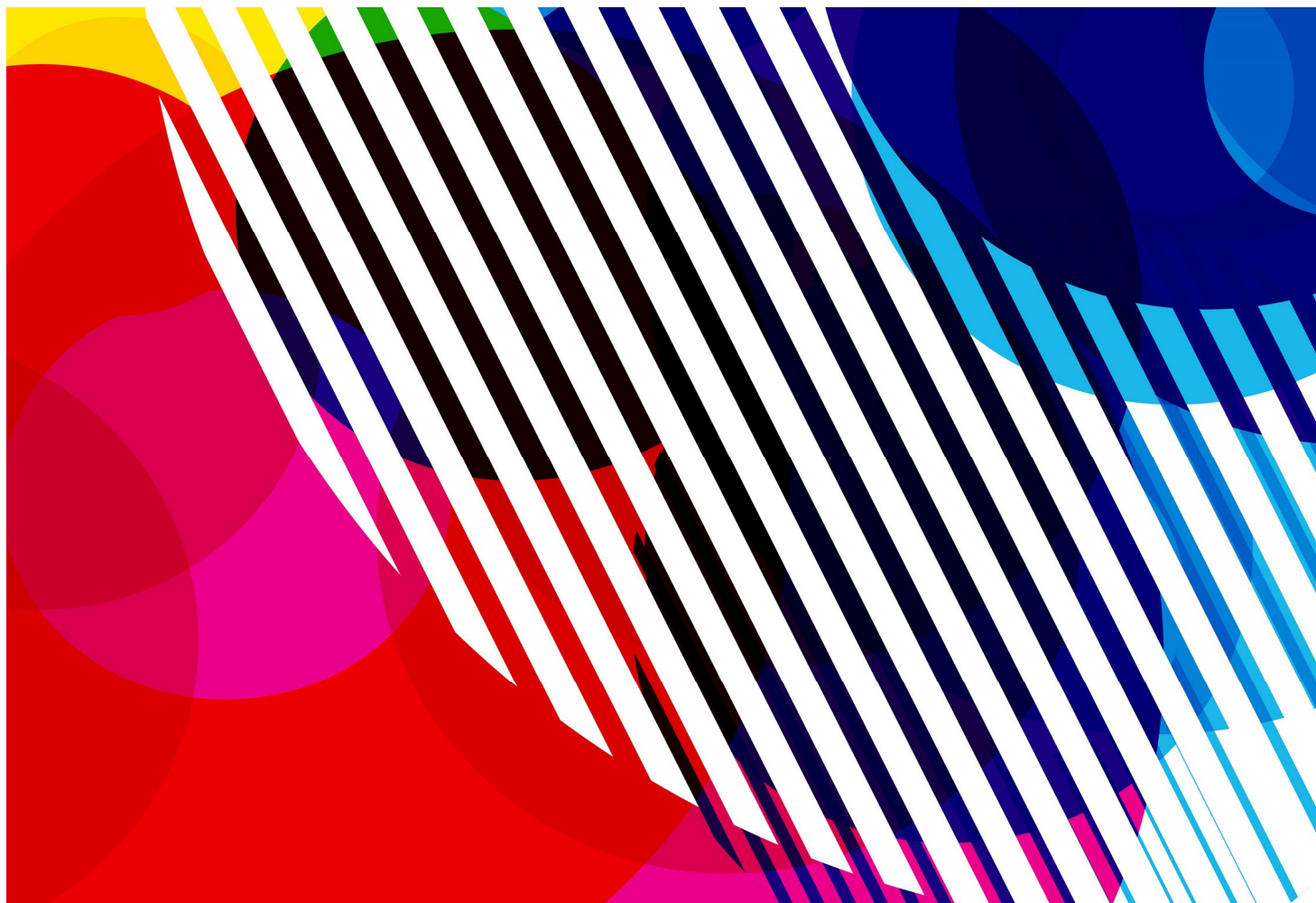


IWF

INTERNATIONAL
WEIGHTLIFTING
FEDERATION

**TECHNICAL OFFICIALS'
GUIDEBOOK**



Publication of the IWF Technical Committee

Based on *IWF Technical Officials – Roles and Responsibilities*
A guide to Competition (2011)

2nd Edition

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Legend:

Text in this format: Excerpt from the TCRR

Text in this format: Explanation, guidance

1 DEFINITION

A Technical Official is defined as any person who controls the play of a competition by applying the rules and regulations of the sport to make judgments on rule infringement, performance, time or ranking. A Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity.

Reference to the IWF TCRR section 7.1

2 GENERAL PROVISIONS

2.1 A suitable number of Technical Officials (TOs) must be appointed to work at each IWF Event. Only International Technical Officials may work at IWF Events. TOs selected to work at IWF Events must not be involved in coaching or assisting any athletes during the Event.

2.2 At IWF Events the following Technical Officials must serve:

• Jury	2 Groups of 5 =	10
• Competition Director	1 or 2	
• Referees	3 Groups of 4 =	12
• Technical Controllers	2 Groups of 2 =	4
• Chief Marshal(s)	2 Groups of 1 =	2
• Assistant Marshal(s) – NTO(s) to be appointed - For WWC – 3, JWC – 2, YWC – 1 min.		
• Timekeeper(s)	2 Groups of 1 =	2
• Competition Secretary	2 Groups of 1 =	2
• Speaker(s) (if computerized Competition Management System is used, the Speaker is not required to be a TO)	2 Groups of 1 =	2
• Weigh-in Official(s)		
• Doctors on Duty	2 Groups of 1 =	2

2.3 IWF Technical Officials must wear the official TO uniform:

Reference to IWF TCRR 7.2.3

- Navy blue jacket – see guidelines below
 - Navy blue colour code: PMS2767
 - single breasted (with 2 buttons) regular style suite/blazer
 - pocket on the left side of the chest for TO badge
 - dark (blue or black) buttons
- Navy blue trousers / skirt – see guidelines below
 - Navy blue colour code: PMS2767
 - regular style trousers / knee length skirt

- White shirt – see guidelines below
 - pocket on the left side for TO badge
- IWF tie / scarf
 - **New tie / scarf will be provided by IWF**
- Black shoes
 - **dress shoes (no sport shoes or boots) with black socks**
- IWF TO metal badge; pinned on the left lapel of the jacket
 - **TO badge on the pocket on the left side**

In hot weather or venues and subject to the authorization of the President of the Jury, the jacket and/or tie/scarf may be removed. Jackets, ties/scarves must always be worn for introduction and Victory Ceremony, unless otherwise stated by the IWF.

At Olympic Games and other Multisport Games, only the uniform issued by the OCOG / Organising Committee may be worn. If no Games uniform is issued TOs are expected to wear the IWF TO uniform, as applicable.



2.4 Prior to the Technical Officials' meeting, the appointed TOs are assigned to positions and groups.

- 2.5 Prior to the start of the Event, a Technical Officials' meeting shall be held. Whenever possible, a second TO meeting shall be held approximately halfway through the Event. Participation in both meetings is obligatory for the appointed Technical Officials.
- 2.6 Whenever possible, members in each group of Technical Officials must be from different countries and must include women.
- 2.7 TOs must be present at their respective assigned positions / working locations latest thirty (30) minutes prior to their duty.
- 2.8 TOs must submit their TO License cards to the Jury President after the Introduction and retrieve their License card at the end of the each competition.

Roles and Responsibilities

Each individual Technical Official position has a variety of tasks; however, all Technical Officials must:

- **ensure that the Field of Play (Competition area including the Warm-up area) is safe for athletes, Team Officials (coaches, managers, team doctors, etc.) and Technical Officials and sport specific volunteers/staff**
- **know the TCRR with absolute assurance**
- **apply (not interpret) the Technical Rules without fear or favour**
- **use a degree of 'common sense' when confronted with non-technical issues; Technical Officials must JUDGE WHAT THEY SEE; NOT WHAT THEY THOUGHT THEY SAW!**

Technical Officials must:

- **be present at the Introduction of Technical Officials**
- **ensure that all facilities, equipment and documents meet the requirements of the IWF TCRR**
- **ensure they make the correct decision when to act or when not to act**
- **act immediately once a fault is realized**
- **remain in their assigned position/working locations until the completion of the Victory Ceremony**
- **conduct themselves in a professional manner**
- **present a good image**
- **be, and remain, attentive**
- **assist whenever and wherever possible in any area, if requested**
- **be friendly and courteous**
- **be aware of, and sensitive to, language, cultural and religious differences**
- **promote a safe and harassment free environment where participants are treated with respect**
- **be firm and decisive**
- **respect the work / position of other Technical Officials and sport specific volunteers/staff**
- **respect accreditation levels and access privileges**
- **disaffiliate from Team responsibilities**

Technical Officials must not:

- **attempt to influence the decisions of others**
- **consider any TO position, such as Jury, as a matter of prestige**
- **use mobile phones, cameras or any other electronic equipment whilst on duty**
- **be involved in coaching or assisting athletes during the competition**
- **Technical Officials must refrain from any derogatory comments regarding other Technical Officials' decision or otherwise; and must not attempt to influence the decisions of other Technical Officials, on or off duty. Professional respect and discretion must be practiced at all times.**

3 TECHNICAL OFFICIALS AT WORLD CHAMPIONSHIPS AND OLYMPIC GAMES

3.1 PRINCIPLES FOR TECHNICAL OFFICIALS' SELECTION:

The following are the IWF principles for selection of Technical Officials to IWF Events:

1. Gender equity; using the IOC principles as a guideline
2. Continental representation/balance
3. Participating Member Federation competing at the Event
4. Conditions prior to being nominated:
 - adequate qualification
 - valid licence
 - official TO uniform
 - availability for the duration of the Event
 - responsibilities / skill set

- 3.2 When requested by the IWF, Member Federations may propose Technical Officials to officiate at the World Championships. The IWF Technical Committee/Medical Committee selects from the proposed list of TOs, in consultation with the IWF President and Technical Committee Chairperson for the final appointment.

The number of TOs to be selected is determined by the IWF with the knowledge of the exact program of the Championships. Member Federations who submit TO nominations are advised of the appointment or non-appointment of their Technical Officials.

If required and at its absolute discretion, the IWF reserves the right to appoint Technical Officials outside of those nominated from any Member Federation. The above appointed Technical Officials and their respective Member Federations will be duly advised.

- 3.3 The IWF Technical Committee Chairperson, in conjunction with the Competition Director assigns the selected/appointed TOs to the specific categories or groups before the start of the competition.

- 3.4 For the Olympic Games, Technical Officials are selected six (6) months before the start of the Games by the IWF Executive Board, from the list of the candidates submitted by the Member Federations and upon recommendation from the IWF Technical Committee.

If required and at its absolute discretion, the IWF reserves the right to appoint Technical Officials outside of those nominated from any Member Federation. The appointed Technical Officials and their respective Member Federations will be duly advised.

- 3.5 Appointed Technical Officials may not be members of their National (Olympic) team.
- 3.6 Jury members and Referees from the same Member Federation/NOC cannot be selected to adjudicate in the same group.
- 3.7 Appointed Technical Officials who fail to show up, without valid reason and notification to the IWF Secretariat and Technical Committee Chairperson, for the Event may be excluded from selection to further Events for a period of up to two (2) years.

Reference to the IWF TCRR section 7.4

At a minimum, thirty-five International Technical Officials (ITOs) must be selected for major Events; or more, depending on the number of competitors and groups contested. The optimal number for selection and proficient delivery of competition is forty-five ITOs for World Championships.

In addition, a suitable number of National Technical Officials (NTOs) must be selected by the Organising Committee/host Member Federation to serve within the auxiliary technical roles of the competition.

Technical Official group allocations/assignments are made by the Competition Director, in cooperation with the IWF Technical Committee Chairperson, prior to the Technical Officials meeting.

The objective of the IWF is to achieve 50% female representation within each group of Technical Officials selected and appointed.

Upon being advised of their appointment, selected TOs must confirm their acceptance and participation. TOs must attend the Event from the start to the end of competition, including both Technical Officials Meetings, prior to and mid competition.

4 JURY

- 4.1 The Jury has the ultimate control on the FOP and its primary function is to ensure that the TCRR are being correctly followed and applied.
- 4.2 All Jury members must be Category 1 Technical Officials.

- 4.3 At IWF Events, the Jury is composed of three (3) or five (5) members each, one of which is the President. Up to two (2) reserve Jury members may also be appointed.
- 4.4 Throughout the course of the competition / Event, after observing the work of the TOs, the Jury members may highlight any special occurrences by way of written report. The President of the Jury may deliver the reports to the Technical Committee Chairperson, IWF President and/or IWF General Secretary.
- 4.5 Throughout the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Technical Official whose decisions prove him/her to be incompetent.
- 4.6 The impartiality of all Technical Officials is not to be doubted. Errors in officiating may occur involuntarily and in such situations, the TO is allowed to explain his/her decision to the Jury, if desired or requested.
- 4.7 The Jury has the power to reverse a decision when the Referees' decision has been judged unanimously by the Jury to be technically incorrect. In order to consider the reversal of a decision, the Jury must call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted the Jury will reverse the decision. Such decision and its reason must be communicated to the athlete / Team Official concerned via the Technical Controller or any other TO, as directed by the President of the Jury, and announced by the Speaker.

When the decision of the majority of the Jury members differs from that of the Referees' decisions, the Jury may call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted and the Jury reaches unanimity, the Referees' decision will be reversed.

In Events where the composition of a three (3) member Jury is appointed, unless unanimity is reached in the first instance, the Jury cannot take any action

- 4.8 In order to apply the above rule, the Jury members have to give their decision on each lift using the Jury Control Unit located on the Jury table. Jury members adjudicate the lift once the athlete has replaced the barbell on the competition platform. (See TCRR 3.3.6).
Jury members must not influence or attempt to influence the decision of the other Jury members.
- 4.9 The Jury is not a Jury of appeal; there is no appeal against the Jury's decision. The Jury has the power to reprimand and/or sanction an athlete / Team Official for displaying misconduct within the FOP. In particular, if the misconduct, either by actions or words, represents a threat to any Technical Official or IWF personnel during the performance of their duties. The President of the Jury, in conjunction with the IWF President, IWF General Secretary or IWF Competition Director will be responsible for executing any reprimand and/or sanction.
- 4.10 Throughout the course of the competition, the Jury must monitor and enforce TCRR 6.6.5.

- 4.11 Reserve Jury members sit at a designated space on the FOP and do not sit at the Jury table unless called upon to replace one of the other Jury members.
- 4.12 Jury members must remain in their respective place for the Victory Ceremony and also ensure that the Referees remain in their respective positions.
- 4.13 The Jury President is required to assess the need to recall "B" Group or any other Groups' athletes to attend "A" Group competition should the "B" Group athletes be deemed to be medal prospects.
- 4.14 If a lift is failed because the barbell is not equally loaded, or the platform is damaged or the barbell becomes disarranged during the lift; or there is an incursion or any other external interference, the Jury must grant an additional attempt for the affected athlete.
- 4.15 If there has been an error in loading the barbell or if the Speaker makes a serious error during the announcement of an athlete's name or the calling of the weight the Jury must grant another attempt. (See Regulation to 7.5).
- 4.16 The President of the Jury controls and signs all Technical Officials' Cards.
- 4.17 At all IWF Events, the President of the Jury shall appoint an individual to complete a manual Protocol as a back-up document.
- 4.18 The President of the Jury verifies and signs the final competition Protocol.

Reference to the IWF TCRR section 7.5

REGULATION TO 7.5 – JURY

Decision making process for attempts with loading errors:

1. If the barbell is loaded to a lighter weight than the one requested by the athlete, the athlete may, if he/she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg, or refuse it. If he/she refuses the attempt, the athlete is granted an additional attempt with the weight originally requested.
2. If the barbell is loaded to a weight which is not a multiple of 1 kg and the lift is successful, the athlete may accept the attempt at the next lower weight which is a multiple of 1 kg, or refuse it. If the athlete refuses the attempt, he/she is granted an additional attempt with the weight originally requested.
3. If the barbell is loaded to a heavier weight than the one requested by the athlete, the athlete may, if he/she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg. If the attempt is not successful or if the barbell is not a multiple of 1 kg, the athlete is automatically granted an additional attempt with the weight originally requested.

Reference to the IWF TCRR (Regulations to 7.5)

The role of the Jury is of immense importance as the Jury has ultimate control over all aspects of the competition.

Attributes to be a proficient Jury member include the ability to:

- communicate in English; Jury President must converse fluently in English
- assess technical difficulties
- offer guidance
- work cooperatively and collaboratively
- assert a degree of authority
- be objective in decision making
- be discerning and not be easily influenced nor attempt to influence
- act and react in a calm manner
- be proactive rather than reactive
- be respectful and courteous to colleagues
- learn from extensive international experience as a TO

Roles and Responsibilities

Before competition, the Jury must ensure:

- to sit at the designated position on the FOP - the Jury table is placed with a clear and unobstructed view of the competition platform/stage a maximum of 1000 cm from the centre of the competition platform, between the Centre and Side Referees' tables and located on the side of athletes' point of entry;
- Reserve Jury member(s) sit at a designated position on the FOP visible to the Jury President
- participate in the Introduction of Technical Officials from the Jury Table with the Jury President being introduced first

During competition, the Jury must ensure:

- to adjudicate the lift after the barbell is placed on the competition platform according to sport rules
 - to act as a manual scorekeeper, if requested by the Jury President
 - to indicate their decision by pressing the appropriate white or red button to activate the Jury Control Panel
 - to announce if the 10 minute break is to be shortened or extended
 - to observe, monitor and report on the TOs work to the Jury President
 - to reverse the Referees' decision by following the appropriate steps: Jury – 5 members
1. If the Jury unanimously agrees that a lift should have been passed or failed and that differs from a majority of the Referee's decision, in order to consider the reversal of a decision, the President of the Jury must:
 - a) order that the competition be stopped informing both the TC and Speaker
 - b) call the Referees in question for an explanation
 - c) if the explanation is accepted by the Jury, no action is taken and order to restart the competition

- d) if the explanation is not accepted by the Jury, the decision must be reversed and inform the Competition Management
 - e) request the Technical Controller or any other Official to communicate the decision and its reason to the athlete/Team Official concerned and to the Speaker requesting that such decision and its reason be announced to the public
 - f) order the restart of the competition.
2. If the Jury's decision in its majority (three or more of the Jury) agrees that a lift should have been passed or failed and that differs from a majority of the Referee's decision the President of the Jury may:
- a) order that the competition be stopped informing both the TC and Speaker
 - b) call the Referees in question for an explanation
 - c) if the explanation is accepted by the Jury, no action is taken and order to restart the competition
 - d) if a unanimous decision is not reached no action is taken; and order to restart the competition
 - e) if a unanimous decision is reached the Jury must reverse the decision and inform the Competition Management
 - f) request the Technical Controller or any other Official to communicate the decision and its reason to the athlete/Team Official concerned and to the Speaker requesting that such decision and its reason be announced to the public
 - g) order the restart of the competition.

Jury – 3 members

1. In Events where the composition of a three member Jury is appointed, unless unanimity is reached in the first instance, the Jury cannot take any action even if the decision of the Referees appears to be totally incorrect. If the Jury unanimously agrees that a lift should have been passed or failed and that differs from a majority of the Referee's decision, in order to consider the reversal of a decision, the President of the Jury must:
- a) order that the competition be stopped informing both the TC and Speaker
 - b) call the Referees in question for an explanation, following which the President of the Jury must ask the members of the Jury if they accept or reject the Referees' explanation. No discussion or debate among the Jury members must take place as they might have an influencing effect.
 - c) if the explanation is accepted by the Jury, no action is taken and the competition is ordered to restart
 - d) if the explanation is not accepted, the decision must be reversed and inform the Competition Management
 - e) request the Technical Controller or any other Official to communicate the decision and its reason to the athlete/Team Official concerned and to the Speaker requesting that such decision and its reason be announced to the public
 - f) order the restart of the competition.

After competition, the Jury must ensure:

- **to remain in their respective place during the Victory Ceremony except if he/she is involved in Victory Ceremony, in which case the Reserve Jury member, if appointed, is requested to join the Jury**
- **to submit reports to the President of the Jury any observations of TOs and/or the competition**

In addition, the President of the Jury has the following specific responsibilities:

- **supervise the Referee Light System control panel and call the Referees for explanation when needed**
- **monitor the decisions of both the Referees and the Jury**
- **operate the Jury Control Panel**
- **communicate with Technical Controllers, Timekeeper, Chief Marshal, Competition Management and Speaker**
- **allocate the Reserve member(s), if any**
- **assign a manual scorekeeper within the Jury**
- **enable TOs to remove their jacket if conditions necessitate**
- **participate in the TOs Meeting and, if requested, conduct the mid-competition TO Meeting**
- **monitor and provide feedback to TOs on their performance**
- **record and rate all TO performances for IWF Technical Committee Chairperson and IWF President, if required**

5 COMPETITION DIRECTOR

- 5.1 The Competition Director is in control of the progress of the competition and attends to his/her task in close cooperation with the Jury and the Technical Delegate (if appointed).

The duties of the Competition Director are as follows:

- 5.2 Assigns TOs into groups/assignments
- 5.3 Verifies the lists of the athletes and divides them into groups, if necessary, according to the verified Entry Totals.
- 5.4 Supervises the Drawing of Lots.
- 5.5 Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System and the issuance of all IWF official competition documents.
- 5.6 Supervises the registration of new records set throughout the Event.

- 5.7 Monitors and enforces TCRR 6.6.5.
- 5.8 Verifies and signs the final competition Protocol.

Reference to the IWF TCRR section 7.6

Attributes required to be a competent Competition Director include the ability to:

- **converse fluently in English**
 - **act and react appropriately and in a timely manner**
 - **provide and accept direction**
 - **work cooperatively**
 - **command respect**
 - **manage people**
 - **have a high degree of tolerance, personality and common sense**
 - **be assertive**
 - **be punctual and attentive at all times**
 - **learn from past experiences of managing international weightlifting events**
- Roles and Responsibilities**

The Competition Director:

- **must cooperate with the Competition Secretary, Technical Controller(s) and officials from the Organising Committee, as well as the President of the Jury**
- **coordinates all necessary preparations with the Organising Committee in order to ensure appropriate conditions, according to the rules, for Technical Officials**
- **supervises the overall competition and coordination of any issues, not otherwise noted, with the Jury President**

6 REFEREES

- 6.1 The main task of the Referees is adjudicating the lifts performed by the athletes.
- 6.2 At all IWF Events four (4) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee, two (2) Side Referees and one (1) Reserve Referee. Referees within one group must serve in rotating positions. Each group of Referees must have a minimum of two (2) women.
- 6.3 Before the competition Referees must ascertain under the guidance of the Competition Secretary and in collaboration with the Technical Controller(s):

- that the necessary Sport Equipment is in order
 - that all athletes weigh in within the bodyweight limits of their verified bodyweight category during the allocated time
- 6.4 During the competition, the Referees ensure:
- that the weight of the barbell corresponds with the weight announced by the Speaker
 - that no one but the athlete handles the barbell during the execution of the lift
 - that only the athlete or the loaders move the barbell to a new position on the competition platform but the lifter must face the Centre Referee when starting the lift. It is forbidden for a Team Official to move, adjust or clean the barbell.
 - if the athlete, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. If the Referee(s) move positions, the Referee(s) must take the small red / white flags with them in order to give their decision upon the completion of the lift.
 - that TCRR 6.6.5 is enforced
- 6.5 The three (3) Referees have equal rights on adjudicating a lift. They do so by means of the Referee Light System, in accordance with the procedures noted in TCRR 3.3.6. Referees must be certain to allow the athlete every chance to complete the lift. Once the Referee is certain that the athlete has completed the lift; he/she indicates the decision by giving the appropriate signal.
- 6.6 As soon as the Referee has adjudicated a lift “Good lift”, he/she immediately presses the white button on the control box.
- 6.7 As soon as the Referee has adjudicated a lift “No lift”, he/she immediately presses the red button on the control box. Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.
- 6.8 A lift is a “Good lift” with two (2) or three (3) white lights; a lift is “No lift” with two (2) or three (3) red lights.
- 6.9 There is no appeal against the Referees’ decision.
- 6.10 When no Referee Light System is available, the Centre Referee gives the “Down” signal and the Referees give their decision by means of small red and white flags. The “Down” signal must be both audible and visible, i.e. the Centre Referee must say “Down” and at the same time motion downwards with the arm. Before giving the “Down” signal, the Centre Referee must seek confirmation from the two (2) Side Referees. Similarly, should one (1) of the Side Referees see a serious fault during the execution of a lift, he/she raises an arm to call attention to the fault. If there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift and signals to the athlete to lower the barbell to the competition platform.

- 6.11 The Reserve Referee must sit at a designated space on the FOP, ready to be called upon by the Jury President.
- 6.12 During the Victory Ceremony the Referees must remain in their respective place.

Reference to the IWF TCRR section 7.7

- In every competition, Referees must concentrate on the main task of adjudicating the lifts performed by the athletes and each Referee has equal authority on the adjudication of each lift.
- At competitions held under IWF rules, three Referees (Centre Referee and two Side Referees) and one Reserve Referee are appointed for each session/category. At World Championships and Olympic Games three or more groups, with four Referees per group, are appointed. At other IWF Events, the IWF official delegate appoints a suitable number of Referee groups.

Attributes required to be a successful Referee include the ability to:

- converse in basic English
- act and react appropriately and in a timely manner
- provide and receive direction

Responsibilities:

- The Referees (including the Reserve) must attend the weigh-in of the session/category in which they have been appointed.
- At the weigh-in, and in cooperation with the Competition Secretary, the Referees must:
 - verify the identity of the athlete; correct spelling of the name and the date of birth from the athlete's passport or identity card
 - ensure that all athletes weigh in within the limits of their category during the allocated time
 - assist with the compilation of the athlete's Card and cross check the starting weights of the athlete with regard to the 15/20Kg Rule
 - sign the Weigh-in List

Note: The official weigh-in of the athlete must be witnessed by two Technical Officials who are the same gender as the athlete.

- Before the competition, the Referees (including the Reserve Referee) must:
 - ensure, in collaboration with the Technical Controller(s), that the necessary sport equipment is in order
 - be present and participate in the Introduction of Technical Officials
 - place their IWF Technical Official Card in the care of the President of the Jury

- **During the competition, the Referees must ensure:**
 - **to sit in their designated position on the FOP:**
 - The Centre Referee is seated 400 cm (measured from the front) of the competition platform to the back edge of the Centre Referee's table, and in line with the centre of the competition platform.
 - The Side Referees are seated on the same line as and parallel with the Centre Referee, 300 to 400 cm from the Centre Referee.
 - **to indicate their immediate decision of the lift by pressing the appropriate white or red button light to activate the white or red decision lights**
 - **that the athlete is in control of the barbell and has finished the lift according to the rules, is standing motionless in all parts of the body and has both feet in line before giving their signal to the athlete to lower the barbell. - When two (2) or three (3) white or red lights have been registered and the down signal has been activated but the athlete appears not to have seen or heard the signal, the Centre Referee must signal to the athlete to drop the barbell**
 - **that the athlete does not release the bar before shoulder height, drop the bar behind his/her head or fail to replace the complete barbell on the competition platform, if so, the Referees must press the red light**
 - **that the athlete raises the barbell from the competition platform within their allocated time**
 - **that any unfinished attempt in which the barbell has reached the height of the knees is considered a "No lift"**
 - **that the duties of the Technical Controller are performed if the Technical Controller is unable to fulfil this role due to unforeseen circumstances – including pointing blood on the bar and excessive chalk on the platform**
 - **to be familiar with decision making procedures if there is a breakdown in the Electronic Referee Light System:**
 - the Centre Referee must say "Down" and at the same time motion downwards with their arm to signal to the athlete to replace the barbell on the competition platform at the conclusion of each lift
 - all Referees then raise a small red and white flag (placed on their tables prior to competition) according to their decision
- **if a Side Referee sees a serious fault during the execution of a lift, that Referee must raise his/her arm to call attention to the fault, if there is agreement from the other Side Referee or from the Centre Referee, this constitutes a majority opinion and the Centre Referee stops the lift**
- **After the competition, the Referees (including the Reserve Referee) must:**
 - **remain in their respective place during the Victory Ceremony**
 - **collect their IWF Technical Officials Card and receive feedback from the Jury President regarding the quality of their performance.**

7 TECHNICAL CONTROLLER

7.1 Technical Controllers are required to assist the Competition Director and the President of the Jury in the supervision of the running of the competition.

7.2 At Olympic Games, Youth Olympic Games, World Championships and Universiades a minimum of two (2) Technical Controllers are appointed per group.

The duties of the Technical Controller(s) are as follows:

7.3 Ensures that the FOP and the Sport Equipment are compliant with IWF TCRR.

7.4 Ensures that all on-duty TOs wear the correct uniform and reports to the Jury President any non-compliant TOs.

7.5 Before the start of competition, inspects the athlete outfits and enforces relevant IWF TCRR, when necessary. When a correction must be made to the athlete's outfit or a lubricant must be removed and the athlete has already been called, the relevant rules must be applied.

7.6 During the course of the competition ensures that only the authorised Team Officials accompany the athletes on the FOP.

7.7 Ensures the correct athlete according to the Speaker's announcement goes on to the competition platform/stage; even during the loading of the barbell.

7.8 Controls the cleaning of the bar and the competition platform in conjunction with the Loaders and Decontamination Attendants.

7.9 If requested, assists with the distribution and correct application of the athletes' bibs and pins in the warm-up area.

7.10 If requested, assists Anti-Doping personnel as directed.

7.11 Monitors and enforces TCRR 6.6.5.

Reference to the IWF TCRR section 7.8

Roles and Responsibilities:

The role of the Technical Controller (TC) is often described as the 'eyes and ears' of the Jury or the 'conduit' between the Jury, Marshal Table, Competition Management and Chief Marshal and the Warm-up Area.

The TC role is one of the most critical among all other TOs at any Event, the responsibilities are many and so varied and for that reason the role of the TC is most difficult and quite demanding both mentally and physically.

Also, the TC's supervision of the change of calls and lifting order at the Marshal's table is an extremely important part of the role.

Note: One female Technical Controller must be appointed in each Technical Controller group.

Attributes required to be a successful Technical Controller include:

- ability to converse fluently in English
- mental and attitudinal strength
- capacity to understand the emotions of competition
- ability to act and react appropriately and in a timely manner
- command respect and relate well to others
- high degree of tolerance, personality and common sense
- ability to give and receive direction

Before competition, as per 1.8.3 the Technical Controller shall

- ensure conformity of:
 - Competition platform
 - Competition bar and weights
 - Electronic Referee Light System
 - Timing Clock
 - Warm-up equipment
 - Barbell cleaning supplies (disinfectant, scrub brush, cloth, gloves)
 - Chalk and resin bins
 - Referee & Jury Tables (protocol sheets, water, red & white flags)
 - First Aid Area (stretcher, screen, first aid kit)
- be punctual and alert at all times and ensure that all other appointed TOs are present at the competition
- advise the Jury President if any of the appointed TOs are absent
- instruct the Loaders what to do and what not to do in case of injury to an Athlete.

At start of competition, the Technical Controller must:

- assist with the lineup and Introduction of athletes and TOs
- direct TO team to the Jury table to place their Technical Official Card in the care of the Jury President after the Introduction of TOs is complete
- ensure that the correct number of Team Officials with Warm-Up passes accompany the athletes in the FOP
- inspect the athletes for correct outfit, wraps, and bandages; if a correction is required the TC must advise the athlete and Team Official as early as possible.

During the competition, in addition to the above the Technical Controller must:

- ensure the entry/exit to the Warm-up area is controlled
- ensure that the correct number of Team Officials with Warm-Up passes accompany the athletes in the FOP
- ensure while the athlete is on stage, nobody, including the TC is seen within the area (in view of the audience and / or TV cameras)
- monitor the clock to ensure it has started once the athlete's name is announced by the Speaker and/or bar is loaded
- check the information on the Attempt Board or Scoreboard (correct athlete, attempt, weight, time); then allow the athlete to go on stage once the announcements are complete even if the loading of the barbell is not complete
- check and control the cleaning of the bar and the platform, with particular attention to blood on the bar
- quickly scan athletes leaving the stage for any signs of bleeding, with particular attention to the shins and hands
- request athlete to apply tape, plaster, etc. to prevent bleeding of cuts, abrasions and/or wounds
- monitor and assist with the enforcement of the 15/20Kg Rule
- monitor the loading of the barbell to avoid mistakes
- ensure Team Officials do not approach the Jury or Competition Management tables
- ensure only Doctors on Duty go on stage when an athlete suffers an injury, except for the Loaders
- ensure Loaders act as a privacy screen and assist the DOD if requested
- ensure Team Officials do not go on the stage to assist with an injured athlete, unless requested by the DOD
- make eye contact with the Jury President at the completion of each attempt and act on the advice and/or request of the Jury.

After the competition, the Technical Controller must:

- ensure all TOs on duty remain in their positions during the Victory Ceremony
- assist in arranging the athletes for the Victory Ceremony, if required and/or requested, ensuring athletes are not using mobile phones or are accompanied by Team Officials or family members, or are carrying political or religious statements
- ensure all TOs go to the Jury to collect their Technical Official Card and receive feedback from the Jury President regarding the quality of their performance.

Technical Controllers must not:

- disturb the athletes' concentration in any way
- act like a Police Officer
- touch the athlete; instead use words or hand signals
- go on the stage (unless absolutely necessary)

- **appear as if wanting to be on camera**
- **be noticeable or act noticeably**

8 CHIEF MARSHAL

- 8.1 The Chief Marshal's main duty is to accept or decline any modifications made by Team Officials/athletes on declarations or attempts on the athlete's Cards, in accordance with all relevant TCRR.
- 8.2 The Chief Marshal communicates relevant information regarding the accepted declaration or attempts to the Competition Management table by means of a direct telephone or intercom system.
- 8.3 At Olympic Games, Youth Olympic Games, World Championships and Universiades, the Chief Marshal must be an English-speaking Category 1 Technical Official, appointed by the IWF.
- 8.4 Assistant Marshals are also appointed, as required.
- 8.5 Monitors and enforces TCRR 6.6.5.

Reference to the IWF TCRR section 7.9

REGULATION TO CHIEF MARSHAL

1. The Technical Officials allocated to monitor the Athletes' Cards are called Marshals. The IWF appoints the Chief Marshal(s) and the host Member Federation/Organising Committee appoint Assistant Marshals.
The Athlete's Card is used to record the weight of each athlete's declaration and attempt throughout the competition as well as any other modifications as approved by the IWF TCRR. Each respective Team Official/athlete must initial each entry.
2. The host Member Federation/Organising Committee shall appoint a sufficient number of National Technical Officials (NTOs) to assist, under the supervision of the IWF appointed Chief Marshal, the Competition Director and/or the President of the Jury, the orderly progress of the competition using authorised Athletes Cards.
3. Marshals supervise the declarations and changes of the requested weight made by the athletes/Team Officials for each attempt. The declarations/changes are immediately communicated to the Competition Management who informs the Speaker to make the appropriate announcement.

4. Communication between the Marshals and the Competition Management is carried out by means of an intercom or direct dial telephone system or any other approved communication method.
5. The Marshals' table must be open thirty (30) minutes prior to the start of introduction of athletes.

Reference to the IWF TCRR (Regulations to 7.9)

Roles and Responsibilities:

The role of the Chief Marshal (CM) is critical for the success of the event. Inaccurate and/or late decisions and communication will have horrendous consequences in the management and smooth running of the competition.

Attributes required to be a skilled Chief Marshal include:

- **ability to speak fluent English**
- **be assertive**
- **be attentive at all times**
- **able to work cooperatively**
- **ability to relate well with others**



Additionally to 1.9, the responsibilities of the Chief Marshal are to ensure:

- **That Athlete Cards and Protocols are available at the CM table thirty minutes prior to the start of Introduction of athletes**
- **That the 15/20Kg Rule is respected, if not, the CM must advise the Competition Secretary, if available, or Technical Controller, prior to the start of competition**
- **Changes made for compliance of 15/20Kg Rule are captured on either or both starting weights in the Snatch and/or Clean & Jerk**

- Continued supervision and enforcement of the 15/20Kg Rule
- To place the Athlete's Cards on the Marshal Table in correct Start Number order facing the Athlete/Team Officials
- That athletes/Team Officials change the correct Athlete's Card and enter the changes in the appropriate box
- That the changes made are initialled by the athlete/Team Official
- That changes made are valid by way of monitoring the other athlete's attempts on the computer screen as well as the Athlete's Cards
- That the changes communicated to the Competition Management are correctly entered in the system
- That the timing clock is monitored at all times and that the changes/declarations are requested within the appropriate time
- That the timing clock has not started if the change is a decrease in weight
- To be attentive to the Speakers announcements and watch the timing clock at all times:

Normal 1 minute attempt: everything must be done WITHIN the first 30 seconds.

Successive attempts (2 minutes): declaration for the next attempt must be done WITHIN the first 30 seconds; if so, changes must be made BEFORE the LAST 30 seconds.

NOTE: For orderly procedure with Athlete's Cards it is recommended for CMs to use a red pen and for athletes/Team Officials to use a black pen.

9 TIMEKEEPER

- 9.1 At all IWF Events, the host Member Federation/Organising Committee must appoint Timekeepers.
- 9.2 Timekeepers must hold an International, a National Technical Official card or IWF Certificate of Duty except in Events under TCRR 7.3.2.
- 9.3 Timekeepers operate the timing clock in accordance with all relevant IWF TCRR.
- 9.4 At the beginning of each attempt, Timekeepers set and start the timing clock at one (1) minute (60 seconds) or two (2) minutes (120 seconds), in accordance with the relevant TCRR 6.6. The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.
- 9.5 The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.
- 9.6 The Timekeeper restarts the timing clock if the barbell does not reach the height of the athlete's knees.
- 9.7 In order to perform his/her duties properly, the Timekeeper works in close cooperation with both the Speaker and the President of the Jury.

Roles and Responsibilities:

The very important and only role of the Timekeeper is to operate the timing clock when the athletes are called to the competition platform during the course of the competition, in accordance with the TCRR. The Reserve Referee, within an appointed group of Referees, may be requested to take on the role of Timekeeper.

Attributes required to be a good Timekeeper include:

- basic knowledge of the English language
- ability to remain focused at all times
- able to work cooperatively

Additionally to 1.10, the responsibility of the Timekeeper is to ensure:

- that the timing clock has started the 10 minute countdown at the completion of the Introduction of athletes and prior to the start of the Introduction of Technical Officials. The starting clock will be started by the PC Operator since the Time Keeper will be attending the introduction of Technical Officials which follows the introduction of athletes.
- the timing clock has started the 10 minute countdown for the break immediately after the Snatch portion of the competition, unless otherwise advised by the President of the Jury
- to reset the timing clock to 1 minute, if the order of call (the sequence) interrupts an athlete taking consecutive attempts and enables another athlete to be called whose time starts running and then that athlete requests a change of weight thus causing the original athlete to be called
- to note who the previous athlete was and who the next athlete is in order to start the clock at 1 minute or 2 minutes
- not to confuse “Start” and “Continue” as requested by the Speaker

10 COMPETITION SECRETARY

10.1 The Competition Secretary is responsible for examining and collating the information required for the efficient running of the competition and dispersing the required signed information.

10.2 The Competition Secretary must take full control of the weigh-in room and the procedure therein.

- 10.3 At the conclusion of the weigh-in process the Competition Secretary may be requested to assist in other areas of the competition.
- 10.4 All duties must be executed in close cooperation with the Jury, the Competition Director and the Technical Controllers(s).
- 10.5 The Competition Secretary supervises the weigh-ins and allocates the duties of the Technical Officials in the weigh-in room.
- 10.6 The Competition Secretary allocates, monitors and/or distributes, either at weigh-in or in the warm-up area thirty (30) minutes prior to start of the competition, the following sport equipment / supplies:
- warm-up passes
 - athlete start number bibs & pins
 - Team Officials numbered stickers (optional)
 - collect athlete accreditation for anti-doping control, if required
 - athlete passes, if required

Reference to the IWF TCRR section 7.11

Roles and Responsibilities:

The role of the Competition Secretary is of paramount importance.

Attributes required to be an accomplished Competition Secretary include:

- **basic knowledge of the English language**
- **be punctual and attentive at all times**
- **able to command respect**
- **be assertive**
- **ability to manage people**
- **able to work cooperatively**
- **ability to relate well with others**

Responsibilities prior to Competition:

- **assist, if requested, with the Verification of Final Entries**
- **assist, if requested, with the division of athletes into groups, if necessary, according to the Entry Total as declared in the Verification of Final Entries**
- **assist, if requested, with the supervision of the lot draw, if not done electronically.**

At the Weigh-in Room:

- **confirm there are sufficient chairs, tables, lighting and access to weigh-in room**

- confirm required protocol sheets are present and available
- confirm scales are appropriately placed to allow for complete privacy and appropriate space for the athlete, Team Official and two Referees (both Referees and Team Official must be the same gender as the athlete to access the scale area)
- confirm scales are set at minimum requirement (10g increment)
- confirm scales are accurate and capable of weighing the heaviest athlete
- confirm sufficient bibs, safety pins and Warm-Up Passes
- confirm Competition Secretary and Referees watches are synchronised
- ensure Referees are present 30 minutes prior to weigh in; reporting to the Jury President any absentees
- post list outside Weigh-in Room so athletes/Team Officials are aware of order of call
- assign weigh-in duties to Referees (duties include: calling athletes, passport or official identity check - photo, date of birth, country, spelling of name - confirm athlete correct age/weight category, distribute appropriate number of warm-up passes, distribute bibs & pins)
- ensure only one Team Official (Coach, Manager, athlete Representative) is accompanying each athlete
- ensure athlete's family name is written in uppercase letters and given name is written in uppercase for the first letter and lowercase for the subsequent letters (i.e.: SMITH, Jane)
- ensure Date of Birth (DOB) is written as dd/mm/yyyy.

During Weigh-in:

- Referee writes athletes bodyweight on scrap paper, confirms with athlete/Team Official; then provides to Competition Secretary in order to transfer bodyweight to Athlete's Card
- athlete/Team Official write starting attempts for both Snatch and Clean & Jerk
- athlete/Team Official initials bodyweight and both starting attempts, to confirm acceptance
- Competition Secretary and assigned Referee confirm 15/20Kg Rule; change starting attempts as necessary
- upon completion of successful weigh-in, athletes are provided a bib number and pins, if necessary, to be placed on the side of the thigh visible to the Technical Controller and Jury as well as the appropriate number of Warm-up Passes
- if a weigh-in is not successful (athlete misses call, athlete does not make weight) distribution of bib numbers cease; distribution will resume in Warm-up Room to ensure integrity of the sequence is respected
- if an athlete misses the call for weigh-in that athlete moves to the back of the line even if there are multiple categories in one session
- if an athlete fails to make weight, either under or over, the athlete can return at any time, the athlete does not wait in line

Post Weigh-in:

- weigh-in is closed when all athletes have been weighed or when the one hour time limit is reached
- using the Athlete's Cards as a reference the Competition Secretary completes the Weigh-in List

- Referees double check Weigh-in List for accuracy prior to signing - signature signifies information is correct
- the Competition Secretary hand delivers Weigh-in List to Competition Management System attendants and Athlete's Cards to Chief Marshal
- if weigh-in is offsite of competition venue, faxing or scanning/e-mailing Weigh-in List is acceptable as an advance copy - original must still be hand delivered
- confirm with Chief Marshal and Technical Controller(s), upon arrival, receipt of Athlete's Cards and/or spare bibs
- ensure bib numbers, if distribution was seized, has resumed prior to start of competition
- assist with the supervision of the registration of new World or Olympic records, as required
- assist with any aspect of the competition, as required.

11 SPEAKER

- 11.1 The duty of the Speaker is to make the appropriate announcements for the efficient running of the competition, for each attempt, including but not limited to:
- instructions to the loaders to load the required weight
 - the name of the athlete
 - the athlete's respective Member Federation / NOC
 - the number of the athlete's attempt
 - notification in advance of the name of the next athlete
 - the Referees' decision of "Good Lift" or "No Lift".
- 11.2 If required, a Speaker's Assistant may be appointed whose function is to take the weight changes from the Chief Marshal and inform the Speaker.
- 11.3 The Speaker announces the Introduction of athletes and Technical Officials, as well as makes all the required announcements regarding the course of competition.
- 11.4 The Speaker, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.
- 11.5 The Speaker conducts the Victory Ceremony in accordance with Regulation to 6.9.
- 11.6 If no TIS is used, the Speaker must be a Category 1 or 2 International Technical Official.

Reference to the IWF TCRR section 7.12

Roles and Responsibilities:

The Speaker sets the tone of the competition by conveying the progress of the competition to the athletes, Team Officials, Technical Officials and the audience.

At Olympic Games, World Championships and all other major IWF Events one or more Speakers must be appointed. As well, an assistant to the Speaker(s) may be appointed whose function is to take weight changes from the Chief Marshal and inform the Speaker.

Attributes required to be a successful Speaker include:

- converse fluently in English and in the local language
- experience in international weightlifting competitions
- clear and concise delivery
- a good “microphone voice”
- ability to engage the audience

Additionally to 1.12.1, the responsibility of the Speaker is to ensure:

- to take charge of the efficient running of the competition in collaboration with the Competition Director, Competition Secretary and the Technical Officials and make the appropriate announcements.
- to keep the audience informed of the progress of the competition and more in-depth information about the athletes.
- to request the timekeeper to stop the clock when the athlete/Team Official changes the weight or when instructed by the Jury.
- to instruct the Loaders to load the required weight on the barbell.
- at the start of the competition the Speaker announces the Introduction of the athletes and Technical Officials in accordance with the TCRR.
- at the conclusion of the Victory Ceremony for the Total the Speaker requests that everyone stand for the Anthem of the Gold Medallist.



12 DOCTOR ON DUTY

- 12.1 At IWF Events Doctors on Duty must be medically qualified clinical doctors with current valid registration and professional insurance. Doctors on Duty must have Advanced Life Support (ALS) validation or professional equivalent. Doctors must be holders of an International Technical Official Card or a Certificate of Duty.
- 12.2 Doctors on Duty must be present at the venue from the start of the competition until the end of the competition.
- 12.3 Doctors on Duty must be familiar with and use the local / venue medical facilities and, if requested, assist in anti-doping control procedures.
- 12.4 Doctors on Duty must be ready to render medical care in case of injury or illness.
- 12.5 Doctors on Duty must cooperate with team doctors and advise Team Officials and the athletes on the possibility of continuing competition after an injury.
- 12.6 At World Championships and Olympic Games two (2) Doctors must be on duty at the same time. Doctors on Duty are on the FOP; one (1) is stationed in the warm-up area, the other is within close proximity of the competition platform / stage suitable to the venue layout.
- 12.7 If necessary, team doctors may also be asked to assist the Doctor(s) on Duty. If there is a medical need, the athlete shall agree to the IWF Doctor(s) on Duty attending to him/her.
- 12.8 Appointed IWF Doctors on Duty are responsible within the FOP; their responsibility ends outside the FOP.
- 12.9 In case of an accident or injury, the Doctor(s) on Duty has to assess the situation and decide if further treatment is necessary either by local medical authorities or by the team doctor. If no team doctor is available, it is up to the Doctor(s) on Duty to provide assistance or to transfer treatment to the local authorities.

Reference to the IWF TCRR section 7.13

Roles and Responsibilities:

At Olympic Games, World Championships and other major IWF Events, Medical Doctors are appointed to be Doctor(s) on Duty (DOD) during the competition in each of the bodyweight categories.

A table and chair must be provided for the DOD near the athletes' point of entry to the competition platform / stage and in the Warm-Up Area relative to the competition venue layout.

Attributes:

Doctor(s) on Duty must have practical knowledge of elite weightlifting, including rules and regulations appertaining to medical aspects of the sport.

Responsibilities:

The duties and responsibilities of the Doctor on Duty include being:

- present at the competition venue, thirty minutes before the start of the competition and until the conclusion of the Victory Ceremony
- present at the Introduction of Technical Officials
- familiar with and use the competition venue medical facilities and, if requested, assist in the anti-doping controls
- assured arrangements are in place and make contact with the responsible local medical authorities and together with them survey the local medical facilities before the start of the competition in consultation and cooperation with the Competition Director
- acquainted with the Organising Committee's medical representative and the local hospital facility, ambulance transfer and paramedical/nursing staff (First Response team)
- aware of the necessary equipment and its availability and accessibility e.g. stretcher, First Aid Kit, splints and resuscitation equipment
- available to instruct and if necessary, demonstrate to the Loaders how to act in the event of a medical emergency occurring on the platform in cooperation with the Technical Controller(s)

(Also refer to the IWF Medical Guidebook to be published)

13 REGULATION TO TECHNICAL OFFICIALS - ADDITIONAL SUPPORTING STAFF

13.1 FOP LIAISON

For IWF Events with broadcast and/or sport production, a Technical Official may be appointed to liaise with FOP sport production functions; such as lighting, music, Victory Ceremony, Mixed Zone, etc. This role, when used, is referred to as the FOP Liaison and is highly recommended within the Games and major Events' environment.

Reference to the IWF TCRR (Regulations to 7 – Pt 1)



13.2 LOADERS/DECONTAMINATION ATTENDANTS

Loaders are sport specific volunteers / staff who manage the loading of the barbell under the direction of the Speaker and Technical Controller.

The duties of the **Loaders** are as follows:

- Load the barbell in accordance with TCRR and as directed by the Speaker
- Check the bar after each attempt for blood; advise TC and Decontamination Attendants (DA) immediately for cleaning with antiseptic
- Manage or act as a privacy barrier for injured athletes; assist the Doctor(s) on Duty, if requested
- Clean the bar and the competition platform /stage as required and/or as directed by the Technical Controller during and after competition
- Prepare the medal podium for the Victory Ceremony at the conclusion of the competition
- Unload the barbell and return the discs to the weight racks.

Decontamination Attendants are sport specific volunteers/staff who manage the cleaning of the barbell under the direction of the Technical Controller.

The duties of the Decontamination Attendants are as follows:

- Safely remove blood and other contaminants from the bar and competition platform, as required and/or as directed by the TC
- Ensure the safe disposal of contaminated materials in accordance with applicable policy
- Clean the bar with antiseptic at the conclusion of each competition
- Assist Loaders, if required, to manage or act as a privacy barrier for injured athletes; assist Doctor(s) on Duty, if requested.

Note: Decontamination Attendants must respect universal precautions by wearing gloves in the performance of their duties.

Reference to the IWF TCRR (Regulation to 7 – Pt 2)

Roles and Responsibilities:

Loaders/DAs have a designated area with chairs on the opposite side of the athletes' point of entry to the competition platform / stage. It is best practice to assign a Technical Official in the position of Chief Loader* to lead and manage the loading team.

Attributes:

- **communicate in English***
- **provide and accept direction**
- **be attentive at all times**
- **act and react in a calm manner**
- **be proactive rather than reactive**
- **be physically fit**

Note 1: Loaders may also assume the role of Decontamination Attendants

Note 2: Loaders/Decontamination Attendants must not go up on stage to render assistance to an athlete in case of an accident/injury, unless requested by the Doctor on Duty.



Loaders manage or act as a privacy barrier for injured athletes; assist the Doctor(s) on Duty, if requested

APPENDIX 1

Procedure for Application of 15/20Kg Rule

This Rule (6.5.7) shall apply in all IWF Events unless otherwise stated

1. The following Technical Officials are responsible for the supervision of Entry Totals and starting attempts following the publication of the Starting List:
 - a) Competition Secretary and Referees at weigh-in;
 - b) Chief Marshal and other Marshals;
 - c) Technical Controller in the warm-up area;
 - d) Officials operating the Competition Management Program;
 - e) Competition Director (if appointed);
 - f) Jury.

In all cases, any Athlete/Coach that refuses to comply with the directive of the Jury or designated Technical Official is eliminated from the competition.

NOTE: The responsibility to comply with the Entry Totals and all relevant Rules rests entirely with the Athletes and Coaches.

2. If the starting weights do not respect the 15/20Kg Rule, any of the above mentioned Technical Officials must immediately advise the Athlete/Coach concerned to make the required changes.
3. If an Athlete's first attempt in the Snatch is lighter than required by the 15/20Kg Rule, the Athlete/Coach must be advised by the Chief Marshal or Technical Controller in the Warm-up Area that the first attempt in the Clean & Jerk must be increased in order to comply with the Rule.
4. If the Athlete/Coach does not make the necessary change for the first Clean & Jerk and refuses to do so, the Athlete is eliminated from the competition immediately upon refusal.
5. If the 15/20Kg Rule is not respected by the Athlete/Coach and goes unnoticed by all Technical Officials and the Athlete takes attempts, whether successful or not, and then after the execution of the lifts, the error is noticed, any or all such attempts, not in compliance with the Rule, will be rendered as NO LIFT. The Athlete concerned will be compelled to nominate a weight on the barbell in accordance with the sequence and the 15/20Kg Rule, as long as it is within their three attempts in the Clean & Jerk. **No additional attempts will be granted.**
6. If the Athlete/Coach does not respect the 15/20Kg Rule and the non-compliance is noticed by the Technical Officials at the completion of the Session, the Athlete's Total will not be valid and will therefore be deleted from the Final Results by order of the Jury.

APPENDIX 2

Chief Marshals must look at the Timing Clock when Coach/Athlete comes to **declare/increase** weight.

Normal 1 minute attempt;

➡ Everything must be done **WITHIN** the **FIRST 30 seconds**

Consecutive attempt (2 minutes);

Declaration for the next attempt

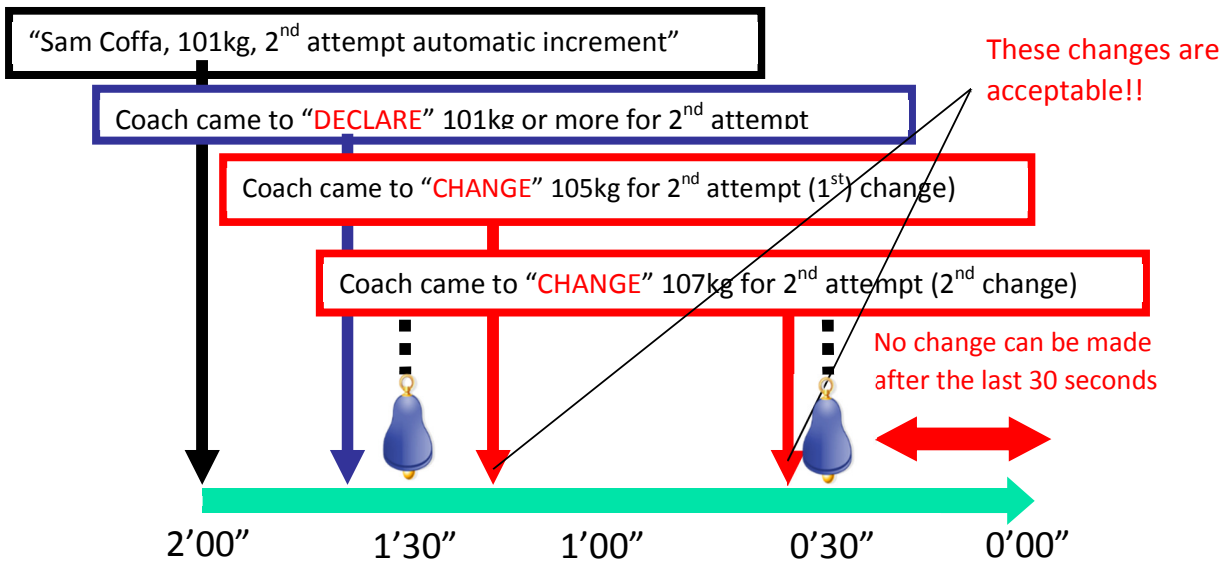
➡ **WITHIN** the **FIRST 30 seconds**

Change of the weight X 2

➡ **Before** the **LAST 30 seconds**

Will be available only if the Coach/Athlete declared the next weight within the first 30 seconds

Example: Consecutive attempts **Succeeded with 100kg** at the 1st attempt



TECHNICAL OFFICIALS' GUIDEBOOK

