

Uesaka Barbell Australia 2017 QWA League Format and Rules

The object of the QWA League is to provide a competition in which weightlifters compete against others with similar levels of ability and within a competition environment where personal best performances are highly valued.

Entry Conditions and Participation

To participate in any round of the Uesaka Barbell Australia 2017 QWA League, a person must:

- Be a current financial member of the Queensland Weightlifting Association;
- Have achieved a total which is at least 25% of the World Record Total for their bodyweight category, in an official weightlifting competition held after January 1st 2016;
- Complete the entry process online via the QWA website using a QWA Online Account.

Participation in each competition is limited to 60 competitors per day. Entry quotas will be managed by the Online Entry System. Entries open 30 days prior to the closing date and close 13 days prior to the competition date or when the maximum number of entries is reached, whichever comes first. No late entries can be accepted.

Lifters who are classified in Division 1 and Division 4 will be scheduled to compete on the Saturday; and lifters who are classified in Division 2 and Division 3 will be scheduled to compete on the Sunday.

Entrants may swap sessions with each other provided that both entrants are the same gender and they notify the QWA office of the swap no less than 5 days prior the commencement of the competition.

The League consists of two competition Rounds and one Grand Final. Participation in the Grand Final is limited to the ten (10) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the sum of the individuals' scores from the two competition Rounds.

	Round 1	Round 2	Aggregate Score
Example 1	63 points	51 points	63+51 = 114 points
Example 2	65 points	Did not compete	65+0 = 65 points
Example 3	Did not compete	70 points	70+0 = 70 points

Classification of Competitors

The Uesaka Barbell Australia QWA League contains four Divisions. Lifters are classified according to their best official competition total achieved after January 1st 2016, expressed as a percentage of the World Record Total (WRT) relevant to their bodyweight category.

The following classification standards apply:

Division 1: greater than 52.00% of WRT

Division 2: 44.01% of WRT to 52.00% of WRT

Division 3: 35.01% of WRT to 44.00% of WRT

Division 4: 25.00% of WRT to 35.00% of WRT

All lifters compete within the Division in which they are classified for the duration of 2017 regardless of any change in their level of performance during the year.

Scoring

QWA League scores will be calculated in the following manner:

Percentage of World Record Total

The competitor's final total is calculated as a percentage of the relevant current World Record Total.

The final total divided by the World Record x 100 = Percentage Points.

Personal Best Bonus

Additional points will be awarded for equalling or exceeding Personal Best results according to the following scale:

Heaviest Snatch equalling Personal Best	1 Point
Heaviest Snatch exceeding Personal Best by 1kg	2 Points
Heaviest Snatch exceeding Personal Best by 2kg	3 Points
Heaviest Snatch exceeding Personal Best by 3kg	4 Points
Heaviest Snatch exceeding Personal Best by 4kg or more	5 Points
Heaviest Clean & Jerk equalling Personal Best	1 Point
Heaviest Clean & Jerk exceeding Personal Best by 1kg	2 Points
Heaviest Clean & Jerk exceeding Personal Best by 2kg	3 Points
Heaviest Clean & Jerk exceeding Personal Best by 3kg	4 Points
Heaviest Clean & Jerk exceeding Personal Best by 4kg or more	5 Points
Final Total equalling Personal Best	1 Point
Final Total exceeding Personal Best by 1kg	2 Points
Final Total exceeding Personal Best by 2kg	3 Points
Final Total exceeding Personal Best by 3kg	4 Points
Final Total exceeding Personal Best by 4kg or more	5 Points

Six out of Six Bonus

Six (6) points will be awarded for all six attempts being judged "Good lift" by a majority of referees.

Penalty Points

The following Penalty Points will accrue for performances below Personal Best:

Heaviest Snatch 5kg below Personal Best	-1 Point
Heaviest Snatch 6kg below Personal Best	-2 Points
Heaviest Snatch 7kg below Personal Best	-3 Points
Heaviest Snatch 8kg below Personal Best	-4 Points
Heaviest Snatch 9kg or more below Personal Best	-5 Points
Heaviest Clean & Jerk 5kg below Personal Best	-1 Point
Heaviest Clean & Jerk 6kg below Personal Best	-2 Points
Heaviest Clean & Jerk 7kg below Personal Best	-3 Points
Heaviest Clean & Jerk 8kg below Personal Best	-4 Points
Heaviest Clean & Jerk 9kg or more below Personal Best	-5 Points
Final Total 5kg below Personal Best	-1 Point
Final Total 6kg below Personal Best	-2 Points
Final Total 7kg below Personal Best	-3 Points
Final Total 8kg below Personal Best	-4 Points
Final Total 9kg or more below Personal Best	-5 Points

Calculating the League Score

Percentage of World Record + Bonus Points* + Penalty Points = Final Score

*Maximum Bonus Points possible: PB snatch + PB clean & jerk + PB total + 6 out of 6 = 21 points

Personal Best

For the purposes of the Uesaka Barbell Australia QWA League in 2017, the Personal Best results for Snatch, Clean & Jerk and Total are those achieved in any official weightlifting competition held after 1st January 2015. Personal Best results are absolute and independent, i.e. the Personal Best Snatch, Personal Best Clean & Jerk and Personal Best Total may have been achieved in different events and in different bodyweight categories.

Grand Final

Participation in the Grand Final is limited to the ten (10) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the individuals' aggregate score from the two competition rounds.

If any of the ten (10) highest point scorers in a Division choose not to contest the Grand Final, available places will be offered to other lifters in the relevant Division according to the ranking order of the aggregate scores from the two Rounds, up until five (5) days prior to the Grand Final. No substitutions will be made less than five (5) days prior to the date of the Grand Final.

The Grand Final will be conducted according to the competition rules of the Australian Weightlifting Federation.

Scoring in the Grand Final is by the same method used in the League Rounds. Point scores are calculated to the third decimal place. If two or more competitors in a Division achieve identical scores, they will share the placing and applicable prize.

Awards

The three highest point scorers in each Division of the Grand Final will be awarded trophies.