 - c. Expiry date
- 3.5 Any replacement Blue Cards will be at the card holder's cost.



4. Rule Changes

- 4.1 Any rule changes implemented by the IWF will be clarified by the QWA to ensure that there is a complete interpretation and understanding of the rule change before the next QWA event. This will be communicated via email and/or Social Media and the QWA website.
- 4.2 The QWA highly recommend that all Technical Officials are proactive in maintaining their skills and knowledge as per the IWF TCRR. In any instance where there is confusion or a lack of clarification a Technical Official will actively seek out advice from their colleagues or Senior Officials.

5. Upgrading

There are 5 levels of a Technical Official qualification:

- Club
- State
- National
- International Category 2
- International Category 1

If you would like to upgrade there are requirements that need to be met to be eligible (see below)

ALL OFFICIALS MUST HOLD A CURRENT BLUE CARD IN ORDER TO UPGRADE

Club to State – minimum of 3 TO sessions within 12 months **AND** hold a current Blue Card

If you have met the criteria there will be a practical assessment completed by a QWA Senior Technical Official at the next State competition followed by a written exam. Applications to upgrade must be received by the QWA Committee no later than 30 days. Please contact officiating@qwa.org.

For all other upgrades please refer to the chart below. The information can also be accessed via the AWF website <https://www.awf.com.au/education/technical-officialsALL>

AWF Technical Official - Upgrade Information Fact Sheet

1. Upgrades from National to International Category 2, or from International Category 2 to International Category 1 can only be undertaken at the following events (unless otherwise notified by the AWF).
 - a. The AWF Australian U15 and Youth Championships.
 - b. The AWF Australian Junior and U23 Championships.
 - c. The AWF Senior Championships.
2. Applications to upgrade must be received by the AWF Technical Committee no later than 60 days before each event. Applications are to be sent to Phil Maunder at phil.maunder@gmail.com
3. The application must detail all criteria listed in the upgrade matrix above. Applications that don't fulfil the criteria will not be considered.
4. The AWF will notify applicants of their success or otherwise to be considered for an upgrade no later than 30 days before the scheduled event.

<p>State Referee to National Referee</p> <p>Please contact officiating@qwa.org</p>	<p>To attain the qualification of AWF National Referee, a person must:</p> <ul style="list-style-type: none"> • Have held the qualification of State Referee • Undertake and pass the written examination prescribed by the Australian Weightlifting Federation • Undertake and pass the practical examination prescribed by the Australian Weightlifting Federation To be permitted to undertake the examinations for upgrade to AWF National Referee, a Referee must, as a minimum, have satisfactorily fulfilled the following roles within the previous (2) years: <ul style="list-style-type: none"> • Referee at three (3) Club or State Open events • Referee at two (2) State Championship events • Timekeeper at two (2) State Championship Events
<p>National Referee to International Category 2 Referee</p>	<p>To attain the qualification of IWF Category 2 Referee, a person must:</p> <ul style="list-style-type: none"> • Have held the qualification of National Referee • Have been an active Technical Official within the AWF National and State competition program for a minimum of five years • Undertake and pass the written examination prescribed by the International Weightlifting Federation • Undertake and pass the practical examination prescribed by the International Weightlifting Federation <p>To be permitted to undertake the examinations for upgrade to IWF Category 2 Referee, a Referee must, as a minimum, have satisfactorily fulfilled the following roles within the previous five (5) years:</p> <ul style="list-style-type: none"> • Referee at three (3) State events • Referee at two (2) National events • Technical Controller at two (2) National Events • Timekeeper at two (2) National Events • Marshal at two (2) National Events
<p>International Category 2 Referee to International Category 1 Referee</p>	<p>To attain the qualification of IWF Category 1 Referee, a person must:</p> <ul style="list-style-type: none"> • Have held the qualification of IWF Category 2 Referee for a minimum of two years • Undertake and pass the written examination prescribed by the International Weightlifting Federation • Undertake and pass the practical examination prescribed by the International Weightlifting Federation. To be permitted to undertake the examinations for upgrade to IWF Category 1 Referee, a Referee must, as a minimum, have satisfactorily fulfilled the following roles within the previous five (5) years: <ul style="list-style-type: none"> • Referee at three (3) State events • Referee at two (2) National or International events • Technical Controller at two (2) National or International Events • Timekeeper at two (2) National or International Events • Marshal at two (2) National or International Events

6. COMPETITION DIRECTOR

The Competition Director is in control of the progress of the competition and attends to his/her task in close cooperation with the Jury and the Technical Delegate (if appointed).

The duties of the Competition Director are as follows:

- 6.1 Assigns TOs into groups/assignments
- 6.2 Verifies the lists of the athletes and divides them into groups, if necessary, according to the verified Entry Totals.
- 6.3 Supervises the Drawing of Lots.
- 6.4 Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System and the issuance of all IWF official competition documents.
- 6.5 Supervises the registration of new records set throughout the Event.
- 6.6 Monitors and enforces the TCRR 6.6.5
- 6.7 Verifies and signs the final competition protocol.

Reference to the IWF TCRR section 7.6

Attributes required to be a competent Competition Director include the ability to:

- converse fluently in English
 - act and react appropriately and in a timely manner
 - provide and accept direction
 - work cooperatively
 - command respect
 - manage people
 - have a high degree of tolerance, personality and common sense
 - be assertive
 - be punctual and attentive at all times
 - learn from past experiences of managing international weightlifting events
- Roles and Responsibilities

The Competition Director:

- must cooperate with the Competition Secretary, Technical Controller(s) and officials from the Organising Committee, as well as the President of the Jury
- coordinates all necessary preparations with the Organising Committee in order to ensure appropriate conditions, according to the rules, for Technical Officials
- supervises the overall competition and coordination of any issues

7. REFEREES

7.1 The main task of the Referees is adjudicating the lifts performed by the athletes.

7.2 At all QWA Events three (3) Referees are appointed for each session. The positions of the Referees consist of the Centre Referee and two (2) Side Referees.

7.3 Before the competition Referees must ascertain under the guidance of the Competition Secretary and in collaboration with the Technical Controller(s):

- that the necessary Sport Equipment is in order
- that all athletes weigh in within the bodyweight limits of their verified bodyweight category
- during the allocated time

7.4 During the competition, the Referees ensure:

- that the weight of the barbell corresponds with the weight announced by the Speaker
- that no one but the athlete handles the barbell during the execution of the lift
- that only the athlete or the loaders move the barbell to a new position on the competition platform but the lifter must face the Centre Referee when starting the lift. It is forbidden for a Team Official to move, adjust or clean the barbell.
- if the athlete, during the execution of the lift moves to a position where the view of the Referee is
- impaired, the Referee concerned may move to a position where the lift can be observed correctly. If the Referee(s) move positions, the Referee(s) must take the small red / white flags with them in order to give their decision upon the completion of the lift.
- that TCRR 6.6.5 is enforced

7.5 The three (3) Referees have equal rights on adjudicating a lift. They do so by means of the Referee Light System, in accordance with the procedures noted in TCRR 3.3.6. Referees must be certain to allow the athlete every chance to complete the lift. Once the Referee is certain that the athlete has completed the lift; he/she indicates the decision by giving the appropriate signal.

7.6 As soon as the Referee has adjudicated a lift “Good lift”, he/she immediately presses the white button on the control box.

7.7 As soon as the Referee has adjudicated a lift “No lift”, he/she immediately presses the red button on the control box. Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.

7.8 A lift is a “Good lift” with two (2) or three (3) white lights; a lift is “No lift” with two (2) or three (3) red lights.

7.9 There is no appeal against the Referees’ decision.

6.10 When no Referee Light System is available, the Centre Referee gives the “Down” signal and the Referees give their decision by means of small red and white flags. The “Down” signal must be both audible and visible, i.e. the Centre Referee must say “Down” and at the same time motion downwards with the arm. Before giving the “Down” signal, the Centre Referee must seek confirmation from the two (2) Side Referees. Similarly, should one (1) of the Side Referees see a serious fault during the execution of a lift, he/she raises an arm to call attention to the fault. If there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift and signals to the athlete to lower the barbell to the competition platform.

6.11 During the Victory Ceremony the Referees must remain in their respective place.

- In every competition, Referees must concentrate on the main task of adjudicating the lifts performed by the athletes and each Referee has equal authority on the adjudication of each lift.
- At competitions held under IWF rules, three Referees (Centre Referee and two Side Referees) and one Reserve Referee are appointed for each session/category. At World Championships and Olympic Games three or more groups, with four Referees per group, are appointed. At other IWF Events, the IWF official delegate appoints a suitable number of Referee groups.

Attributes required to be a successful Referee include the ability to:

- converse in basic English
- act and react appropriately and in a timely manner
- provide and receive direction

Responsibilities:

- The Referees (including the Reserve) must attend the weigh-in of the session/category in which they have been appointed.
- At the weigh-in, and in cooperation with the Competition Secretary, the Referees must:
- verify the identity of the athlete; correct spelling of the name and the date of birth from the athlete's passport or identity card
- ensure that all athletes weigh in within the limits of their category during the allocated time
- assist with the compilation of the athlete's Card and cross check the starting weights of the athlete with regard to the 20/20Kg Rule
- sign the Weigh-in List

Note: The official weigh-in of the athlete must be witnessed by two Technical Officials who are the same gender as the athlete.

- Before the competition, the Referees (including the Reserve Referee) must:
- ensure, in collaboration with the Technical Controller(s), that the necessary sport equipment is in order
- be present and participate in the Introduction of Technical Officials

During the competition, the Referees must ensure:

- to sit in their designated position on the FOP:
 - The Centre Referee is seated 400 cm (measured from the front) of the competition platform to the back edge of the Centre Referee's table, and in line with the centre of the competition platform.
 - The Side Referees are seated on the same line as and parallel with the Centre Referee, 300 to 400 cm from the Centre Referee.

- to indicate their immediate decision of the lift by pressing the appropriate white or red button light to activate the white or red decision lights
- that the athlete is in control of the barbell and has finished the lift according to the rules, is standing motionless in all parts of the body and has both feet in line before giving their signal to the athlete to lower the barbell. When two (2) or three (3) white or red lights have been registered and the down signal has been activated but the athlete appears not to have seen or heard the signal, the Centre Referee must signal to the athlete to drop the barbell
- that the athlete does not release the bar before shoulder height, drop the bar behind his/her head or fail to replace the complete barbell on the competition platform, if so, the Referees must press the red light
- that the athlete raises the barbell from the competition platform within their allocated time
- that any unfinished attempt in which the barbell has reached the height of the knees is considered a “No lift”
- that the duties of the Technical Controller are performed if the Technical Controller is unable to fulfil this role due to unforeseen circumstances – including pointing blood on the bar and excessive chalk on the platform
- to be familiar with decision making procedures if there is a breakdown in the Electronic Referee Light System:
- the Centre Referee must say “Down” and at the same time motion downwards with their
 - arm to signal to the athlete to replace the barbell on the competition platform at the conclusion of each lift
 - all Referees then raise a small red and white flag (placed on their tables prior to competition) according to their decision
- if a Side Referee sees a serious fault during the execution of a lift, that Referee must raise his/her arm to call attention to the fault, if there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift
- After the competition, the Referees (including the Reserve Referee) must:
- remain in their respective place during the Victory Ceremony

7 TECHNICAL CONTROLLER

7.1 Technical Controllers are required to assist the Competition Director and the President of the Jury in the supervision of the running of the competition.

7.2 At QWA events a minimum of one (1) Technical Controller are appointed per session

The duties of the Technical Controller(s) are as follows:

7.3 Ensures that the FOP and the Sport Equipment are compliant with IWF TCRR.

7.4 Ensures that all on-duty TOs wear the correct uniform and reports to the Competition Director any noncompliant TOs.

7.5 Before the start of competition, inspects the athlete outfits and enforces relevant IWF TCRR, when necessary. When a correction must be made to the athlete’s outfit or a lubricant must be removed and the athlete has already been called, the relevant rules must be applied.

7.6 During the course of the competition ensures that only the authorised Team Officials accompany the athletes on the FOP.

7.7 Ensures the correct athlete according to the Speaker’s announcement goes on to the competition platform/stage; even during the loading of the barbell.

7.8 Controls the cleaning of the bar and the competition platform in conjunction with the Loaders and Decontamination Attendants.

7.9 If requested, assists with the distribution and correct application of the athletes' bibs and pins in the warm-up area.

7.10 If requested, assists Anti-Doping personnel as directed.

7.11 Monitors and enforces TCRR 6.6.5.

Reference to the IWF TCRR section 7.8

Roles and Responsibilities:

The role of the Technical Controller (TC) is often described as the 'eyes and ears' of the Jury or the 'conduit' between the Jury, Marshal Table, Competition Management and Chief Marshal and the Warmup Area.

The TC role is one of the most critical among all other TOs at any Event, the responsibilities are many and so varied and for that reason the role of the TC is most difficult and quite demanding both mentally and physically.

Also, the TC's supervision of the change of calls and lifting order at the Marshal's table is an extremely important part of the role.

Attributes required to be a successful Technical Controller include:

- ability to converse fluently in English
- mental and attitudinal strength
- capacity to understand the emotions of competition
- ability to act and react appropriately and in a timely manner
- command respect and relate well to others
- high degree of tolerance, personality and common sense
- ability to give and receive direction

Before competition, as per 1.8.3 the Technical Controller shall;

ensure conformity of:

- Competition platform
- Competition bar and weights
- Electronic Referee Light System
- Timing Clock
- Warm-up equipment
- Barbell cleaning supplies (disinfectant, scrub brush, cloth, gloves)
- Chalk and resin bins
- Referee & Jury Tables (protocol sheets, water, red & white flags)
- First Aid Area (stretcher, screen, first aid kit)
- be punctual and alert at all times and ensure that all other appointed TOs are present at the competition
- advise the Competition Director if any of the appointed TOs are absent
- instruct the Loaders what to do and what not to do in case of injury to an Athlete.

At start of competition, the Technical Controller must:

- assist with the line-up and Introduction of athletes and TOs
- direct TO team to the Jury table to place their Technical Official Card in the care of the Jury President after the Introduction of TOs is complete
- ensure that the correct number of Team Officials with Warm-Up passes accompany the athletes in the FOP
- inspect the athletes for correct outfit, wraps, and bandages; if a correction is required the TC must advise the athlete and Team Official as early as possible.

During the competition, in addition to the above the Technical Controller must:

- ensure the entry/exit to the Warm-up area is controlled
- ensure that the correct number of Team Officials with Warm-Up passes accompany the athletes in the FOP
- ensure while the athlete is on stage, nobody, including the TC is seen within the area (in view of the audience and / or TV cameras)
- monitor the clock to ensure it has started once the athlete's name is announced by the Speaker and/or bar is loaded
- check the information on the Attempt Board or Scoreboard (correct athlete, attempt, weight, time); then allow the athlete to go on stage once the announcements are complete even if the loading of the barbell is not complete
- check and control the cleaning of the bar and the platform, with particular attention to blood on the bar
- quickly scan athletes leaving the stage for any signs of bleeding, with particular attention to the shins and hands
- request athlete to apply tape, plaster, etc. to prevent bleeding of cuts, abrasions and/or wounds
- monitor and assist with the enforcement of the 20/20Kg Rule
- monitor the loading of the barbell to avoid mistakes
- ensure Team Officials do not approach the Jury or Competition Management tables
- ensure only Doctors on Duty go on stage when an athlete suffers an injury, except for the Loaders
- ensure Loaders act as a privacy screen and assist the DOD if requested
- ensure Team Officials do not go on the stage to assist with an injured athlete, unless requested by the DOD
- make eye contact with the Jury President at the completion of each attempt and act on the advice and/or request of the Jury (if applicable)

After the competition, the Technical Controller must:

- ensure all TOs on duty remain in their positions during the Victory Ceremony
- assist in arranging the athletes for the Victory Ceremony, if required and/or requested, ensuring athletes are not using mobile phones or are accompanied by Team Officials or family members, or are carrying political or religious statements

Technical Controllers must not:

- disturb the athletes' concentration in any way
- act like a Police Officer

- touch the athlete; instead use words or hand signals
- go on the stage (unless absolutely necessary)
- appear as if wanting to be on camera
- be noticeable or act noticeably

CHIEF MARSHAL

8.1 The Chief Marshal's main duty is to accept or decline any modifications made by Team Officials/athletes on declarations or attempts on the athlete's Cards, in accordance with all relevant TCRR.

8.2 The Chief Marshal communicates relevant information regarding the accepted declaration or attempts to the Competition Management table by means of a direct telephone or intercom system.

8.3 At QWA Events, the Chief Marshal must be an English-speaking State or National Technical Official, appointed by the QWA Competition Director

8.4 Assistant Marshals are also appointed, as required.

8.5 Monitors and enforces TCRR 6.6.5.


Reference to the IWF TCRR section 7.9

REGULATION TO CHIEF MARSHAL

The Technical Officials allocated to monitor the Athletes' Cards are called Marshals. The QWA appoints the Chief Marshal(s) and can appoint an Assistant Marshal at their discretion.

1. The Athlete's Card is used to record the weight of each athlete's declaration and attempt throughout the competition as well as any other modifications as approved by the IWF TCRR. Each respective Team Official/athlete must initial each entry.
2. Marshals supervise the declarations and changes of the requested weight made by the athletes/Team Officials for each attempt. The declarations/changes are immediately communicated to the Competition Management who informs the Speaker to make the appropriate announcement.
3. Communication between the Marshals and the Competition Management is carried out by means of an intercom or direct dial telephone system or any other approved communication method.
4. The Marshals' table must be open thirty (30) minutes prior to the start of introduction of athletes.

Reference to the IWF TCRR (Regulations to 7.9)

<p><u>Roles and Responsibilities:</u></p> <p>The role of the Chief Marshal (CM) is critical for the success of the event. Inaccurate and/or late decisions and communication will have horrendous consequences in the management and smooth running of the competition.</p> <p>Attributes required to be a skilled Chief Marshal include:</p> <ul style="list-style-type: none"> • ability to speak fluent English • be assertive • be attentive at all times • able to work cooperatively • ability to relate well with others 	
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Additionally to 1.9, the responsibilities of the Chief Marshal are to ensure:

- That Athlete Cards and Protocols are available at the CM table thirty minutes prior to the start of Introduction of athletes
- That the 20/20Kg Rule is respected, if not, the CM must advise the Competition Secretary, if available, or Technical Controller, prior to the start of competition
- Changes made for compliance of 20/20Kg Rule are captured on either or both starting weights in the Snatch and/or Clean & Jerk
- Continued supervision and enforcement of the 20/20Kg Rule
- To place the Athlete's Cards on the Marshal Table in correct Start Number order facing the Athlete/Team Officials
- That athletes/Team Officials change the correct Athlete's Card and enter the changes in the appropriate box
- That the changes made are initialled by the athlete/Team Official
- That changes made are valid by way of monitoring the other athlete's attempts on the computer screen as well as the Athlete's Cards
- That the changes communicated to the Competition Management are correctly entered in the system
- That the timing clock is monitored at all times and that the changes/declarations are requested within the appropriate time
- That the timing clock has not started if the change is a decrease in weight
- To be attentive to the Speakers announcements and watch the timing clock at all times:

Normal 1 minute attempt: everything must be done WITHIN the first 30 seconds.

Successive attempts (2 minutes): declaration for the next attempt must be done WITHIN the first 30 seconds; if so, changes must be made BEFORE the LAST 30 seconds.

NOTE: For orderly procedure with Athlete's Cards it is recommended for CMs to use a red pen and for athletes/Team Officials to use a black pen.

9 TIMEKEEPER

9.1 At all QWA Events, the host Member Federation/Organising Committee must appoint Timekeepers.

9.2 Timekeepers operate the timing clock in accordance with all relevant IWF TCRR.

9.3 At the beginning of each attempt, Timekeepers set and start the timing clock at one (1) minute (60 seconds) or two (2) minutes (120 seconds), in accordance with the relevant TCRR 6.6. The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

9.4 The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.

9.5 The Timekeeper restarts the timing clock if the barbell does not reach the height of the athlete's knees.

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9.7 In order to perform his/her duties properly, the Timekeeper works in close cooperation with both the Speaker and the President of the Jury.

Reference to the IWF TCRR section 7.10

Roles and Responsibilities:

The very important and only role of the Timekeeper is to operate the timing clock when the athletes are called to the competition platform during the course of the competition, in accordance with the TCRR.

The Reserve Referee, within an appointed group of Referees, may be requested to take on the role of Timekeeper.

Attributes required to be a good Timekeeper include:

- basic knowledge of the English language
- ability to remain focused at all times
- able to work cooperatively

Additionally to 1.10, the responsibility of the Timekeeper is to ensure:

- that the timing clock has started the 10 minute countdown at the completion of the Introduction of athletes and prior to the start of the Introduction of Technical Officials. The starting clock will be started by the PC Operator since the Time Keeper will be attending the introduction of Technical Officials which follows the introduction of athletes.
- the timing clock has started the 10 minute countdown for the break immediately after the Snatch portion of the competition, unless otherwise advised by the President of the Jury
- to reset the timing clock to 1 minute, if the order of call (the sequence) interrupts an athlete taking consecutive attempts and enables another athlete to be called whose time starts running and then that athlete requests a change of weight thus causing the original athlete to be called
- to note who the previous athlete was and who the next athlete is in order to start the clock at 1 minute or 2 minutes
- not to confuse “Start” and “Continue” as requested by the Speaker

10 COMPETITION SECRETARY

10.1 The Competition Secretary is responsible for examining and collating the information required for the efficient running of the competition and dispersing the required signed information.

10.2 The Competition Secretary must take full control of the weigh-in room and the procedure therein.

10.3 At the conclusion of the weigh-in process the Competition Secretary may be requested to assist in other areas of the competition.

10.4 All duties must be executed in close cooperation with the Jury, the Competition Director and the Technical Controllers(s).

10.5 The Competition Secretary supervises the weigh-ins and allocates the duties of the Technical Officials in the weigh-in room

10.6 The Competition Secretary allocates, monitors and/or distributes, either at weigh-in or in the warm-up area thirty (30) minutes prior to start of the competition, the following sport equipment / supplies:

- warm-up passes
- athlete start number bibs & pins
- Team Officials numbered stickers (optional)
- collect athlete accreditation for anti-doping control, if required
- athlete passes, if required

Reference to the IWF TCRR section 7.11

Roles and Responsibilities:

The role of the Competition Secretary is of paramount importance.

Attributes required to be an accomplished Competition Secretary include:

- basic knowledge of the English language
- be punctual and attentive at all times
- able to command respect
- be assertive
- ability to manage people
- able to work cooperatively
- ability to relate well with others

Responsibilities prior to Competition:

- assist, if requested, with the Verification of Final Entries
- assist, if requested, with the division of athletes into groups, if necessary, according to the Entry Total as declared in the Verification of Final Entries
- assist, if requested, with the supervision of the lot draw, if not done electronically.

At the Weigh-in Room:

- confirm required protocol sheets are present and available
- confirm scales are appropriately placed to allow for complete privacy and appropriate space for the athlete, Team Official and two Referees (both Referees and Team Official must be the same gender as the athlete to access the scale area)
- confirm scales are set at minimum requirement (10g increment)
- confirm scales are accurate and capable of weighing the heaviest athlete
- confirm sufficient bibs, safety pins and Warm-Up Passes
- confirm Competition Secretary and Referees watches are synchronised
- ensure Referees are present 30 minutes prior to weigh in; reporting to the Jury President any absentees

- post list outside Weigh-in Room so athletes/Team Officials are aware of order of call
- assign weigh-in duties to Referees (duties include: calling athletes, passport or official identity check - photo, date of birth, country, spelling of name - confirm athlete correct age/weight category, distribute appropriate number of warm-up passes, distribute bibs & pins)
- ensure only one Team Official (Coach, Manager, athlete Representative) is accompanying each athlete
- ensure athlete's family name is written in uppercase letters and given name is written in uppercase for the first letter and lowercase for the subsequent letters (i.e.: SMITH, Jane)
- ensure Date of Birth (DOB) is written as dd/mm/yyyy.

During Weigh-in:

- Referee writes athletes bodyweight on scrap paper, confirms with athlete/Team Official; then provides to Competition Secretary in order to transfer bodyweight to Athlete's Card
- athlete/Team Official write starting attempts for both Snatch and Clean & Jerk
- athlete/Team Official initials bodyweight and both starting attempts, to confirm acceptance
- Competition Secretary and assigned Referee confirm 20/20Kg Rule; change starting attempts as necessary
- upon completion of successful weigh-in, athletes are provided a bib number and pins, if necessary, to be placed on the side of the thigh visible to the Technical Controller and Jury as well as the appropriate number of Warm-up Passes
- if a weigh-in is not successful (athlete misses call, athlete does not make weight) distribution of bib numbers cease; distribution will resume in Warm-up Room to ensure integrity of the sequence is respected
- if an athlete misses the call for weigh-in that athlete moves to the back of the line even if there are multiple categories in one session
- if an athlete fails to make weight, either under or over, the athlete can return at any time, the athlete does not wait in line

Post Weigh-in:

- weigh-in is closed when all athletes have been weighed or when the one hour time limit is reached
- using the Athlete's Cards as a reference the Competition Secretary completes the Weigh-in List
- Referees double check Weigh-in List for accuracy prior to signing - signature signifies information is correct
- the Competition Secretary hand delivers Weigh-in List to Competition Management System attendants and Athlete's Cards to Chief Marshal
- if weigh-in is offsite of competition venue, faxing or scanning/e-mailing Weigh-in List is acceptable as an advance copy - original must still be hand delivered

- confirm with Chief Marshal and Technical Controller(s), upon arrival, receipt of Athlete's Cards and/or spare bibs
- ensure bib numbers, if distribution was seized, has resumed prior to start of competition
- assist with the supervision of the registration of new State or National records, as required
- assist with any aspect of the competition, as required.

REGULATION TO 6.4 WEIGH-IN

1 Weigh-in is conducted in a room equipped with the following items:

- the official scale; situated in a privately screened area
- Start List, posted at the entrance of the weigh-in room
- Weigh-in List
- Athlete's Cards
- Athlete Passes
- Challenge Cards
- Team Officials' Warm-up Passes
- stationary kit / supplies
- Athlete Bibs & safety pins
- sufficient amount of table and chairs for the Weigh-in Secretariat
- container to store athlete accreditations
- Team Officials' numbered stickers (optional)

2 The Weigh-in Secretariat consists of:

- Competition Secretary(s)
- on-duty Referees
- Assistant Competition Secretary(s) (optional)
- Weigh-in Official(s) (optional)
- Assistant Weigh-in Official(s) (optional)

3 Each athlete for all groups must be weighed in the presence of two Referees. Both Referees must be the same gender as the athlete.

4 Both Referees verify the athlete's bodyweight and provide it to the Competition Secretary (CS) by way of a handwritten note or electronic printout. The CS records the athlete's bodyweight on the Athlete's Card and Weigh-in List.

- 5 One authorised Team Official may accompany the athlete during weigh-in. If the Team Official is not of the same gender as the athlete, they must stay outside the area where the official scale is situated.
- 6 The athlete's bodyweight must be manually recorded exactly as handwritten or as stated on the electronic print-out, if available.
- 7 The athletes are called one at a time into the weigh-in room, according to the progression of the athlete's lot number. Athletes not present when their name is called will be weighed at the end of the weigh-in sequence.
- 8 When different bodyweight categories are combined in one group, the sequence of the weigh-in shall be category-by-category, with the lower category to be weighed before the higher categories.
- 9 Athletes must provide proof of identity by presenting their passport (or English language identity card including Date of Birth for domestic athletes) to the CS. The CS must verify the athlete's nationality.
- 10 Athletes may be weighed in either completely undressed or in undergarments (articles of the athlete outfit: costume, unitard, shorts and T-shirt are not considered as undergarments). Athletes must not wear shoes or socks or any other footwear during weigh-in. The Competition Secretary and other members of the Weigh-in Secretariat are suitably screened from the actual weigh-in process.
- 11 Athletes with prosthetic limb(s) must be weighed with the prosthetic limb(s). The weight of the athlete, while wearing the prosthesis, is considered to be the athlete's bodyweight.
- 12 Athletes are entitled to wear jewellery, hair adornments and religious head gear during weigh-in. Athletes must not wear watches during weigh-in.
- 13 The weigh-in room must be presented in and provided with proper hygienic conditions. Disinfectant / antiseptic cleanser and cloths should be made available to wipe the scale, if desired / required.
- 14 An athlete who is within the weight of the bodyweight category in which he / she is officially entered is weighed only once. An athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary in order to make the bodyweight category. The returning athlete does not have to follow the sequence of weigh-in order.
- 15 An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he / she is officially entered, is excluded from the competition of the Event. The athlete is still entitled to receive privileges of an accredited participant; such as training, transportation, social events, etc.

16 During weigh-in, the Team Official or athlete must sign the Athlete's Card to confirm the athletes' registered bodyweight; and to declare the starting attempts in both the Snatch and Clean & Jerk, with reference to TCRR 6.6.5.

Weigh-in Procedure for Child Participants

- The weigh-in commences one hour before the start of the competition session and lasts for 30 minutes.
- The weigh-in is conducted in an open area, or in a room which is open to public view, i.e. the door must remain open when there is a child in the room.
- Child Participants may remove their shoes and socks, but otherwise they remain clothed and are weighed in the presence of two adults.
- It is strongly recommended that the child's parent/guardian be present at the weigh-in whenever possible.

11 SPEAKER

11.1 The duty of the Speaker is to make the appropriate announcements for the efficient running of the competition, for each attempt, including but not limited to:

- instructions to the loaders to load the required weight
- the name of the athlete
- the athlete's respective Club / NOC
- the number of the athlete's attempt
- notification in advance of the name of the next athlete
- the Referees' decision of "Good Lift" or "No Lift".

11.2 If required, a Speaker's Assistant may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.

11.3 The Speaker announces the Introduction of athletes and Technical Officials, as well as makes all the required announcements regarding the course of competition.

11.4 The Speaker, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.

11.5 The Speaker conducts the Victory Ceremony in accordance with Regulation to 6.9.

Reference to the IWF TCRR section 7.12

Roles and Responsibilities:

The Speaker sets the tone of the competition by conveying the progress of the competition to the athletes, Team Officials, Technical Officials and the audience.

At Olympic Games, World Championships and all other major IWF Events one or more Speakers must be appointed. As well, an assistant to the Speaker(s) may be appointed whose function is to take weight changes from the Chief Marshal and inform the Speaker.

Attributes required to be a successful Speaker include:

- converse fluently in English and in the local language
- experience in weightlifting competitions
- clear and concise delivery
- a good “microphone voice”
- ability to engage the audience

Additionally to 1.12.1, the responsibility of the Speaker is to ensure:

- to take charge of the efficient running of the competition in collaboration with the Competition Director, Competition Secretary and the Technical Officials and make the appropriate announcements.
- to keep the audience informed of the progress of the competition and more in-depth information about the athletes.
- to request the timekeeper to stop the clock when the athlete/Team Official changes the weight
- to instruct the Loaders to load the required weight on the barbell.
- at the start of the competition the Speaker announces the Introduction of the athletes and Technical Officials in accordance with the TCRR.
- To announce 1st, 2nd and 3rd place medal winners in the Victory Ceremony

12 DOCTOR ON DUTY

12.1 At IWF Events Doctors on Duty must be medically qualified clinical doctors with current valid registration and professional insurance. Doctors on Duty must have Advanced Life Support (ALS) validation or professional equivalent. Doctors must be holders of an International Technical Official Card or a Certificate of Duty.

12.2 Doctors on Duty must be present at the venue from the start of the competition until the end of the competition.

12.3 Doctors on Duty must be familiar with and use the local / venue medical facilities and, if requested, assist in anti-doping control procedures.

12.4 Doctors on Duty must be ready to render medical care in case of injury or illness.

12.5 Doctors on Duty must cooperate with team doctors and advise Team Officials and the athletes on the possibility of continuing competition after an injury.

12.6 At World Championships and Olympic Games two (2) Doctors must be on duty at the same time.

Doctors on Duty are on the FOP; one (1) is stationed in the warm-up area, the other is within close proximity of the competition platform / stage suitable to the venue layout.

12.7 If necessary, team doctors may also be asked to assist the Doctor(s) on Duty. If there is a medical need, the athlete shall agree to the IWF Doctor(s) on Duty attending to him/her.

12.8 Appointed IWF Doctors on Duty are responsible within the FOP; their responsibility ends outside the FOP.

12.9 In case of an accident or injury, the Doctor(s) on Duty has to assess the situation and decide if further treatment is necessary either by local medical authorities or by the team doctor. If no team doctor is available, it is up to the Doctor(s) on Duty to provide assistance or to transfer treatment to the local authorities.

Reference to the IWF TCRR section 7.13

Roles and Responsibilities:

At Olympic Games, World Championships and other major IWF Events, Medical Doctors are appointed to be Doctor(s) on Duty (DOD) during the competition in each of the bodyweight categories.

A table and chair must be provided for the DOD near the athletes' point of entry to the competition platform / stage and in the Warm-Up Area relative to the competition venue layout.

Attributes:

Doctor(s) on Duty must have practical knowledge of elite weightlifting, including rules and regulations appertaining to medical aspects of the sport. Responsibilities

The duties and responsibilities of the Doctor on Duty include being:

- present at the competition venue, thirty minutes before the start of the competition and until the conclusion of the Victory Ceremony
- present at the Introduction of Technical Officials
- familiar with and use the competition venue medical facilities and, if requested, assist in the anti-doping controls
- assured arrangements are in place and make contact with the responsible local medical authorities and together with them survey the local medical facilities before the start of the competition in consultation and cooperation with the Competition Director
- acquainted with the Organising Committee's medical representative and the local hospital facility, ambulance transfer and paramedical/nursing staff (First Response team)
- aware of the necessary equipment and its availability and accessibility e.g. stretcher, First Aid Kit, splints and resuscitation equipment
- available to instruct and if necessary, demonstrate to the Loaders how to act in the event of a medical emergency occurring on the platform in cooperation with the Technical Controller(s)

(Also refer to the IWF Medical Guidebook to be published)

13 REGULATION TO TECHNICAL OFFICIALS - ADDITIONAL SUPPORTING STAFF

The duties of the **Loaders** are as follows:

- Load the barbell in accordance with TCRR and as directed by the Speaker
- Check the bar after each attempt for blood; advise TC and Decontamination Attendants (DA) immediately for cleaning with antiseptic
- Manage or act as a privacy barrier for injured athletes; assist the Doctor(s) on Duty, if requested
- Clean the bar and the competition platform /stage as required and/or as directed by the Technical Controller during and after competition
- Prepare the medal podium for the Victory Ceremony at the conclusion of the competition
- Unload the barbell and return the discs to the weight racks.

Decontamination Attendants are sport specific volunteers/staff who manage the cleaning of the barbell under the direction of the Technical Controller.

The duties of the Decontamination Attendants are as follows:

- Safely remove blood and other contaminants from the bar and competition platform, as required and/or as directed by the TC
- Ensure the safe disposal of contaminated materials in accordance with applicable policy
- Clean the bar with antiseptic at the conclusion of each competition
- Assist Loaders, if required, to manage or act as a privacy barrier for injured athletes; assist Doctor(s) on Duty, if requested.

Note: Decontamination Attendants must respect universal precautions by wearing gloves in the performance of their duties.

Reference to the IWF TCRR (Regulation to 7 – Pt 2)



13.2 LOADERS/DECONTAMINATION ATTENDANTS

Loaders are sport specific volunteers / staff who manage the loading of the barbell under the direction of the Speaker and Technical Controller.

Roles and Responsibilities:

Loaders/DAs have a designated area with chairs on the opposite side of the athletes' point of entry to the competition platform / stage. It is best practice to assign a Technical Official in the position of Chief Loader* to lead and manage the loading team.

Attributes:

- communicate in English*
- provide and accept direction
- be attentive at all times
- act and react in a calm manner
- be proactive rather than reactive
- be physically fit

Note 1: Loaders may also assume the role of Decontamination Attendants

Note 2: Loaders/Decontamination Attendants must not go up on stage to render assistance to an athlete in case of an accident/injury, unless requested by the Doctor on Duty.



Loaders manage or act as a privacy barrier for injured athletes; assist the Doctor(s) on Duty, if requested

APPENDIX 1

Chief Marshals must look at the Timing Clock when Coach/Athlete comes to *declare/increase* weight.

Normal 1 minute attempt;

➡ Everything must be done **WITHIN** the **FIRST 30 seconds**

Consecutive attempt (2 minutes);

Declaration for the next attempt

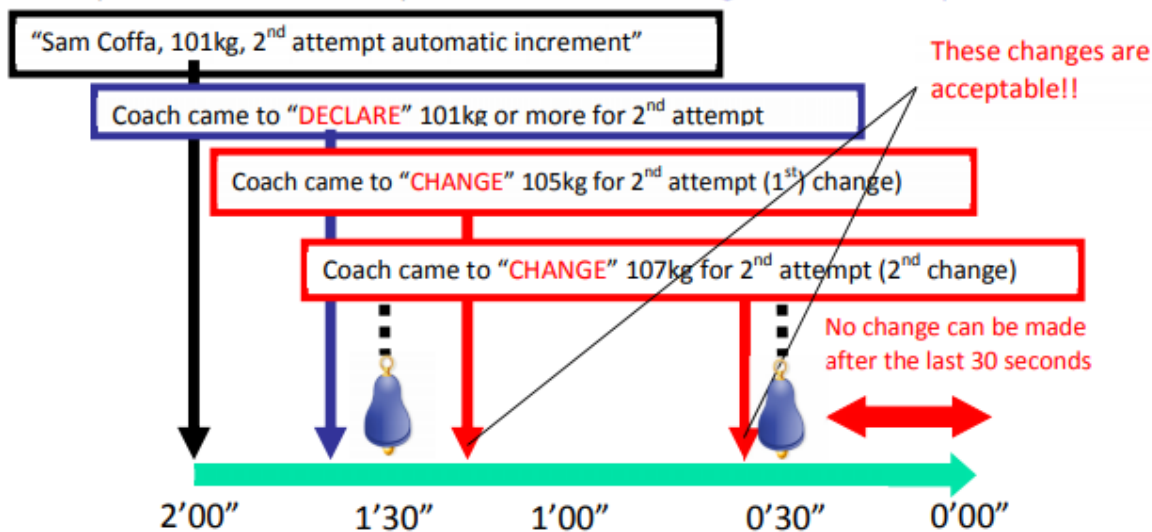
➡ **WITHIN** the **FIRST 30 seconds**

Change of the weight X 2

➡ **Before** the **LAST 30 seconds**

Will be available only if the Coach/Athlete declared the next weight within the first 30 seconds

Example: Consecutive attempts **Succeeded with 100kg at the 1st attempt**



AWF Competition Regulations for Participants Under the Age of 13 Years

The Australian Weightlifting Federation (AWF) prescribes the following modified competition regulations to promote safe and enjoyable participation in weightlifting for children who are aged 12 and under at 31 December in the current calendar year (“Child Participants”). These modified regulations apply to weightlifting competitions conducted by the AWF, AWF State Members and affiliated Weightlifting Clubs.

The AWF, AWF State Members, affiliated Weightlifting Clubs, and individual members of any of the above who contribute to the organisation and/or delivery of weightlifting competitions have an obligation to take all reasonable precautions to avoid the risk of injury to participants, especially children.

Regulations for Open Competitions and Championships – Modified Rules

Child Participants must not participate in the same competition sessions as older participants.

Exclusive sessions must be conducted for Child Participants only. These sessions may be adjudicated by one Referee.

Child Participants must always be supervised and instructed by an accredited AWF Licenced Weightlifting Coach while engaged in weightlifting activities, including competitions.

Child Participants must wear clothing that is age appropriate, i.e. not too revealing or suggestive. For example, a T-shirt or singlet that completely covers the torso, and sport shorts, would be an acceptable outfit. They are not required to wear a one-piece weightlifting costume but may do so if they choose. They must wear closed-in shoes that provide protection, grip and stability.

Modified barbells, e.g. aluminium bars, plastic discs, plastic collars, etc., may be used by Child Participants in competition.

There are no Bodyweight Categories and no Records for Child Participants. Children are encouraged to participate in weightlifting for their enjoyment, and to develop and practice skills. Child Participants are weighed for the purpose of consistency in results management.

Weigh-in Procedure for Child Participants

- The weigh-in commences one hour before the start of the competition session and lasts for 30 minutes.
- The weigh-in is conducted in an open area, or in a room which is open to public view, i.e. the door must remain open when there is a child in the room.
- Child Participants may remove their shoes and socks, but otherwise they remain clothed and are weighed in the presence of two adults.
- It is strongly recommended that the child’s parent/guardian be present at the weigh-in whenever possible.

Results

While the focus of the participation of children should be on enjoyment and learning, it is still useful to record results for their own interest and to track their progress. The results of Child Participant sessions should be uploaded to the AWF website along with all other competition sessions. The AWF results system will separate the Child Participants’ sessions from the main competition, in the presentation of results on the website.

Regulations for Under 15 and School Competitions

Child Participants who are 10 years of age or older at 31 December in the current year may compete in designated Under 15 and/or School competitions, including championships, but only if the weight of their first attempts is at least 21kg for girls, or 26kg for boys.

Child Participants who cannot lift the minimum weight for first attempts may still participate in the overall event, however they must lift in a separate session, under the modified rules.

Participation Matrix

Participant	U15 or School competitions	Open competitions	Youth, Junior, U23, Senior competitions
Female aged from 10 years to 12 years on 31 Dec who can lift 21kg or more on the 1 st attempt.	Can compete under normal rules.	Cannot compete. Can participate in a separate session under modified rules.	Cannot compete. Can participate in a separate session under modified rules.
Male aged from 10 years to 12 years on 31 Dec who can lift 26kg or more on the 1 st attempt.	Can compete under normal rules.	Cannot compete. Can participate in a separate session under modified rules.	Cannot compete. Can participate in a separate session under modified rules.
Female aged from 10 years to 12 years on 31 Dec who <u>cannot</u> lift 21kg or more on the 1 st attempt.	Cannot compete. Can participate in a separate session under modified rules.	Cannot compete. Can participate in a separate session under modified rules.	Cannot compete. Can participate in a separate session under modified rules.
Male aged from 10 years to 12 years on 31 Dec who <u>cannot</u> lift 26kg or more on the 1 st attempt.	Cannot compete. Can participate in a separate session under modified rules.	Cannot compete. Can participate in a separate session under modified rules.	Cannot compete. Can participate in a separate session under modified rules.

Minimum Requirements for the Validation of Competition Results and Records

	CLUB	STATE	NATIONAL
Club Competitions	2	1	0
State Competitions and State Records	1	2	0
National Competition and National Records	0	1	2

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