



**QWA All Schools Championships**  
**17-18 September 2022**  
**St Andrews Lutheran College West Tallebudgerra**  
**Hosted by Burleigh Barbell Club**

**COMPETITION INFORMATION**

**CHANGES TO BODYWEIGHT CATEGORY:** By 12 midday Wednesday 14<sup>th</sup> September via email to [qwa@qwa.org](mailto:qwa@qwa.org) OR text 0438031377

All competitors are expected to volunteer for a least one session during the competition program - or organise for a family member or friend to do this for them. The Sign-up Schedule link information will be circulated later this week.

**Minimum Competition uniform requirements:**

- Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt that does not cover the elbows.

**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

**PHOTO ID MUST BE PRESENTED AT WEIGH-IN – Not required for those in the U13 Event**

For those that do not have a passport or photo ID student card, you will need to copy and show your birth certificate, together with a current photo to a JP, for signed verification. This document will then be able to be used as ID at weigh-in for this competition and also for National Championships.

#### MINIMUM WEIGHT:

The minimum weight that can be attempted at this event is 5kg. Rules for the modified Under 13 competitions can be found below.

#### AWARDS:

Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in all bodyweight categories in both U15 and U17 age groups

Best lifter trophies: Best U15 Female; Best U15 Male lifter; Best U17 Female lifter; Best U17 Male lifter. (Calculated using Sinclair)

**U13 Modified competition** Participation medals for all competitors and Best lifter trophies for Best U13 Male and Best U13 Female calculated using Sinclair points. Attempt cards will be used for this session; however, you will note some options for weight changes have been removed.

### **AWF Competition Regulations for Participants Under the Age of 13 Years**

#### **Effective 1 July 2020**

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 all Championships (including U15 and School 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. Note that only results by those aged over 10yrs of age will appear on the AWF website.