

AAU Weightlifting Rules January 2016

Weightlifting Equipment

Weightlifting Bars - 5 Kilos, 7 Kilos, 15 Kilos and 20 Kilos

Youth (ages 5-12) can use the 5 Kilogram (Kilo) or 7 Kilo bar until the weight on the bar reaches 20 Kilos. At this point, the bar should be changed to a 15 Kilo bar, unless circumstances which must be approved by the meet director, dictate remaining with the 5 Kilo or 7 Kilo bar. Example - small framed child, small hands, etc.

Youth/Teen/Female - can use the 15 Kilo bar (unlimited weight on the bar) until the youth/teen male lifters are age 15 and up. Females remain with the 15 Kilo bar.

Teen/all male lifters over the age of 15 will use the 20 Kilo bar.

Weightlifting Weights

All weight plates and discs must be certified or calibrated and approved by the meet director.

All weights are in Kilos for National level events. Weights can be in pounds for local meets.

All weight plates are to be rubber/bumper style plates.

All discs can be metal or rubber/plastic and marked with the appropriate value of the weight.

Plates will be available from 2.5, 5, 10, 15, 20 and 25 Kilos.

Discs can be in increments of 0.25, 0.5, 1.0, 1.5, 2.0 and 2.5 Kilos.

Collars

Collars should be used on all competition lifts above 27 Kilos.

Spring clips will be used on weights under 27 Kilos.

Collars should weigh 2.5 Kilos each or 5 Kilos/pair.

Competition Platform

All platforms can be wood or rubber or a combination of both.

Minimum platform size for any local or small meet (certified) shall be no smaller than 8 feet x 8 feet and cannot exceed the internationally recognized standard of 4 x 4 meters (13.12 feet x 13.12 feet)

Minimum platform size for all State, Regional, National and International meets is 12 feet x 12 feet and not to exceed the IWF recognized platform size of 4 meters x 4 meters.

All State meets and larger competitions are recommended but not required to have a "roll-stop" at the front edge of the platform for safety.

In all meets, it is required to have an area no smaller than 36" on all sides of the platform that must be unobstructed by weights, chairs, loaders, racks, etc. for safety.

Platform Construction

Keep in mind that in the sport of Weightlifting, the barbell is overhead in both of the competition lifts. With that in mind, safety and construction are key factors in building the platform.

A platform in its smallest legal configuration (8 feet x 8 feet) should be a minimum of 1.5 inches thick but recommended to have a thickness of 2.25 inches constructed of 3/4 inch plywood or a combination of 3/4 inch plywood and 3/4 inch rubber material. It will be part of the meet director's responsibility to ensure the platform prevents damage to the floor of the venue. In Olympic Weightlifting, at the down signal from the head referee, the barbell must be followed from the overhead position but can be released from the lifter's hands as it passes the lifter's waist. With heavy weights or a lot of lifters, this is rough on the platform. A diagram will be provided for recommended platform construction procedures and a list of materials will also be available.

Warm-up platforms are sufficient to be 8 feet x 8 feet and there will need to be a minimum of 2 platforms at every meet. State level and larger meets will have a minimum of 3 warm-up platforms. There will be a chalk station at the entrance of the competition platform and in the warm up area.

Referee System

There will be 3 referees present to judge the lifts: One on each front corner and the head referee seated in the center facing the lifter. A lift is considered good with a 2 out of 3 decision, or all 3 referees signaling an acceptable lift. The referees can use a lighting system, or a green/red (or white/red) flag system, or ping pong paddles with a green side and a red side. The center/head referee signals to the lifter "Down" with a verbal command and a downward hand movement to replace the barbell on the platform. The same judge also notifies the lifter of a "No Lift" if the lifter disqualifies the lift according to the rules (covered in the "Lifts" section of the rules)

The lifter has 60 seconds to start their lift once the bar is declared as loaded, their name is called and they enter the platform. There will be no command to start the lift.

* A lifter or his coach may appeal the final decision of the 3 judge panel only at State level or above competitions if submitted in writing before the final lift of the flight or session, and only if the lifts are on video. The video can be from the venue or any other and will be reviewed by

the judging panel. This is the only recourse and the final decision will be handled by the meet director. Only one appeal is allowed per event per lifter. If the original decision is upheld after the review, the cost of the appeal will fall on the lifter/coach and the price will be determined by the meet director and announced at the rules meeting prior to the start of the meet. If the decision is overturned in the appeal, there is no fee paid by the lifter/coach.

* After the decision of any lift, if a red light (or red flag) was given by one or more judge, a brief summary may be given to the coach or lifter outlining the fault if needed. It should be given as soon as possible after the lift to avoid any delay in the progress of the lifting.

Attempt Board

There will be a well-placed visible attempt board on which must appear the name of the lifter, the weight of the attempt and the number of the attempt. The information on the attempt board must be updated by the staff and monitored by the lifter or coach for accuracy. The bar or weight in Olympic Weightlifting is loaded in progression, the competitor taking the lowest weight lifting first.

Documentation

A start list will be available to all competitors.

Competitor's card - This document will contain the competitor's name, date of birth, body weight, category and group. It is used to record the weight attempts and eventual modifications as allowed by the rules. The coach of record must sign each entry. In the event the competitor is self-coached, they must sign it. Opening attempts are given at the weigh-ins. Opening attempts cannot be lowered once recorded, but can be raised. Attempts can be raised a minimum of 1 Kilo.

Apparel or Clothing

Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

- *Must be one-piece and must cover the trunk/torso of the competitor
- *Must be close fitting
- *Must be collar-less
- *May be any color
- *Must not cover the elbows or knees

Clothing rules apply to State level meets or higher.

Weight Categories

Women

31 Kilos

35 Kilos

39 Kilos

44 Kilos

48 Kilos

53 Kilos

58 Kilos

63 Kilos

69 Kilos

75 Kilos

82 Kilos

82+Kilos

Men

31 Kilos

35 Kilos

39 Kilos

44 Kilos

50 Kilos

56 Kilos

62 Kilos

69 Kilos

77 Kilos

85 Kilos

94 Kilos

105 Kilos

114 Kilos

114+ Kilos

11 YEAR OLD AND UNDER ARE 31-82+KG

12-13 YEAR OLD ARE 35-82+KG

14-17 YEAR OLD ARE 44-82+KG

18- UP ARE 48-82+KG

11 YEAR OLD AND UNDER ARE 31-114+KG

12-13 YEAR OLD ARE 35-114+KG

14-17 YEAR OLD ARE 50-114+KG

18 AND UP ARE 56-114+KG

Note: Kilo, Kilogram, KG and Kg are used interchangeably

Age Category Breakdown

Youth: 5, 6-7, 8-9, 10-11, 12-13

Teen: 14-15, 16-17, 18-19

Junior: 20-23

Junior Masters: 35-39, 40-44

Masters: 45-49, 50-54, 55-60 in increasing 5 year increments

Age is determined by actual age at the time of the competition

Weigh-ins

All weights are recorded in Kilos.

2 scales may be used, 1 for females and 1 for males.

The weigh-ins are open 24 hours prior to the start of the lifting session on all events with the exceptions of Junior Olympics.

Weigh-ins are open 2 hours prior to the start of lifting for the lifters of that session. Weigh-ins close one hour prior to the start of the session.

Lifters are not allowed to compete in any weight category other than their actual weight that was recorded during the weigh-in period.

Coach or guardian must be present at weigh-ins when lifter is under 18 years old.

Female lifters will be weighed in a separate area by female officials.

The weight of the lifter will be recorded on his/her registration card.

Course of the Competition

1. Lifters/coaches will list at the weigh-in on their card the first attempts of both the snatch and clean and jerk.
2. Lifters get three attempts in each of the snatch and clean and jerk.
3. The barbell is loaded in progression, the lifter taking the lowest weight lifting first. Once the weight is loaded on the barbell, it cannot be reduced (unless there is a safety issue or a misload of the bar)
4. The lifter/coach must observe the progression of the loading and be ready to make their attempt at the weight they have chosen. The announcer must make the weight known.

5. The announcer or judge will announce the current lifter, the next lifter (on deck), and two lifters away (in the hole). The weight of the barbell with weights must always be a multiple of 1.0 Kilo.
6. The progression after any successful attempt for the same athlete must be a minimum of 1.0 Kilo.
7. One minute (60 seconds) is allowed to each lifter between the loading of the bar, declaration that the platform is ready, the calling of their name and the beginning of the attempt. After 30 seconds, a warning is sounded or the announcement is made.
8. When a lifter attempts two lifts in succession, they are allowed two minutes (120 seconds) for the succeeding attempt. Thirty seconds before the time expires, a warning sound or an announcement will be made. If at the end of the allocated time the lifter has not raised the barbell from the platform to make the attempt, the attempt will be declared a "no lift" by the three referees.
9. The start of the time has to be at the completion of the announcement of the attempt or the completion of the loading of the bar, whichever is the last.
10. When a lifter wishes to increase the weight originally selected, the lifter/coach must notify the table before the final call.
11. The final call is the signal or announcement given when the clock is at the final 30 seconds before the end of the allocated time.
12. Before the first attempt or between two attempts, only two changes of weight are allowed, excluding the automatic increment of 1.0 Kilo. Each change must be noted on the lifter's card. After the lifter has received the final call to the platform, the weight of the barbell cannot be changed even if it is the automatic increase.
13. When a lifter/coach asks for a weight change and still has to take this heavier weight next, the clock is stopped while the weight is changed. After the change is complete, the clock continues to run until the end of the allocated time. When a lifter asks for a change and, in doing so, follows another lifter, the normal one minute (60 seconds) applies for the next attempt.
14. Lifters/coaches cannot change their decision about the decline of an attempt once the weight and the attempt have been officially announced. They also may not re-enter the competition if an official announcement has been made that the lifter has withdrawn from the competition.

Order of Calling the Lifts

There are 4 factors to consider when calling the lifters in sequence:

1. The weight of the barbell

2. The number of the attempt (1st, 2nd, 3rd)
3. The lot number or weight of the lifter
4. The progression, i.e. the difference in Kilos between the previous attempt and the requested attempt

In consideration of the above mentioned factors, the order of calling is as follows -

1. The lifter taking the lighter weight lifts first
2. The lifter with the lower number of attempts lifts before the one with a higher number (a 1st attempt is executed before a 2nd or 3rd attempt and a 2nd attempt executed before a 3rd)
3. When more than one lifter ask for the same weight and the number of their attempts is identical, the lifters are called progressively according to their lot number or body weight, with the lower number lifting first.

EXCEPTION

If the lifter with the higher number lifted earlier than the lifter with the smaller number (the progression between the previous attempt and the requested attempt is bigger than the one of the other lifter)

The calling order applies to both the snatch and clean and jerk

THE TWO LIFTS

The Snatch

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downward and pulled in a single movement from the platform to the full extent of both arms above the head, while bending the legs in a squat position. During this continuous movement, the barbell may slide along the thighs and the lap. No part of the body other than the feet may touch the platform during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the head referee gives the signal to replace the barbell on the platform. The lifter may recover in his/her own time, from the squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The head referee will give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of their body.

The Clean and Jerk

1st - The Clean

The barbell is placed horizontally in front of the lifter's legs. It is gripped palms facing downwards and pulled in a single movement from the platform to the shoulders, while bending the legs in a squatting position. During this continuous movement the barbell may slide along the thighs and lap. The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the center point of the pecs, or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his/her own time and finish with the feet on the same line, parallel to the plane of the trunk and barbell. Bouncing in the bottom position is permitted.

2nd - The Jerk

The lifter bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. The lifter returns the feet to the same line, arms and legs fully extended, and waits for the head referees' signal to replace the barbell to the platform. The head referee gives the signal to lower the barbell as soon as the lifter becomes motionless in all parts of their body.

IMPORTANT REMARK

After the Clean and before the Jerk, the lifter may adjust the position of the barbell. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to:

1. Withdraw the thumbs or "unhook" if this method is used
2. Lower the barbell in order to let it rest on the shoulders if the barbell is placed too high and impedes the breathing or causes pain
3. Change the width of the grip

GENERAL RULES FOR ALL LIFTS

1. The technique known as "hooking" or use of the "hook grip" is permitted. This consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell
2. In all lifts, the referee must count as "no lift" any unfinished attempt in which the barbell has reached the height of the knees
3. After the referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. The grip on the barbell may be released when it has passed the level of the waist. Slamming of the barbell to the platform is a "no lift"
4. A lifter who cannot fully extend the elbow due to an anatomical deformation or injury must report this to the 3 platform referees prior to the start of the competition

5. When snatching or cleaning with a squat, the lifter may help the recovery by making swinging/rocking movements with the body. A bounce at the bottom is permitted
6. The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.
7. The use of chalk (magnesium) on the hands, thighs, etc. is permitted.

Incorrect Movements and Positions for All Lifts

1. Pulling from the hang position
2. Touching the platform with any body part other than the feet.
3. Uneven or incomplete extension of the arms, at the finish of the lift or dipping of the shoulder
4. Pause during the extension of the arms
5. Finishing with a press-out
6. Bending and extending the elbows during the recovery
7. Leaving the platform during the execution of the lift (touching the area outside the platform with any part of the body)
8. Replacing the barbell on the platform before the head referee's signal
9. Dropping the barbell after the head referee's signal
10. Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk
11. Failing to replace the complete barbell on the platform

Incorrect Movements for the Snatch

1. Pause during the lifting of the barbell
2. Touching the head of the lifter with the bar

Incorrect Movements for the Clean

1. Placing the bar on the chest before turning the elbows
2. Touching the thighs or the knees with the elbows or the upper arms

Incorrect Movements for the Jerk

1. Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees
2. Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.
3. If there is an announcing error and the lifter is not called at the proper time, the weight may be lowered to the weight requested by the lifter.