



2022 QUEENSLAND U13/U15 & YOUTH CHAMPIONSHIPS

Location	SUNSHINE COAST WEIGHTLIFTING CLUB 22 Crusher Park Drive, Nambour
Date of Competition	Saturday 9 – Sunday 10 April
Categories	MEN – 49/55/61/67/73/81/89/96/102/102+WOMEN - 40/45/49/55/59/64/71/76/81/81+
Awards	<ul style="list-style-type: none"> • Medals – Top 3 per category • Team Trophy • Prize money for Top 3 Sinclair ranked lifters
Verification of Final Entries	Final Entries must be verified no later than 12:00 noon on Wednesday 6 April 2022 via email to qwa@qwa.org or text to 0438 031 377
Regulations	<ul style="list-style-type: none"> • Athletes competing in the U15 & Youth age-group must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event. • Athletes competing in the U13 modified competition are not required to provide Photo ID at weigh-in • Competition Uniform: Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt that does not cover the elbows is the minimum requirement. • Competitors may also wear: A one-piece lifting suit A collarless T shirt under a one-piece lifting suit Close-fitting pants under a one-piece lifting suit A full body, one-piece unitard under a one-piece lifting suit The top of a unitard that covers the elbows under a one-piece lifting suit / or just the bottoms on their own under a one-piece lifting suit • Competitors can not wear: Loose fitting clothing Anything that covers the elbows (apart from a unitard) Shirts with collars Any clothing that displays words, slogans, or images other than brand trademarks and/or weightlifting club / team names or logos Lifting belts wider than 120mm • Any athlete not registering a result in the Snatch will not be allowed to participate in the Clean & Jerk section of the competition • The 20kg rule will not be in use at this competition
Awards	<ul style="list-style-type: none"> • Individualised Participation Certificates for all participants • Participation medals for all U13 entrants • Gold, Silver & Bronze medals for each bodyweight category in both U15 & Youth age-groups for males & females • Best lifter trophies for males & females in U13, U15 & Youth age-groups calculated using Sinclair points

<p>U13 Modified Competition Information</p>	<ul style="list-style-type: none"> • Exclusive sessions are 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 <p>Participants in competition.</p> <ul style="list-style-type: none"> • 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. <p>Weigh-in Procedure for Child Participants</p> <ul style="list-style-type: none"> • 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. <p>Results</p> <ul style="list-style-type: none"> • 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 will 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. • Note that only results by those aged over 10yrs of age will appear on the AWF website.
<p>Remember</p>	<ul style="list-style-type: none"> • Please wash your hands or use hand sanitizer; and do not attend if you are unwell or currently Isolating.