

Ontario Weightlifting Association Technical Officials Category 4 Course



A Production of OWA VP Technical Committee

***With special thanks from IWF Technical Committee members:
Reiko Chinen (JPN); Pedro Sanchez (AUS); Attila
Adamfi(HUN); and Sam Coffa (AUS)***



Technical Officials must:

- Act as **impartial judges**
- Perform duties with **accuracy, consistency, objectivity**
- Display the **highest sense of integrity**
- Ensure that the **Field of Play (FOP = Competition area including the Warm-up area)** is **safe for Athletes, Coaches, Volunteers and Technical Officials**
- **Know the Rules** with absolute certainty
- **Apply (not interpret) the Rules** without fear or favour
- Use a **degree of 'common sense'** when confronted by non-technical issues.



Technical Officials must...

JUDGE WHAT WE SEE = NOT WHAT WE THOUGHT WE SAW

Ensure that we **make the right decision** when to act or when not to act.

When we see a fault we must **act immediately**.

We must apply ourselves **in a professional manner**:

- Present a good image
- Be punctual
- Be and remain attentive
- Assist whenever and wherever possible in any area when asked or requested
- Be friendly with colleagues and
- Above all, don't lose our nerves.



**Why do I want to
become a Technical
Official? What is in it
for me?**

Because you.....

- *develop leadership skills - the satisfaction of helping athletes achieve their goals.*
- *have fun through opportunities to meet new friends and travel.*
- *contribute to your personal growth - learning through new experiences.*
- *have a sense of belonging - opportunity to give back.*
- *be empowered and serve the community, province, nation, and world.*
- *improve the quality and safety of the sport by becoming an official.*



Promotion of Technical Officials – Category 4



OWA Technical & Competition Rules enable individuals to achieve OWA Category 4 (Provincial Level) Technical Official Status by following the steps noted below

Tasks to complete Category 4



Be a current member of the OWA



Job shadow a CWFHC Referee Category 3 or (or higher) at a competition and/or attend an Officiating clinic conducted by a Category 1 or 2 TO



Complete a 60 question theory exam – conducted by an OWA Category 4 (or higher) Passing grade is 75%



Tasks to complete Category 4

(continued)



Referee 65 lifts while being adjudicated by a Category 3 (or higher) official. The 65 lifts must be done within one competition



Participate at a weigh-in as a referee for one session

Tasks to complete Category 4

(continued)



- ✓ **Act as a computer scorekeeper for one session**
- ✓ **Act as a Technical Controller for one session**
- ✓ **Act as timekeeper for one session**



Weigh-in



Weigh-in List

- **Lot Number**
- **Name**
- **Date of birth**
- **Province / Club**
- **Entry Total**
- **Bodyweight**
- **First attempts of Snatch and Clean & Jerk**

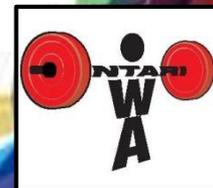
Competitor's Card

■ Issued for each Athlete

- **Start Number**
- **Name**
- **Province / Club**
- **Date of Birth**
- **Bodyweight***
- **Starting attempt in Snatch and Clean & Jerk***
- **Bodyweight category and group**

*** Coach/Team Leader/Athlete must sign or initial**

The start number is now added to the competitor card and scoreboard replacing the lot number





Weight Categories

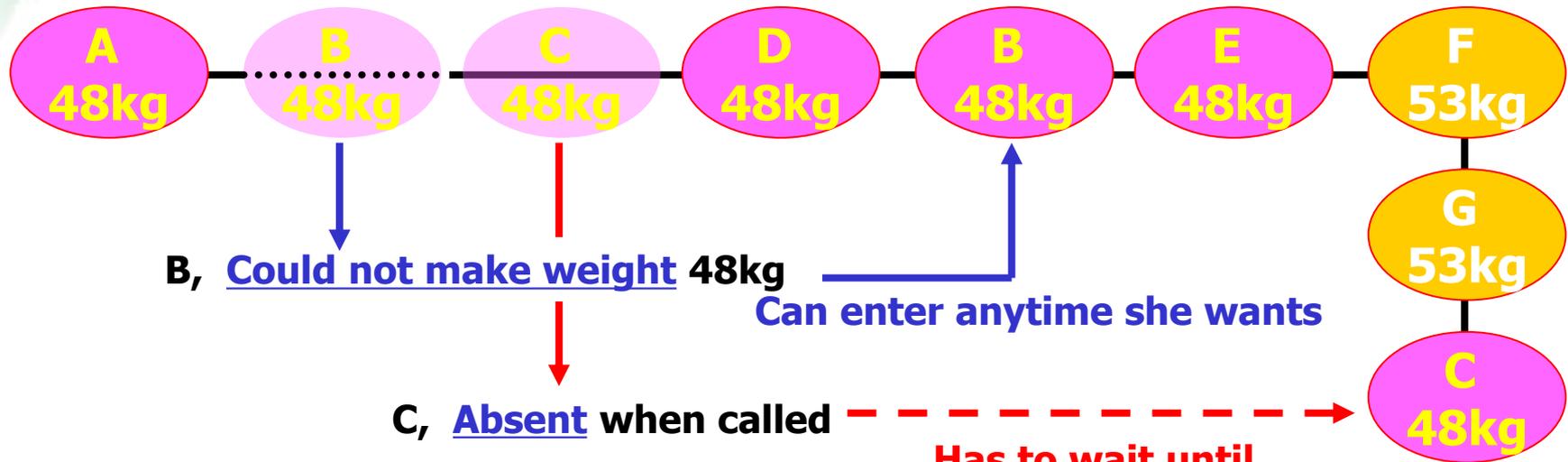
- **Junior & Senior Women: 48, 53, 58, 63, 69, 75, 90 and +90kg**
- **Junior & Senior Men: 56, 62, 69, 77, 85, 94, 105, +105kg**
- **Youth Female: 44, 48, 53, 58, 63, 69, 75,+75kg**
- **Youth Male: 50, 56, 62, 69, 77, 85, 94, +94kg**



Weigh-in order

Athletes are weighed in in order of Lot Number within each weight category

If Weight Categories are combined: 48kg and 53kg



Weigh-in starts 2 hours prior to Competition time & Athletes have 1 hour to make weight.

Has to wait until the end of the group (48kg + 53kg)



Weigh-in procedure

- Ensure **Start List** is posted outside of weigh-in room
- **Call Athletes** one at a time in accordance with the Start List
- **Check** Athletes' **FULL NAME** and **DATE OF BIRTH** by accreditation / verbal confirmation
- **Weigh the Athlete**
- **Write** Bodyweight on **Competitor's Card**
- **Ask** Athletes starting attempts in both lifts; have Athlete **sign** the Competitor's Card
- At least two **Technical Officials** should monitor the weighing of the Athlete.



Timekeeper



- ✓ The start of the time is the **completion of announcement or loading of the Bar, whichever is last.**
- ✓ Press “Start” button **when Loaders are off the platform.**
- ✓ **Who** is the **previous Athlete** and **who** is the **next Athlete ?**

1 minute ?

2 minutes ?

- ✓ **Not** to confuse, “**Start**” and “**Continue.**”

Be careful: Athletes often change their weights after being called.



Remember to stop the Clock



Immediately when the Barbell is **raised from the Platform**



Now !!

In every case

Regardless of the remaining time ...



Knee

NO !!

Restart the clock if the Barbell **has not reached** the height of the **knees**.



2 Minutes to 1 minute

'In case the order of call (the sequence) interrupts an Athlete taking consecutive attempts permitting another Athlete to be called whose time starts running, then that Athlete requests a change of weight thus causing the original Athlete to be called, he/she shall be granted only 1 minute.'

What does it mean?!



For example

“Athlete A, 100kg. Next Athlete is B (105kg).”

A succeeded 100kg.

“Athlete A, 101kg. Next Athlete is B (105kg).”

Clock is set as 2 minutes, then started.

Then, A changed to 105kg.

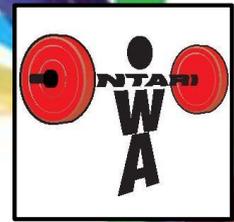
“Athlete B, 105kg. Next Athlete is A (105kg).”

Clock is set as 1 minute, then started.

Then, B changed to 107kg.

“Athlete A, 105kg. Next Athlete is B (107kg).”

In this case, the Clock is set as ~~2 minutes~~ 1 minute.



Important !

- **Speaker & the Timekeeper must look at the Clock when Coaches come to **declare/increase** weight.**

Normal 1 minute attempt;

➡ Everything must be done **WITHIN** the **FIRST 30 sec.**

Successive attempt (2 minutes);

Declaration for the next attempt

➡ **WITHIN** the **FIRST 30 sec.**

Changes of the weight

➡ **Before** the **LAST 30 sec.**

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

Need to know!

The automatic increment applies in the following;

- **1kg up after the Good Lift in the previous attempt**
- **Same weight after the No Lift in the previous attempt**



Request for change within the first 30 seconds



In consecutive attempts (**2 minutes**),

The Coach must **DECLARE** the next weight to the Marshal

➔ **Within the first 30 sec of the 2 minutes
Even if it is the automatic increment.**

Otherwise the Athlete has to take the automatic
increment!!

**The system will sound two times: at the first 30 seconds
and at the last 30 seconds**





Coach "declaration"...

The Coach can change the weight 2 more times before the last 30 sec.!!

Ex. Succeeded with 100kg at the 1st attempt

"Nancy Jones 101kg, 2nd attempt automatic increment"

These changes are acceptable!!

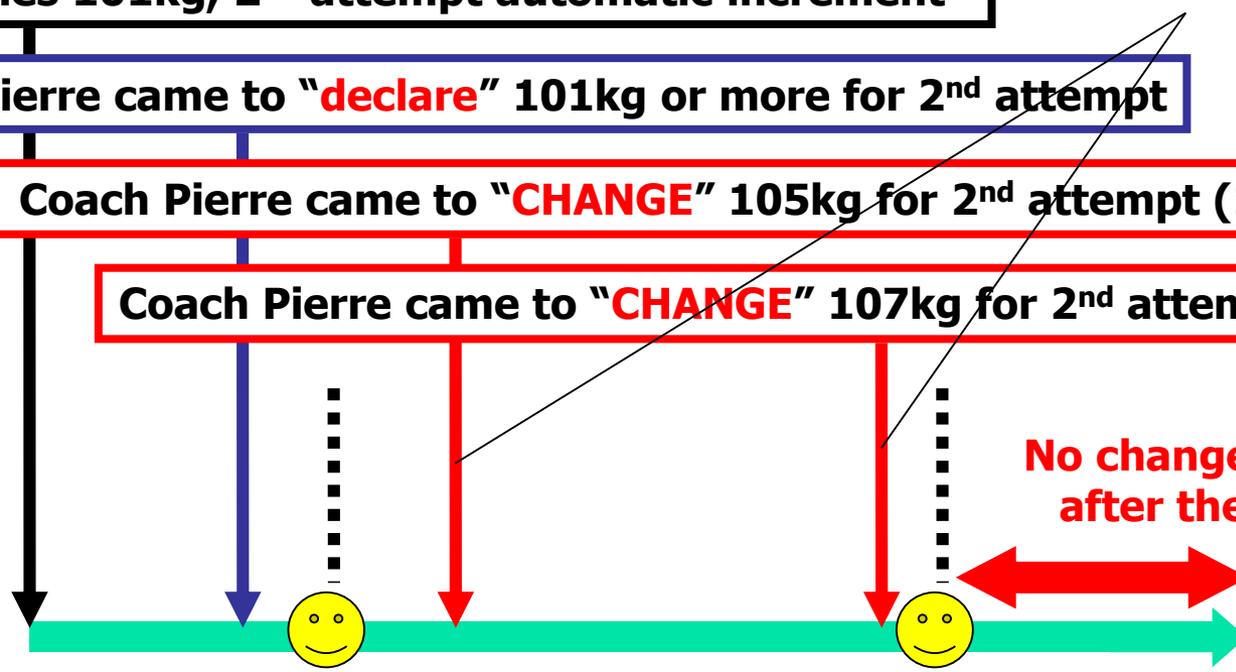
Coach Pierre came to "declare" 101kg or more for 2nd attempt

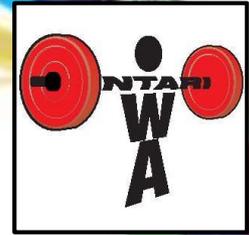
Coach Pierre came to "CHANGE" 105kg for 2nd attempt (1st change)

Coach Pierre came to "CHANGE" 107kg for 2nd attempt (2nd change)

No change can be made after the last 30 sec.

2'00" 1'30" 1'00" 0'30" 0'00"





Good Timekeepers

- **Always remain focused**
- **Know Technical Rules comprehensively**
- **Press “Start” 10 minutes before the start of competition, 10 minutes after the introduction of athletes and 10 minutes after the Snatch competition** *(break between the snatch and c/j may differ according to Competition Director and/or Technical Director decision; if so, coaches must be told immediately).*

Always think of the Athletes !!

Referees

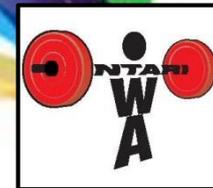


**Referees must concentrate
on their main task,
“Adjudication of the lifts”,
However, there is more...**

Speakers “call” the Athletes to the Platform

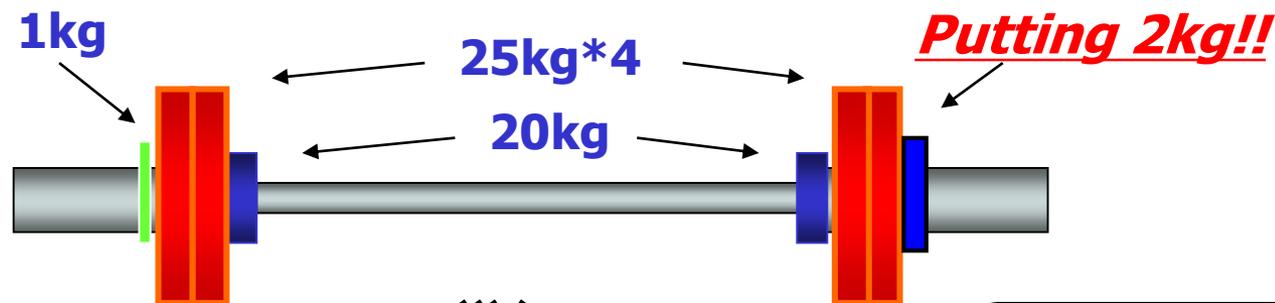
1. The weight of the Barbell (**lightest weight first**)
1. The number of the attempt (**lowest number first**)
1. The sequence/order of the previous attempt(s)
(the Athlete who **lifted earliest is first**)
1. The **Start Number** of the Athlete (**lowest first**)





Before each attempt...

Compare the **Announcement** and **Weights** on the Bar **carefully**.



Watch !!

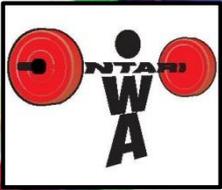


Listen !!!

"Loaders, one hundred thirty seven kilos, please"

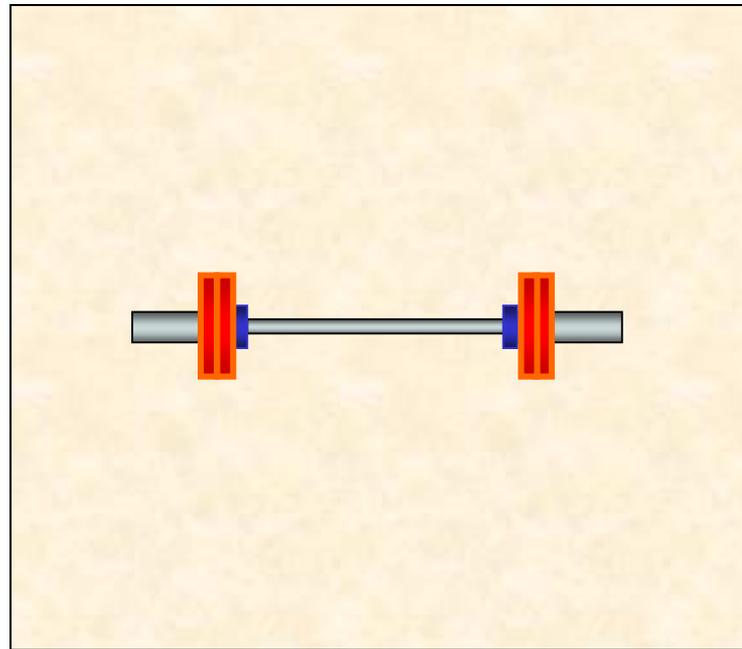
No !!
Green 1kg plate
Please !!

Don't hesitate! Shout loudly !



If the Barbell is not set on the centre of the Platform...

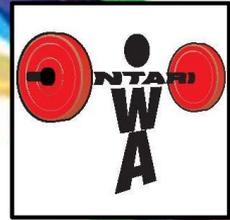
Sure!!



**Put the barbell
on the centre
please !!**

**Centre Referee
can see easily.**

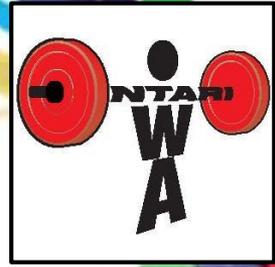
Ask Loaders to replace it on centre.



Also...

When Referees see **blood on the bar...**

- **Request the **Loaders** to clean the Bar**
- **If the **Loaders** don't understand you, report it to the **Technical Controller** or **Jury Members** (if applicable)**



Athletes must:

'Not facing the Centre Referee at the beginning of a lift' becomes **NO LIFT**.

OK!



Once the bar passed the knee, press **Red**!



If the Referee Light System is broken during the lift...

Centre Referee seeks confirmation from the side Referees, **immediately!!!**

Side Referees must cooperate by using gesture of Good or No Lift !!

Then, Centre Referee gives audible and visible down signal.



During the execution of a lift

If you see a fault or incorrect movement,
Press **Red** immediately after the incorrect movement

- **Elbow touch**
- **Pressing out**
- **Oscillation** **etc.**

If **red**, the **sooner** the **better** to save the Athlete's energy.





Oscillation is an incorrect movement

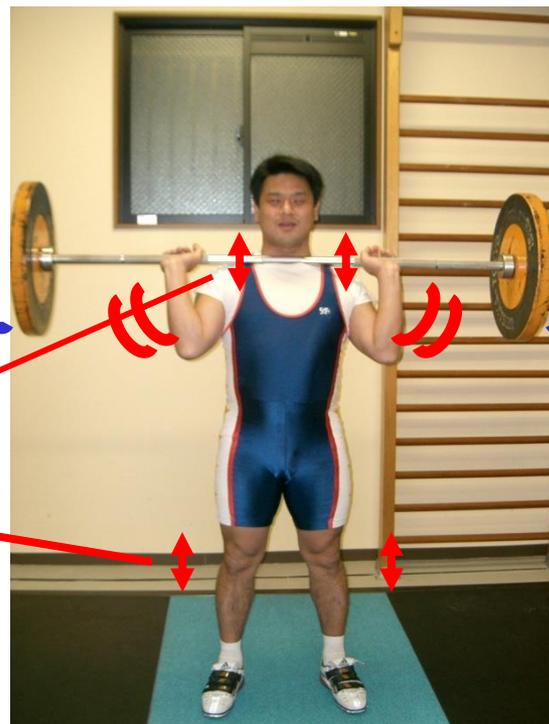
Oscillation =

→ Any **deliberate movement** to gain advantage for the Jerk

Shaking arms, shoulders

Repeated slight knee bending

Press Red !



Immediately if you see these **deliberate** movements.

Oscillation is **different** from the bar's **natural** elastic movement.

During the execution of a lift

Referees must **watch carefully** until the Athlete becomes **motionless in all parts of the body**.

- Arms and legs are fully **extended**
- Feet and barbell are **in line** and **parallel** to the **plane of the trunk**

Wait, wait, wait, until the final position !!



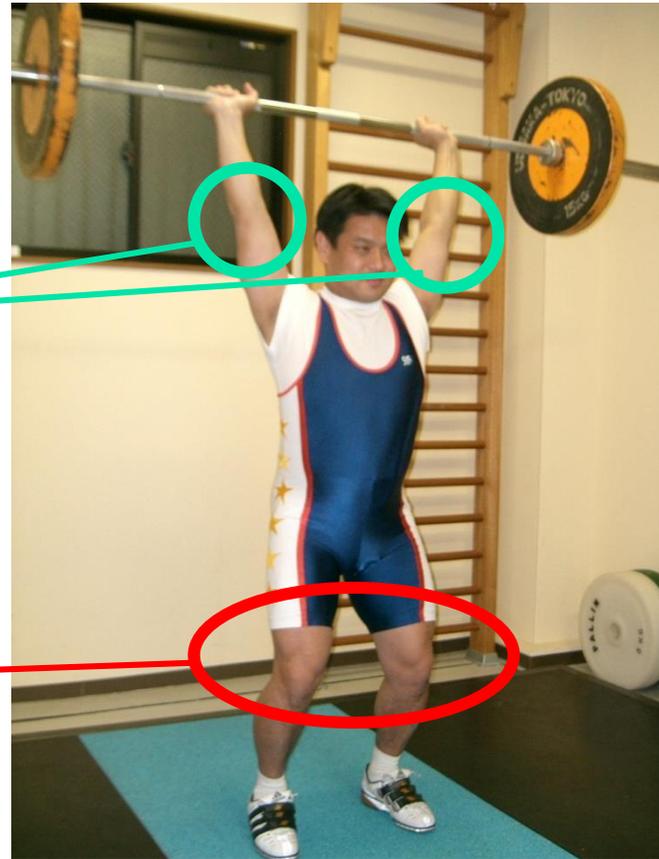


Arms and legs fully extended

What do you think ?

OK!

Not yet !!



You must wait until legs are fully extended.



Feet and Barbell in line

What do you think ?

Not yet !!

**You have to wait until
the feet are in line**



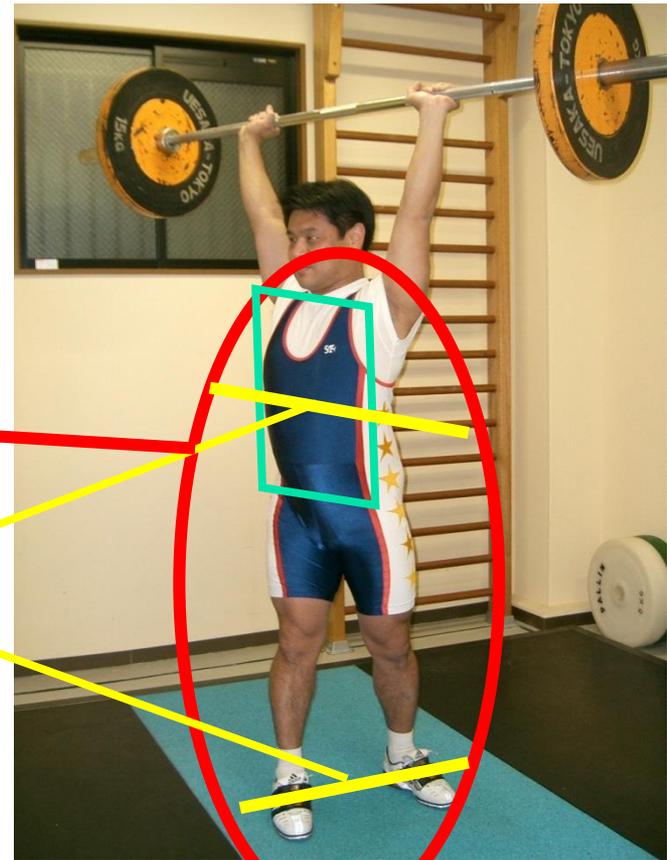


Feet and Barbell parallel to plane of trunk

What do you think ?

Not yet !!

Not parallel



**You have to wait until
the feet and Barbell are parallel to the plane of trunk**



You have to wait until Final Motionless Position



Still rotating



Still walking

You have to wait until the Athlete becomes motionless

When the Athlete has made the final position...

Press Red or White button,

immediately!!!

Only after

2 of the 3 Referees have given **identical decisions**,
Electronic Referee Light System gives the **Down Signal**.

If one Referee hasn't pressed any button while the one Referee pressed white and the other pressed red, the Light System will not give the Down Signal !!





Technical Controller

Duties of Technical Controllers



- **Check apparatus and facilities of Competition**
- **Check Technical Officials' uniform**
- **Inspect outfits of Athletes**
- **Check number of Coaches in Warm-up area**
- **Supervise lifting order**
- **Control around Platform**
- **Control cleaning of the Bar and Platform**



“If I were an Athlete...”.

As a Technical Controller, you should think about...

**How to allow Athletes
to concentrate ?**

If you don't disturb the Athlete's concentration,

Athletes might make a good result in his/her level.

If there are many good results,

Competition will end in a big success !!



To keep the Athletes' concentration.....

- **Warn** Athletes early...the **earlier** the better
- **DO NOT** act **like the police!**
- **DO NOT touch** Athletes...use words and eye contact.
- **Check** Athletes outfit on their way to the **Platform!**

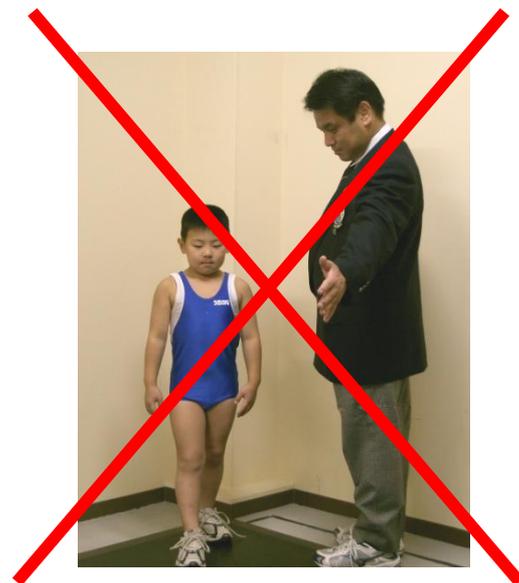


You are not a police officer; so don't act like one!

There are Technical Controllers who **stop Athletes** from going up onto the stage **until** the **clock starts**.



Don't act like a police Officer



It can **disturb** Athlete's **concentration**. The athlete may go on the platform while the bar is being loaded.



For the Athlete's safety...

- **Technical Controllers must stop Coaches /Loaders** from going up on to the stage **when Athletes suffer injuries**
- **Only the First Responders can touch the Athletes** in case of injury
- **Competition is stopped until the confirmation from First Responders examination is completed on the platform**

Only **by the order of the First Responders,**
Technical Officials/Coaches **can help** injured Athletes.

Athletes costume



The costume must comply with the following criteria:

- Must be **one piece**.
- ~~Must be close fitting.~~
- Must be collar-less
- May be of any colour
- Must not cover the elbows
- Must not cover the knees



Unitard

A unitard may be worn under the costume. The unitard is considered as the skin and must comply with the following criteria:

- One or two pieces (Full Body)
- Can wear the top without bottom or vice versa.
- Tight Fitting and doesn't have to extend to the wrists or ankles
- Collar-less
- May cover the elbows and the knees
- May be of any colour
- No pattern or design permitted

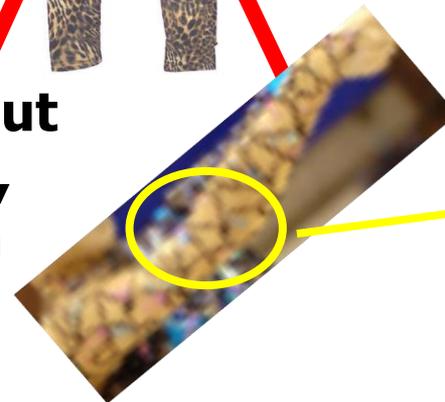


It means....



Allowed

**Any colour but
one colour,
no pattern**



**Elbow
Straight?
Or bent?
???**

A T-shirt may be worn under the costume

The T-shirt must comply with the following criteria:

- Must be collar-less
- May not cover the elbows
- May be of any colour



“High neck” is not the collar.
This is **OK** !!





Shorts may be worn under or over the costume

Shorts must comply with the following criteria:

- **Tight fitting**
- **Must not cover the knees**
- **May be of any colour**
- **May be worn under or over the costume**



OWA allows first year athletes to wear....



“A T-shirt and shorts MAY be worn instead of the costume.”



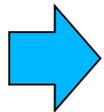
On the head...

Weightlifting has **no rule** for wearing something **on the head**.



However,

Hair and **any items worn** on the head are considered to be **part of the head**.

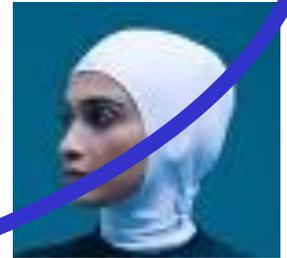
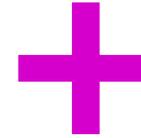
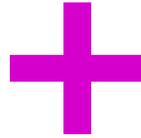
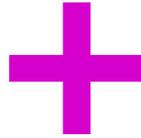
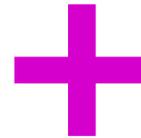
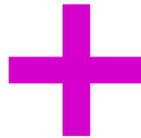


If **the bar touches** those, Referees will press **red**.



Are you really OK???

What you can wear



The **unitard** is considered as the **skin**



Other pieces of outfit

Shoes

- **Athletes must wear sport footwear (Weightlifting shoes/boots to protect their feet and provide stability and a firm stance on the competition platform)**

Belt

- **Max. width; 12 cm**
- **Must not be worn under the unitard or costume**

Bandages, Sticking Plasters and Tapes

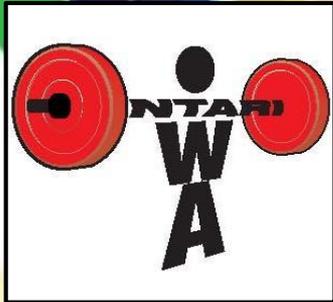


- **Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene/rubber or leader.**
- **There is no limit to the length of the bandages**
- **Once-piece elastic bandages, neoprene/rubberized kneecaps/protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire**
- **Bandages may be work both on the inner and outer surface of the hands and may be attached to the wrist.**
- **Bandages must not be attached to the barbell at any time.**
- **No bandages or substitutes are allowed on the elbow(s) An area of 10cm, 5cm above and below the circumference of the elbow must be clear of bandages or substitutes**

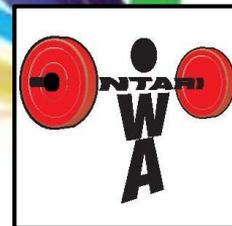
Bandages, Sticking Plasters and Tapes



- **Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.**
- **Sticking plasters may be work to protect small wounds, as required except on the elbow(s)**
- **Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.**
- **Sticking plasters must not be attached to the at barbell at any time.**
- **Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and/or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours**



Official Documents



Final Ranking Technique

1. **Best result (highest first)**; if identical, then:
2. **C&J result (lowest first)**; if identical, then:
3. **Best C&J result's attempt(s) number (least number of attempt first)**; if identical, then:
4. **Previous attempt(s) – least number of attempt first**; if identical, then:
5. **Lot Number (lowest first)**



Protocol

- **Official results of each competition (both electronic & manual)**
 - **Start and Lot Number**
 - **Name**
 - **Date of birth**
 - **Province / Club**
 - **Body weight**
 - **All attempts and results**

Must be signed by:
Competition Secretary/Director
and Jury President/Referees

Manual Protocol may be used as back-up



Final Results Package

- **Can be electronic/digital or hardcopy**
 - **Team Classification**
 - **Results of Snatch, Clean & Jerk and Total in each category**
 - **New Records**

Questions / Discussion

**Thank you for your
attention!**

