



SPÓRT ÉIREANN
SPORT IRELAND

Technical & Competition Rules & Regulations

2025-2028





WEIGHTLIFTING IRELAND

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INTRODUCTION

These Weightlifting Ireland (WI) Technical and Competition Rules and Regulations (TCRR) are approved by the Weightlifting Ireland Board and are in effect from date of publication and until the board issue a revised set of rules. These WI TCRR apply to all WI competitions and events recognised, organised and under the jurisdiction of Weightlifting Ireland on the island of Ireland. The International Weightlifting Federations (IWF) TCRR form the basis of the WI TCRR. For competitions and events in Ireland, this WI TCRR supersedes the IWF TCRR.

DEFINITIONS

In these TCRR the following terms shall have the meanings set out below:

Adaptive Lifter	A lifter who has a disability.
Bodyweight	A lifter's mass in kilograms (kg) as measured during a weigh in.
Calendar of Events	The events that WI organise in a calendar year.
Club	A weightlifting club registered & affiliated with WI through JustGo, holding a current and valid membership.
Club Official	A person who may be paid or unpaid to carry out official duties on behalf of a club or appointed to a position on the management board of a club.
Coach	A suitably qualified person who holds a current WI coaching registration via the WI coaching license process.
Code of Conduct	Any codes of conduct specified by WI.
Competition	A weightlifting competition recognised by WI in which a club or individual participates as covered by these TCRR (excluding international events).
Competition Director	A person named as the primary administrator for a relevant competition.
CCO	Club Children's Officer.
Domiciled	A person having the legal right to be permanently resident in the island of Ireland.
Entry Total	The total in kilograms that a lifter submits when entering a competition - used to apply the 20kg rule.
EWF	European Weightlifting Federation.
IWF	International Weightlifting Federation.
Laws of the Sport	As prescribed by the IWF.



Lifters	An athlete/person who lifts weights in a WI competition or event.
On-duty	A person who is tasked with a duty within a specific time period to undertake a specific duty.
Person Subject to the TCRR	Any lifters, officials, coaches, spectators and other volunteers.
Qualification Total	The total used by a lifter to become eligible for an event with a minimum qualification standard.
Registration Form	An official registration form produced by WI for the registration of Lifters.
Start Total	The total taken from weigh-in after the lifter has submitted their opening attempts in line with 20kg rule.
TCRR	These technical and competitions rules and regulations, as amended from time to time.
Technical Official	A person who holds a current WI Club, Provincial or National Technical Officials certificate or higher, a current Technical Officials registration and WI Membership. This person is then qualified to officiate at any WI events upholding any required official role as allocated by the competition director.
Total	Is the combined weight of the individual lifts in kilograms in the snatch and the clean & jerk i.e. the sum of the best snatch and the best clean & jerk results.
Volunteer	A person who carries out duties on a voluntary basis. The WI TCRR as contained within this document only apply to the sport of Olympic Weightlifting competitions and events.
WI	Weightlifting Ireland
WI Board	The Board of Directors of WI established in accordance with the constitution.

1. PARTICIPANTS

1.1. Age Groups

1.1.1. In the sport of weightlifting, competitions are currently organised by gender. The lifters compete in specified bodyweight categories, gender and age groups.

1.1.2. WI recognises seven (7) age groups for weightlifting competitions. All age groups are calculated by the lifter's year of birth

- Under 13 years
- Under 15 years
- Youth: 13-17 years of age
- Junior: 15-20 years of age
- Under 23: 21-23 years of age
- Senior: 15+ years of age
- Masters: 35+ years of age

1.1.3. Male competitions at Under 16 and above will be referred to as a 'Men's competition' and at Under 15 and below as a 'Boy's competition'.


1.1.4. Female competitions at Under 16 and above will be referred to as a 'Women's competition' and at Under 15 and below as a 'Girl's competition'.

1.1.5. A lifter becomes a Master on the 1st January in the year he or she becomes 35 years of age, regardless of the fact that the birth date may be as late as the 31st December in that calendar year. The same principle applies when a lifter reaches the next age group.


1.2. Bodyweight Categories

There are eight (8) bodyweight categories for each of the following age groups: Youth men, Youth women, Junior men, Junior women, Senior men, Senior women, Masters men and Masters women.

All competitions under IWF TCRR must be held in the following categories and sequence, except for the Youth Olympic Games, which are subject to special stipulations.



NEW OFFICIAL 2025
BODYWEIGHT CATEGORIES



Male	Female
60	48
65	53
71	58
79	63
88	69
98	77
110	86
110+	86+



NEW OFFICIAL YOUTH 2025
BODYWEIGHT CATEGORIES



Male	Female
56	44
60	48
65	53
71	58
79	63
88	69
98	77
98+	77+

1.2.1. When a competition has a combination of age groups, a lifter may only compete in one age group category. The lifter will compete in the youngest eligible age group that applies to them at the time of the competition.

1.2.2. WI will aim to run competitions with groups going in ascending order, from lightest bodyweight categories to heaviest with alternating gender groups.

1.2.3. The WI board reserve the right to run any of their competitions and events in any sequence of bodyweight categories and/or gender, in the interests of delivering a fair and interesting competition to best fit the overall needs of the competition as well as, the needs of the lifters as WI in its sole discretion sees fit.

2. THE TWO LIFTS

2.1. General

In the sport of Olympic weightlifting WI recognises two (2) lifts which must be executed in the following sequence:

- The Snatch
- The Clean & Jerk

Both lifts must be executed with two hands, except for any adaptive lifters who require ruling modifications. A maximum of three (3) attempts is allowed in each lift in competition.

2.2. The Snatch

The barbell is centered horizontally on the competition platform. The Lifter takes the start position behind the barbell facing the officials. The Lifter grips the barbell and bends at the knees. 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. During this continuous upward movement, the barbell remains close to the body and may slide along the legs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The Lifter may recover in their own time, either from a split or a squat position. 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. The Lifter 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 Lifter becomes motionless in all parts of the body.

2.3. The Clean & Jerk

2.3.1. The first part, the **Clean**:

The barbell is centered horizontally on the competition platform. The Lifter takes the start position behind the barbell facing the officials. The Lifter grips the barbell and bends at the knees. The barbell 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, upward the barbell remains close to the body and may slide along the legs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The Lifter's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The Lifter may recover in their own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

2.3.2. The second part, the **Jerk**:

The lifter must become motionless after the clean and before starting the jerk. The lifter bends and then dynamically extends the legs to move the barbell upwards in one motion to the full extension of the arms while lowering the body under the barbell and either splitting or bending the legs. The lifter then returns the feet to the same line parallel to the plane of the trunk and the barbell with both arms and legs fully extended. The lifter 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 Lifter becomes motionless in all parts of the body.

Before the Jerk, the Lifter 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 grip

The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.

2.4. General Rules for all Lifts

2.4.1. The technique known as the hook grip 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.

2.4.2. In both lifts, the Referees must count as "No lift" any unfinished attempt in which the barbell has reached the height of the knees

2.4.3. After the Referees' signal to lower the barbell, the Lifter 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.

2.4.4. A Lifter who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all on duty. Referees as well as the Jury prior to the start of each lift. This is the sole responsibility of the Lifter.

2.4.5. When snatching or cleaning in the squat style, the Lifter may assist their recovery by swinging or rocking their body while in the squat position.

2.4.6. The use of chalk (magnesium carbonate) is permitted.

2.4.7. The use of grease, oil, water, talcum or any other lubricant on the Lifter's thighs is forbidden. A Lifter who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that Lifter, the clock remains running.

2.4.8. Only the Lifter or the Loaders can move the barbell to a new position on the competition platform during competition. It is forbidden for a Club Official or Coach to move, adjust or clean the barbell.

2.4.9. It is the sole responsibility of the Lifter to complete each lift in accordance with the WI TCRR and to the satisfaction of the on-duty Technical Officials.



2.5. Incorrect Movements

2.5.1. Incorrect movements for **all lifts**

- Pulling from the hang, defined as: 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 Lifter has reached the lowest point of their position in the squat or split for both the Snatch and the Jerk.
- Bending and extending the elbows during the recovery.
- 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.
- Releasing the barbell from above the shoulders.
- Failing to replace the complete barbell on the competition platform.
- Not facing the Centre Referee at the beginning of the lift.
- Lowering the barbell before the Referees' signal.
- Touching the barbell with his / her footwear. If an athlete touches the barbell with his / her footwear before the attempt the Referees must press Red. If the barbell is touched after a successful attempt with his / her footwear the Referees decision will not be reversed, however the Jury will give a warning to the Athlete, if the Athlete repeats this action on a subsequent lift, the lift will be a No Lift.

2.5.2. Incorrect movements for the **Snatch**

- The bar making contact with the head to the advantage of the lifter. It is at the discretion of the referees to decide if an advantage has been gained. Hair and any items worn on the head, including religious headwear, are considered part of the head.

2.5.3. Incorrect movements for the **Clean**

- Resting or placing the barbell on the chest at an intermediate point before its final position producing a "double clean"; often referred to as a "dirty clean".
- Touching the thighs or the knees with the elbows or the upper arms.

2.5.4. Incorrect movements for the **Jerk**

- Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.
- Any deliberate oscillation of the barbell to gain advantage. The lifter must become motionless before starting the jerk.
- Not fully straightening the knees before initiating the dip.

2.6. Incomplete movements and positions

- Uneven or incomplete extension of the arms at the completion of the lift.
- Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- Failing to fully extend the knees at the completion of the lift.

2.7. Appeals

2.7.1. The decision of Technical Officials regarding a successful or unsuccessful lift is final at all WI sanctioned competitions.

2.7.2. Any appeals regarding the overall organisation of the competition or event must follow the WI Complaints Procedure.

3. VENUE, EQUIPMENT AND DOCUMENTS

3.1. Field of Play (FOP)

For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

- Competition platform and stage
- Technical Officials' and Competition Management tables
- Warm-up area



3.1.1. Competition Platform and Stage

- All lifts must be executed on a competition platform that is 4 metres x 4 metres.
- A clear area measuring one metre surrounding the competition platform is compulsory. This area must be flat and free from any obstacles including discs.
- If the competition platform is placed on a stage, the stage must meet the following criteria:
 - a) Be of solid construction capable of supporting the competition platform during the lifting of heavy weights.
 - b) Measure a minimum of 8m x 8m.
 - c) Have appropriate and safe step access to the stage.
 - d) Provide the referees and jury with an unobstructed view of lifting immediately in front of the stage.
 - e) If reasonably possible have a restraining bar placed between the front of the competition platform and the referees to prevent the barbell falling off the stage.
- Chalk must be provided near the competition platform.
- Cleaning disinfectant / antiseptic, wire brushes, cloths, broom, gloves and other cleaning supplies/ appliances must be provided and neatly stored near to the competition platform /stage for the loaders and decontamination attendants.
- A zone for coaches must be designated relative to the platform.

3.1.2. Technical Officials' and Competition Management Tables

The placement of all Technical Officials' and Competition Management tables (and chairs) is consistent throughout all WI Events.

I. Jury Table: In the case that a Jury is present - the jury is located in a place where the view of the competition platform and stage is clear and unobstructed. The jury table must be placed a maximum of ten (10) metres from the centre of the platform, between the Centre and the Side Referees' tables.

II. Referees' Tables:

- a) The centre Referee must be seated at least two (2) metres with a maximum of four (4) metres measured from the front of the competition platform to the front of the referee table and in line with centre of platform.
- b) The side Referees must be seated on the same line as and parallel with the Centre Referee, two (2) to three (3) metres with a maximum of four (4) metres from the Centre Referee.
- c) If a Doctor on Duty is present: A table and chair may be provided for the Doctor(s) on Duty near the Lifters' point of entry to the competition platform / stage and in the warm-up area relative to the venue layout.
- d) Competition Management Tables: Tables and chairs in a suitable quantity must be provided for Competition Management and placed to the side of the competition platform /stage.
- e) Loaders' and Decontamination Attendants' position: Loaders and Decontamination attendants must have a designated area with chairs to the side of the competition platform / stage. Opposite to entry side of lifters.

3.1.3. Warm-Up Area

To prepare for competition, Lifters must be provided with a warm-up area located near the competition platform / stage relative to the venue layout. The warm-up area must be equipped with:

- An appropriate amount of warm-up platforms
- Barbells, discs, chalk, etc. in relation to the number of competing Lifters
- Loudspeakers connected with the Speaker's audio system
- Real time scoreboard
- Display of official timing clock if possible
- Live video feed of activity on the competition platform if possible
- Tables for Marshals and Doctor on Duty
- Other operational tables, as required
- Bathroom facilities (optional)



3.2. Venue – Additional Spaces

The following additional spaces may be provided at the competition venue as appropriate to the level of competition.

- Anti-Doping Control Station
- Changing rooms, male and female with toilets
- Competition Management office(s)
- Technical Official's room
- First Aid / Medical room
- Weigh-in room and Test Weigh-in room

3.3. Sports Equipment

3.3.1. General Provisions

At all competitions under the jurisdiction of WI only equipment in terms of technical specification will be as per the most current IWF TCRR.

3.3.2. Platform

- a) Two types of platforms are authorised for use: Competition and Training/Warm-up platforms. Both types of platforms must meet the authorised specifications.
- b) Competition platform:
 - Square
 - Measures four (4) metres on each side
 - Measures not more than ten (10) centimetre's in height.
- c) Training / warm-up platform:
 - Measures not less than two (2) metres in length.
 - Measures not less than two (2) metres and fifty (50) centimetres in width. One (1) metre minimum distance between warm up platforms platform. Storage area for discs.
 - Or solid, level floor area marked with different coloured barrier tape

3.3.3. Barbell

The barbell consists of the following parts:

- Bar
- Discs
- Collars

Barbells

- a) There are three (3) types of bar: 20kg (men's), 15kg (women's) and 5kg or 10kg (technique) bars. All types of bar must meet the following authorised specifications:
 - a) A 20kg (men's) bar weighs twenty (20.00) kg.
 - b) A 15kg (women's) bar weighs fifteen (15.00)kg.
 - c) A 5kg or 10kg (technique) bar weighs five (5.00) kg or ten (10.00) kg.

The barbell in terms of technical specification will be as per the most current IWF TCRR.

- b) The loading of the barbell will be compliant with the IWF TCRR Regulation to:

3.3.3.11. Discs weighing 2.5kg or more will be loaded inside the collar on the sleeve of the barbell. Discs weighing less than 2.5kg can be loaded outside the collar on the sleeve of the barbell providing they have a friction ring design.

Two types of discs are authorised for use by WI: Competition and Training discs. Both types of discs must meet the following authorised specifications:

- a) Competition Discs: (weights in kilograms with corresponding colours)
 - 25kg Red
 - 20kg Blue
 - 15kg Yellow
 - 10kg Green



5kg White
2.5kg Red
2kg Blue
1.5kg Yellow
1kg Green
0.5kg White

b) Training Discs

2.5kg and 5kg Technique Training Bumper Discs may be used for totals of 25kgs for women and 30kgs for men and under at WI competitions.

- Discs manufactured in coloured weights as listed above
- May be manufactured in black with corresponding coloured rims or numbers

The Discs in terms of technical specification will be as per the most current IWF TCRR.

c) Collars

To secure the discs to the bar, each bar must be equipped with collars. Collars must meet the following authorised specifications:

- two (2) collars per barbell
- weight = 2.5 kg each

For totals of 25kgs and lower, spring collars may be used at WI Competitions. For National competitions, where the bar is loaded between 10 kg and 14 kg the bar shall be loaded with 2.5 kg bumper discs with spring collars. The collars in terms of technical specification will be as per the most current IWF TCRR.

d) Weightlifting Ireland competition discs must be used on the competition platform.

e) Discs are loaded and secured by collars on the sleeve of the bar. The bar is loaded with the heaviest discs first and then the lighter discs loaded in descending order of weight toward the outer edge of the bar. Discs must be loaded so that both the on-duty Referees and Jury can identify the weight of each disc.

f) An adequate number of sets of men's and women's barbells and additional discs must be provided for each competition.

3.3.4. Scales

Scales must:

- Be electronic; with display or printout or both
- Capacity = weigh up to 200 kg
- Precision = 50 grams minimum
- Certified and calibrated yearly
- 1 set for weigh in and a spare scales with spare batteries (when possible)

3.3.5. Licenced Coach and Club Official Warm-Up Pass

Warm up passes are worn for Licenced Coach and Club Officials' identification during competition. Warm up Passes are issued to Licenced Coaches and Club Officials in line with TCRR 6.4.3.

3.3.6. Technology and Information System

WI uses a software programme for competitions this is a complex and integrated competition management application including the competition:

I. Referee Light System management software and the following hardware:

- a) The Referee Light System is the means by which Referees adjudicate the lifts. The Referee Light System consists of one (1) control box for each of the three (3) Referees and a control box for the Timekeeper.
- b) Each of the Referees must give the "Down" signal by pressing the white button for a "Good lift" or the red button for "No lift", according to the relevant rules.
- c) When two (2) of the Referees have provided identical decisions, a visual and audible "Down" signal is given to the Lifter to replace the barbell on the competition platform.
- d) Immediately after a majority decision; the "decision lights" light up, indicating the individual decision of the Referees by corresponding colours, either red or white. The decision lights remain lit for a minimum of three (3) seconds.
- e) After the visible and audible "Down" signal the Referees have a three (3) second window to reverse



their decision. If a Referee misses the three (3) second window he/she must raise a hand or flag provided to them to indicate a change in decision.

- f) When the “Down” signal has been given and the "decision lights” are on and the Lifter does not lower the barbell, the Centre Referee must say “Down” and signal the Lifter to replace the barbell to the competition platform.
- g) During the competition, the Jury monitors the work of the Referees. Every decision by the Referees may be identified for immediate or further action. Should the Jury want to call any of the Referees to the Jury table, they verbally call them over to the table.

II. Communication System

An intercom or telephone system must be provided for direct communication between the Jury, Competition Management and Chief Marshal.

III. Timing Clock

An electronic timing clock with countdown mode in increments of one (1) second must be used. The timing clock must be able to be set to any time up to fifteen (15) minutes.

IV. Attempt Board

The following information must be displayed on the Attempt Board when present:

- Name
- Weight to be taken
- Attempt number
- Referees’ decision, if not displayed elsewhere
- Timing clock, if not displayed elsewhere

V. Scoreboard

A scoreboard must be set up in a prominent place in the FOP to record and display the progress and results of the specific category as it happens. The scoreboard must contain the following information for all lifters in the group being contested:

Lifter lot number, in numerical order

- Name of each Lifter
- Age group if appropriate
- Bodyweight category
- WI Club
- Three (3) attempts in the Snatch
- Three (3) attempts in the Clean & Jerk
- Total
- Final classification successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

3.4. Official Documents

3.4.1. Entry Forms

An online Entry Form includes:

- WI Membership number
- WI Member Club
- Lifters’ name
- Lifters’ date of birth
- Lifters’ bodyweight category
- Entry Total and qualification event if applicable
- Coach information
- Nationality confirmation
- Confirmation and date

3.4.2. Start List Package



The Start List package includes:

- Timetable, indicating the date and time of competitions, groups
- Start Lists for each group, including Lifters' names, date of birth, WI club, Entry Totals

3.4.3. Weigh-In List

Issued for each group, the Weigh-in List must contain the following information for all lifters:

- Lot number
- Name
- Date of birth
- WI Club
- Entry Total
- Bodyweight
- First attempts in Snatch and Clean & Jerk

3.4.4. Lifter's Card

The Lifter's Card may be issued for each Lifter and is the official document to record the Lifters' declarations attempts and Coach or Club Officials / Lifters' initials or signature as allowed by the TCRR. Each Lifter's Card contains the following Lifter information:

- Name
- Date of birth
- WI Club
- Bodyweight
- Bodyweight category
- Entry Total
- The weight in kilograms of the 1st attempt for each of the lifts

3.4.5. Protocol

The Protocol, either handwritten or computer generated is the official document certifying the results of each group and contains the following information of each Lifter:

- Lot number
- Name
- Date of birth
- WI Club
- Bodyweight
- All attempts for both lifts
- Total
- Records, if applicable
- Signatures of the on-duty referees

Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour). At the end of each group the final protocol sheet will be verified and signed by the three referees that adjudicated the group.

4. LIFTERS' OUTFIT

4.1. Costume

4.1.1. After a maximum of two WI registered competitions, lifters must wear a weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any colour
- must not cover the elbows
- must not cover the knees



4.1.2. A unitard may be worn under the costume. The unitard must comply with the following criteria:

- be one piece or two pieces
- must be tight fitting
- must be collarless
- may cover elbows and knees
- may be of any colour
- no pattern or design permitted

4.1.3. A t-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- must be collarless
- must not cover the elbows
- must be close fitting
- may be of any colour
- must not have buttons / fasteners at the front of the neck

4.1.4. Shorts or leggings may be worn under or over the costume. Shorts must comply with the following criteria:

- must be tight fitting
- must not cover the knees
- can be of any colour

4.1.5. A t-shirt and shorts cannot be worn instead of the costume other than at the U15 age groups when a t-shirt and shorts may be worn in compliance with TCRR 4.1.3 and 4.1.4.

4.1.6. Hair and any items worn on the head are part of the head.

4.1.7. Socks may be worn and must not cover the knees.

4.1.8. Costumes may be decorated or marked with the Lifter's:

- Name
- Club name
- Club emblems

4.1.9. WI international Irish singlets may not be worn at domestic competitions as a sign of respect for the singlet and what it represents. This applies to all age groups and competitions under the jurisdiction of WI.

4.2. Footwear

Sponsor Logo (see TCRR 4.8)

Lifters must wear appropriate sport footwear (e.g. weightlifting/CrossFit shoes) to protect their feet and provide stability and a firm stance on the competition platform. Coaches must wear appropriate shoes to protect their feet from falling weights in the FOP.

4.3. Belt

- a) A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.
- b) The maximum width of the belt is twelve (12) centimetres.

4.4. Bandages, Sticking Plasters and Tapes

4.4.1. Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene/rubber or leather.

- a) There is no limit to the length of the bandages.
- b) Knee bandages can cover as much of the leg as the lifter wants.
- c) 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, whalebone, plastic or wire.
- d) Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.
- e) Bandages must not be attached to the barbell at any time.
- f) No bandages or substitutes are allowed on the elbow(s).



4.4.2. 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.

- a) Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.
- b) Sticking plasters must not be attached to the barbell at any time.

4.4.3. Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.

- a) Tape worn on the fingers and thumb must not protrude in front of the fingertips.
- b) Tape worn on both the inner and outer surface of the hands may be attached to the wrist.
- c) Tape or substitute must not be attached to the barbell at any time.

4.4.4. No bandages, sticking plasters, tape or substitutes are allowed on the elbow(s) or within five centimetres of the elbow joint in a straight arm position.

4.4.5. Tape may be worn under any piece of the Lifter outfit including other bandages anywhere on the body, except the elbow(s).

4.5. Gloves and Palm Guards

- a) To protect the palm of the hands, wearing fingerless gloves is allowed (e.g.; cycling gloves).
- b) Gloves may cover only the first knuckle of the fingers.
- c) 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.

4.6. Prosthetic Limbs

Prosthetic limbs are permitted. Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.

4.7. Personal Electronic Devices

Personal electronic equipment (i.e. iPods, tablets, mobile phones, etc.) is forbidden 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. WI and Organising Committee are not responsible for Lifters', Coaches' and Technical Officials' personal property.

4.8. Manufacturer's Identifications

At all WI Events the following identifications are permitted on each article of the Lifters outfit with the total maximum size of five hundred (500) square millimetres per article:

- The identification (logo, name or a combination of both) of the manufacturer of the product.
- The identification of the Lifter's commercial sponsor (logo, name or a combination of both).
- Distinctive manufacturer's design patterns are not considered for the application of this rule.

5. COMPETITIONS

5.1. Weightlifting Ireland Competition Structure

5.1.1. The WI competition structure for Weightlifting in Ireland

All Olympic weightlifting competitions that are under the jurisdiction of WI are contained within the WI competition structure which comprises of three LEVELS. Each competition level is designed to support the development of the sport at that level and provide appropriate qualification opportunities to compete in higher levels of the competition structure.



Level 1 - Open : Competitions designated by WI as open events with no prerequisite qualification criteria. They may also act as qualification and selection events competitions provided a minimum of two Provincial and one National referee officiate.

Level 2 - Provincial : Competitions designated by WI as regional/provincial. They may also act as qualification and selection events competitions provided a minimum of two Provincial and one National referee officiate.

Level 3 - National : Competitions - all National events are qualification events provided a minimum of two National referees or higher officiate.

5.1.2. WI hold an annual programme of events to best meet the needs of its members as it sees fit from time to time. Events at level 1, 2 and 3 must follow the WI TCRR unless otherwise specified and agreed in writing by the board of WI.

5.1.3. At WI Events, organisers must guarantee unconditional entry to all participants from all eligible WI Member Clubs and organisations as compliant with these TCRR. Subject to each events' eligibility requirements.

5.1.4. All WI Events must include the two (2) individual lifts at Levels 1 to 3.

5.1.5. All WI Events at Levels 1 to 3 shall only be recognised providing the following minimum criteria are adhered to:

- Competitions must be notified to WI within the appropriate timescales and registered in writing by the WI Secretary and WI Competitions Director before the date of the competition.
- There shall be a minimum of three licensed referees adjudicating the competition.
- The Event Organiser (or their representative) shall send all competition protocols to WI within two days of the end of the competition to be approved for recognition of results.
- Be governed by the WI Technical and Competition Rules and Regulations
- Adhere to the policies and procedures outlined on the WI website.

5.1.6. WI will publish online via its website the event date for each WI Competition stating when entries open and when entries close for each competition. At Levels 1 to 3 events, there normally should be 4-8 weeks from entries opening to entries closing and 10-12 days from entry closing to the event being held.

5.1.7. WI will aim to publish the groups in order from the lowest bodyweight category to the heaviest bodyweight category, alternating gender each group - entries permitting.

5.1.8. WI will publish the cost of entry to all competitions online and there is no appeal against the monetary level of the entry fee according to TCRR 6.2.

5.1.9. The means to qualify for a National level competition will align to take account of the IWF and WI ranking system. WI member lifters will need to obtain the relevant National Qualification Total (NQT) at a WI Licensed Event or an equivalent overseas event, be in current membership of WI and have recorded a result which is listed on the WI ranking system over the last 12 months prior to the date of the competition you wish to enter.

Entry to Level 1 Open:

- a) You are currently a WI member and in good standing with WI

Entry to Level 2 Provincial:

- b) You are currently a WI member and in good standing with WI

Entry to Level 3 National:

- c) Level 3 competitions may have qualification totals, the lifter should review the website to find out how to achieve the qualification total for each event. WI National Championships requires a minimum standard which is displayed on WI website.

5.2. Acceptance of the TCRR

5.2.1. All Individuals and Clubs which participate in any relevant WI Competition governed by these TCRR are deemed, by acceptance of the invitation, to be bound by the TCRR. A copy of the TCRR applicable to the relevant Competition, shall be made available to each of the intended participating Individuals and Clubs via the WI website prior to that Individual or Club's entry in such relevant WI Competition being accepted. Each Individual or Club, agrees to observe WI Anti-Doping Rules, Safeguarding Policy, Code of Conduct and any other rules and policies that may from time to time be adopted by WI through the WI Board and shall ensure that each of their members, employees, officials, volunteers, spectators and similar shall observe such rules and policies and shall make it a condition of employment or engagement or of participation in any weightlifting competition that each such members, employees, officials, volunteers, spectators or similar shall observe such



rules and policies.

5.2.2. All Individuals and Clubs which participate in any relevant Competition or Event under the jurisdiction of WI, are required to act in accordance with all applicable laws. Each Individual and Club agrees that the WI Board shall be entitled to take any action or make such orders as it considers appropriate. To do otherwise would knowingly allow an Individual and /or Club to breach any applicable laws, even where such behaviour is not prohibited through a strict interpretation of these TCRR.

5.2.3. Each Individual or Club agrees that all lifters, coaches, officials and spectators are only allowed to take part in or attend Competitions and Events or be involved in the business of or the conduct of playing matters at any event on condition that they observe the TCRR. Each Individual or Club agrees to ensure that these TCRR are enforced and observed by lifters, officials and spectators

5.2.4. The anti-doping rules of Weightlifting Ireland are the Sport Ireland Anti-Doping Rules published and may be amended from time to time. Such rules shall take effect and be construed as rules of Weightlifting Ireland.

5.2.5. Where a Lifter or other Person commits an anti-doping rule violation, WI may, in its discretion and subject to the principle of proportionality, recover from the Lifter or other Person costs associated with the antidoping rule violation, regardless of the period of ineligibility imposed. The imposition of a financial sanction shall not be considered a basis for reducing the ineligibility or other sanction which would otherwise be applicable under this Anti-Doping Policy or the Code.

5.3. Eligibility of persons to enter WI Competitions

5.3.1. A person who does not hold a current Irish passport must be a WI member in good standing for a minimum of one month prior to the date of the final entry of the competition. Only current Irish passport holders can set and hold Irish records.

5.3.2. A person must be a current member of WI. Lifters shall hold a valid WI membership on the date of qualification, date of entry to the competition, and the day of the competition.

5.3.3. Lifters shall not be in formal dispute with WI or recognised bodies or partners.

5.4. Eligibility of guests to enter WI Level 3 Competitions

5.4.1. Guests may enter WI Level 3 competitions provided they comply with criteria listed in 5.4.2 below and are granted written permission to do so by the WI Secretary and Competition Manager in writing. They may not win the competition.

5.4.2. A person may be invited to enter as a guest under the following conditions:

- a) Letter of permission from the lifters National Federation
- b) No Ireland domiciled lifter will lose a place in the competition
- c) Provide evidence of achieving WI National Qualifying Totals (only applicable to level 3 events).
- d) Approval from the WI board

5.5. General eligibility of persons for entry to individual WI Championships

5.5.1. WI membership must be up to date.

5.5.2. Lifters must comply with the WI Anti-Doping Controls and Procedures. This includes that any fines that may be imposed by N.A.D.O/ Sport Ireland are the responsibility of the individual to pay not WI.

5.5.3. A lifter who has given notice of retirement to WI (and / or N.A.D.O.) may not resume competing unless they notify WI at least six months before they expect to return to competition and makes themselves available for unannounced Out of Competition Testing at any time during the period before actual return to competition.

5.5.4. Proof of age for lifters is from a valid Irish passport, full or provisional Ireland driving license, Ireland birth certificate or a valid government document from a foreign state nation government e.g. passport, birth certificate.

5.5.5. The WI Board reserve the total right at their discretion in the best interests of the competition to allow lifters into an individual competition.

5.5.6. Substitution of lifters will not be accepted.



5.5.7. Irish Senior Championships / National Senior Championships

- a) The qualification total must be achieved at a recognised competition in Levels one to three of the WI competition structure within the qualification period prior to the Irish Senior Championships. Only current Irish passport holders can enter. Guest lifters can enter subject to availability and not take the place of an Irish passport holder. Only current Irish passport holders can hold Irish records.
- b) Inclusion of a guest. The Guest lifter cannot record an official placing in an Irish Senior Championship. Results achieved by Guest lifters will be recognised by WI for rankings purposes.

5.5.8. Irish Age Groups Championships / National Age-Grade Championships

- a) The qualification total must be achieved at a recognised competition in Levels one to three of the WI competition structure within the qualification period prior to the Irish Age-Grade Championships. Current Irish passport holders can enter along with U18 lifters who do not have an Irish passport, but provide proof of birth on the island of Ireland in the form of a birth certificate. Guest lifters can enter subject to availability and not take the place of an Irish passport holder. Only current Irish passport holders can hold Irish records.
- b) Inclusion of a guest. The Guest lifter cannot record an official placing in an Irish Age-Grade Championship. Results achieved by Guest lifters will be recognised by WI for rankings purposes.

5.5.9. University and College Championships / InterVarsity Championships

- a) For a student to be eligible to participate in the Irish University and College Championships and competitions, they shall:
- b) Be a registered student at an Institution (aged 16 or over) that is a currently entitled to participate in Irish University and Colleges or Association of College Sport competitions. Lifters are classed as students and Masters Students (Over 35 years of age)
- c) Be registered on a credit rated course (that is a course that is registered under QQI (Credit Accumulation and Transfer Scheme)). e.g. MSc, Degree or HND;
- d) Be undertaking a study programme equivalent to at least 60 credits per year, or in the case of a postgraduate student be undertaking a study programme of no less than 50% of the full-time student programme.
- e) Allowing ineligible participants to represent an institution will result in appropriate disciplinary action to either the lifter or institution.
- f) No student may compete for more than one institution of Higher or Further Education in any one academic year.
- g) Special Cases for Participation
The following persons are classified as eligible to participate or to represent their university in WI University and College Championships and Competition
 - A sabbatical officer of either a Students Union or Athletic Union who has paid the appropriate union or Athletic subscription.
 - A student satisfactorily finishing his/her course of study between December and March or later until the end of the academic year provided their Union or Athletic Union subscription has been paid and his/her institution still classifies them as a registered student.
 - A student embarking on a Course or Year Abroad course provided all the following the duration of the course in industry is less than one year.
 - A staff member or mature student in a recognised Academic Institution aged 35 years or older in the year of the competition may enter the InterVarsity Championships in their relevant Master Category.
 - Overall ranking of Masters lifters scores will be adjudicated on Sinclair-Meltzer-Faber Formula – therefore Masters scores will not count towards the team competition.



5.6. Qualification procedures to entry WI National Championships

5.6.1. Lifters must equal or better the National Qualification Totals (NQTs) at any designated qualification competition within the previous twelve (12) months of the competition. NQTs must be achieved before the end of the entry period for a competition.

5.6.2. The National Qualification Totals are as listed below:

CATEGORY/EVENT

Irish Senior

Under 23

Junior (15-20)

Youth (13-17)

Under 15

Under 13

5.6.3 National qualification applicable events are the National Age-Grade (NAGC) Championships, National Seniors Championships, InterVarsity Championships & National Club Championships. All minimum standards can be found on the WI website : [<https://weightliftingireland.com/national-qualification/>]

5.6.4. To gain a qualification total for entry to competition the qualification total must have been achieved within the qualification period set out in the competition documentation. An athlete can enter in a lower or higher weight category to compete once the total achieved in the qualifying competition meets or exceeds the minimum requirement for the chosen category. Changes to bodyweight categories may only happen from the point of entry to seven (7) days prior to the commencement of the event.

5.6.5. An NQT for competing at events can only be gained at a competition approved, recognised and under the jurisdiction WI or if aligned with our overseas results and rankings according to TCRR

6. PROCEEDINGS OF A WI PROVINCIAL & NATIONAL EVENT

6.1. Pre-Competition Procedures – Entries

6.1.1. All entries with all relevant criteria being met must be submitted electronically through JustGo. Paper entries are not accepted. No unconfirmed, incomplete or incorrect Entry Forms shall be accepted.

6.1.2. For National Championships Lifters may move up or down a bodyweight category providing they meet the criteria set out in TRCC 5.6.4. and inform WI Secretary/Competitions Director in writing no later than seven (7) days prior to the start of the event.

6.1.3. Lifters aged seventeen (17) or under may move one bodyweight category higher without achieving the NQT for the higher category. This must be done by informing WI no later than seven (7) days prior to the start of the event. This is entirely at the discretion of WI This rule only applies in age group competitions at Youth (U17) and below.

6.1.4. No changes will be made to the competition entry after final verification seven (7) days prior to the start of the event, unless the lifter is 17 years of age or younger.

6.1.5. Lifters not listed on the final Start List published on the WI website/social channels seven (7) days prior to the date of the competition cannot take part in the event.

6.1.6. Qualification totals must be achieved in a competition whose results are recognised by WI and listed on the official ranking lists.

6.2. Withdrawals & Transfers

6.2.1. If a lifter is unable to compete for any reason after entering a competition, they will notify WI immediately of their intention to withdraw. WI does not offer refunds or transfers for competition entries.

6.2.2. Withdrawals from competition will be accepted up to and including the end of the allocated Weigh-in



period for the respective bodyweight category. Lifters who repeatedly fail to notify WI of their intention to withdraw before the end of their respective weigh-in may be liable to disciplinary actions such as suspension of WI membership.

6.3. Drawing of Lots

6.3.1. On completion of the Start List, a randomly generated lot number may be drawn for each verified Lifter. The Lifters retain the lot number throughout the Event. The lot number defines the order of the weigh-in and the order of lifting during the competition in the Lifter's relevant group.

6.3.2. Bodyweight categories may be divided or combined into groups by the Competition Director in accordance with the Entry Totals. A maximum of sixteen (16) Lifters shall be allocated to a group.

6.3.3. If two (2) or more Lifters have the same Entry Total, Lifters may be allocated into different groups according to their lot number (e.g. Lifter with the lower lot number goes to Group A; Lifter with the higher lot number to Group B).

6.3.4. When a body weight category is divided into multiple groups, each group will be allocated a letter to recognise the group, starting with the letter 'A'. The 'A' group being the group with the highest aggregate entry total. The groups will then compete in reverse alphabetical order; i.e. Group 'C' 1st, Group 'B' 2nd and Group 'A' 3rd.

6.4. Weigh-In

6.4.1. All lifters at WI competitions must provide photographic ID, nationality and proof of age at the Weigh-in. Acceptable documents are; Birth Certificate, Passport Card and Passport.

6.4.2. The Weigh-in of each WI competition will begin two (2) hours before the start of the group concerned. The weigh-in will begin two (2) hours before every scheduled group thereafter. Weigh-in lasts for one (1) hour for each respective group.

6.4.3. Each lifter will be entitled to a maximum of two (2) passes for coaches. Passes can only be issued to WI registered competition coaches or higher coaches holding a valid competition coach licence. At WI events, all coaches must be nominated no later than seven (7) days before the first day of competition, any nominations received after this point may be rejected.

6.4.4. The Weigh-in is conducted in a room equipped with the following items:

- The official scale; situated in a privately screened area
- Weigh-in List
- Lifter's Cards
- Stationary kit/supplies
- Sufficient number of table & chairs for the Weigh-Ins officials

6.4.5. The Weigh-in Secretariat will consist of on-duty Referees. Each lifter for all groups should be weighed in the presence of two Referees/Officials. Both Referees/Officials must be the same gender as the lifter.

6.4.6. Upon entry to any WI event all lifters agree to comply with the WI Anti- doping policy.

6.4.7. Both Referees verify the lifter's bodyweight and provide it to the Competition Director by way of a handwritten note or electronic print-out. The Weigh-in Secretariat records the Lifter's bodyweight and start weights on the protocol sheet and the Lifter's Card.

6.4.8. One authorised Coach or Parent may accompany the lifter during weigh-in. If the coach is not of the same gender as the lifter they must stay outside the area where the official scale is situated.

6.4.9. The Lifter's bodyweight must be manually recorded exactly as displayed on the official scale.

6.4.10. The Lifters are called one at a time into the Weigh-In room, according to the progression of the Lifter's lot number. Lifters not present when their name is called will be weighed at the end of the weigh-in sequence.

6.4.11. When multiple bodyweight categories are combined into one group, the lighter bodyweight category lifters will weigh in first, followed by the heavier category.

6.4.12. Lifters over 18 may be weighed in either completely undressed, in underwear or fully dressed in lifting costume. Footwear is not permitted.



6.4.13. Lifters under 18 must be weighed in wearing a weightlifting costume/singlet. If an athlete is over their officially entered bodyweight category, an allowance of 250g can be deducted from the weight shown on the scales. If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown. Footwear is not permitted.

6.4.14. The Weigh-Ins Officials are suitably screened from the actual weigh-in process.

6.4.15. Lifters are entitled to wear jewellery, hair adornments and religious head gear during weigh-in. Lifters must not wear watches during weigh-in.

6.4.16. The Weigh-in room must be presented in and provided with proper hygienic conditions. Disinfectant / antiseptic cleanser and cloths should be made available to wipe the scale, if desired/required.

6.4.17. A Lifter who is within the weight of the bodyweight category in which they officially entered is weighed only once.

6.4.18. A lifter who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary to make the bodyweight category. The returning lifter does not have to follow the sequence of weigh-in order.

6.4.19. Those lifters who were originally entered on the Start List but are unable to make the weigh in times may at the discretion of the Competition Director be allowed to compete provided they informed the Competition Director prior to the commencement of the weigh-in as to their reasons for nonattendance.

6.4.20. Any lifters over 18 attending the Weigh-in who fail to achieve the stated body weight category as per their entry form will compete as “guests”.

6.4.21. Any Lifters under 18 who fail to achieve the stated body weight category as per their entry form may be entered into another body weight category (up or down) and will still be allowed to compete.

6.4.22. During the Weigh-in, the lifter’s Coach, Parent or lifter must sign the lifter’s Card/protocol to confirm the lifters’ registered bodyweight; and to declare the starting attempts in both the Snatch and Clean & Jerk, with reference to the 20kg rule. Lifting Cards will be used at all Level 3 and some Level 2 competitions.

6.4.23. During the Weigh-in, any lifters under 18 must have a Coach or Parent present to sign the lifter’s Card/protocol to confirm the lifters’ registered bodyweight; and to declare the starting attempts in both the Snatch and Clean & Jerk, with reference to the 20kg rule. Lifting Cards will be used at all Level 3 and some Level 2 competitions.

6.4.24. Any subsequent changes to the declared starting attempts are considered part of the two (2) allocated weight changes. The 20kg rule only applies to WI level 3 competitions.

6.4.25. The Protocol is made available to all concerned parties, as soon as possible upon the completion of the Weigh-In.

6.5. Introduction

6.5.1. Ten (10) minutes before the start of the competition of each bodyweight category or group, the following presentations will be made:

I. The competitors of the category or group are presented in the order of the lots drawn. Should any competitor not be present for the formal introduction, they will be requested to explain their absence to the Competition Director who will determine the appropriate warning or further action.

II. The Technical Officials of the competition are then presented or announced in the following order:

- Centre Referee
- Side Referees
- Chief Marshall
- Time Keeper
- Technical Controller(s)
- Doctor(s) on Duty
- Jury (introduced whilst in their seats)



6.6. Course of the Competition

6.6.1. The barbell is loaded in progression. The Lifter 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 Lifter 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 Lifter/Coach.

6.6.2. Decision making process for attempts with loading errors

- a) If the barbell is loaded to a lighter weight than the one requested by the Lifter, the Lifter 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 Lifter is granted an additional attempt with the weight originally requested.
- b) If the barbell is loaded to a heavier weight than the one requested by the Lifter, the Lifter may, if he/she wishes can accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1kg. If the attempt is not successful or if the barbell is not a multiple of 1 kg, the Lifter is automatically granted an additional attempt with the weight originally requested.

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

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

6.6.5. The minimum weights that can be lifted at WI Level 2 and 3 Events are:

- Men = twenty-five (25) kg (20kg bar, 2.5kg technique bumpers and spring collars)
- Women = twenty (20) kg (15kg bar, 2.5kg technique bumpers and spring collars)
- U13 and below = ten (10) kg (5kg bar, 2.5kg technique bumpers and spring collars)

6.6.6. The total weight of the starting attempts declared and taken in the Snatch and the Clean & Jerk cannot be less than twenty (20) kg below the verified entry total. The Technical Controller will exclude the Lifter from the competition if this rule is not adhered to. The above rule is commonly referred to as the “20 Kilo Rule” and will be applied as stated in the most current IWF rules.

6.6.7. Calling Order

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

- 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 Lifter who lifted earliest is first)
- 4) The lot number of the Lifter (lowest first)

6.6.8. One (1) minute (60 seconds) is allocated to each Lifter between the calling of their name and the beginning of the attempt. After thirty (30) seconds, a warning signal sounds. Lifters can submit changes to their attempted weight in the first 30 seconds after the timing clock is started for their attempt. Lifters cannot submit changes in the final 30 seconds after the timing clock is started for their own attempt. When a Lifter attempts two (2) lifts in succession, they are allowed two (2) minutes (120 seconds) for the succeeding attempt. (For exception see 6.6.9).

Thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the Lifter 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 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. The clock is stopped the moment the bar leaves the platform at the start of the attempt.

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

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

6.6.11. When a Lifter wishes to increase or decrease the weight originally selected, the Coach / Lifter must notify the Chief Marshal by signing the Lifter’s Card. To increase the weight, the Coach / Lifter must sign the Lifter’s Card before the thirty (30) second indicator (except TCRR 6.6.13). An attempt cannot be lowered to a weight that has already been lifted by another lifter with a higher lot number unless for a later attempt number.



i.e. a first attempt always precedes a second attempt regardless of lot number. An attempt cannot be lowered by a lifter if the clock has already started for their own attempt at a higher weight.

6.6.12. The thirty (30) second indicator is the signal given by the timing clock thirty (30) seconds before the end of the allocated time.

6.6.13. Between two attempts the Coach / Lifter must notify and sign the next attempt on the Lifter's Card; both for a declaration weight and automatic increment. This signature enables two (2) further changes. If the Coach / Lifter fail to do so before the thirty (30) second indicator, the Lifter will make their attempt according to the automatic progression. When a Lifter is taking consecutive attempts (2 minutes allocated time), the Coach / Lifter 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 Lifter will then have to take the automatic increment.

6.6.14. When the Coach / Lifter 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 / Lifter asks for a change of weight and, in doing so changes the order to follow another Lifter, the normal one (1) minute (60 seconds) applies for the next attempt.

6.6.15. The Coach / Lifter must sign the Lifter'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 Lifter's Card that they are withdrawing from the respective lift. Once the Lifter's Card has been signed the withdrawal is official and the Lifter cannot re-enter the competition in that respective lift. The Speaker then announces the withdrawal.

6.6.16. During competition only on-duty Technical Officials, authorised personnel, authorised Coaches (see TCRR 6.4) and lifters of the specific group are allowed in the FOP.

6.6.17. Only two (2) Coaches are permitted to stand at the designated area/entrance of the competition platform/stage.

6.6.18. Visually impaired lifters may be accompanied to the back of the platform by a guide. The guide must then leave the platform (but not the stage) during the execution of the lift. The guide may then return to the platform to accompany the lifter from the stage. All guides must meet the requirements in this TCRR to be issued an accreditation pass.

6.6.19. It is the responsibility of the competition organiser that appropriate areas are staffed only by WI Level 1 or above coaches and Technical Officials holding a valid licence and must be monitored during competition, in line with the WI Safeguarding Policy and Procedures.

6.7. Break

6.7.1. There is a 10 minute break between the Snatch and the Clean & Jerk; unless there are six or less competitors, which case the Competition Director may insert a different break in time between the two lifts at their discretion

6.7.2. There is a ten (10) minute break between each group of competitors in line with the Introduction.

6.7.3. The Competition Director may shorten or lengthen the break. An appropriate announcement to all relevant parties (Lifters, Coaches, Technical Officials, sport production, broadcast, spectators, etc.) must be made.

6.8. Classification of Lifters and Teams

6.8.1. Lifter Classification

The title of Champion is awarded for the total of the individual lifts in the Snatch and the Clean & Jerk (the sum of the best Snatch and the best Clean & Jerk results). The Lifters who win first, second and third place in the total at all WI events are awarded gold, silver and bronze medals, respectively. At Level 1 and 2 events, medals may not be awarded for the best lifts. The organisers will confirm in advance.



6.8.2. Factors

- a) Factors to decide the classification of lifters in Snatch and Clean & Jerk:
 - best result – highest first; if identical, then:
 - best result's attempt(s) number – lowest first; if identical, then:
 - previous attempt(s) – lowest first; if identical, then:
 - lot number – lowest first

- b) Factors to decide the classification of lifters in Total:
 - best result – highest first; if identical, then:
 - best Clean & Jerk result: lowest first; if identical, then:
 - best Clean & Jerk result's attempt number: lowest first; if identical, then:
 - previous attempt(s) – lowest first; if identical, then:
 - lot number – lowest first.

The sequence / order of the competition applies when a bodyweight category is divided into multiple groups.

6.8.3. Club Classification

I. General

- a) To be eligible for ranking in the National Club Championships a club must have at least one male and one female lifter achieve a total in the competition.
- b) When a lifter enters a competition the club they represent is automatically entered into the club competition (if applicable for the event).
- c) The winner of a Top Club title holds the title until the next edition of the event takes place.

II. Club Representation

- a) There is no limit on the number of lifters that can represent a club in a competition.
- b) Lifters can move from one club to another club up to 90 days before the competition. This must be notified to the Weightlifting Ireland General Secretary and Competition Director in writing.
- c) Unattached lifters cannot be a member of any club unless they join a club before the bodyweight category closing date of the competition and have either updated their Go Membership profile or notified the Weightlifting Ireland General Secretary in writing.

III. Scoring

- a) Only the top three ranked lifters per club, male and female can score points in a bodyweight category.
- d) If more than three lifters from the same club score points, the points for the highest three ranked will count towards the clubs' total.

6.9. Victory Ceremony

6.9.1. Where possible at WI Events, after each bodyweight category, a Victory Ceremony is presented.

6.9.2. A podium with places for the three (3) medal winners is placed on the competition platform. The medal winners line up behind the podium.

6.9.3. The Speaker introduces the official(s) presenting the medals. Medals are only presented for the total.

6.9.4. Starting with the bronze medal, the Speaker announces alternately the name, the club and the result of the medal winners in the total. The Lifters mount the podium to receive their medal when they are called. The medal ceremony is continued with the silver medal and the gold medal.

6.9.5. During the Victory Ceremony, medal winners cannot be accompanied by any other persons unless the Lifter is visually impaired and requires a guide.

6.9.6. Participants of the Victory Ceremony must not use it for political, racial or religious demonstration.

7. TECHNICAL OFFICIALS

7.1. 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. 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.

7.2. General Provisions

7.2.1. A suitable number of Technical Officials (TOs) must be appointed to work at each WI event. Only WI or IWF recognised TOs may work at WI events. TOs must not be involved in coaching or assisting any lifters during groups that they are assigned to officiate. TOs must have valid Safeguarding L1 and Garda Vetting by WI to officiate.

7.2.2. At Level 2 and 3 events the following Technical Officials must serve:

- Competition Director
- Referees
- Technical Controllers
- Chief Marshal(s)
- Timekeeper(s)
- Speaker(s)
- Doctor(s) on Duty (optional)
- Jury (optional)

7.2.3. Technical Officials at all WI competitions must wear the appropriate WI Technical Official uniform for the level of competition they are officiating:

Level/Uniform

Level 2 : Provincial & **Level 3** : National

- Navy jacket/blazer
- White shirt
- IWF/EWF tie or scarf, or Navy tie/scarf
- Navy trousers/skirt
- Dark shoes

Officials in the same group should wear matching uniforms as and when possible.

Level 1 : Club/Open

- Full uniform as stated above or:
- WI TO polo shirt
- Dark trousers/skirt
- Dark shoes

Officials in the same group should wear matching uniforms as and when possible.

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

7.2.4. Prior to the start of the competition, the appointed Technical Officials are assigned to positions and groups and a rota is distributed.

7.2.5. Whenever possible, members in each group of Technical Officials must display diversity.

7.2.6. Technical Officials must be present at designated meeting point at the latest fifteen (15) minutes prior to their duty.

7.2.7. The Integrity and standard of competitions will be reinforced by designated standards of officiating for each Level of the Competition structure.

Level 1 Open : All Technical Officials are WI Technical Official Club Level or above.

Level 2 Provincial : The Centre Referee must be WI Technical Official National Level or above, other Technical Officials can be WI Technical Official Provincial Level.

Level 3 National : There must be a minimum of two National Level Referees or above, other Technical Officials and Provincial Level or above.

7.2.8. It is the responsibility of the competition organiser to identify and resolve any potential conflicts of



interest in the organisation of the competition.

7.3. Technical Officials at WI Events

May only be a registered WI Technical Official or and official hold a valid IWF Official licence (Cat 1 / Cat 2).

7.4. Jury

7.4.1. At WI Events where a Jury is present it is composed of three (3) to five (5) members, one of which is the president.

7.4.2. The Jury has the control on the FOP to ensure that the TCRR are being correctly followed and applied.

7.4.3. All Jury members must be IWF Category 1 or IWF Category 2.

7.4.4. Throughout the course of the competition and after a first warning, the Jury, by unanimous vote, may replace any Technical Official whose decisions prove them to be incompetent.

7.4.5. The impartiality of all Technical Officials is not to be doubted. Errors in officiating may occur involuntarily and, in such situations, the Technical Official can explain their decision to the Jury, if desired or requested. As and when possible, there should never be two Technical Officials from the same club officiating any one group.

7.4.6. The Jury has the power to reverse a decision when the Referees' decision has been judged unanimously by the Jury to be technically incorrect. 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 lifter / Coach concerned via the Technical Controller or any other Technical Official, 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.

7.4.7. To apply the above rule, the Jury members must give their decision on each lift using coloured cards. Jury members adjudicate the lift once the lifter 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.

7.4.8. The Jury is not a Jury of appeal; there is no appeal against the Jury's decision.

7.4.9. The Jury has the power to recommend sanctions against a Lifter/Coach for displaying misconduct within the Field of Play. The Competition Director is responsible for determining and executing sanctions.

7.4.10. Throughout the course of the competition, the Jury must monitor and enforce TCRR 6.6.6. (the 20kg rule)

7.4.11. 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 lifter.

7.4.12. If the Speaker makes a serious error during the announcement of a lifter's name or the calling order which leads to a No-lift decision the Jury may grant another attempt.

7.4.13. At all WI Events, the Competition Director shall appoint an individual to complete a manual Protocol as a back-up document.

7.5. Competition Director

7.5.1. The Competition Director is in control of the progress of the competition and attends to their task in close cooperation with the Jury and the Technical Controller. The duties of the Competition Director are as follows:

- a) Assigns Technical Officials into groups / assignments.
- b) Verifies the lists of the Lifters and divide them into groups, if necessary, according to the verified Entry Totals.
- c) Supervises the Drawing of Lots.
- d) Supervises the order of lifting in accordance with the sequence of the competition, including the operation of the Competition Management System and the issue of all WI official competition



documents.

- e) Supervises the registration of new records set throughout the Event.
- f) Monitors and enforces TCRR 6.6.6 along with the Technical Controller and Jury.
- g) Verifies the final competition Protocol.

7.6. Referees

7.6.1. The main task of the Referees is adjudicating the lifts performed by the Lifters.

7.6.2. At all WI Events three (3) Referees are appointed for each group. The positions of the Referees consist of the Centre Referee and two (2) Side Referees.

7.6.3. Before the competition Referees must ascertain under the guidance of the Competition Director and in collaboration with the Technical Controller(s):

- that the necessary Sport Equipment is in order
- that all Lifters weigh in within the bodyweight limits of their verified bodyweight category during the allocated time

7.6.4. During the competition, the Referees ensure:

- a) that the weight of the barbell corresponds with the weight announced by the Speaker
- b) that only the Lifter handles the barbell during the execution of the lift
- c) that only the Lifter 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.
- d) if the Lifter, 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 indicators with them to give their decision upon the completion of the lift.
- e) that TCRR 6.6.6 is enforced (if no jury present).

7.6.5. 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 to allow the lifter every chance to complete the lift. Once the Referee is certain that the lifter has completed the lift; they indicate the decision by giving the appropriate signal.

7.6.6. As soon as the Referee has adjudicated a lift “Good lift”, they immediately press the white button on the control box.

7.6.7. As soon as the Referee has adjudicated a lift “No lift”, they immediately press the red button on the control box.

7.6.8. Any Referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button.

7.6.9. 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.

7.6.10. There is no appeal against the Referees’ decision, note TCRR 2.7.

7.6.11. When no referee light system is in place the centre referee will give the ‘down’ signal at the end of a completed lift. The ‘down’ signal must be audible and visible i.e. the centre referee must say ‘down’ and at the same time motion downwards with the arm.

7.6.12. When no referee light system is in place, after the ‘down’ signal the referees will show their decision using either red and white paddles or flags for a ‘no lift’ and ‘good lift’ respectively.

7.6.13. When no referee light system is in place if any of the referees sees an error during the execution of a lift they raise an arm to call attention to the fault. If one other referee also sees a fault and raises their arm this constitutes a majority decision and the centre referee must give the ‘down’ signal to end the lift.

7.6.14. The referees verify and sign the final competition protocol.

7.7. Technical Controller

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

7.7.2. At Level 1 competitions, if a Technical Controller is not present, a WI National Level Technical Official



will take the centre referee position and assume the responsibilities of the Technical Controller.

7.7.3. At WI Events a maximum of two (2) Technical Controllers are appointed per group. The duties of the Technical Controller(s) are as follows:

- a) Ensures that the FOP and the Sport Equipment are compliant with WI TCRR.
- b) Ensures that all on-duty Technical Officials wear the correct uniform and reports to the Competition Director any non-compliant Technical Officials.
- c) Before the start of competition, inspects the lifter outfits and enforces relevant WI TCRR, when necessary. When a correction must be made to the lifter's outfit or a lubricant must be removed, and the Lifter has already been called, the relevant rules must be applied.
- d) During the competition ensures that only the authorised Coaches accompany the Lifters on the FOP.
- e) Ensures the correct Lifter according to the Speaker's announcement goes on to the competition platform / stage even during the loading of the barbell.
- f) Controls the cleaning of the bar and the competition platform in conjunction with the Loaders and Decontamination Attendants.
- g) If requested, assists Anti-Doping personnel as directed.
- h) Monitors and enforces TCRR 6.6.6.
- i) Manages who has access to the competition platform.

7.8. Chief Marshal

7.8.1. The Chief Marshal's main duty is to accept or decline any modifications made by Coaches / Lifters on declarations or attempts on the Lifters Cards, in accordance with all relevant TCRR.

7.8.2. 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.

7.8.3. Assistant Marshals are also appointed, as required.

7.8.4. Monitors and enforces TCRR 6.6.6.

7.9. Timekeeper

7.9.1. At WI Level 2 and 3 events there must be a Timekeeper who is qualified according to TCRR 7.2.

7.9.2. Timekeepers operate the timing clock in accordance with all relevant WI TCRR.

7.9.3. 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.

7.9.4. The Timekeeper stops the timing clock immediately as the barbell is raised from the competition platform.

7.9.5. The Timekeeper restarts the timing clock if the barbell does not reach the height of the lifters' knees and returns to the competition platform.

7.9.6. To perform their duties properly, the Timekeeper works in close cooperation with both the Speaker and the Technical Controller.

7.10. Speaker

7.10.1. 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:

- a) instructions to the Loaders to load the required weight
- b) the name of the Lifter
- c) the Lifter's respective Member Club
- d) the number of the Lifter's attempt
- e) notification in advance of the name of the next Lifter
- f) the Referees' decision of "Good Lift" or "No Lift"

7.10.2. 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.



7.10.3. The Speaker announces the Introduction of Lifters and Technical Officials, as well as makes all required announcements regarding the course of the competition.

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

7.10.5. The Speaker conducts the Victory Ceremony.

7.10.6. The Speaker must be a WI Technical Official Provincial Level or above (as and when possible).

7.11. Doctor on Duty

7.11.1. At WI Events, Doctors on Duty must be trained medical professionals with current valid registration and professional insurance. Or have a current and valid first aid qualification

7.11.2. Doctors on Duty must be present at the venue from the start of the competition until the end of the competition.

7.11.3. Doctors on Duty must be familiar with and use the local / venue medical facilities and, if requested, assist in anti-doping control procedures.

7.11.4. Doctors on Duty must be ready to render medical care in case of injury or illness.

7.11.5. Doctors on Duty must cooperate with team doctors and advise Coaches and Lifters on the possibility of continuing competition after an injury.

7.11.6. Appointed WI Doctors on Duty are responsible within the FOP; their responsibility ends outside the FOP.

7.11.7. In case of an accident or injury, the Doctor(s) on Duty must assess the situation and decide if further treatment is necessary either by local medical authorities. It is up to the Doctor(s) on Duty to provide assistance or to transfer treatment to the local authorities.

7.12. Loaders / Decontamination Attendants

7.12.1. 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:

- a) Load the barbell in accordance with TCRR and as directed by the Speaker
- b) Check the bar after each attempt for blood; advise the Technical Controller and Decontamination Attendants immediately for cleaning
- c) Manage or act as a privacy barrier for injured lifters
- d) Clean the bar and the competition platform /stage as required or as directed by the Technical Controller during and after competition
- e) Prepare the medal podium for the Victory Ceremony after the competition
- f) Unload the barbell and return the discs to the weight racks

7.12.2. 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:

- a) Safely remove blood and other contaminants from the bar and competition platform, as required and/ or as directed by the Technical Controller.
- b) Ensure the safe disposal of contaminated materials in accordance with applicable policy
- c) Clean the bar with antiseptic after each group
- d) Assist Loaders, if required, to manage or act as a privacy barrier for injured Lifters

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

8. RECORDS & RESULTS

8.1. Records

8.1.1. Records are recognised on the following only: The Two Hands Snatch and the Two Hands Clean and Jerk and the Total. Records are recognised from Championships or Events held under IWF, EWF, WI or another weightlifting association affiliated to the EWF/IWF subject to TCRR 8.2.



8.1.2. Records established at Olympic, IWF, EWF events will be recognised by WI. All other pre-selected international events shall, in accordance with the rules of the organising bodies, be recognised as Irish records subject to TCRR 8.2.

8.1.3. WI recognises records at Youth (13-17), Junior (15-20), U23, Senior and Masters level in each of the bodyweight categories for male and female in the Snatch; Clean & Jerk and Total. A Lifter establishing a new Irish record/s shall meet the Eligibility Criteria as outlined in these rules. A register of Irish records will be kept by WI to whom all claims should be made.

8.1.4. A record is a lift that exceeds the previous record standard by a minimum of one (1) kg. All records and bodyweights will be registered in metric values.

8.1.5. A record attempt will only be valid at a WI event if a minimum of two (2) National Level Referees are officiating said event/group. Any attempts to set international records must be done in line with the relevant international federation rules.

8.1.6. In Weightlifting, the first lifter to set the Record, holds the Record, both in the individual lifts and the total. If two (2) or more Lifters achieve the same result and a new record is established, time is the most important factor. The new record holder is the Lifter who completed the lift first regardless of the sequence of the competition, if divided into groups.

8.1.7. Only current WI members who are in membership of WI at the time of the lift(s) will be recognised as holding a record.

8.1.8. Only Irish citizens as defined in TCRR 5.3.1 can claim an Irish record.

8.1.9. Bodyweight categories shall be those authorised by WI and the IWF.

8.1.10. The lift recorded, if accepted, will be registered in the body weight class of the Lifter and may not be carried on to the next class even though the record in the next class be less.

8.2. Results

8.2.1. In competitions abroad, not sanctioned by WI or for overseas Irish lifters, results will only be accepted for rankings and records purposes if the following criteria is met:

8.2.2. Lifter is a registered member of WI and notifies the WI Secretary & WI Competition Director prior to participating in the scheduled event. Lifter holds a valid Irish passport and provides a scanned copy for approval (if necessary).

8.2.3. Competition is registered with an approved weightlifting association that is register under the EWF/IWF and not in formal dispute with said associations.

8.2.4. Competition weigh in procedure follow the EWF/IWF protocols with weigh completed 2 hours before session start times and have three referees present – note TCRR 6.4.2. & 7.6.2.

8.2.5. Start lists with proof of start list timings and results post competition must be sent to the WI Competition Director prior and after the event for approval.

8.2.6. For any Irish athletes who do not reside in Ireland, but reside on the continent of Europe, WI will only accept results from the National Championships events in the country in which they reside. For example: the *British Championships, German National Championships, Malta National Championships, Hungarian National Championships, English Championships, Welsh Championships, Northern Ireland Championships, etc.*

8.2.7. Competing as a "guest" in any approved weightlifting association championship that is register under the EWF/IWF will be sufficient and if assistance is required by WI to help with entry, please contact us.

8.2.8. Irish athletes who do not reside on the continent of Europe may apply for an exemption for other competition results to be accepted for rankings purposes only. Each request will be reviewed by the WI Board on a case by case basis.

8.2.9. The weight on the barbell shall be accepted at face value for Irish results & records. In Ireland, the weights of the discs and barbell shall be taken at face value, provided that they have been tested before the contest and are at least as heavy as stated. The scales used must also have been certified as being accurate.

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