

South African Weightlifting Federation

## The South African Weightlifting Federation

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### Guidelines and Requirements for Local competitions

This document has been formulated to guide clubs, provincial associations, coaches, parents, athletes, technical officials, etc in the running and set up of the various types of competitions held in South Africa.

The document also details some common issues that have arisen in the past 12 months and explains how to address them at the club competition (Level 2).

The aim is to create reasonable rules that can be implemented in all clubs and provinces in South Africa. To over-complicate Level 2 (Club) Competitions will reduce the number of new lifters wishing to enter the sport. The South African Weightlifting Federation has to, however, ensure the basic Safeguarding and Anti-doping rules are applied.

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## CLUB COMPETITIONS (LEVEL 2)

All competitions should be run as close as possible to the IWF Rules, however the rules can be adjusted according to the type of competition, lack of equipment, lack of personnel etc..

### Venue

A suitable venue size for the number of people.

## Main Platform and Equipment

### Lifting Area

The Main Lifting Area (platform) should be marked 4m x 4m (this is to mimic a competition platform).

The concept here again is to try keep things simple. Not everyone has a 4m x 4m platform. One can use a 2.4m x 2.4m and mark the 4m x 4m Square or simply mark a 4m x 4m Square. This is to give all potential gyms an opportunity to host a competition.

Chalk stand and Chalk (if possible)

### View of the Platform

It is important to consider where coaches can watch, not only their lifters but other lifters as well. When lifters are going head-to-head it is very important that the coaches can observe the other lifters.

Some options are:

- if a screen separates the lifting platform from the waiting and/or warm up areas, open up the opposite side of from where the athlete walks onto the platform for coaches to view the lifter on platform, or
- create a bigger platform access area, or
- a camera and TV is set up in the warm up/waiting area

then it is easy to ensure that coaches do not obstruct the access to the platform.

### Referees

Three (3) Chairs are required. Each referee will need a white flag (or white piece of paper) and a Red Flag (or red piece of paper) with which to indicate their decisions.

#### Use of referee stations/flags

If referee stations are used, a speaker has to be made available to allow for an audible down signal. If this is not possible, flags have to be used. This means that referee stations cannot be used in conjunction with a manual down signal.

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### **Weights and Bars for the main lifting area**

1 x 20kg Men's bar, 1 x 15kg Women's bar, 5kg Technique Bar (if possible) or 7kg Technique Bar (if possible) or 10kg Technique Bar (if possible)

1 Set 2.5kg Collars (if possible)

Weights 6 x 25kg (6 if possible, 4 minimum), 2 x 20kg, 2 x 15kg, 2 x 10kg, 2 x 5kg, 2 x 2.5kg, 2 x 2kg, 2 x 1.5kg, 2 x 1kg, 2 x 0.5kg, 2 x Full-size 2.5kg (if possible), 2 x Full-size 5kg (if possible)

Broom and a cloth

### **Spectator Area**

Chairs for Spectators

### **Announcer Area**

A table with a tablecloth and two chairs.

Scoring Laptop/PC with scoring software (available from the Provincial association)

A sound system with mic and speaker if possible

Pens for weight changes

This area should be positioned between the platform and the warm-up area. The announcer must be able to view the referees and the coaches must be able to access this table to make changes to the athletes' score card.

### **Scoring Area (Marshal)**

For a club competition use the announcer's table, or refer to Level 3 set-up.

### **Scoring System (software)**

Olympic Weightlifting Competition Management system (OWLCMS) MUST be used. The system is available from the provincial association or the on-line version is also available.

This system is used as one can download the entries from the portal and directly import them. It also outputs the results in the format that will be used to import the results into the portal.

Standardising a system will assist with easily making data available for selection for future teams etc.

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### Warm-up Area

A Warm-up area where the athletes can warm up containing equipment, chairs if possible and enough space to avoid any injuries.

Personnel allowed in a warm-up room should be registered on the portal and have completed the relevant courses, checks, etc.. Refer to Technical Officials and Competition Personnel for more details. This will be left up to the discretion of the competition organiser, keeping in mind Safeguarding when minors are involved.

### Weigh-in Area

A suitable place for the athletes to weigh in must be available.

#### Scale

A basic bathroom scale

### Weigh-in Requirements

One Person can do the weigh-in; try for two people as this will comply with Safeguarding regulations. If only one person is available then encourage athletes to be accompanied by a coach or trusted person, especially if the athlete is a minor.

Athletes must weigh in in singlets, or t-shirt and shorts/pants

### Drug Testing Area

At this stage there is no requirement for an area for drug testing for a Level 2 Competition.

### Registration Area

No requirement for a registration area, or refer to Level 4 set-up.

### Athletes

#### Entries

All Athletes must enter the competition via the Portal. This will ensure they are registered with the Federation and comply with the safeguarding and anti-doping rules of the Federation.

#### Course Requirements

ADEL for Talented Athletes course to be uploaded to profile on portal.

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### **Athlete attire**

Dress code for an athlete can be shorts and t-shirt. Tt-shirts should stop above the elbow. T-Shirts not tight fitting must be tucked in. tight-fitting tops must cover the abdomen.

Singlets can be worn but are not compulsory.

Lifting belts: ideally 12cm wide but for a club comp, if it is wider than this, it's ok. A ruling could be made by the provinces that all IWF rules must be complied with in order to break a Provincial record.

Complying with belt and singlet rules is important but only from L3 competitions. New athletes and coaches do need to be informed of the rules but not as the athlete is walking onto the platform to lift.

Smart watches are not allowed: this is an international rule and technically anything on the wrist is not ideal for lifting. However, in a club competition it's not something that should be enforced. Again, inform coaches and athletes of the rule for higher level competitions.

Increasing the standard of hosting competitions is our ultimate goal, but first we need to grow participation in order to grow the standard. The focus should be on attracting new lifters, particularly from the CrossFit community, but making things too complicated will rather drive them away. Competitions should also be fun for everyone involved and not just about obeying a thousand rules. Apply rules that are applicable to the level of the competition.

### **Coaches and Support Staff**

All eligible Coaches and Support Staff must register for the competition via the Portal. This will ensure they are registered with the Federation and comply with the safeguarding and Anti-doping rules of the Federation.

### **Coach / Assistant coach / parent attire**

Typical sport-specific garments include tracksuits, shorts, football or basketball jerseys, t-shirts and polo shirts. (refer to Images on the last page). Sport shoes to be worn.

### **Coach Requirements**

As set out in Coaches' Policy

### **Support Staff Course Requirements**

This applies to Assistant coaches / Administrators

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

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This applies to Parents

Adel for Parents of High Performance Athletes Education Program

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

## Technical Officials and Competition Personnel

### Competition Secretary / Competition Organiser

A person should be responsible for the competition, this person will be the go-to person with problems or issues.

### Referees

If possible, 3 registered Club Referees should referee the lifts. However, we should also use club competitions to train potential candidates, so we can use senior lifters or in-training referees to assist.

### Announcer

There is no minimum requirement. It's important the announcer understands the rules and the competition management system. The Announcer will be responsible for scoring and time-keeping, unless otherwise organised.

### Marshal

Level 2 competitions don't require a dedicated Marshal (scorer). The Announcer can do these duties. Try to get someone to assist if possible.

### Technical Controller

Level 2 competitions don't require a technical controller. Refer to Level 3 competitions for requirements if one is to be appointed.

### Time-keeper

Level 2 competitions don't require a dedicated Time-keeper. This can be done by the Announcer. Refer to Level 4 competitions for requirements if one is to be appointed.

### Technical Officials' dress code

To simplify this, the rules will be set as follows:

If you are a training referee, you can wear a tracksuit pants and t-shirt with sports shoes.

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If you are a qualified Club Referee should wear pants (tracksuit, jeans, trousers) either grey, blue, black or green. A T-shirt / Golf-shirt and closed shoes.

If you are a qualified Provincial Technical Official: grey pants/skirt, white shirt or white Golf Shirt, black or Blue closed shoes.

If you are a qualified National Technical Official: grey pants/skirt, white shirt or white Golf Shirt, blue blazer, black or Blue closed shoes.

If you are a qualified CATI or CATII, the IWF rules apply.

### Technical Official Education Course

All Technical officials will need to have completed the minimum course requirements as set out below:

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

### Safeguarding Officer

There must be one person appointed as the Safeguarding Officer. If an incident does arise, there needs to be someone who can be contacted.

### Medical Personnel

There needs to be one qualified first-aider on standby.

### Loaders

One qualified loader and two trainee loaders per session.

We recommend 5 loaders if a competition runs more than 3 sessions. Loading is a very physical job and loaders can become fatigued which can lead to injury.

### Loaders' attire

Suitable and neat sports clothing for loading weights

### Loaders' Education Course

All loaders will need to have completed the minimum course requirements as set out below:

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

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## Competition Schedule Information

### Weigh-in

Typically, 2 hours before the start

### Introduction

This is where we introduce the athletes to the crowd.

### Snatch Session Start

Typically, 10 minutes after introduction

### Break

Starts after the last Snatch of the session and is Typically 10 minutes long

### Clean and Jerk Session Start

After the 10 minutes break

### Medal Ceremony

Typically held after the results are checked, generally 10 to 15 minutes after the last clean and jerk.

It's very important that athletes attend the medal ceremony. It shows good sportsmanship and is a requirement from an anti-doping point of view. However, if a medal ceremony is delayed due to sessions running late, then an athlete cannot be expected to wait.

### Calculating a competition timetable

Typically, a weightlifting competition will be broken into 2 (two) sessions, 1 (one) for Ladies and 1 (one) for Men. (This will depend on the number of lifters. If there are enough lifters one can divide into weight categories.)

Work with a maximum of 3 lifters per warm-up platform, or around 16 in a session.

Typically it takes 7-7.5mins per lifter + 10min for introductions + 10min between Snatch & Clean and Jerk + 15min for medals per session.

## Registration / Entry System

The Membership portal will be used for entries (athlete, coach, support personnel).

The hosting club must complete the form, with permission from the provincial association to host the competition, so that the competition can be loaded on the portal: <https://m0nxxwvh.forms.app/comp-hosting>.

For payouts, the Competition Organiser must email the Federation Secretary General. The Federation will pay out within 5 working days. Email: [gensecretary@saweightlifting.co.za](mailto:gensecretary@saweightlifting.co.za)

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### **Preliminary entries / Start-list**

The entries list is available for the competition organiser on the membership portal, under Admin – Campaigns. The competition organiser should try to post this list 3 days prior to the competition.

### **Final start-list**

The Final start-list should be available the night before the competition. However, if there are still entries on the day, the final start-list must be complete before the competition starts.

### **Results**

Results for the competition must be emailed to the Federation within 5 working days.

### **Meetings**

It is recommended that the technical officials who are working on the day have a technical meeting before the competition starts. This will ensure everyone is informed of the specific rules for the competition.

### **Provincial/National Records**

#### **Provincial Records**

Can be broken at a Level 2 competition. However, a video must be taken and emailed to the Provincial Association for final approval.

#### **National Records**

Cannot be broken at a Level 2 competition.

### **Medals / Certificates**

This is up to the competition organiser.

### **Important Notes on Weightlifting Rules Adjusted**

*For Level 2 Competitions*

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### The Bar

For the purposes of development, we use a range of bars at competitions which should be used as follows:

An Eleiko 5kg bar (25mm shaft) maximum total weight should be limited to 19kg.

An Eleiko 10kg bar (25mm shaft) maximum total weight should be limited to 19kg

A Rebel 7kg bar (28mm shaft) maximum total weight should be limited to 19kg

For the boys, when the bar weight gets to 19kg, the bar can be changed to a 15kg women's bar but when the weight of the bar gets to 44kg, the bar must be changed to a 20kg bar.

The technique plates of 2.5kg (full size) should not be used on a 20kg bar and when the weight of the ladies bar reaches 25kg.

Dropping of a 5kg/7kg or 10kg bar should not be permitted. The same applies when the technique plates of 2.5kg or 5kg weight plates are on the bar.

As the rules in South African Weightlifting are that even an u14 lifter can compete in both youth and junior, it makes this a very grey area. If u14 was a totally separate division it would simplify this, however it is not.

The bar will remain as described above until the weights have been reached. Once that has taken place then the standard configurations will apply as per the IWF Rules.

### Warm-up areas

In the rules of weightlifting there are two items of significance: the coach pass and the 3 support personnel per athlete rule.

The coach pass has been introduced as part of safeguarding. A coach can obtain a coach pass on the Portal for every competition. This will give them access to the warm-up area. Now the questions arises about parents who assist the coach in the warm-up area. The SAWF will create an option for Support Personnel to also obtain a visitor pass in order to assist with the coaching of children in a specific competition. The requirement for the safeguarding checks will also be implemented for parents as well as the Anti-doping online courses.

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Athletes without coaches: An athlete without a coach may approach a coach at the competition to assist them. The coach must get permission from the competition organiser to attend the session if the coach is not already coaching in that session.

The three support personnel for a single athlete in a session rule is an IWF rule. If a warm-up room is too small to accommodate the required number of support personnel, this does need to be communicated to the athletes and coaches for that competition. We need to be clear when an adjustment of an IWF rule is applied.

### Lifting Technique

At Club level competitions we are likely to find new lifters trying out the sport and some who would simply wish to lift in a club comp environment. Technical errors, such as the double clean (poor rotation of the arms), the slowing of the bar (the typical hip bump of the bar), dropping the bar above the shoulders (so excited they forgot to hold on) and dropping the bar before the down signal (no yet sure of the rules) do require a bit of leniency. Informing the coach or the athlete of the error(s) for future competitions is appropriate, but also remember it's not so quick to fix technical errors.

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## PROVINCIAL CHAMPIONSHIP (LEVEL 3)

All competitions should be run as close as possible to the IWF Rules, however the rules can be adjusted according to the type of competition, lack of equipment, lack of personnel etc..

### Venue

Suitable venue size for the number of people.

## Main Platform and Equipment

### Lifting Area

The Main Lifting Area (platform) should be marked 4m x 4m (this is to mimic a competition platform).

The concept here again is to try keep things simple. Not everyone has a 4m x 4m platform. One can use a 2.4m x 2.4m and mark the 4m x 4m Square or simply mark a 4m x 4m Square. This is to give all potential gyms an opportunity to host a competition.

The Field of Play must be demarcated. It's important to restrict who has access to this area.

Chalk stand and Chalk (if possible)

### View of the Platform

It is important to consider where coaches can watch, not only their lifters but other lifters as well. When lifters are going head-to-head it is very important that the coaches can observe the other lifters.

Some options are:

- if a screen separates the lifting platform from the waiting and/or warm up areas, open up the opposite side of from where the athlete walks onto the platform for coaches to view the lifter on platform, or
- create a bigger platform access area, or
- a camera and TV is set up in the warm up/waiting area

then it is easy to ensure that coaches do not obstruct the access to the platform.

### Backdrop

A suitable backdrop makes it good for photographs for social media.

### Athlete-facing clock

A Simple screen or small TV facing the athlete with the countdown clock is required.

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### Referees

Three (3) Chairs are required. Each referee will need a white flag (or white piece of paper) and a Red Flag (or red piece of paper) with which to indicate their decisions.

### Use of referee stations/flags

If referee stations are used, a speaker has to be made available to allow for an audible down signal. If this is not possible, flags have to be used. This means that referee stations cannot be used in conjunction with a manual down signal.

### Weights and Bars for the main lifting area

Full Set of Competition Standard (or best equivalent available) is required.

1 x 20kg Men's bar, 1 x 15kg Women's bar, 5kg Technique Bar (if possible) or 7kg Technique Bar (if possible) or 10kg Technique Bar (if possible)

1 Set 2.5kg Collars (if possible)

Weights 6 x 25kg (6 if possible, 4 minimum), 2 x 20kg, 2 x 15kg, 2 x 10kg, 2 x 5kg, 2 x 2.5kg, 2 x 2kg, 2 x 1.5kg, 2 x 1kg, 2 x 0.5kg, 2 x Full size 2.5kg (if possible), 2 x Full size 5kg (if possible)

Broom, cloth and cleaning agent

### Spectator Area

Chairs for Spectators (ensure there is enough space for spectators)

TV/Projector x 1 for the Competition Results is required.

### Announcer Area

A table with a tablecloth and two chairs.

Scoring Laptop/PC with scoring software (available from the Provincial association).

A sound system with mic and speaker if possible (sound must be audible in the main lifting area and warm-up room)

This area should be positioned between the platform and the warm-up area. The announcer must be able to view the referees and the coaches must be able to access this table to make changes to the athletes' score card.

### Scoring Area (Marshal)

A table with a tablecloth and two chairs

Scoring Laptop/PC with scoring software

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Pens for weight changes

Area should be place where the coaches can access it without interrupting the path of the athletes going to platform; preferably in the warm-up room on the way to the lifting area.

### Scoring System (software)

Olympic Weightlifting Competition Management system (OWLCMS) MUST be used. The system is available from the provincial association or the on-line version is also available.

This system is used as one can download the entries from the portal and directly import them. It also outputs the results in the format that will be used to import the results into the portal.

Standardising a system will assist with easily making data available for selection for future teams etc.

### Warm-up Area

#### Platform/Block

A Warm-up area should have 2.4m x 2.4m warm-up platforms or demarcated 2.4m x 2.4m warm-up blocks. Keep enough space to avoid any injuries.

A maximum of 3 athletes per platform/block or a maximum of 16 lifters per session.

Recommended one chair per athlete.

TV/Projector x 1 for the Competition Results

Chalk stand and Chalk (if possible)

#### Weights and Bars for each Platform/Block

1 x 20kg Men's bar, 1 x 15kg Women's bar, 5kg Technique Bar (if possible) or 7kg Technique Bar (if possible) or 10kg Technique Bar (if possible)

1 Set 2.5kg Collars (if possible)

Weights 6 x 25kg (6 if possible, 4 minimum), 2 x 20kg, 2 x 15kg, 2 x 10kg, 2 x 5kg, 2 x 2.5kg, 2 x 2kg (if possible), 2 x 1.5kg (if possible), 2 x 1kg, 2 x 0.5kg, 2 x Full size 2.5kg (if possible), 2 x Full size 5kg (if possible)

Personnel allowed in a warm-up room should be registered on the portal and have completed the relevant courses, checks etc.. Please refer to Technical Officials and Competition Personnel

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### Weigh-in Area

A suitable place for the athletes to weigh in is required. Space is required for a scale, small table and chair.

Don't forget pens

It must be demarcated.

### Scale

A scale that has been calibrated in the last 12 months is required.

### Weigh-in Requirements

Two people must conduct the weigh in.

Minimum one Club Technical Official

Athletes must weigh in in a singlet.

Athletes must produce a form of identification.

### Drug Testing Area

The area must be suitable and have enough space for a table and three chairs.

### Registration Area

Weigh-in area can be used for registrations.

No specific requirements for a registration area, or refer to Level 4 set-up.

### Athletes

#### Entries

All athletes must enter the competition via the Portal. This will ensure they are registered with the Federation and comply with the safeguarding and Anti-doping rules of the Federation.

#### Course Requirements

ADEL for National-level Athletes course (Minimum)

#### Athlete attire

Singlets are compulsory.

Lifting belts: 12cm wide

No Smart Watches

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## Coaches and Support Staff

All eligible Coaches and Support Staff must register for the competition via the Portal. This will ensure they are registered with the Federation and comply with the safeguarding and Anti-doping rules of the Federation.

### Coach / Assistant coach / parent attire

Typical sport-specific garments include tracksuits, shorts, football or basketball jerseys, t-shirts and polo shirts. (refer to Images on the last page). Sport shoes to be worn.

### Coach Requirements

As set out in Coaches' Policy.

### Support Staff Course Requirements

This applies to Assistant coaches / Administrators:

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

This applies to Parents:

Adel for Parents of High Performance Athletes Education Program

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

## Technical Officials and Competition Personnel

### Competition Secretary / Competition Organiser

A person should be responsible for the competition. This person will be the go-to person with problems or issues.

### Referees

Two minimum registered Provincial and 1 Club Referee per session

### Announcer

Minimum registered Club Referee

The Announcer might be responsible for scoring and time-keeping, unless otherwise organised.

### Marshal

Level 3 competitions don't require a dedicated Marshal (scorer); the Announcer can do these duties. Try get someone to assist if possible.

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### Technical Controller

One minimum registered Club Referee

### Time-keeper

Level 3 competitions don't required a dedicated Time-keeper; this can be done by the Announcer. Refer to Level 4 competition for requirements if one is to be appointed.

### Technical Official Dress code

To simplify this, the rules will be set as follows:

If you are a training referee, you can wear a tracksuit pants and t-shirt with sports shoes.

Qualified Club Referees should wear pants (tracksuit, jeans, trousers) either grey, blue, black or green. A T-shirt / Golf-shirt and closed/sport shoes.

Qualified Provincial Technical Officials: grey pants/skirt, white shirt or white Golf Shirt, black or Blue closed shoes.

Qualified National Technical Official: grey pants/skirt, white shirt or white Golf Shirt, blue blazer, black or blue closed shoes.

### Technical Official Education Course

All Technical officials will need to have the minimum course requirements as set out below:

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

### Safeguarding Officer

There must be one person appointed to act as a Safeguarding Officer. If an incident does arise there needs to be someone who can be contacted.

### Medical Personnel

There needs to be one qualified Medic on standby.

### Loaders

Two Qualified Loaders and one trainee loader per session.

Five loaders are recommended if a competition runs more than 3 sessions; loading is a physically demanding and loaders can become fatigued which can lead to injury.

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### **Loaders' attire**

Suitable clothing for loading weights; if they dress in a the same attire that may make it look neat.

### **Loaders' education courses**

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

## **Competition Schedule Information**

### **Weigh-in**

Typically, 2 hours before the start

### **Introduction**

This is where athletes are introduced to the crowd.

### **Snatch Session Start**

Typically, 10 minutes after introduction

### **Break**

Starts after the last Snatch of the session and is Typically 10 minutes long

### **Clean and Jerk Session Start**

After the 10 minutes break

### **Medal Ceremony**

To be done once the results are checked, generally 10 to 15 minutes after the last clean and jerk.

### **Calculating a competition timetable**

Typically, a weightlifting competition will be broken into 2 (two) sessions, 1 (one) for Ladies and 1 (one) for Men. (This will depend on the number of lifters. If there are enough lifters one can divide into weight categories.)

Work with a maximum of 3 lifters per warm-up platform, or around 16 in a session.

Typically it takes 7-7.5mins per lifter + 10min for introductions + 10min between Snatch & Clean and Jerk + 15min for medals per session.

## **Registration / Entry System**

The Membership portal will be used for entries (athlete, coach, support personnel).

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## South African Weightlifting Federation

The hosting club must complete the form, with permission from the provincial association to host the competition, so that the competition can be loaded on the portal: <https://m0nxxwvh.forms.app/comp-hosting>.

For payouts, the Competition Organiser must email the Federation Secretary General. The Federation will pay out within 5 working days. Email: [gensecretary@saweightlifting.co.za](mailto:gensecretary@saweightlifting.co.za)

### **Preliminary Entries / Start-List**

The entries list is available for the competition organiser on the membership portal, under Admin – Campaigns.

The Preliminary Entries should **close 2 weeks** prior to the start of the competition so the list can be sent to SAIDS.

The Preliminary Entries should be made available 2 weeks prior to the competition.

### **Final Start-List**

The Final Start-list must be published after the close of final verifications, +/- 16 hours before the start of the competition.

The Final start list must be published on the provincial association's Facebook and/or Instagram page.

A minimum of 3 final start-lists must be printed: one for inside the weigh-in room, one displayed outside the weigh-in room and one for the announcer's table.

Athlete cards must be printed after the final start list is printed and placed on the announcer's table.

### **Results**

Results for the competition must be emailed to the Federation within 5 working days.

### **Meetings**

A technical officials' meeting must be held the night before the competition. This will ensure everyone is informed of the specific rules for the competition.

### **Provincial/National Records**

#### **Provincial Records**

Can be broken.

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## South African Weightlifting Federation

### **National Records**

Can be broken at a Level 3 Competitions, however, a video must be taken and emailed to the Technical Officer of the south African Weightlifting Federation for final approval.

At least two national level technical officials or higher must be refereeing the lift.

### **Medals / Certificates**

This is up to the competition organiser

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South African Weightlifting Federation

## NATIONAL / REGIONAL CHAMPIONSHIP (LEVEL 4)

### Venue

Suitable venue size for the number of people.

### Main Platform and Equipment

All competitions should be run as closely as possible to the IWF Rules, however, the rules can be adjusted due to the type of competition, lack of equipment, lack of personnel, etc..

#### Lifting Area

A wooden Platform size 4m x 4m

The platform should be level.

The Field of Play must be demarcated.

The Coach area should be demarcated.

Chalk stand and Chalk

#### View of the Platform

It is important that competing coaches and athletes have a way to view what is happening on the platform.

Some options are:

- if a screen separates the lifting platform from the waiting and/or warm up areas, open up the opposite side of from where the athlete walks onto the platform for coaches to view the lifter on platform, or
- create a bigger platform access area, or
- a camera and TV is set up in the warm up/waiting area

In this way it is easy to ensure that coaches do not obstruct the access to the platform.

#### Backdrop

An appropriate backdrop makes it good for photographs for social media.

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#### Athlete-facing clock

A Simple screen or small TV facing the athlete displaying the countdown clock.

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## South African Weightlifting Federation

### Referees

Three (3) Chairs are required. Each referee will need a white flag (or white piece of paper) and a Red Flag (or red piece of paper) with which to indicate their decisions.

Scoring system button terminal

If referee stations are used, a speaker has to be made available to allow for an audible down signal. If this is not possible, flags have to be used. This means that referee stations cannot be used in conjunction with a manual down signal.

Referees should be seated 2m way from the centre of the platform.

### Weights and Bars for the main lifting area

Full Set of Competition Standard (or best equivalent available)

1 x 20kg Men's bar, 1 x 15kg Women's bar, 5kg Technique Bar (if possible) or 7kg Technique Bar (if possible) or 10kg Technique Bar (if possible),

1 Set 2.5kg Collars

Weights 6 x 25kg, 2 x 20kg, 2 x 15kg, 2 x 10kg, 2 x 5kg, 2 x 2.5kg, 2 x 2kg, 2 x 1.5kg, 2 x 1kg, 2 x 0.5kg, 2 x Full size 2.5kg (if possible), 2 x Full size 5kg (if possible)

Broom, cloth and cleaning agent

### Spectator Area

Chairs for Spectators (ensure there is enough space for spectators)

TV/Projector x 1 for the Competition Results (more displays the better)

### Announcer Area

A table with a tablecloth and two chairs.

Scoring Laptop/PC with scoring software (available from the Provincial Association/National Federation).

Speaker system for buzzer (Down Signal)

A Speaker system (sound must be audible in the main lifting area and warm-up room).

A Speaker system with music (if required/needed)

A Livestream link (if possible)

Area should be placed where the announcer can view the platform and referees.

### Scoring Area (Marshal)

A table with a tablecloth and two chairs.

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## South African Weightlifting Federation

Scoring Laptop/PC with scoring software

Pens for weight changes.

Area should be placed where the coaches can access it without interrupting the path of the athletes to the platform. Preferably in the warm-up room on the way to the lifting area.

### Scoring System (software)

Olympic Weightlifting Competition Management system (OWLCMS) MUST be used. The system can be obtained from the Provincial Association/National Federation or the on-line version is also available.

This system is used as one can download the entries from the portal and directly import them into the system. It also outputs the results in the format that will be used to import them into the portal.

Standardising a system will assist with selection for future teams, etc..

### Warm-up Area

#### Platform/Block

A Warm-up area should have 2.4m x 2.4m warm-up platforms or demarcated 2.4m x 2.4m warm-up blocks. Keep enough space between platforms/blocks to avoid any injuries.

A maximum of 3 athletes per platform/block or a maximum of 16 lifters per session.

Recommend: one chair per athlete.

Minimum TV/Projector x 1 for the Competition Results

Optional TV/Projector x 1 for the lifting order

Chalk stand and Chalk

#### Weights and Bars for each Platform/Block

1 x 20kg Men's bar, 1 x 15kg Women's bar, 5kg Technique Bar (if possible) or 7kg Technique Bar (if possible) or 10kg Technique Bar (if possible),

1 Set 2.5kg Collars (if possible)

Weights 6 x 25kg (6 if possible, 4 minimum), 2 x 20kg, 2 x 15kg, 2 x 10kg, 2 x 5kg, 2 x 2.5kg, 2 x 2kg (if possible), 2 x 1.5kg (if possible), 2 x 1kg, 2 x 0.5kg, 2 x Full size 2.5kg (if possible), 2 x Full size 5kg (if possible)

Personnel allowed in a warm-up room should be registered on the portal and have completed the relevant Courses, checks etc.. Refer to Technical Officials and Competition Personnel.

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South African Weightlifting Federation

## Weigh-in Area

A suitable place for the athletes to weigh in must be provided. Space is required for a scale, small table and chair.

Don't forget pens

Must be demarcated.

## Scale

A scale that has been calibrated in the last 6 months.

## Weigh-in Requirements

Two people must conduct the weigh in.

Minimum one Provincial Technical Official

Try to avoid using technical officials from the same province.

Athletes must weigh in in a singlet.

Athletes must produce a form of identity.

## Drug Testing Area

The Area must be suitable and have enough space for a table and three chairs.

## Registration Area

A table with a tablecloth and one chair.

A suitable area which must be demarcated.

## Athletes

### Entries

All Athletes must register for the competition via the Portal. This will ensure they are registered with the Federation and comply with the safeguarding and Anti-doping rules of the Federation.

### Course Requirements

ADEL for National-level Athletes course (Minimum)

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## South African Weightlifting Federation

### **Athlete attire**

Singlets are compulsory.

Lifting belts: 12cm wide

No Smart Watches

### **Coaches and Support Staff**

All eligible Coaches and Support Staff must register for the competition via the Portal. This will ensure they are registered with the Federation and comply with the safeguarding and Anti-doping rules of the Federation.

### **Coach / Assistant coach / parent attire**

Typical sport-specific garments including tracksuits, shorts, football or basketball jerseys, t-shirts and polo shirts. (refer to Images on the last page). Sport shoes must be worn.

### **Coach Requirements**

As set out in Coaches' Policy.

### **Support Staff Course Requirements**

These apply to Assistant coaches / Administrators:

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

These apply to Parents:

Adel for Parents of High Performance Athletes Education Program

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

### **Technical Officials and Competition Personnel**

#### **Competition Secretary / Competition Organiser**

Minimum Provincial Technical Official. This person will be responsible for the competition. He/she will be the go-to person with problems or issues.

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## South African Weightlifting Federation

### Referees

2 minimum registered National Technical Officials and 1 x Provincial Technical Official per session

### Announcer

Minimum registered Provincial Technical Official

The Announcer might be responsible for time-keeping, unless otherwise organised.

### Marshal

Minimum one registered Provincial Technical Official and one Club Technical Official

### Technical Controller

Minimum 1 registered Club Referee (if the competition is used for testing: 2 Technical Controllers need to be appointed)

### Time Keeper

If possible, a Time keeper should be appointed, depending on personal availability, otherwise the Speaker will be responsible for time keeping. (if the competition is used for testing, Time Keeper needs to be appointed)

### Technical Official Dress code

To simplify this, the rules will be set as follows:

If you are a training referee, you can wear a tracksuit pants and t-shirt with sports shoes.

Qualified Club Referees should wear pants (tracksuit, jeans, trousers) either grey, blue, black or green. A T-shirt / Golf-shirt and closed/sport shoes.

Qualified Provincial Technical Officials: grey pants/skirt, white shirt or white Golf Shirt, black or Blue closed shoes.

Qualified National Technical Official: grey pants/skirt, white shirt or white Golf Shirt, blue blazer, black or blue closed shoes.

If you are qualified CATI or CATII the IWF rules apply.

### Technical Official Education Course

All Technical officials will need to have the minimum course requirements as set out below;:

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

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## South African Weightlifting Federation

### **Safeguarding Officer**

There must be one person appointed to act as a Safeguarding Officer. If an incident does arise there needs to be someone who can be contacted.

### **Medical Personnel**

There needs to be one qualified Medic on standby.

### **Loaders**

Three Qualified Loaders per session.

We recommend 5 loaders if a competition runs for more than 3 sessions: loading is a very physically demanding and loaders can become fatigued which can lead to injury.

### **Loaders' attire**

Suitable clothing for loading weights. If they dress in the same attire, it may make it look neat.

### **Loaders' education Course**

ADEL Athlete Support Personnel (ASP) Guide to the Code 2021

Athlete365 Course: Safeguarding Athletes from Harassment and Abuse / The Guardian L1 Safeguarding Awareness Course

## **Competition Schedule Information**

### **Weigh-in**

2 hours before the start

### **Introduction**

Athletes are introduced to the crowd.

### **Snatch Session Start**

Typically, 10 minutes after introduction

### **Break**

Starts after the last Snatch of the session and is typically 10 minutes long

### **Clean and Jerk Session Start**

After the 10 minutes break

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## South African Weightlifting Federation

### Medal Ceremony

Typically held after the results are checked, generally 10 to 15 minutes after the last clean and jerk.

It's very important that athletes attend the medal ceremony. It shows good sportsmanship and is a requirement from an anti-doping point of view. However, if a medal ceremony is delayed due to sessions running late, then an athlete cannot be expected to wait.

### Best Lifter Award Ceremony

The Best Lifter Awards will be handed out at the end of the competition (after the last session)

### Best Team Award Ceremony

The Best Team Awards will be handed out at the end of the competition (after the last session).

### Calculating a competition timetable

Typically, a weightlifting competition will be broken into 2 (two) sessions, 1 (one) for Ladies and 1 (one) for Men. (This will depend on the number of lifters. If there are enough lifters one can divide into weight categories.)

Work with a maximum of 3 lifters per warm-up platform, or around 16 in a session.

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## Registration / Entry System

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The hosting club must complete the form, with permission from the provincial association to host the competition, so that the competition can be loaded on the portal: <https://m0nxxwvh.forms.app/comp-hosting>.

For payouts, the Competition Organiser must email the Federation Secretary General. The Federation will pay out within 5 working days. Email: [gensecretary@saweightlifting.co.za](mailto:gensecretary@saweightlifting.co.za)

### Preliminary Entries/Start List

The entries list is available for the competition organiser on the membership portal, under Admin – Campaigns.

Entries must open a minimum of 4 weeks before the start of the competition.

The Preliminary Entries should **close 2 weeks** prior to the start of the competition so the list can be sent to SAIDS.

The Preliminary Entries should be made available 2 weeks prior to the competition.

The Entry fee must include the R50 for the South African Weightlifting Federation.

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## South African Weightlifting Federation

### Final Start List

The Final Start list must be published after the close of final verifications, +/- 16 hours before the start of the competition.

The Final Start list must be published on the South African Weightlifting Federation Facebook and/or Instagram page. If Possible, the website should also display this information.

A minimum of 3 final start lists must be printed: one for inside the weigh-in room, one displayed outside the weigh-in room and one for the announcer's table.

Athlete cards must be printed after the final start list is printed and placed on the announcer's table.

### Results

Results for the competition must be emailed to the Federation within 5 working days.

### Meetings

A technical officials' meeting must be held the night before the competition. This will ensure everyone is informed of the specific rules for the competition.

### Provincial/National Records

#### Provincial Records

Can be broken.

#### National Records

Can be broken.

### Medals / Certificates

The South African Weightlifting Federation will supply medals and trophies for National Championships. However, if the competition is classified as a Regional Competition it's the organiser's responsibility.

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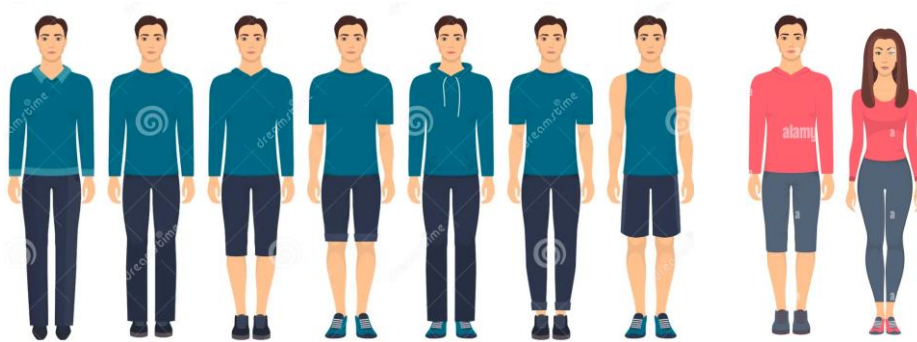
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South African Weightlifting Federation

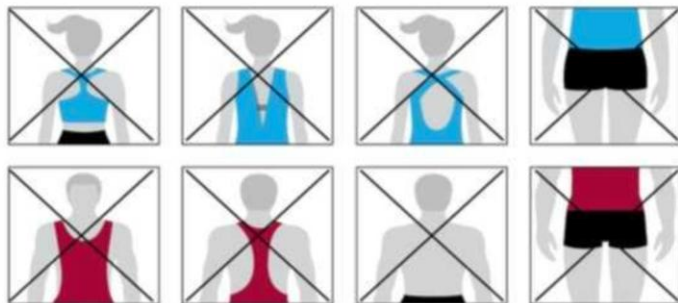
**IMAGES OF ACCEPTABLE DRESS CODE FOR COACHES**



**What to Wear**



**What Not to Wear**



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South African Weightlifting Federation

*This document is referred to in the “SCHEDULE “J” TECHNICAL AND COMPETITION RULES AND REGULATIONS” document of the South African Weightlifting Constitution.*

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