

# International Weightlifting

## What is weightlifting?

Weightlifting is a perfect demonstration of physical strength, technical skill and concentration combined. Lifters compete individually in a competition that requires physical and mental preparedness and eventually tactical skills. Each competition is a final, whereas athletes are ranked in accordance with their performance.

The IWF recognizes two lifts which must be executed in the following sequence:

1. The Snatch
2. The Clean and Jerk

A maximum of three attempts is allowed in each lift. There is 1 minute to start the attempt, or 2 if the lifter follows him/herself. The minimum increase is 1 kg between two attempts, except after 1st attempt, when its 2kg. Medals are distributed in both lifts and in Total, this being the combined result of the best Snatch and best Clean and Jerk.

There are eight bodyweight categories for male athletes: 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg and seven for female athletes: 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, +75kg.

## Officials of the competition:

The Technical Officials responsible for running the competition according to the IWF rules and regulations are: Jury, Competition Secretary/director, Technical Controllers, Referees, Timekeeper, Chief marshal and doctor on duty.

## What the athletes lift and where:

Competitors have to lift a weight called the barbell, which consists of a steel bar (weighing 20 kg for a men's, 15 kg for a women's barbell) onto which differently colored weight discs (with a weight of 0.5 to 25 kg) are loaded and fastened with the help of collars (weighing 2.5 kg each). The athletes perform the lifts on an elevated stage with a platform of 4X4 meters made of wood and coated with non-slippery material.

## Referee lights equipment/Jury Control Unit:

The 3 referees pass their decision about the correctness and validity of each lift by pressing white or red light buttons on the small device in front of them. When a referee has judged a lift as correctly completed, he or she will press the white light button, or, if the attempt is not correct or missed, a red light button. As soon as two of the three referees have passed identical decisions (white or red), a visible and an audible signal is given to the lifter to lower the barbell to the platform. Lights corresponding to the judgment of the referees light up on a board: Two or three white lights = Good Lift; Two or three red lights = no Lift. The referees' activity should be permanently checked by the Jury with the help of a monitoring device on the Jury table called Jury Control unit. With the help of this equipment the Jury might overrule/change the referees' decision. The Jury's decision is final and irrevocable.