

## **USA Weightlifting Addendum to IWF Technical Rules**

Unless stated otherwise below, the USAW adheres to the IWF's technical rules to the degree practicable. However, conditions special to competitions held in the US at the national and/or local level have led to the USAW's adopting standing modifications to the IWF technical rules as discussed below (other modifications for specific events may be indicated on the entry forms for those events).

### **USAW Standing Rules**

At all USAW competitions:

- 1) Athlete, coach, official, volunteer and spectator participation rights are subject to immediate termination if a participant threatens any other participant or behaves in a way that unduly delays the progress of the competition or otherwise impedes the competition in any way
- 2) Any athlete, coach or official who behaves in a way that could cause damage to the facilities or equipment being used in the competition, or damage the reputation of participants or the USAW are subject to a loss of participation privileges after a verbal warning (e.g., "spiking" the barbell as compared with IWF requiring that the lifter to release the barbell from below the shoulders when it is lowered to the platform).

### **At National Competitions:**

In the event of a lack of sufficient officials to perform the duties of the Technical Controller, Marshall and/or Jury, the USAW reserves the right to have the speaker/referees serve the functions of the aforementioned officials in a way similar to what is described below for local competitions.

In addition, in the event that because entries in national competitions exceed the capacity of the facilities and other resources allocated to the competition, the USAW reserves the right to add facilities and platform(s) that meet only local specifications for the lowest ranked lifters in such competitions.

In addition to the IWF bodyweight and age categories, the USAW recognizes the following categories:

In Youth National events: 1) 14-15, 12-13 and 11 and under age categories, 2) 35, 39 and 44 kg. categories added for men and women 13, a 44 kg. bodyweight category added for men and women 14-15, and a men's 50 kg. category added for men 17 and under.

In Masters National events: 1) 5 year age categories beyond the men's 80 and women's 70 used by the IWF (e.g., 85-89 for men) to infinity, and 2) men may use a 15 kg. bar, with a minimum weight of 20 kg. for men and women, 3) spring collars may be used with weights below 40 kg. on the women's bar and below 45 kg. on the men's bar. and, 4) no Jury is used. .

### **At Local Competitions:**

- 1) The three referees officiating at local events shall have the same responsibilities and authority as Jury and the Technical Controller would at international events.
- 2) The speaker will have the same responsibilities and authority that the speaker and marshal have at international events.
- 3) In an effort to facilitate the use of the largest diameter plates available (e.g., 45 cm diameter 2.5 kg. plates), men lifting less than 45 kg., and women lifting less than 40 kg., may use a lighter than standard (20kg./15kg.) bar, as long as the diameter and length of the bar inside the inside collars meet IWF measurement standards. Spring collars may be used (with no credit given for the weight of the spring collars).
- 4) The platform may measure from 3.66 meters (12 feet) to 4 meters square and may be up to 10 cm in height (if the platform is the same height as the surface around it, the outside dimensions of the platform must be clearly marked).

**Team Point scoring for all USAW and local events shall be as follows:**

Place	Local Competition Points
1	6
2	4
3	3
4	2
5	1

For Competitions hosted by the National Office of USA Weightlifting, the IWF rules prevail for Team Scoring in the **TOTAL ONLY**.

~~Athletes Aged 13 & Under at Weigh In (Effective December, 2017)~~

~~Athletes aged 13 and under, considered in Weightlifting to be the age as of 12/31/2017 must weigh in wearing a singlet in any USA Weightlifting sanctioned competition. (Superseded by March 1, 2018 addendum below)~~

Weigh-In Addendum (Effective March 1, 2018)

All athletes under the age of 18 on the day of the weigh in **MUST** weigh in wearing a singlet. Athletes aged 18 and older on the day of the weigh in have the **OPTION** to weigh in wearing a singlet or alternatively as prescribed by the IWF rules. In either case, the athlete must be within the bodyweight category inclusive of the garment.

Costume Requirement addendum to Rule 4.2.1 of the IWF TCRR

Athletes in USA Weightlifting competitions must:

- Must cover the entire abdominal area between the chest and pelvis.
- Must be worn as it is designed with the left side strap and right side strap over each respective shoulder.
- No halters.
- Must fall within the IWF Guidelines for Athletes Outfit.
- A T-shirt or tank-top worn under the costume may be used to cover the abdominal area.