

JME 2017 Queensland Clubs Challenge

Competition Format and Rules

The JME 2017 Queensland Clubs Challenge is open to all QWA Affiliated Clubs and consists of three competition Rounds. The Rounds are Club competitions held within each of the participating clubs on the schedule dates. Lifters may participate in Club competitions conducted at another Club's venue and still have their results included under their own Club's name.

Round 1: January 27th, 28th or 29th

Round 2: June 16th, 17th or 18th

Round 3: September 15th, 16th or 17th

The JME Queensland Clubs Challenge rounds are officially sanctioned competitions and therefore must comply with the by-laws and technical rules of the Australian Weightlifting Federation, including the following:

All Clubs must be affiliated to the QWA

All Competitors must be members of the QWA at the time of competing

All Competitions must:

- Include at least three (3) competitors;
- Provide a weigh-in period of up to one (1) hour which ends no more than one (1) hour prior to the commencement of the competition;
- Be judged by three weightlifting referees of at least Club Referee qualification.

Results Management

The complete record of each Club competition, i.e. the hand written score sheet showing the name; year of birth; bodyweight; and all attempts, indicating 'good lift' or 'no lift', for all competitors must be submitted to the QWA office by 5:00pm on the Wednesday following each Round. Score sheets can be mailed, scanned and emailed, or faxed.

A lifter can represent only one Club in the JME Queensland Club Challenge in any one calendar year.

Clubs may only include in their point-scoring team lifters who do the majority of their weightlifting training at the club's facility.

The results of each round will be compiled at the QWA office and published when complete. Any number of lifters may participate in the Club competitions which form the JME Queensland Club Challenge Rounds, however each Club's score in each Round will be the sum of the scores achieved by the highest six (6) scoring lifters only, from each Club.

The final placings in the JME Queensland Club Challenge will be determined by the sum of the highest points achieved by each Club in two (2) out of the three (3) Rounds.

Example:

Rank	Club	Round 1	Round 2	Round 3	Final Score
1	A	540 points	580 points	590 points	580+590 = 1170 points
2	B	565 points	DNC	520 points	565+620 = 1085 points
3	C	DNC	650 points	480 points	650+480 = 1130 points

Scoring System

The JME Queensland Club Challenge Scoring System incorporates four elements in each Round:

1. Percentage of AWF National Grades

The lifter's final total is calculated as a percentage of the AWF National Grade relevant to gender and bodyweight categories, according to the following scale:

Lifters 17 years of age and under – AWF **DII Grade (Men & Women)**

Lifters 18 to 20 years of age – AWF **DII (Men) CI (Women) Grade**

Lifters 21 to 39 years of age – AWF **AI (Men) AII (Women) Grade**

Lifters 40 to 49 years of age – AWF **BII (Men) CI (Women) Grade**

Lifters 50 years of age and over – AWF **DII Grade (Men & Women)**

2. Bonus Points for Consistency in Performance

Three successful attempts in snatch 3 points

Three successful attempts in clean & jerk 3 points

3. Bonus Points for Personal Best Performance

Final Total equalling Previous Personal Best 1 Point

Final Total exceeding Previous Personal Best by 1kg 2 Points

Final Total exceeding Previous Personal Best by 2kg 3 Points

Final Total exceeding Previous Personal Best by 3kg 4 Points

Final Total exceeding Previous Personal Best by 4kg or more 5 Points

4. Penalties for Performance Below Previous Best

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 individual lifter score

Percentage of National Qualification Standard + Bonus Points + Penalty Points = Score

Personal Best

For the purposes of the 2017 JME Queensland Club Challenge, the Personal Best Total is the Total achieved in any official weightlifting competition held after 1st January 2016. Personal Best Totals are absolute, i.e. a lifter's Personal Best Total is his or her highest Total regardless of his or her bodyweight at the time of achieving the Total and regardless of his or her bodyweight at the relevant JME Queensland Club Challenge Round.

A lifter in a JME Queensland Club Challenge Round who has not recorded a result in an official weightlifting competition after 1st January 2016 and therefore has no Personal Best Total for the purpose of this competition, will not receive Personal Best Bonus Points or Penalty Points in that Round, but will be eligible for the 'Consistency' bonus.

The JME Queensland Club Challenge is sponsored by JME Weightlifting & Fitness Equipment

