

USA WEIGHTLIFTING TECHNICAL RULES

as of November, 2008

1 THE TWO LIFTS

1.1 The Snatch

1.1.1 The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. No part of the body other than the feet may touch the platform during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the referees give the signal to replace the barbell on the platform. The lifter may recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

1.2 The Clean and Jerk

1.2.1 The first part, the Clean:

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

1.2.2 The second part, the Jerk:

The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended, and waits for the referees' signal to replace the barbell on the platform. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

IMPORTANT REMARK:

After the Clean and before the Jerk, the lifter may adjust the position of the barbell. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to:

- a) withdraw the thumbs or “unhook” if this method is used,
- b) lower the barbell in order to let it rest on the shoulders if the barbell is placed too high and impedes the breathing or causes pain,
- c) change the width of the grip.

1.3 General rules for all lifts

- 1.3.1 The technique known as “hooking” is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell.
- 1.3.2 In all lifts, the referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.
- 1.3.3 After the referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. The grip on the barbell may be released when it has passed the level of the waist.
- 1.3.4 A competitor, who cannot fully extend the elbow due to an anatomical deformation, must report this fact to the three referees and the Jury before the start of the competition.
- 1.3.5 When snatching or cleaning in the squat style, the lifter may help the recovery by making swinging and rocking movements of the body.
- 1.3.6 The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.
- 1.3.7 The use of chalk (magnesium) on the hands, thighs, etc., is permitted.

1.4 Incorrect movements and positions for all lifts

- 1.4.1 Pulling from the hang (unless discussing with a referee first).
- 1.4.2 Touching the platform with any part of the body other than the feet.
- 1.4.3 Uneven or incomplete extension of the arms, at the finish of the lift.
- 1.4.4 Pause during the extension of the arms.
- 1.4.5 Finishing with a press-out.
- 1.4.6 Bending and extending the elbows during the recovery.
- 1.4.7 Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.
- 1.4.8 Replacing the barbell on the platform before the referees’ signal.
- 1.4.9 Dropping the barbell after the referees’ signal.
- 1.4.10 Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- 1.4.11 Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform.

1.5 Incorrect movements for the Snatch

- 1.5.1 Pause during the lifting of the barbell.
- 1.5.2 Touching the head of the lifter with the bar.

1.6 Incorrect movements for the Clean

- 1.6.1 Placing the bar on the chest before turning the elbows.
- 1.6.2 Touching the thighs or the knees with the elbows or the upper arms.

1.7 Incorrect movements for the Jerk

- 1.7.1 Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees.
- 1.7.2 Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.

2 PLATFORM AND REFEREE SYSTEM

2.1 Competition platform

- 2.2.1 All lifts must be executed on the competition platform.
- 2.2.2 The platform must be square, level and measuring four (4) metres on each side.
- 2.2.3 A clear area measuring one (1) metre surrounding the platform is compulsory. This area must be flat and free from any obstacle including discs.

2.2 Referee system

- 2.2.1 During the course of the competition, as soon as the referee has judged “Good lift”, she/she raises a white flag and then the referee must say “Down” and signal the athlete to lower the barbell.
- 2.2.2 When the referee judges that the athlete has committed a fault during the execution of a lift, they give a “No lift” decision by raising a red flag then the judge gives a “Down” signal indicating the competitor to replace the barbell on the platform.

2.3 Other equipment

- 2.3.1 Attempt board: A well visible board on which must appear the name of the competitor, the weight to be attempted and the number of the attempt. The information on the attempt board must be available throughout the entire competition.
- 2.3.2 Warm-up area: In order to prepare themselves for their competition, the competitors must be provided with a warm-up area located in close proximity to the competition area. The warm-up area has to be equipped with an appropriate

number of platforms, barbells, chalk, etc. in relation to the number of competitors. In addition, it has to be equipped with the following equipment:

2.4 Official documents of the competition

2.4.1 The following documents are essential for the efficient operation of a weightlifting competition:

- a) The Start List: Gives in detail the names of all the participants.
- b) The Competitor's Card: This document contains the competitor's name, date of birth, bodyweight category and group. It is used to record the weight of each attempt during the competition, with the eventual modifications as allowed by the rules. The coach must sign against each entry.

3 OUTFIT OF THE COMPETITORS

3.1 Costume

3.1.1 Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

The costume:

- may be one-piece or two pieces but must cover the trunk of the competitor;
- must be close fitting;
- must be collar-less;
- may be of any colour;
- must not cover the elbows;
- must not cover the knees.

4 COMPETITIONS

4.1 Couse of the Competition

4.1.1 Competitors will write on their sign-in card the first attempts of both the snatch and clean and jerk.

4.1.2 Competitors get three attempts in each of the snatch and clean and jerk attempts. in non-USAW sanctioned events, the competitors will get on extra attempt if he/she misses his/her last attempt in both the snatch and clean and jerk events.

4.1.3 The barbell is loaded in progression, the competitor taking the lowest weight lifting first. Once the announced weight is loaded on the barbell, it cannot be reduced (unless there is a safety issue). The competitors or their coach must therefore observe the progression of the loading and be ready to make their attempt at the weight they have chosen.

- 4.1.4 The judge will announce the current lifter, the next lifter (“on deck”), and two lifters away (“in the hole”).
- 4.1.5 The weight of the barbell with weights must always be a multiple of 1.0 kg.
- 4.1.6 The progression after any successful attempt for the same athlete must be a minimum of 1.0 kg.
- 4.1.7 One minute (60 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt. After 30 seconds, a warning signal sounds. When a competitor attempts two lifts in succession, he or she is allowed two minutes (120 seconds) for the succeeding attempt. Thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the competitor has not raised the barbell from the platform to make the attempt, this attempt is declared “No lift” by the three referees. The start of the time has to be at the completion of the announcement of the attempt by the speaker or the completion of the loading of the bar, whichever is the last.
- 4.1.8 When a competitor wishes to increase or decrease the weight originally selected, the competitor or his or her coach must notify the officials / marshals before the final call.
- 4.1.9 The final call is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.
- 4.1.8 Before the first attempt or between two attempts, only two changes of weight are allowed, excluding the automatic increment of 1.0 kg. Each change has to be written on the competitor’s card and signed/ initialled by the coach or the athlete. After the competitor has received the final call to the platform, the weight of the barbell cannot be changed even if it is the automatic increase.
- 4.1.9 When a competitor asks for a change of weight and still has to take this heavier weight next, the clock is stopped while the weight is changed. After the change has been completed, the clock continues to run until the end of the allocated time. When a competitor asks for a change and, in doing so, follows another competitor, the normal one-minute (60 seconds) applies for the next attempt.
- 4.1.10 Competitors or their coaches cannot change their decision about the decline of an attempt once the weight and the attempt have been officially announced. They also may not re-enter the competition if an official announcement has been made that the competitor has withdrawn from the competition.

4.2 Order of Calling

4.2.1 There are four (4) factors to consider when calling the competitors in sequence:

- The weight of the barbell
- The number of the attempt (first, second or third)
- The lot number of the competitor
- The progression, i.e. the difference in kg between the previous attempt and the requested attempt.

4.2.2 In consideration of the above-mentioned factors, the order of calling is as follows:

- a) The lifter taking the lighter weight lifts first
- b) The competitor with the lower number of attempts lifts before the one with a higher number, i.e. a first attempt is executed before a second or third attempt and a second attempt executed before a third attempt;
- c) When more than one competitor ask for the same weight and the number of their attempt is identical, the competitors are called progressively according to their lot number, i.e. the athlete with the lower lot number lifts before one with a higher number.

EXCEPTION:

If the athlete with the higher number lifted earlier than the athlete with the smaller number (the progression between the previous attempt and the requested attempt is bigger than the one of the other athlete).

- d) The order of calling applies to both the snatch and the clean and jerk.

Example:

	SNATCH			CLEAN AND JERK		
Competitor A	102	106	107	135	140	142
Competitor B	100	105	107	135	143	143
Competitor C	102	106	107	135	142	143

The order of calling is the following:

Snatch: B-A-C, B-A-C, B-A-C

Clean and Jerk: A-B-C, A-C-A, B-C-B