



USA Weightlifting
National Referee Testing & IWF Category 2 & 1 Testing Application

Please send to usaw@usaweightlifting.org

Thank you for your application to become a USAW National Referee or IWF International Technical Official. Below is some important information that will help you have a successful testing experience.

Rules seminar and written testing:

- Candidates must attend an online Candidate Rules Seminar and pass the written test (National and Cat 2 85%, Cat 1 90%) prior to practical testing. Seminars are conducted via Zoom and are offered 2-3x a year. Dates will be announced at the beginning of the calendar year. The results of the written test are valid through the end of that specific calendar year only. If a candidate fails to meet the specific passing requirement on the written or practical test, they must wait 6 months to retake it.

[IWF Technical Officials' Examination 2019 - Questions](#),  , ([IWF Technical Officials' Examinations](#))

[IWF Technical Officials' Examination 2019 - Answers](#),  , ([IWF Technical Officials' Examinations](#))

National event practical testing:

- The deadline to request practical testing is 8 weeks from the start date of the target competition.
- Attendance: All candidates must make themselves available for all sessions of the meet for testing. The TO Google sheet will have candidate assignments (as assigned by the Testing Coordinator). Please refer to it often as assignments may change after the VFE and to accommodate testing opportunities.
- Uniform: Technical Officials (TO) and Testing Candidates must wear the official IWF TO Uniform which consists of a matching blue jacket and pants or skirt, white shirt with collar, black socks, black or beige tights, black shoes, and tie or scarf. International TOs must wear the official IWF tie or scarf. The specific description of the uniform is found in the following link:

https://www.iwf.net/wp-content/uploads/downloads/2018/01/IWF-Guidelines_TO-Uniform_2018.pdf

- Knowledge of current IWF Rules and Regulations: Beyond the written test each candidate will be scored as Referee in two or more A-sessions, and will be evaluated in a minimum two sessions each at the Marshal, Assistant Marshal, Weigh-In Official, and Technical Controller positions. A candidate may also be evaluated in the roles of Speaker and Timekeeper at the discretion of the Competition Secretary and Technical Committee.

https://www.iwf.net/wp-content/uploads/downloads/2020/01/IWF_TCR_2020.pdf

<https://www.teamusa.org/USA-Weightlifting/Referees/Referee-Protocols>

<https://www.teamusa.org:443/USA-Weightlifting/About-Us/Governance-and-Financial/Bylaws-Technical-Rules-and-Policies/Rules>

- Referees should be in their assigned position 30 minutes prior to the start of the session and weigh-ins.
- In all positions, TO's should keep the table in front of them clear of personal items, including: phones, food, clothing, and bags. Coffee or water on the table is permitted.
- Please refrain from checking phones or other devices during a session.

Please Note: For consideration from the Technical Committee, ALL applications must be typed and include a photograph of the applicant.

Name:
USAW Membership Number:
Testing for: National/ Cat 1/ Cat 2
Date of Passing Current Certification Level:
National Competitions during previous 36 months (National Candidates) or 24 Months (Cat 2 & Cat 1 Candidates) (Please include name of competition, location, role (s), number of sessions):
Local Competitions during previous two years (Please include name of competition, location, role (s), number of sessions):

Preference of Competition for testing. Please give a first, second and third choice.

- American Open Series 1
- National University/U25 Championship
- National Masters Championship
- National Championship
- American Open Series 2
- American Open Finals.

Testing will not occur at the National Youth Championships.

Applicant Comments: