

SSV – Weightlifting rules and information

What is a Snatch?

During the Snatch, the barbell is lifted from the platform (floor) to an overhead position in one smooth, continuous movement. The barbell is pulled as high as the lifter can manage (typically to mid chest height) at which point the lifter moves under the bar, the elbows move around the bar and arms are locked out so the bar is securely overhead. This lift is usually completed with a wide grip.

Watch video; <https://youtu.be/B9YICQ141RI>

What is a Clean and Jerk?

The Clean and Jerk is comprised of two key movements. The clean portion of the lift refers to the athlete lifting the barbell from the floor to the shoulders in one motion. The jerk is where the barbell is lifted directly from the shoulders to an overhead position in one quick movement, ensuring the arms are locked out. Once the barbell is securely locked out above the head with straight elbows the lift is complete. The most common jerk used in competition is the split jerk, whereby the lifter punches the barbell up above their head, and also splits their legs simultaneously with the front leg stable in front of them and the back leg flexed behind them.

Watch video; <https://youtu.be/073AEKWY18o>

How does a Weightlifting competition work?

-Attempts;

Athletes will have three attempts to record their highest lift for the Snatch and three attempts for the Clean & Jerk. All of the snatches are completed first, and the barbell is loaded on the lifting platform in a 'rising bar' format. This means that the athlete attempting the lowest weight will lift first. There is a short break between Snatch and Clean and Jerk where the process is then repeated starting with the lowest weight. The athlete with the highest total weight lifted (the total is the sum of the athlete's highest snatch and highest clean and jerk) wins.

-Referees;

There are three referees for competitions, who will watch each lift. They have a white button, which they press for lifts they deem to be a 'good lift', and a red button when they judge a 'no lift'. In order to get a successful lift, the athlete must receive at least two white lights from the referees. The athlete must also wait until the centre referee has given the down signal before placing the bar back on the platform. Note – all competitions will follow the international standard field of play.

-Timings;

As attempts are made the athletes have to announce the next weight they will attempt to lift and any increase in weight must be a minimum of 1kg. Athletes have one minute to perform the lift, or two minutes if they are attempting consecutive lifts.

-Weigh-in;

Athletes will weigh-in two hours before the start of their competition, and have one hour to do so. For example, for a competition starting at 11am, the athletes will weigh-in from 9-10am. The bodyweight classes are listed towards the end of this document. Athletes can weigh-in in their lifting suit, or under garments.

-Incorrect movements;

Although the IWF rulebook contains many rules, the following are the key movements that referees will class as an incorrect movement and therefore judge a 'no lift' at school competitions:

- Touching the platform with any part of the body other than the feet,
- 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 before the referee's down signal,
- Resting or placing the bar on the chest at an intermediate point before its final position producing a 'double clean',
- Touching the thighs or knees with the elbows or upper arms,
- Uneven or incomplete extension of the arms at the completion of the lift, when the barbell is overhead – also known as a 'press-out'.
- Facing away from the centre referee when starting the lift,
- Completing the lift with incomplete movements – Snatch should be one smooth movement from floor to overhead, Clean is one movement from floor to chest, and jerk is one movement from chest to lockout overhead.

-Clothing requirements;

For schools competitions, athletes must wear a lifting suit or they can wear a singlet/t-shirt tucked into shorts or tights. Athletes are allowed to use chalk but are not allowed to use talcum powder or any other lubricant.

Referees will need to be able to clearly view the athletes elbows and knees (knee sleeves can be worn).

SSV Weightlifting age groups;

U13	U15	U17	U20
13 years and under	15 years and under	17 years and under	20 years and under
School year 7	School years 8 and 9	School years 10 and 11	School year 12

Note: Some competitors may fall into one or more category. Under IWF rules, the 'youth' age group applies to those aged 13-17 years old, and 'junior' age group applies to those aged 15-20 years old.

Bodyweight categories;

Under IWF rules, shown in kilograms.

MALE		FEMALE	
<i>Youth</i>	<i>Junior/Senior</i>	<i>Youth</i>	<i>Junior/Senior</i>
49	55	40	45
55	61	45	49
61	67	49	55
67	73	55	59
73	81	59	64
81	89	64	71
89	96	71	76
96	102	76	81
102	109	81	87
+102	+109	+81	+87