

## Weightlifting Championship Official Rule-book

This rulebook is binding and will be strictly followed in the course of the tournament.

- **Eligibility for Participation:**  
Men (Open for colleges and clubs)

- **List of categories:**

Weight categories
Under 56 kg
56 - 62 kg
62 -69 kg
69 - 77 kg
77 kg +

- **Prize :** Trophy for the Best Lifter  
Championship Trophy for Winning team
- **General Regulations:**

- Teams are liable to disqualification against breach of disciplinary conduct if players/management are involved in illegal activities as per institute norms in IIT BHU (Varanasi).
- Smoking/consumption of alcohol or any prohibited substances inside the campus are strictly prohibited. Entire team will be disqualified from the tournament even if a single player is found to be violating these rules.
- Players must come with proper kit during competition, no kit will be provided by Spardha, IIT BHU (Varanasi).
- A player can participate in only one category.
- In case of any controversy during competition and weigh-in, the referee's decision will be considered as the final decision.
- 1st, 2nd, 3rd and 4th position holders in their respective category, will be awarded 5-3-2-1 points respectively.
- The sum total of points secured in all the events by a team will determine their overall position in championship.
- In case of tie for the overall position, whichever team has more gold medals will be given a better position. If the number of golds for both teams are the same, then whichever team has more silver medals will be given a better position. In case of the same number of gold and silver medal/s, whichever team has more bronze medals will be given a better position. In case of the same number of golds, silver and bronze medal/s,

whichever team has more 4th position will be given a better position. In case of the same number of golds, silver, bronze medal and 4th position, both teams will be given the same position.

- **Rules of play:**

- **GENERAL:**

- The basic Weightlifting rules will be according to International Weightlifting Federation (IWLFF) rules and regulation unless stated otherwise in this rulebook.
- In the sport of weightlifting, IIT BHU recognises two lifts which must be executed in the following sequence:
  - The Snatch
  - The Clean & Jerk
- Both lifts must be executed with two hands. A maximum of three attempts is allowed in each lift.

- **THE SNATCH:**

- The barbell is centred horizontally on the competition platform. The athlete takes the start position behind the barbell. The athlete 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 movement upward, the barbell should remain close to the body and may slide along the thighs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The athlete may recover in his / her 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 athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

- **THE CLEAN & JERK:**
- **The first part, the Clean:**

The barbell is centred horizontally on the centre of the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palm downward 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 should remain

close to the body and the barbell may slide along the thighs. 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 athlete'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 athlete may recover in his / her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

- **The second part, the Jerk:**

The athlete must become motionless with the knees fully extended before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his / her feet to the same line parallel to the plane of the trunk and the barbell with his / her arms and legs fully extended. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body. Before the Jerk, the athlete may adjust the position of the barbell for the following reasons:

- to withdraw or “unhook” the thumbs
  - if breathing is impeded
  - if the barbell causes pain
  - to change the width of the grip
  - The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.
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- **GENERAL RULES FOR ALL LIFTS:**
  - The technique known as “hooking” is permitted. It consists of covering the thumb with the other fingers of the same hand at the moment of gripping the barbell.
  - In both lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.
  - After the Referees’ signal to lower the barbell, the athlete must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.
  - An athlete, 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 competition and may remind them of this fact prior to the start of each lift when on the platform. This is the sole responsibility of the athlete.

- When snatching or cleaning in the squat style, the athlete may assist their recovery by swinging or rocking their body while in the squat position.
- The use of chalk is permitted.
- The use of grease, oil, water, talcum, cream or any other lubricant on the athlete's thighs is forbidden. An athlete who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that athlete, the clock remains running.
- **INCORRECT MOVEMENTS:**
  - 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 athlete has reached the lowest point of his / her 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.
- Dropping 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.
- Releasing the barbell from an incomplete position.
- Touch the barbell with his / her footwear.

- **Athletes outfit:**

Athletes must wear only one weightlifting costume which complies with the following criteria:

- may be one piece or two pieces
- must be collarless
- must not cover the elbows
- must not cover the knees
- Athletes must wear sport footwear.
- A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.





### **IMPORTANT NOTE:**

RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION IN ALL MATTERS RESTS WITH THE SPARDHA TEAM.