

Starting Strength Olympic Weightlifting: All Three Lifts

Rules of Competition

General Rules

1. Three lifts will be recognized for competition:
 - a. Clean and Press
 - b. Snatch
 - c. Clean and Jerk
2. The sum of the heaviest lifts of the three shall constitute the Total.
3. Divisions:
 - a. Open: Congenital male, transgender, and intersex lifters
 - b. Women: Congenital females
 - c. Masters: Lifters who turn 40 years old during the calendar year in which the meet is heldLifters must choose Division a or b, and may add c: Open, Open Masters, Women, or Women Masters. Congenital women may lift in the Open Division.
4. Weight classes:
 - a. Open: up to 52 kg, up to 56 kg, up to 60 kg, up to 67.5 kg, up to 75 kg, up to 82.5 kg, up to 90 kg, up to 100 kg, up to 110 kg, up to 125 kg, and over 125 kg
 - b. Women: up to 44 kg, up to 48 kg, up to 52 kg, up to 56 kg, up to 60 kg, up to 67.5 kg, up to 75 kg, up to 82.5 kg, up to 90 kg, and over 90 kg

The Lifts and the Rules of Performance

1. All three lifts shall be performed on a platform with a level, flat surface of either wood, rubber, or commercial non-slip carpeting. Its dimensions must be a minimum of 8' x 8'.
2. At the conclusion of each attempt the lifter must leave the platform immediately unless unable to do so because of injury.
3. Any disrespectful or aggressive behavior directed towards the judges, meet staff, or competitors is grounds for disqualification from the competition at the discretion of the meet director.

The Clean & Press

1. The bar starts on the platform, with the lifter behind the bar, facing the head judge. The lifter shall grip the barbell with both hands, and in one continuous motion lift the bar from the platform to the shoulders. Any motion of the legs and feet is permitted. The bar may rest on the

shoulders or in the hands. The feet must return to a position parallel to the bar on the shoulders, with the knees and hips fully extended and motionless. No other part of the body may touch the platform during the clean.

2. After the clean has been completed, the lifter shall press the bar upward to a position of full elbow extension overhead. No downward motion of the hips may be used during this motion. The bar is pressed overhead until the elbows are completely extended, with the bar in a position behind a vertical line from the most anterior aspect of the armpit to the floor. Failure to attain this position constitutes a missed attempt. Any uneven extension of the elbows must be corrected by the time lockout occurs, such that both elbows lock out simultaneously. The press is complete when the bar is motionless overhead under the lifter's control. After the press is completed, the bar shall be lowered to the platform with both hands in contact with the bar.
3. After the press is initiated, any change in foot position, 10. any bending of the knees that directly contributes to the upward movement of the bar (a "push press"), or any active plantar flexion of the ankles disqualifies the attempt. disqualifies the attempt. Any athlete who is anatomically unable to fully extend one or both elbows must report this condition to the referees before the start of the press competition.

The Snatch

1. The bar starts on the platform, with the lifter behind the bar, facing the head judge. The lifter shall grip the bar with both hands, and in one continuous motion lift the bar from the platform to a position overhead of fully extended elbows, without any pressing motion. Any motion of the feet and legs is permitted. No other part of the body may touch the platform during the snatch.
2. The snatch is complete when the bar is overhead under the lifter's control, the lifter motionless with hips and knees in full extension, and with the feet returned to a position that is parallel with the bar overhead. After the snatch is completed, the bar shall be lowered to the platform with both hands in contact with the bar.

The Clean & Jerk

1. The bar starts on the platform, with the lifter behind the bar, facing the head judge. The lifter shall grip the barbell with both hands, and in one continuous motion lift the bar from the platform to the shoulders. Any motion of the legs and feet is permitted. The bar may rest on the shoulders or in the hands. The feet must return to a position parallel to the bar on the shoulders, with the knees and hips fully extended and motionless. No other part of the body may touch the platform during the clean.
2. From a motionless position, the lifter drives the bar upward dynamically to fully extended elbows, in one motion with no pressing. Any motion of the feet and legs is permitted. The feet must recover to the position parallel to the bar, with fully extended knees and hips, and the bar overhead under the control of the lifter.
3. The jerk is complete when the bar is overhead on fully extended elbows, the lifter motionless, and feet in the parallel position. After the jerk is complete, the bar shall be lowered to the platform with both hands in contact with the bar.

Order of Competition

Registration

1. Registration begins 2 hours before the start of the meet and ends 1 hour before the start of the meet. Upon check-in, the lifter must provide identification, the weight class, and opening attempts for each of the three lifts. These attempts may be changed later in accordance with the limitations on the number of attempt changes as prescribed in the Rules of Competition.
2. The athlete's name, lot number, weight class, sex, age, and opening attempts for each lift are recorded on an expeditor card, which shall be used by the meet announcer to conduct the meet.
3. Lot numbers will be assigned based upon the order in which the meet entries were received. A meet entry consists of the completed and signed entry form and the entry fee.
4. The competition shall be conducted in sessions, with weight classes grouped into flights according to criteria deemed expedient by the meet director. All three lifts will be contested during each session, with a ten-minute break between lifts.

Weigh-out

1. Bodyweight for each lifter will be measured immediately after the last clean & jerk attempt. An official will be present near the platform to direct lifters to the weigh-out area.
2. Athletes shall present themselves for weigh-out promptly at that time and will have one opportunity to make weight within their declared weight class, after which they shall not be permitted to weigh-out again. Weighing outside of the lifter's stated weight class will result in an invalidation of the lifter's total for the meet entered, and the lifter will not be eligible for ranking or awards. At the meet director's discretion, this rule may be suspended for local competitions. The total will apply to subsequent qualifying totals in the weight class for which the lifter was actually eligible. A scale shall be available at all times for the lifter's convenience beginning at the start of registration.
3. Competitors must weigh-out according to their order within their flight. Athletes may be weighed wearing their singlet by an official on an accurate and precise scale. Upon athlete request, a sex-appropriate official can weigh competitors in a private area who wish to remove clothing for the purposes of making weight.
4. Upon completing weigh-out, the competitor will have successfully completed the meet and will be eligible for ranking and awards.

Conduct of the Competition

1. The competition shall be conducted by sessions, during each of which are contested the lifts, with each lift divided into flights or groups of lifters. The order of the flights will be listed prior to the commencement of the meet. Each flight will complete its three attempts at a lift before the next flight is called to perform the same lift.
2. The meet announcer controls the conduct of the competition. The announcer is responsible for announcing:
 - a. the name of each competitor

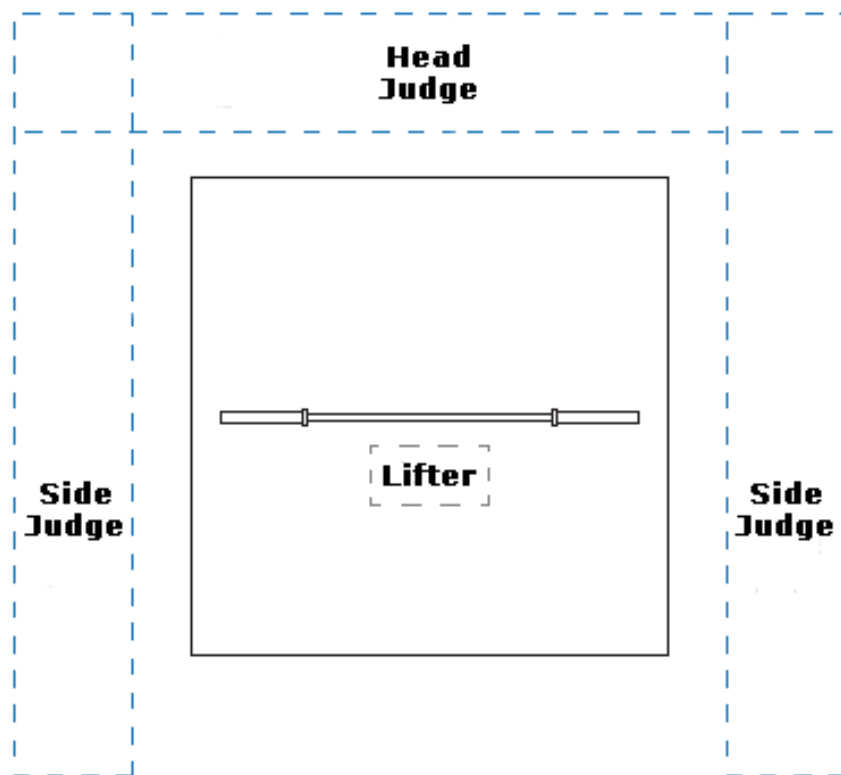
- b. the weight that the competitor will lift
 - c. the completion of the loading of the bar and the commencement of the time allotted for the attempt
 - d. whether the attempt was good or bad.
- 3. If the warm-up facility is not immediately adjacent to the platform area, i.e. if the athletes and coaches in the warm-up facility cannot clearly hear the announcer directly, the public-address system must provide clear information in the warm-up facility.
- 4. Music shall not be played over the public-address system, or other loudspeakers, during the competition.
- 5. The meet expeditor takes next attempts from lifters and coaches, manages the expeditor cards, prepares the scoresheet at the end of each lift, and aids the announcer in keeping the order of the competition. A scorekeeper may be appointed to assist with these duties.
- 6. The only persons allowed in the immediate area of the platform and the area of the announcer's table are the announcer and expeditor staff, judges, loaders, spotters, the athlete taking the attempt and the athlete's coach. All other persons must stay clear of this area, upon penalty of removal.
- 7. Once the bar is loaded and announced as such, the official charged with timekeeping starts the meet clock, and the lifter has one minute to initiate the attempt. An announcement at the point where thirty seconds remain in the allotted time may be made by the announcer.
- 8. The meet shall be conducted in kilograms. Increases in weight for the contested lifts will be in multiples of 1 kilogram. If no next attempt is received from the lifter or the lifter's coach after a successful lift, it shall be assumed that the next attempt is the next incremental increase based on the currently contested lift. If the previous attempt was unsuccessful and no next attempt is received, the same weight will be repeated for the next lift.
- 9. In the event of a misload, two things may occur:
 - a. If the misload is discovered before the attempt begins, the clock is stopped, the loading is corrected, and the original allotted time is restored to the clock.
 - b. If the misload is discovered after the attempt, the lifter may elect to take another attempt, or to accept the results of the attempt. If another attempt is granted, it shall be taken at the end of the round during which the error occurred, or at the meet director's discretion.
- 10. After the opening attempts have been submitted at registration, and for subsequent attempts, 2 changes in the attempt weight can be submitted. Any change in attempt must be submitted before the loading of the attempt is completed and under no circumstances can the weight already loaded on the bar be lowered.
- 11. The barbell is loaded in progression. The athlete requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started the weight cannot be reduced. The athlete or Team Official must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. This is the sole responsibility of the athlete/Team Official. In case of any mistake occurring in the lifting order, either by fault of the athlete/Team Official/TO/Speaker, the lifting order according to the rule is applied for the classification of athletes.
- 12. In the event that two athletes taking the same attempt call for the same weight, the athlete with

the lower lot number goes before the athlete with the higher lot number.

13. A failure to complete a successful attempt in any of the three lifts eliminates the athlete from the competition. At the meet director's discretion, the athlete may be permitted to participate in the next lift.
14. Awards are based on the total of the heaviest completed attempts of the three lifts. In the event of a tie, the lighter lifter wins. If both lifters weigh the same, they share the award.
15. If a first-place award is shared by two people, there will be no second-place award, only a third. If a second-place award is shared between two people, there will be no third-place award. The third-place award can be shared by two people.
16. The awards are at the meet director's discretion. A Best Lifter award for the Open and Women's division may be awarded, to be calculated from the Wilks formula. A Best Lifter award for the Open and Women's Masters division may be awarded, to be calculated from the Wilks formula and the appropriate McCulloch coefficient. Best Lifter awards are optional – the actual competition takes place within the official weight classes.

Judges

1. Three judges shall serve the competition platform. The head judge is seated directly in front of the lifter, and the two side judges sit on either side of the lifter at the point of best vantage. They shall be competent and qualified to serve in this capacity as determined by meet director.



2. Their duties include, but may not necessarily be limited to, ensuring that all the technical rules of competition are followed, that the bar is loaded correctly, and that each attempt is judged with full attention.

3. The judges indicate their decisions through the use of paddles, flags, or lights. White indicates a good attempt, and red indicates a bad attempt. Any two judges in agreement constitute the decision. The athlete or coach may inquire regarding the reason for a judge's decision at the discretion of that particular judge only after leaving the platform area, and only at a time when it does not interfere with the execution of the judge's duties.
4. At any point during the time the lifter is on the platform any judge sees any infraction of rules with respect to equipment, conduct, or safety, that judge can stop the clock and the competition with a raised hand until the situation is rectified to the satisfaction of all the judges, at which time the clock is restarted.
5. The judges must make every effort to render their decisions simultaneously, and to avoid at all costs influencing the decisions of the other judges through eye contact or discussion with each other between the time the attempt is concluded and the decision is rendered.
6. Judges may be replaced at the discretion of the meet director if it is determined to be in the best interests of the competition.
7. One of the judges may act as the timekeeper, or a timekeeper may be appointed to sit with the expeditor and announcer, the latter option being preferable.

Platform and Equipment

1. The competition platform shall be a defined area of at least 8' x 8' and no more than 4 m x 4 m, and shall be surfaced with wood or rubber matting. It may be a discrete raised structure or an area of appropriate flooring designated by markings. The entire surface of the platform shall be flat, smooth, level, and flush. If multiple platforms are used in the competition, they shall all be equivalently equipped and staffed.
2. The expeditor/announcer table shall be in clear view of the platform, within close proximity that facilitates efficient functioning of the expeditor's duties. The expeditor cards shall be in clear view on the announcer's table.
3. The head judge sits a safe distance away directly in front or slightly to one side of the center of the platform, and the side judges are placed where they can best see the lifter from either side.
4. The bar shall be a high-quality, 20 kg Olympic weightlifting standard bar, or a bar produced specifically for competition. It shall be 28-29 mm in diameter and up to 2200 mm in length.
5. The plates shall be calibrated and accurate discs within 10 grams or 0.25 percent, whichever is greater, of their marked value. Calibrated plates must be available to allow for 1 kg increments when loading.
6. Collars shall be 2.5 kg calibrated competition collars. They must be secure and tight when applied.
7. Loaders must be provided by the meet director to load the bar. They operate under the direction of either the head judge or the platform manager, if one is provided. A platform manager is recommended for larger meets. The platform manager ensures the correct and timely loading of the bar and directs the loaders in their duties. Loaders are responsible for handling the plates only; it is the responsibility of the officials to ensure that the loaders have correctly loaded the bar. The meet director shall provide loading charts to the appropriate officials for this purpose.
8. The timing clock must be a desktop unit or one projected on a screen, not a stopwatch, visible from a reasonable distance and easily viewed from the platform area. It shall be placed in a

conspicuous location adjacent to the judge acting as timekeeper or on the announcer's table.

9. A chalk box must be provided in close proximity to the platform. It is supplied with commercially prepared athletic chalk, as is the warm-up facility.
10. In the event the bar becomes contaminated with the blood of a competitor, the meet shall be stopped and the bar disinfected with an application of 70% isopropyl alcohol applied with a small brush or cloth. The bar shall be allowed to dry completely before the meet resumes. In the interest of the expedient conduct of the meet, the meet director shall take the steps necessary to ensure that the meet is not interrupted again, which may include the disqualification of the competitor.
11. The warmup facilities must be adequate for the size of the session. It must be equipped comparably to the competition platform, although it need not be identically equipped.

Official Documents

The following documents must be established, maintained through the competition, and kept as an official record of the competition:

1. The start list is prepared and published as soon as possible after the entry deadline. It includes the name, lot number, projected weight class, age, division, and session of each entrant in the competition.
2. Expediter cards are assigned to each lifter at check-in. They must include the athlete's name, weight class, division, age, actual weight, and opening attempts for each lift. These are the documents used to run the competition. They should be accessible to coaches and lifters to the greatest extent possible under the constraints of efficient management of the expeditor/announcer table.
3. The scoresheet records the final results of each lift within the session, and is prepared at the end of each lift so that the clean & press and the subtotal of the clean & press and the snatch is available to the lifters and coaches.

Personal Equipment

Athletes must comply with these rules regarding costume and equipment; no inspection of equipment will be conducted, but if illegal equipment is found to be used, either on the platform or in the warm-up area, it shall constitute cause for immediate disqualification from the competition. This applies retroactively to any completed competition in which a competitor was subsequently found to have used illegal equipment.

Costume

1. The lifter's costume shall consist of a collarless t-shirt and a powerlifting, weightlifting, or wrestling singlet. Both garments must be clean and free of graphics of a nature that the average spectator would find offensive.
2. Both garments must fit snugly to facilitate the judging of lockout positions. Both must be constructed of normal commercially available materials, and absolutely cannot be supportive in any way. All garments are subject to the review and approval of the judges. Only one shirt and one singlet may be worn at any time. Women may wear one bra of any type desired. No power

briefs, nor any sufficiently compressive shorts or briefs that resist hip flexion or aid in hip extension may be worn.

3. Long socks that extend to just below the knee and completely cover the shin and calf must be worn to allow the bar to slide against the legs and to avoid blood from the competitors from contacting the bar. Thin shin guards that do not impede the upward motion of the bar may be worn under the socks if desired, and may be required at the meet director's discretion.
4. Any type of shoe may be worn, provided that it is in good repair and clean. Shoes must be worn on the platform at all times. Shoes with cleats or metal spikes are not permitted.
5. No headwear or hats of any sort are permitted to be worn on the platform.
6. No headphones or earbuds of any sort are permitted to be worn on the platform.

Equipment

1. A belt may be worn during all three lifts. It may be of any type, provided that when worn it only overlaps itself one time at any point along its circumference, and that it does not exceed four inches in width at any point along its length.
2. Rubberized knee sleeves may be worn. Only one knee sleeve per knee may be worn. **There can be no visible contact between the socks and the knee sleeves or between the singlet and the knee sleeves.** Knee sleeves that fit so tightly that they cannot be easily removed solely by the lifter are not allowed. Officials may at any time ask the lifter to pull their knee sleeves down below the knee and back up again. If this cannot be done without help, the knee sleeves cannot be worn in competition.
3. Wrist wraps may be worn. Any bandages worn on the hands must be shown to the judges prior to the start of the lift. Any ankle or knee bandages must be approved by the judges prior to the start of the lift in which they are worn.
4. No wraps of any kind may be worn on the elbows, or on any part of the body other than the wrists. No supportive undergarments of any type may be worn.
5. The use of ammonia or smelling salts prior to the lift is permitted so long as their usage takes place off the platform and not within view of the audience.
6. No lubricants of any type, whether fluids, powders, or solids, may be used anywhere on the competition venue or any areas adjacent to the competition venue. Chalk is not considered a lubricant. Use of any lubricants for any purpose constitutes cause for immediate disqualification.
7. The use of counter-irritants is permitted on areas of the skin that do not come in contact with the bar. If there is any uncertainty about whether this use may constitute a use-of-lubricants infraction, the judges should be consulted prior to their application.
8. No foreign substances of any type except the chalk provided by the competition may be used on either the platform equipment or the lifter's personal equipment. No rosin, spray sticky, or any other substance designed to enhance the friction of hands against bar or shoes against floor may be used.
9. A warm-up room marshal may be appointed for the purpose of ensuring compliance with the equipment rules.

