

ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION 2019-2020 WINTER SEASON & 2020 HIGH SCHOOL STATE CHAMPIONSHIP COMPETITION RULES & GUIDELINES

Revised 5/1/2019



The Arizona High School Weightlifting Association (AZHSWA)

The Arizona High School Weightlifting Association (AZHSWA) is a 501(c)(3) Non-Profit Organization comprised of High School coaches, referees, and other volunteers interested in promoting Youth Weightlifting in Arizona. It is truly a “grass-roots” movement, with the focus on the support and development of the participating students, and to bring organized Weightlifting as a competitive sport to Arizona High Schools. The organization’s officers are selected from the active coaches and referees, as voted by other coaches and referees, and rotate on a regular basis to allow all to participate and provide insight, ideas, and other contributions to grow Weightlifting at the Youth level, and improve the overall experience for the athletes. We want you to get involved!

Goals & Purpose of the Arizona High School Weightlifting Association (AZHSWA):

- ★ Provide opportunities for youth athletes to experience the Sport of Weightlifting
- ★ Promote awareness and proper technique of the “Olympic” lifts to be included in current strength and sports performance programs as part overall athlete development, and an effective way to improve speed, power, coordination, flexibility, and explosiveness.
- ★ Conduct an annual High School Weightlifting State Championship event, and provide an organized series of competitions where High School athletes can represent their schools and experience and enjoy Team competition.
- ★ Make Weightlifting Competitions more accessible and “friendly” to youth athletes, by providing regularly scheduled competitions with “youth sessions” that are affordable, and by working with major Arizona Weightlifting events to provide High School divisions.
- ★ Conduct Competitions to help qualify Arizona High School athletes for USAW Youth & Junior National Championship events.
- ★ Support Arizona Athletes that represent “Team Arizona” at the USAW Youth & Junior National Championships, by providing financial assistance, team gear, and other support.
- ★ Organize a committee to prepare and submit bids for hosting USAW Youth or Junior National Championships in Arizona.
- ★ Establish an Arizona Weightlifting Hall of Fame to recognize past Youth Athletes & Coaches

AFFILIATION WITH ARIZONA ATHLETIC ORGANIZATIONS:

The Arizona High School Weightlifting Association is not currently part of the Arizona Interscholastic Association (AIA), or Canyon Athletic Association (CAA), but conducts itself along similar rules & regulations. In the case that an association with either of these organizations would be beneficial to the expansion of the Arizona High School Weightlifting Association, and lead to greater promotion and exposure of the High School State Weightlifting Championship, there would be a seamless transition to partner with one of these existing organizations.

MEMBERSHIP IN THE ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

There is no currently no fee to become a member of AZHSWA. Participation in AZHSWA occurs by being part of a High School affiliated Team or Club, and registering for AZHSWA Meets.

Membership is as simple as submitting a brief School Interest Form & Application to provide some basic details about your school, contact information, and level of participation. This Form is provided at the end of this packet, and also available to submit online on the AZHSWA website.

I. Participants

AGE GROUPS & DIVISIONS

AGE GROUPS

The AZHWSA recognizes the USAW Youth (U13, 14-15, 16-17) and Junior (18-20) Age Groups. However, during AZHWSA Competitions, participants will be classified in one of two High School Divisions below. If not on a High School Team, they will compete in the Youth Open Division.

HIGH SCHOOL DIVISIONS

The High School Division will consist of School Teams and/or individual Athletes representing their school. They must attend the school they are representing. The High School Division will classify participants as either Varsity or Junior Varsity athletes as follows:

VARSITY – Each School Team may enter up to (8) eight boys and (8) eight girls as Varsity lifters, with a maximum of (2) two lifters per weight class. Varsity lifters will have their placing points count toward the Overall Varsity Team Score, as well as individual placing in each weight class against other Varsity lifters. Varsity lifters must be declared at the time of Athlete Weigh-ins.

JUNIOR VARSITY – Each School Team may enter as many Junior Varsity lifters as desired. However, only the Top (8) eight placing Junior Varsity lifters per gender, with a maximum of (2) two per Weight Class will have their placing points count toward the Overall Junior Varsity Team Score. All Junior Varsity lifters receive individual placing in each weight class against other Junior Varsity lifters.

NOTE: For Arizona High Schools with additional grades held at the SAME high school campus (e.g. 7-12 Charter Schools), middle school grades (7-8) may be allowed to compete in the High Division as part of the “Freshman Class”.

YOUTH OPEN DIVISION (Exhibition)

Youth Athletes not representing a High School, will be welcome and allowed to compete at AZHWSA Meets, and their Totals will be official for USAW Qualification. However, their placing will not count toward High School Team Points or High School Division Individual Awards. Youth Open athletes will all compete together with High School athletes in their respective weight classes, and placing only relative to other Youth Open athletes will be recognized. All USAW Age Group Categories (Youth 13 & Under, Youth 14-15, Youth 16-17, Junior 18-20), will be tracked for National Event Qualification and State Records.

NOTE: Any lifter that is NOT participating for a High School affiliated Team or Club may compete at AZHWSA Meets, but will participate in the Youth Open division as an “Extra Lifter”.

BODYWEIGHT CATEGORIES:

There are (10) Weight Categories for Boys for Team Competition, with (1) additional Age Group specific weight classes that are noted and tracked for State Records & USAW Qualification only.

All AZHSWA competitions will be held with the following categories, and in the following sequence:

BOYS – (10) Ten Weight Classes

*49kg (108lb)
55kg (121lb)
61kg (135lb)
67kg (148lb)
73kg (161lb)
81kg (178lb)
89kg (197lb)
96kg (212lb)
102kg (225lb)
109kg (240lb) / 102kg+ (225lb+)
109kg+ (240lb+)

**NOTE: The Boys 49kg weight class will compete as part of the 55kg Weight Class, however results will be tracked separate for State Records, and Team Rankings for Youth Nationals only.*

There are (10) Weight Categories for Girls for Team Competition, with (1) additional Age Group specific weight classes that are noted and tracked for State Records & USAW Qualification only.

All AZHSWA competitions will be held with the following categories, and in the following sequence:

GIRLS – (10) Ten Weight Classes

*40kg (88lb)
45kg (99lb)
49kg (108lb)
55kg (121lb)
59kg (131lb)
64kg (141lb)
71kg (156lb)
76kg (167lb)
81kg (178lb)
87kg (192lb) / 81kg+ (178lb+)
87kg+ (192lb+)

**NOTE: The Girls 40kg weight class will compete as part of the 45kg Weight Class, however results will be tracked separate for State Records, and Team Rankings for Youth Nationals only.*

IMPORTANT - BODYWEIGHT & CUTTING WEIGHT:

The AZHSWA does not allow extreme cutting in order to make a lower Bodyweight Category. The use of extreme dieting, diuretics, saunas, or other aids to quickly cut weight is strictly prohibited. The health and safety of the participants is the primary focus, and it is encouraged that all athletes compete at their current or normal bodyweight. Bodyweight will NOT be used as a Tie-Breaker to determine placing, so there is a reduced emphasis on the need to cut additional weight.

WEIGH-INS:

1. Prior to Weigh-in, Athletes need to have the following items:
 - School ID (Or other form of ID)
 - USAW Membership Number (for all USAW Sanctioned Competitions)
 - Payment or Proof of Payment for the Competition - Athletes will NOT be allowed to Weigh-in unless the competition fee has been paid by themselves or their Team.
 - Declare if they are competing as Varsity, Junior Varsity, or Youth Open
 - Declare Opening Attempts
2. Weigh-ins for each Session will open and start (2) two hours prior to Session Start Time.
3. Weigh-ins last (1) one hour, and will close (1) one hour prior to the Session Start Time.
4. Athletes that do not Weigh-in during the allotted one hour window will NOT be allowed to compete. NO EXCEPTIONS.
5. Athletes will weigh-in in either regular clothes or in their competition uniform, and without shoes or socks. As a matter of athlete safety, and to avoid uncomfortable or compromising situations, athletes are not allowed to “undress” for weigh-ins.
6. Athletes will compete in the weight class determined at Weigh-in. There is no “failing to make weight”- if an athlete does not make weight for the desired weight class, they will compete in the next higher weight class determined by their actual weight. The exception is at the State Championship – Athletes must make weight at the Category they are qualified to compete in. If an athlete is qualified in more than one weight category, they must declare ahead of time which category in which they intend to compete.
7. Athletes that do not initially make weight for their desired weight class, may weigh-in again prior to the close of the Weigh-in Session. If the Athlete still does not make weight in their desired weight class, they will compete in the next higher weight class that they qualify for, or may have the option to withdraw from the competition.
8. At Weigh-in, athletes will declare their weights for their opening attempts, and whether they will be competing in the Varsity or Junior Varsity Division, or as a Youth Open (Exhibition) athlete.

II. The Competition Lifts

COMPETITION RULES - GENERAL

USAW & IWF Rules for Youth Athletes will be followed at all AZHSWA Competitions, with some exceptions related to Weigh-ins and Uniform. These rules will be posted on the AZHSWA website.

NOTE: As a matter of education and to gain a better understanding of the rules of Weightlifting, it is a recommended that ALL athletes to take the free USAW online Referee course, and become a Certified LWC Referee. This will also allow athletes to help out as Referees when not competing.

The Sport of Weightlifting recognizes (2) two lifts which must be executed in the following sequence:

1. The Snatch
2. The Clean & Jerk

THE SNATCH

Execution of the Snatch:

1. The barbell is centered horizontally on the competition platform.
2. The athlete takes the start position behind the barbell.
3. The athlete grips the barbell and bends at the knees.
4. The barbell is gripped, palms downward 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.
5. During this continuous movement upward the barbell should remain close to the body and may slide along the thighs.
6. No part of the body other than the feet may touch the platform during the execution of the Snatch.
7. The athlete may recover in his/her own time, either from a split or a squat position.
8. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell.
9. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

Incorrect Movements for the Snatch – Resulting in a “No Lift”:

- Pause during the lifting of the barbell.
- Touching the head with the bar – hair and any items worn on the head are considered to be part of the head.

THE CLEAN & JERK

The First Part – The Clean:

1. The barbell is centered horizontally on the center of the competition platform.
2. The athlete takes the start position behind the barbell.
3. The athlete grips the barbell and bends at the knees.
4. The barbell is gripped, palms downward and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs.
5. During this continuous movement upward the barbell should remain close to the body and the barbell may slide along the thighs.
6. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms.
7. No part of the body other than the feet may touch the platform during the Clean.
8. The athlete may recover in his/her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk.

Incorrect Movements for the Clean – Resulting in a “No Lift”:

- Resting or placing the barbell on the chest at an intermediate point before its final position producing a “double clean”.
- Touching the thighs or the knees with the elbows or the upper arms.

The Second Part – The Jerk:

9. The athlete must become motionless after the Clean, and before starting the Jerk.
10. Before the Jerk, the athlete may adjust the position of the barbell for the following reasons:
 - a) to withdraw or “unhook” the thumbs
 - b) if breathing is impeded
 - c) if the barbell causes pain
 - d) to change the width of the gripThe barbell adjustments above are not considered to be an additional attempt at the Jerk.
11. The athlete bends and dynamically extends the legs and arms simultaneously to move the bar upward in one motion to the full extent of the arms, while splitting or bending the legs.
12. The athlete returns his/her feet to the same line parallel to the plane of the trunk and the barbell with his/her arms and legs fully extended.
13. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

Incorrect Movements for the Jerk– Resulting in a “No Lift”:

- Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.
- Any deliberate oscillation or “bouncing” of the barbell to gain advantage. The athlete must become motionless before starting the Jerk.

GENERAL RULES – BOTH LIFTS:

1. Both lifts must be executed with two hands.
2. A maximum of (3) three attempts is allowed in each lift.
3. 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.
4. In both lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.
5. After the Referees’ signal to lower the barbell, the athlete must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.
6. An athlete, who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all on-duty Referees prior to the start of competition and may remind of this fact prior to the start of each lift when on the platform. This is the responsibility of the athlete.
7. When snatching or cleaning in the squat style, the athlete may assist their recovery by swinging or rocking their body while in the squat position.
8. The use of chalk (magnesium carbonate) is permitted.
9. The use of grease, oil, water, talcum or any other lubricant on the athlete’s thighs is forbidden. An athlete who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that athlete, the clock remains running.
10. It is the sole responsibility of the athlete to complete each lift in accordance with the Competition Rules and to the satisfaction of the on-duty Referees or Technical Officials.

INCORRECT MOVEMENTS FOR BOTH LIFTS – RESULTING IN A “NO LIFT”:

- Not facing the Center Referee at the beginning of the lift.
- Pulling from the hang, or stopping the upward movement of the barbell during the pull.
- Touching the platform with any part of the body other than the feet.
- Pause during the extension of the arms.
- Finishing with a press-out, defined as: continuing the extension of the arms after the athlete has reached the lowest point in the squat or split for both the Snatch and the Jerk.
- Bending and extending the elbows during the recovery.
- Uneven or incomplete extension of the arms at the completion of the lift.
- Failing to finish with the feet and barbell in line and parallel to the plane of the trunk.
- Failing to fully extend the knees at the completion of the lift.
- Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.
- Dropping the barbell from above the shoulders. Failing to replace the complete barbell on the competition platform. Excessive “Slamming” or acceleration of the barbell, when replacing the barbell on the competition platform.
- Releasing the barbell behind the athlete – The barbell must be released in front of athlete.
- Releasing the barbell before the Referees’ “Down” signal.

III. Athlete's Uniform & Personal Items

UNIFORMS:

NOTE: Uniform Requirements for AZHSWA competitions differ from standard USAW rules. In order to provide flexibility for schools to utilize existing uniforms, or allow for less costly options than singlets, the requirements are relaxed and allow two-piece uniforms.

Weightlifting Singlets (one-piece) are recommended, but not required. These can be a wrestling singlet, weightlifting singlet, track speed suit, or other similar garment.

In the case a one-pieces singlet is not worn, the following uniform rules apply:

1. Recommended to be a tight-fitting or "compression" type material
2. Tops - Short Sleeve, Sleeveless, or Tank tops are acceptable. If a Tank Top, it must be minimum 1" width over shoulders, no spaghetti straps. Examples of acceptable tops could include track/running tops, collarless volleyball tops, or similar tight-fitting sport tops.
3. Bottoms – May be of any length, including shorts of varying length, or full length tights. Examples of acceptable bottoms could include tight-fitting track/running bottoms, volleyball "spunks", or similar tight-fitting or "compression" sport bottoms.
4. Full length Tights may be worn underneath Shorts, Singlet, and any Knee Sleeves/Wraps

The following rules apply to all Uniforms:

1. At competitions, athletes participate in the uniform clothing issued / approved by their School. For this purpose, the Awards Ceremony is considered to be part of competition.
2. Uniforms, whether one piece or two piece, need to be tight-fitting – no loose clothing.
3. Uniforms MUST be Collarless.
4. Uniforms can NOT cover the elbow.
5. Uniforms may be of any color, and may decorated or marked with the athlete's School Name and/or Logo. Numbers and First, Last, or Nick names are allowed on the back of Uniforms.
6. If a T-shirt or unitard, one-piece or two-pieces (full body), is worn under the uniform, it must be tight-fitting, may be of any color, but is NOT permitted to have patterns or designs.
7. Hair and any items worn on the head are considered to be part of the head.
8. Socks may be worn, but must not cover the knees.

OTHER ITEMS

9. Footwear - Athletes must wear sport footwear (weightlifting shoes / boots) to protect their feet and provide stability and a firm stance on the competition platform.
10. Belts - A weightlifting belt may be worn. If used, it must be worn on the outside of Uniform. The maximum width of the belt is twelve (12) cm.
11. Wrist & Knee Sleeves/Wraps are allowed. One-piece elastic bandages, neoprene/rubberised kneecaps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, metal, plastic, wire, or any other rigid material.
12. Palm guards or lifting gloves - In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g. gymnastic palm guards, cycling gloves), provided they do NOT

include any dowels or straps to connect to the bar, or other artificial grip aid. Gloves may cover only the first knuckle of the fingers. If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

13. Bandages or Athletic Tape is allowed in the fingers, hand, wrist and shin.
14. Sticking plasters are small adhesive bandages ("Band-Aids") 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 worn 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 barbell at any time.
15. Bandages - Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene/rubber or leather. There is no limit to the length of the bandages. Wrist bandages must not cover more area than ten (10) cm of the wrist area. Bandages may be worn 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).
16. Athletic Tape - 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 or K-tape) which is an adhesive elastic cotton strip in multiple colors. Tape worn on the fingers and thumb must not protrude in front of the fingertips. Tape worn on both the inner and outer surface of the hands may be attached to the wrist. Tape or substitute must not be attached to the barbell at any time.. Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). No tape or substitutes are allowed on the elbow(s).
17. Elbow Sleeves/Wraps are NOT allowed – The elbows must remain uncovered.
18. Jewelry - Necklaces or loose-fitting jewelry are NOT allowed.

PERSONAL ELECTRONIC ITEMS

Personal electronic equipment (i.e.: iPods, tablets, mobile phones, head phones/ear buds, etc.) is prohibited on the competition platform / stage. Medical equipment (i.e. hearing aid or such implements) is an exception.

Personal electronic equipment may be used in the warm-up area. However, certain School or Team rules may restrict this use, so it is the responsibility of each Athlete to verify with their Coach if and which personal electronic equipment is allowed at each competition.

PERSONAL PROPERTY - GENERAL

The AZHSWA, USAW, host Schools or Facilities, or any Games Organizing Committees are not responsible for personal property belonging to Athletes, Coaches, Technical Officials, or Spectators.

IV. Competition Fees

ENTRY / ATHLETE COMPETITION FEES:

NOTE: The following are “Proposed” Entry Fees, and may be revised prior to the first Meet.

IMPORTANT: An athlete will not be allowed to weigh-in, until the competition fee has been paid by themselves or the Team/Club.

Non-Sanctioned/Developmental Meets:

FREE or Determined by Meet Director, not to exceed \$10 per athlete.

Invitational/State Qualifying Competitions:

\$20 per Athlete (\$10 Late Fee if Registered after Deadline)

Fee Breakdown: \$5 to Meet Host/Facility; \$10 to Meet Director; \$5 to AZHSPA

State Championship:

\$30 per Athlete (\$10 Late Fee if Registered after Deadline)

Fee Breakdown: \$5 to Meet Host/Facility; \$10 to Meet Director; \$15 to AZHSPA (for Awards)

ADMISSION FEES:

Non-Sanctioned/Developmental Meets:

FREE - It is recommended by the AZSHWA that there not be any admission fees to these events.

Invitational/State Qualifying Competitions :

Determined by Meet Host – Not to exceed \$2 per Student, \$5 per Adult, \$10 Family Maximum

State Championship:

Determined by AZHSPA – Not to exceed \$5 per Student, \$10 per Adult, \$20 Family Maximum

V. Awards

Team and Individual Awards will be presented at AZHSWA events as follows:

AWARD CATEGORY	AZHSWA Invitationals/ State-Qualifying Competitions	AZHSWA State Championship
TEAM Boys & Girls	Each Gender (Trophy/Plaque): <u>VARSITY</u> 1 st Place Team – Champion 2 nd Place Team – Runner-up <i>Optional:</i> <u>JUNIOR VARSITY</u> 1 st Place Team – Champion 2 nd Place Team – Runner-up	Each Gender (Trophy/Plaque): <u>VARSITY</u> 1 st Place Team – State Champion 2 nd Place Team – 1 st Runner-up 3 rd Place Team – 2 nd Runner-up
INDIVIDUAL / WEIGHT CLASS Boy & Girl	Each Weight Class (Medals): Varsity – TOTAL 1 st Varsity – TOTAL 2 nd Varsity – TOTAL 3 rd Each Weight Class (Ribbons): JV – TOTAL 1 st JV – TOTAL 2 nd JV – TOTAL 3 rd	Each Weight Class (Medals): Varsity – TOTAL 1 st Varsity – TOTAL 2 nd Varsity – TOTAL 3 rd Each Weight Class (Medals): Varsity – SNATCH 1 st Varsity – SNATCH 2 nd Varsity – SNATCH 3 rd Each Weight Class (Medals): Varsity – CLEAN & JERK 1 st Varsity – CLEAN & JERK 2 nd Varsity – CLEAN & JERK 3 rd Each Weight Class (Medals): JV – TOTAL 1 st JV – TOTAL 2 nd JV – TOTAL 3 rd
BEST LIFTER Boy & Girl	Each Gender (Trophy/Medal): Best Lifter (Overall – Sinclair)	Each Gender (Trophy/Medal): Best Lifter (Overall – Sinclair) Outstanding Senior (Sinclair) Outstanding Junior (Sinclair) Outstanding Sophomore (Sinclair) Outstanding Freshman (Sinclair)
6-for-6 AWARD Boys & Girls	Any Lifter that goes 6-for-6 will be recognized and receive an small award (TBD)	Any Lifter that goes 6-for-6 will be recognized and receive an small award (TBD)
COACHES AWARD Boys & Girls Teams	None	A “Coach of the Year” award for both Boys & Girls Teams will be selected based on peer voting from all participating Teams/Coaches
RESPONSIBILITY	MEET DIRECTOR in responsible for providing the above awards at each competition	AZHSWA will provide the above awards for the State Championship

COMPETITION SCHEDULE & FORMAT

It is recommended that all competitions follow this format:

# of Lifters	0-25	24-50	51-100	101-150	151+
Platforms	1	1	2	2	3-4
Sessions	1-2	2	2	3	2+

Maximum 25 lifters per Session. Depending upon facility and equipment constraints, total meet entries, and the number of boy and girl lifters, it will be up to the Meet Director to determine the optimal number of sessions/platforms to provide an efficient meet and overall best experience.

Platform size shall be a minimum of 8' x 8'.

At the State Championship platform size will be 12' x 12'.

At least one warm-up platform should be provided for every 3 lifters in the session.

Example: 15 lifters = 5 warm-up platforms minimum

STATE CHAMPIONSHIP SCHEDULE:

It is anticipated that the State Meet will be a 2-Platform Meet and follow this format:

SESSION	PLATFORM "A"	PLATFORM "B"
JV Session 1	JV Boys (20) 6:00am Weigh-in 8:00am START	JV Girls (20) 6:00am Weigh-in 8:00am START
JV Session 2	JV Boys (20) 8:00am Weigh-in 10:00am START	JV Girls (20) 8:00am Weigh-in 10:00am START
JV Awards	12:00pm	
Varsity Session 1	Varsity Boys (25) 10:00am Weigh-in 12:00pm START	Varsity Girls (25) 10:00am Weigh-in 12:00pm START
Varsity Session 2	Varsity Boys (25) 12:30pm Weigh-in 2:30pm START	Varsity Girls (25) 12:30pm Weigh-in 2:30pm START
Varsity Awards	5:00pm	

INTRODUCTIONS – Optional at Invitational or Open Meets

The competition officially starts with the introduction of athletes. After the introduction of athletes and prior to the introduction of the Technical Officials, the timing clock starts a countdown of ten (10) minutes.

Athletes of the group are introduced in order of athlete start number.

The Technical Officials of the group are introduced

COMPETITION FLOW

The Course of the Competition will be as follows:

The barbell is loaded in progression. The athlete requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started, the weight cannot be reduced. The Athlete or Coach must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. This is the sole responsibility of the athlete / Coach.

The weight of the barbell must always be a multiple of one (1) kg.

The automatic progression after any successful attempt for the same athlete must be a minimum of one (1) kilogram. If lift is unsuccessful the weight on the barbell automatically remains the same.

The minimum weights that can be lifted at AZHWSA competitions are:

- Men = twenty-five (25) kg (20kg bar, unweighted collars and two 2.5kg discs)
- Women = twenty (20) kg (10kg bar, unweighted collars and two 2.5kg discs)

The “20 Kilo Rule” - The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk cannot be less than twenty (20) kg below the verified Entry Total.

CALLING ORDER

The following four (4) factors listed in priority must be considered when calling the athletes:

1. The weight of the barbell (lightest weight first)
2. The number of the attempt (lowest number first)
3. The sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)
4. The start number of the athlete (lowest first)

One (1) minute (60 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt. After thirty (30) seconds, a warning signal sounds.

When an athlete attempts two (2) lifts in succession, he/she is allowed two (2) minutes (120 seconds) for the succeeding attempt.

Thirty (30) seconds after the start of the allocated time and thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the athlete has not raised the barbell from the competition platform to make the attempt, this attempt is declared “No lift” by the three (3) Referees.

The timing clock is started the moment the Announcer finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

An athlete is granted only one (1) minute if while taking two lifts in succession the calling order changes and the clock starts for another athlete.

The weight announced by the Announcer must be immediately displayed on the Attempt Board.

When an athlete wishes to increase or decrease the weight originally selected, the Coach or Athlete must notify the Marshall by signing the Athlete's Card. In order to increase the weight the Coach or Athlete must sign the Athlete's Card before the final call.

In order to decrease the weight, the clock must not have started for the athlete.

The final call is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.

Before the first attempt and between two attempts the Coach / athlete must notify and sign the next attempt on the Athlete's Card; both for declaration and automatic increment. This signature enables two (2) changes.

If the Coach or Athlete fail to do so before the final call (30 seconds), the athlete will be called according to the automatic progression.

When an athlete is taking consecutive attempts (2 minutes allocated time), the Coach / Athlete must declare the next attempt within the first thirty (30) seconds after being called, even if it is the automatic increment. Failure to do so will forfeit the two (2) changes allowed. The athlete will then have to take the automatic increment.

When the Coach or Athlete asks for a change of weight and still has to take the heavier weight next, the clock is stopped while the weight is changed. After the change of weight has been completed, the clock continues to run. When the Coach / athlete asks for a change of weight and, in doing so, follows another athlete, the normal one (1) minute (60 seconds) applies for the next attempt.

The Coach / Athlete must sign the Athlete's Card if they wish to withdraw from lifting either during the Snatch or the Clean & Jerk portions of the competition, or both. It must be noted and signed on the Athlete's Card that they are withdrawing from the respective lift.

Once the Athlete's Card has been signed the withdrawal is official and the athlete cannot re-enter the competition in that respective lift. The Announcer then announces the withdrawal. During competition only on-duty Technical Officials, authorized personnel, authorized Coaches and athletes of the specific group are allowed in the FOP.

No more than three (3) Coaches are permitted to stand at the designated area / entrance of the competition platform / stage.

BREAK BETWEEN LIFTS

There is a ten (10) minute break after the Snatch portion to allow the Athletes to warm up for the Clean & Jerk. If determined by the Meet Director, this break may be reduced to five (5) minutes, or extended to a reasonable time as needed in order to facilitate competition flow and schedule.

The Meet Director, at its discretion and in consultation with the Referees may shorten or lengthen the break. An appropriate announcement to all relevant parties (Athletes, Coaches, Technical Officials, sport production, broad cast, spectators, etc.) must be made.

TEAM SCORING:

Team Scoring will be conducted at all AZHSWA events, with points scored for placing in each weight class based on the number of schools participating in the competition. Teams will be separated by Gender (Boys Team separate from Girls Team). For the purposes of being classified as a "Team" a minimum of (2) athletes are needed.

The Team Scoring table, with points awarded for place in each weight class, is as follows:

Athlete Place	Number of Teams Competing						
	2-3	4	5	6	7	8-9	10+
1	5	5	6	8	10	10	10
2	3	3	4	6	8	8	8
3	1	2	3	4	6	6	6
4	-	1	2	2	4	4	5
5	-	-	1	1	2	3	4
6	-	-	-	-	1	2	3
7	-	-	-	-	-	1	2
8	-	-	-	-	-	-	1

If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

MEET PERSONNEL, TECHNICAL OFFICIALS & VOLUNTEERS/HELPERS:

The following Meet Personnel & Technical Officials will be needed at all competitions:

Meet Director - The Meet Director is responsible for the following:

- Control of the progress and flow of the competition
- Assigns Technical Officials into groups / assignments.
- Verifies the lists of the athletes and divide them into groups, if necessary, according to the verified Entry Totals.
- Supervises the Drawing of Lots.
- Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System
- Issue and Submit all official competition results and documents.
- Supervises the registration of new records set throughout the Event.
- Monitors and enforces all competition rules
- Verifies and signs the final competition Cards.

Marshall – The main task of the Marshal is to manage the Athlete's Cards and ensure proper lifting order. The Marshall will be responsible for:

- Arranging Athlete Cards in order by Attempt Weight, then by Attempt Number, then by Lifting Order
- Have Coach or Athlete Initial all Weight Declarations & Changes
- Re-order Cards after each lift as necessary, then update Software/Attempt Board
- Athlete Card Removed once Third Attempt completed

Referees - The main task of the Referees is adjudicating the lifts performed by the athletes.

Three (3) Referees are appointed for each Platform. The positions of the Referees consist of the Center Referee, and two (2) Side Referees.

During the competition, the Referees ensure:

- that the weight of the barbell corresponds with the weight announced by the Announcer
- 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. It is forbidden for a Coach 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.

The three (3) Referees have equal rights on adjudicating a lift. They do so by means of a Referee Light System or Flag System (Red & White Flags held in the hands). When no Referee Light System is available, the Center Referee gives the “Down” signal and the Referees give their decision by means of small red and white flags.

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.

As soon as the Referee has adjudicated a lift “Good lift”, he/she immediately raises the white flag or presses the white button on the control box.

As soon as the Referee has adjudicated a lift “No lift”, he/she immediately raises the red flag or 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.

A lift is a “Good lift” with two (2) or three (3) white lights; a lift is a “No lift” with two (2) or three (3) red lights.

There is no appeal against the Referees’ decision.

The “Down” signal must be both audible and visible, i.e. the Center Referee must say “Down” and at the same time motion downwards with the arm. Before giving the “Down” signal, the Center 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 Center Referee, this constitutes a majority opinion and the Center Referee stops the lift and signals to the Athlete to lower the barbell to the competition platform.

All Referees have equal authority in rendering their decisions.

Announcer - The duty of the Announcer 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 School or Team/Club affiliations
- 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"

The Announcer announces the Introduction of Athletes and Technical Officials, as well as makes the all required announcements regarding the course of the competition.

The Announcer, if time and the progress of the competition allow, may make non-sport announcements to inform the public or other concerned parties.

Medical Personnel / Sports Trainer / Doctor – It is required that a competent Medical Person / Sports Trainer / Doctor be available during the course of all AZHSWA Events. This person should:

- At a minimum be First Aid & CPR Certified, with experience working with youth athletes.
- Be present at the venue from the start of the competition until the end of the competition.
- Be ready to render medical care in case of injury or illness.
- Cooperate with team doctors and advise Coaches and the Athletes on the possibility of continuing competition after an injury.
- In case of an accident or injury, 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, provide assistance or to transfer treatment to the local authorities.

Loaders – Loaders are an important part of the Competition, and have a large impact on the competition flow, and keeping session running on schedule. Loaders responsibilities include:

- Making all Weight Changes to the bar, and ensure the proper barbell, plates, and collars are used, and that weights are loaded in the proper sequence, and loaded properly on each side.
- Cleaning/Sweeping the platform, or removing debris or other items as needed
- Cleaning the bar, to remove chalk or blood, as needed. A Blood Removal kit will be provided.

IMPORTANT NOTE: No Official or Meet Personnel shall use any form of tobacco products or alcohol beginning with the arrival at the site of the competition until departure from the site following completion of the competition.

GAMES COMMITTEE:

The games committee is responsible for proper conduct of a Weightlifting Competition. This committee may also serve as the jury of appeals. The Games Committee may consist of:

- a. An individual (Meet Director or Referee) in dual meets.
- b. AZHSWA appointed individuals for qualifying and state competitions.
- c. Selected individuals for large invitational competitions.