

South African Weightlifting Federation

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SCHEDULE "J" TECHNICAL AND COMPETITION RULES AND REGULATIONS

Dated: 2023/01/21 Updated: 2023/09/29

1. South African Age Categories (Master/Senior/Junior/Youth)

Age-grade: An Age-grade is determined by the maximum age, as determined on 31st December of that specific year, of a player allowed to participate within the prescribed Age-grade. For example, the oldest player in the U13 Age-grade, would still be 13 years old on 31st December of the specific year in question.

Minimum Age: The minimum age allowed in an Age-grade is determined by the age that you turn during the specific year in question.

A Senior lifter is defined as being 15 (fifteen) years of age or older as of the 31st December of the current year. (IWF SENIOR: 15+ years of age)

A Junior lifter is defined as being 15 (fifteen) years to 20 (twenty) years of age as of the 31st December of the current year. (IWF JUNIOR: 15 - 20 years of age). **These will be split into the following categories for Provincial and National Competitions:**

U20 (18 to 20 years), U17 (16 to 17 years)

A Youth lifter is defined as being 17 (seventeen) years on the 31st December of the current year and younger. (IWF YOUTH: 13 - 17 years of age). **These will be split into the following categories for Provincial and National Competitions:**

U17 (16 to 17 years), U15 (13 to 15 years), U12 (11 and 12 years old), U10 (9 and 10 years) and U8 (8 years and younger)

A Master lifter is defined as being 35 (thirty-five) years and older as at 31 December of the current year. (IWF MASTERS: 35+ years of age). Master lifters will compete in age groups in accordance with the IWF-Masters regulations. (man: m35, m40, m45, m50, m55, m60, m65, m70, m75, m80, m85, women: w35, w40, w45, w50, w55, w60, w65, w70, w75, w80, w85)

2. South African Weightlifting Bodyweight Categories

Men's Categories in kg

Masters	Seniors	U20	U17	U15	U12	U10	U8
					32	29	25
					35	32	29
55	55	55	49	49	38	35	32
61	61	61	55	55	41	38	35
67	67	67	61	61	45	41	38
73	73	73	67	67	49	45	41
81	81	71	73	73	55	49	45
89	89	89	81	81	61	55	49
96	96	96	89	89	67	61	55
102	102	102	96	96	73	67	61
109	109	109	102	102	81	73	67
109+	109+	109+	102+	102+	81+	73+	67+

Women's Categories in kg

Masters	Seniors	U20	U17	U15	U12	U10	U8
					25	23	20
					28	25	23
45	45	45	40	40	31	28	25
49	49	49	45	45	34	31	28
55	55	55	49	49	37	34	31
59	59	59	55	55	40	37	34
64	64	64	59	59	45	40	37
71	71	71	64	64	49	45	40
76	76	76	71	71	55	49	45
81	81	81	76	76	59	55	49
87	87	87	81	81	64	59	55
87+	87+	87+	81+	81+	64+	59+	55+

U17 and U15 lifters who are not within 80% of the "SA Standard" will be allowed to weigh-in and be placed in any weight category at weigh-in on the day of competition. No Youth lifter should be forced to loose weight for a competition.

U12, U10 and U8 Lifter weight categories will be determined at weigh-in on the day. No lifter in these age categories will be required to make any specific weight. Certificates are issued to lifters for participation. No provincial or national medals are required.

3. South African Weightlifting Competition Grading

Level 1 Competition - Locally Hosted Competition

Not Listed on a Provincial Calendar

No standards are required here. This type of competition is mostly to introduce more people to the sport however try and affiliate lifters if possible.

Level 2 Competition – Club

Any club affiliated to the SAWF can apply to their Provincial Associations to run a Level 2 competition.

All Level 2 events are held to the same set of requirements (refer to SAWeightlifting_CompReqV6_20221027.pdf document) to ensure a good standard of competition wherever you lift in SA and must comply with the IWF rules and regulations.

These competitions form the majority of the competitions on the calendar, and they all act as qualifiers to Level 3 championships – if so determined by the Provincial Associations.

All athletes competing at Level 2 competitions have to be affiliated with the SAWF. Competition entries will therefore be done via the SAWF portal.

Level 3 Competition – Provincial Associations

Each Provincial Association is responsible for its own provincial championships.

These competitions make up Level 3.

All Level 3 events are held to the same set of requirements (refer to SAWeightlifting_CompReqV6_20221027.pdf document) to ensure a good standard of competition wherever you lift in SA and must comply with the IWF rules and regulations.

Qualification standards to take part in Level 3 competitions are up to the discretion of the Provincial Associations.

Provincial Associations must let the SAWF know the dates of their Level 3 competitions at the beginning of each year so that SAIDS can be notified. It is required that a Provincial Associations must host their provincial championships with in the 4 week window of the date as agreed by the SAWF Council.

All athletes competing at Level 3 competitions must be affiliated with the SAWF. Competition entries will therefore be done via the SAWF portal.

The following Level 3 Competitions (the “Provincial Championships”) will be held on an annual basis, either separately or as a single competition:

Provincial Youth, Junior, Senior and Master Championships

These can be organised in conjunction with other Provincial Associations (Combined)

We strongly suggest trying to plan your Provincial Weightlifting Championship with bigger provinces to reduce the requirements of qualified ref’s and required equipment.

Eg: Gauteng with Limpopo, North West, Free State, Mpumalanga

Western Cape with Eastern Cape, KZN, Northern Cape

Level 4 Competition – South African Weightlifting Federation

Every South African Weightlifting Championship event is a Level 4 competition, the highest level of competition in South Africa.

These competitions are sanctioned and approved by the South African Weightlifting Federation and hosted and organised by the Provincial Associations.

All Level 4 events are held to the same set of requirements (refer to SAWeightlifting_CompReqV6_20221027.pdf document) to ensure a good standard of competition wherever you lift in SA and must comply with the IWF rules and regulations.

All Level 4 competitions have qualification standards to take part in. You can achieve these standards at any Level 3 and 2 competitions.

The following Level 4 Competitions (the “National Championships”) will be held on an annual basis:

SA Youth and Junior Championships

SA Senior Championships

SA Masters Championships – Organized and Controlled by the South African Masters Weightlifting Federation.

The date for the “National Championships” will be discussed and decided at the A.G.M. of the National Council.

The Provincial Associations wishing to be considered to host the National Championships must indicate their intension at the A.G.M. of the National Council and applied for in writing.

Requirements to host a Level 4 competition:

Provincial Associations who indicate their interest to host the National Championships shall submit a proposal in writing no later than 1 month after the A.G.M.

The Provincial Association must be in good standing with the SAWF.

The application must be submitted to the Technical Committee of the Federation.

The Technical committee will review and issue a final date and venue for the said competition no later than 2 months after the A.G.M.

The Proposal must include:

Venue details (size and location)

Accommodation in the area

The Proposed entry fee

The Proposed dates

The following are the duties and responsibilities of the hosting province:

- Acquire and pay for a suitable venue
- Supply platforms, weights (competition and warm up), scorekeeping equipment, PA system and all other necessary to run a weightlifting competition as per the IWF rules and regulations
- Organise experienced and/or trained loaders
- Arrange a suitable space for an AGM, if required
- Arrange a suitable space for SAIDS to conduct drug testing
- Run technical meeting
- Draw up preliminary and final schedule – to be approved by SAWF
- Draw up preliminary and final (post technical meeting changes) start lists – to be verified by SAWF
- Draw up technical official duty schedule – to be approved by SAWF
- Provide refreshments for technical officials and loaders throughout the competition.
- Make available a training venue for traveling athletes, free of charge, at least one day prior to start of competition
- Print accreditation badges for TOs, coaches and athletes

The following are the duties and responsibilities of the SAWF:

- Assist with equipment where reasonably possible
- Arrange for technical officials to be available
- Supply medals and trophies
- Arrange for SAIDS to be present
- Approve preliminary and final schedule
- Verify preliminary and final start lists

Jury at Level 4 Competitions

Where possible a jury of three members shall be appointed before every National Championships. The members must all be National Referees, must be in good standing with the Federation (registered) and shall be from different Provinces where possible.

Their function is to ensure that the technical rules are being applied. The same rules as stipulated in the respective International Rule Book will be applicable to the jury.

Level 5 International Competitions

Where the IWF has not officially sanctioned such

All Arrangements for this competition are out of pocket

No National Colours are awarded.

Level 6 International Competitions

Such as African and Commonwealth Championships (Youth, Junior, Senior)

Pre-Entry Selection will be based on the SAWF Selection Policy.

The SAWF will advise Departure dates to and from the Competition, all costs for such are for the Athlete's account, unless otherwise stated.

The SAWF will advise accommodation Rates and Dates and will be at the official hotel. All costs for such are for the Athlete's account, unless otherwise stated.

The Athlete may use their own Coach at the competition, but all costs for such are for the Athlete's account. (Accommodation and travel are as per the above).

Costume (Singlet) and Tracksuits will be for the Athlete's account, unless otherwise stated.

National Colours are awarded.

Level 7 International Competitions

Such as IWF Championships (Youth, Junior, Senior)

Pre-Entry Selection will be based on the SAWF Selection Policy.

The SAWF will advise Departure dates to and from the Competition. All costs for such are for the Athlete's account, unless otherwise stated.

The SAWF will advise accommodation Rates and Dates and must be at the official hotel. All costs for such are for the Athlete's account, unless otherwise stated.

The Athlete may use their own Coach at the competition, but all costs for such are for the Athlete's account. (Accommodation and travel are as per the above).

Costume (Singlet) and Tracksuits will be for the Athlete's account, unless otherwise stated.

National Colours are awarded.

Level 8 International

Such as Commonwealth Games and Olympic Games (SASCOC)

Pre-Entry Selection will be based on the SAWF Selection Policy.

Final Selection will be the discretion of SASCOC

All arrangements will be at the discretion of SASCOC

No National Colours are awarded.

4. National Calendar

The national calendar for the following year will be drawn up and discussed at the A.G.M.

The Federation would like to have an official National Calendar released on the 1st of January of each year; the National Calendar may change due to finalisation of international events.

5. South African Weightlifting Regulations for National Records

South African Record may be broken at:

- a Provincial Championship; (Level 3)
- a Regional Championship; (Level 3)
- a National Championship; (Level 4)
- an International Competition (Level 5,6,7,8)
- National Trials (Level 4)

The margin of increase for a South African Record shall be 1kg, awarded to the first lifter to achieve the South African Record.

A financial reward shall be awarded to any lifter who breaks a National Youth, Junior or Senior Record.

The reward will be paid to any lifter who breaks a record in the snatch, clean & jerk or total. However, if for example the snatch record is broken twice by the same lifter in the same competition, then the reward will be paid only ONCE.

Any Lifter who is found guilty of doping will be stripped of all South African Records.

6. Membership Portal

All entries for Level 2 to 4 competitions have to be managed through the membership portal.

Each Club or Provincial Association will sign a competition signup sheet to confirm all details.

The Club or Provincial Association banking details must be supplied with all competition details, after which the Competition will be loaded on the Portal.

The request for pay-outs must be done via the Treasurer and they will affect payment of funds owing to the Club or Provincial Association within 3 days.

The cost of R15 per entry will be deducted from the entry fee. this is to cover banking charges.

The Cost of R50 per entry to a National Championship will be deducted from the entry fee.

This will be put towards the food and drinks for the technical officials during the competition.

This forms part of the South African Weightlifting Federation Constitution as per “ANNEXURE 1 - SCHEDULE LIST OF POLICIES AND DOCUMENTS”

This document was unanimously adopted by the Membership present at the **Annual** General Meeting held at Hybrid Meeting on the **27st day of October 2023**.

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION PRESIDENT
(Name and Signature)

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION SECRETARY GENERAL
(Name and Signature)

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION ATHLETE REPRESENTATIVE
(Name and Signature)

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION COACHES REPRESENTATIVE
(Name and Signature)