



Uesaka Barbell Australia 2018 QLD Club Challenge & League Competition - Format and Rules

The object of the QLD Club Challenge & League Competition is two part, combining the features of both the Uesaka Barbell Australia QWA League and JME Club Challenge run over the past few years into one competition. Clubs are able to and encouraged to join with other Clubs to continue the tradition of enabling competition experience at different venues, an important stepping stone in the pathway of any athletes development.

The **Uesaka Barbell Australia QLD Club 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 22-28 inclusive

Round 2: June 18 – 24 inclusive

Round 3: October 8 – 14 inclusive

The Uesaka Barbell Australia QLD Club 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 currently **affiliated** with 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

Clubs have 2 weeks after competition to submit results via email. The results need to be in Michael Noonan Program format. The QWA is happy to advise Clubs on how to use the program but are unable to enter competition results into the required format for Clubs – clubs not complying with the format requirement will FORFEIT their club and individual lifter points, and not have competition results uploaded onto the AWF website.

A lifter can represent only one Club in the Uesaka Barbell Australia QLD Club Challenge in any one calendar year.

Any number of lifters may participate in the Club competitions which form the Uesaka Barbell Australia QLD Club Challenge 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. A program is in the final stages of development to manage these results, rather than last years reliance on Clubs manually doing the calculations.



The final placings in the Uesaka Barbell Australia QLD Club Challenge will be determined by the sum of the highest points achieved by each Club in three (3) out of the three (3) Rounds.

Scoring System

The Uesaka Barbell Australia QLD 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 **BII (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 Uesaka Barbell Australia QLD Club Challenge, the Personal Best Total is the Total achieved in any official weightlifting competition held after 1st January 2017. 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 Uesaka Barbell Australia QLD Club Challenge.

A lifter in a Uesaka Barbell Australia QLD Club Challenge round who has not recorded a result in an official weightlifting competition after 1st January 2017 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 Uesaka Barbell Australia QLD Club Challenge is sponsored by Uesaka Barbell Australia.

Awards

Uesaka Barbell Australia supplied 10kg Uesaka bar and Uesaka technique discs for the Clubs that finish in the top 6.

The **Uesaka Barbell Australia QLD League Round competition** provides 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 QLD League**, a person must:

- Be a current financial member of the Queensland Weightlifting Association;
- Complete the entry process online via the QWA website using a QWA Online Account – including payment of the \$30 entry fee. \$5 of each entry fee will be directed back to the club hosting the competition that the athlete competes at. This one entry fee covers both components of the competition.

Entries open 30 days prior to the closing date and close on the Sunday prior to the competition week. No late entries can be accepted.

Classification of Competitors

The **Uesaka Barbell Australia QLD League Round** contains four Divisions. Lifters will be classified after Round 1 is completed in 2018 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. First time lifters are able to enter the competition and will also be classified into Divisions following the first Round.

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 2018 regardless of any change in their level of performance during the year.

The final placings in the Uesaka Barbell Australia League will be determined by the sum of the highest points achieved by each Lifter in two (2) out of the three (3) Rounds.

Example:

Rank	Lifter	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

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 QLD** League Round in 2018, the Personal Best results for Snatch, Clean & Jerk and Total are those achieved in any official weightlifting competition held after 1st January 2016. 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.

Awards

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

In addition the three highest point scorers in each of the following Age-groups will be awarded medals:

U/15 League

U/17 League

U/20 League

Masters League***

******QWA Masters League - Additional Information***

Entry Conditions and Participation

To participate in any round of the **Uesaka Barbell Australia QLD "Masters" League Competition**, a person must:

- Be 35 years of age or older as at 31 December 2018;

Scoring

Uesaka Barbell Australia QWA Masters League scores will be calculated in the following manner:

Percentage of World Record multiplied by the Meltzer-Faber age coefficient

The competitor's final total is calculated as a percentage of the relevant current Senior World Record Total for his or her bodyweight category. The final total divided by the World Record x 100 = Percentage Points. The percentage of World Record Total is then multiplied by the Meltzer-Faber coefficient corresponding to the competitor's age as at 31 December in the current year.

Six out of Six Bonus

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

Calculating the League Score

(Percentage of World Record Total x Age Coefficient) + Bonus Points = Score

Awards

The three highest point scorers in the Grand Final of the Uesaka Barbell Australia QWA Men's Masters League and the Uesaka Barbell Australia QWA Women's Masters League will be awarded trophies.