



## OWA Club Competition Information Sheet

Our Club competitions are run along the standard IWF format – but as they are at club level there are some amendments lifters and coaches should be aware of:

- 1/ There is no verification process before the competition.
- 2/ Lifters can weigh in below or above the division on their Entry Form and still lift - in other words lifters do not need to 'make weight'. You simply lift in the division you have weighed in on the day.
- 3/ Weigh-in begins 1 hour before the start of the session and is for ½ hour duration. You must weigh-in during that time in order to lift. (Note that this time frame allows you a shorter amount of time to eat after weigh-in than for a Championship event.)
- 4/ An official will weigh athletes individually and in private – usually in the order of the Starting List. If athletes are not present when they're called, they can still weigh-in after the others in their session - provided it is still within the 30 minute weigh-in time frame.
- 5/ At the weigh-in athletes will be asked for their starting Snatch and Clean & Jerk weights. Athletes can choose to be weighed wearing their underwear or less – depending on their aim to make weight. (Underwear is the minimum requirement).
- 6/ Although we encourage lifters to wear regulation lifting suits, if this is your first competition the following is allowed: shorts (must finish above the knee) , tights (can be any length) with a t-shirt (the sleeves cannot cover the elbows), tight fitting shirt (the sleeves can cover the elbows) or singlet are allowed. Note that when lifting the t-shirt /singlet must be tucked in.
- 7/ At the listed Start Time we have athlete presentation and a session photo then there is the standard 10 minute warm up period.
- 8/ We have 4 warm up platforms. Athletes are expected to share platforms and equipment.
- 9/ You are welcome to bring your own 15kg bars and fractional weights to warm up with. Gillies Ave is a well established lifting gym, and is in the process of purchasing lighter weights for the increasing number of lighter lifters.
- 10/ There are no awards or finishing presentations at the end of a session. Once you have finished your lifts you are free to go – although we recommend that you stay to watch and support all the lifters in your session.
- 11/ It is the responsibility of the lifter and/or your Coach to notify the Head Referee or competition organiser if a NZ National Record attempt is being made – BEFORE the lift. We can then ensure that the correct referees are judging that lift. The completion and submission of the NZ National Record Application Form is the responsibility of the athlete and/or Coach. (please refer to following page on responsibilities supplied by OWNZ)
- 12/ Gillies Ave Weightlifting Gym shares a carpark with Auckland Badminton and Auckland Table Tennis. To help with carpark flow please park behind the Weightlifting gym where possible.

If you have any other queries regarding the club comp, the procedure etc, please contact Suzie Clark – [info.contactowa@gmail.com](mailto:info.contactowa@gmail.com)



OWA always has National Level referees available for a record attempt. However our Club comps are also used as opportunities for Club Level referees to gain practical experience.

Athletes or Coaches **MUST** advise us **BEFORE** you step onto the platform if the lift is an attempt on a record. This enables us to have a National Level ref sit in on that lift.

Please do not leave it until after the successful lift has been made – we are unable to acknowledge the lift as a new record retrospectively.

Applications for National Records can be found on OWNZ website – under Resources.

(Copied from OWNZ March 2017 Newsletter)

## **National Records Criteria**

### **Referee Criteria**

- The three referees adjudicating the record attempt must be OWNZ Level 1 or higher.
- A Level 2 Referee cannot adjudicate records attempts.
- As long as the details are recorded on the scoresheet and the record application, OWNZ Level 1 referees can sit in to replace OWNZ Level 2 referees to adjudicate record attempts.

### **Athlete Responsibility**

- It is not the Clubs or the Club Managers responsibility to know whether they have a record breaker in their competition.
- This is the responsibility of the athlete.
- The athlete should notify the Club Host prior to the competition starting that they have intentions on breaking a national record.
- This must be done prior to the competition so that the Club has time to recruit Level 1 referees to be present at the time the record will be broken.

### **Club Responsibility**

- Clubs will email all participants prior to the competition stating what referees they have available.
- They will do their best to ensure there are three Level 1 Referees available at the competition if they know a record will be attempted by an athlete. If this is not possible then they must notify the athlete involved immediately.
- An announcement by the Club must be made on the day of competition stating what referees are present and a reminder that athletes must verbally notify the club manager in person that they are about to attempt a record so that they can have a Level 1 referee sit in.

If you have any other queries regarding the club comp, the procedure etc, please contact Suzie Clark – [info.contactowa@gmail.com](mailto:info.contactowa@gmail.com)