HOW TO COMPETE
Step 1: Become a member of USA Weightlifting

Step 2: Check out the Weightlifting 101 guide

Step 3: Contact a local coach or club for guidance

Step 4: Register for a sanctioned event through the USA Weightlifting website

Step 5: COMPETE!!

THE BASICS
Getting Started in Weightlifting

Where Olympic Journeys Begin

Coaching: Each athlete is encouraged to find a coach.

Coaches provide:
• Programming
• Competition coaching e.x. attempt counting
• Expertise related to the sport e.x. weight class selection, competition selection, international qualification, etc.

Rules: USA Weightlifting rules are governed by the International Weightlifting Federation

Clubs: USA Weightlifting clubs are managed by USA Weightlifting coaches.

Clubs provide:
• Positive team setting
• USAW certified coaches
• National and local team event opportunities
Weight Classes and Age Categories

Weight Classes:

Olympic Classes vs. Non Olympic Classes: There are 10 non Olympic and 7 Olympic weight classes for both genders.

All 10 bodyweight categories are contested at world championship and domestic level events.

W: 45, 49, 55, 59, 64, 71, 76, 81, 87, 87+  
M: 55, 61, 67, 73, 81, 89, 96, 102, 109, 109+

Age Categories:

There are 4 age categories in the sport of weight lifting

Youth: Sub 17

Junior: 18-20

Senior: 21+

Masters: 35+

Age category is determined by your age that year i.e. Jan 1 an athlete is 17 but on Dec 31 the athlete is 18. The athlete would be a Junior athlete.
COMPETITION

Local competition
1. Train
2. Register
3. Compete

National Competition
1. Qualify
2. *Register
3. Compete

*To register for national events you must complete the USADA Athlete Advantage course through your membership profile.

International Competition
1. Qualify
2. Notification of *Selection
3. Complete documentation
4. Compete

*To be selected you must have requested to be in the USADA Random Testing Pool for at least 6 months, you can do that via your membership profile.
Athletes can be ranked two different ways in weightlifting:

1. Weight class ranking
2. International team ranking

Weight class ranking: Where your total stacks up against everyone in your weight class at the local and national level.

International team ranking: Where your total stacks up against all of the top athletes across all weight classes for team selection.