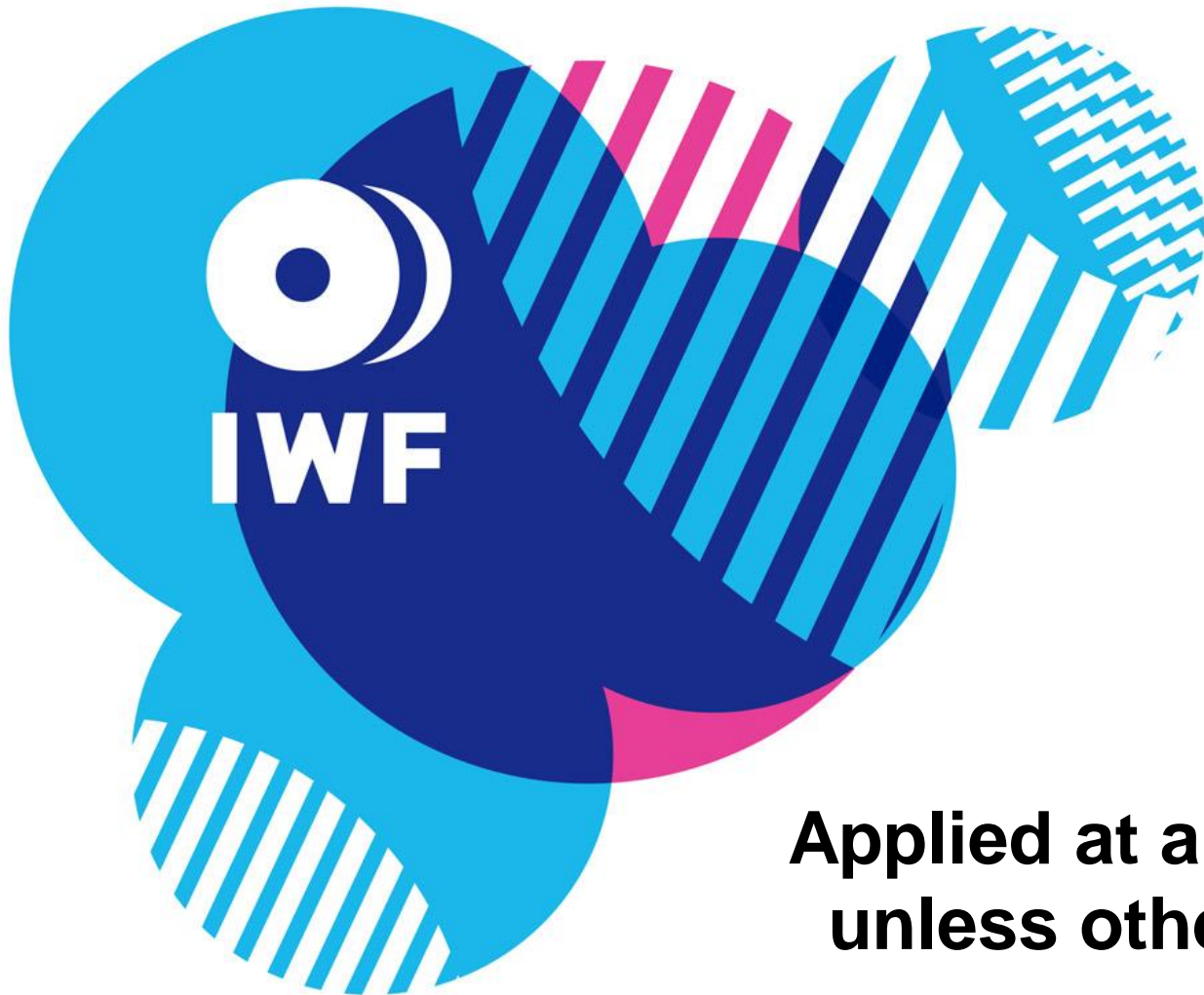


# IWF Technical Committee Technical Official Guideline

## ‘20kg Rule’



**Applied at all competition  
unless otherwise stated**

# What is the 20kg Rule? (6.6.5, Reg. to 6.6.5)



- Applied at **all competition unless otherwise stated.**
- The **total** weight of the **starting attempts declared and actually taken** in the **Snatch and C&J** must **equal or exceed** the weight of the **verified Entry Total minus 20kg.**

e.g. **Women, Entry Total 205kg**

⇒ **Total** of the 1st attempts must **not be lower than 185kg.**

S 85    C&J 100    → OK

S 75    C&J 110    → OK

S 82    C&J 100    → NG

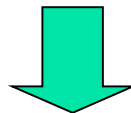
# FIRST: Entry Total 205kg (**Women**)



Total of 1<sup>st</sup> attempts must not be lower than **185** kg.

At Weigh-in, she wrote **S - 87** , **C&J - 100**  
on Athlete's Card.

After Weigh-in, she wants to **decrease** the 1<sup>st</sup> attempt  
of **Snatch** from **87** to **85**...



Of course she does**n't need** to **increase** the 1<sup>st</sup> attempt of **C&J**.

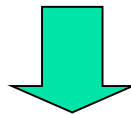
# SECOND: Entry Total 205kg (**Women**)



Total of 1<sup>st</sup> attempts must not be lower than **185** kg.

At Weigh-in, she wrote **S 85** , **C&J – 100**  
on Athlete's Card.

After Weigh-in, she wants to **decrease** the 1<sup>st</sup> attempt  
of **Snatch** from **85** to **80**...



She **must increase** the 1<sup>st</sup> attempt of **C&J**  
to the **required weight**. (=105kg)

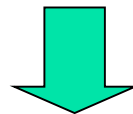
# THIRD: Entry Total 205kg (**Women**)



Total of 1<sup>st</sup> attempts must not be lower than **185** kg.

At Weigh-in, she wrote **S 85** , **C&J – 100**  
on Athlete's Card.

She **started 85kg** in the Snatch



She can **not decrease** the 1<sup>st</sup> attempt of **C&J** anymore.

# Of course...

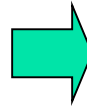
Entry Total 205kg (Women),  
S - 85 , C&J - 100 at Weigh-in



## 1<sup>st</sup> Attempt: Snatch

85  
↓  
88

Changed and taken  
as the 1<sup>st</sup> attempt



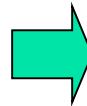
## 1<sup>st</sup> Attempt: C&J

100  
↓  
97

OK !!  
Can decrease the 1<sup>st</sup> attempt

85  
↓  
88

Changed and taken  
as the 1<sup>st</sup> attempt



100  
↓  
95

Can NOT !!  
Total becomes 183.

Coaches should be careful when they **decide** Entry Total.

**Imagine**, if the Athlete is **injured** during Snatch or during Warm-up for C&J...

# Don't be confused, please !!



e.g. Entry Total 205kg (Women)

S 85, C&J - 100 at Weigh-in

## Snatch

1st	2nd	3rd
85	88	90
Good Lift	Good Lift	Good Lift
3 kg		2 kg
+ = 5kg		

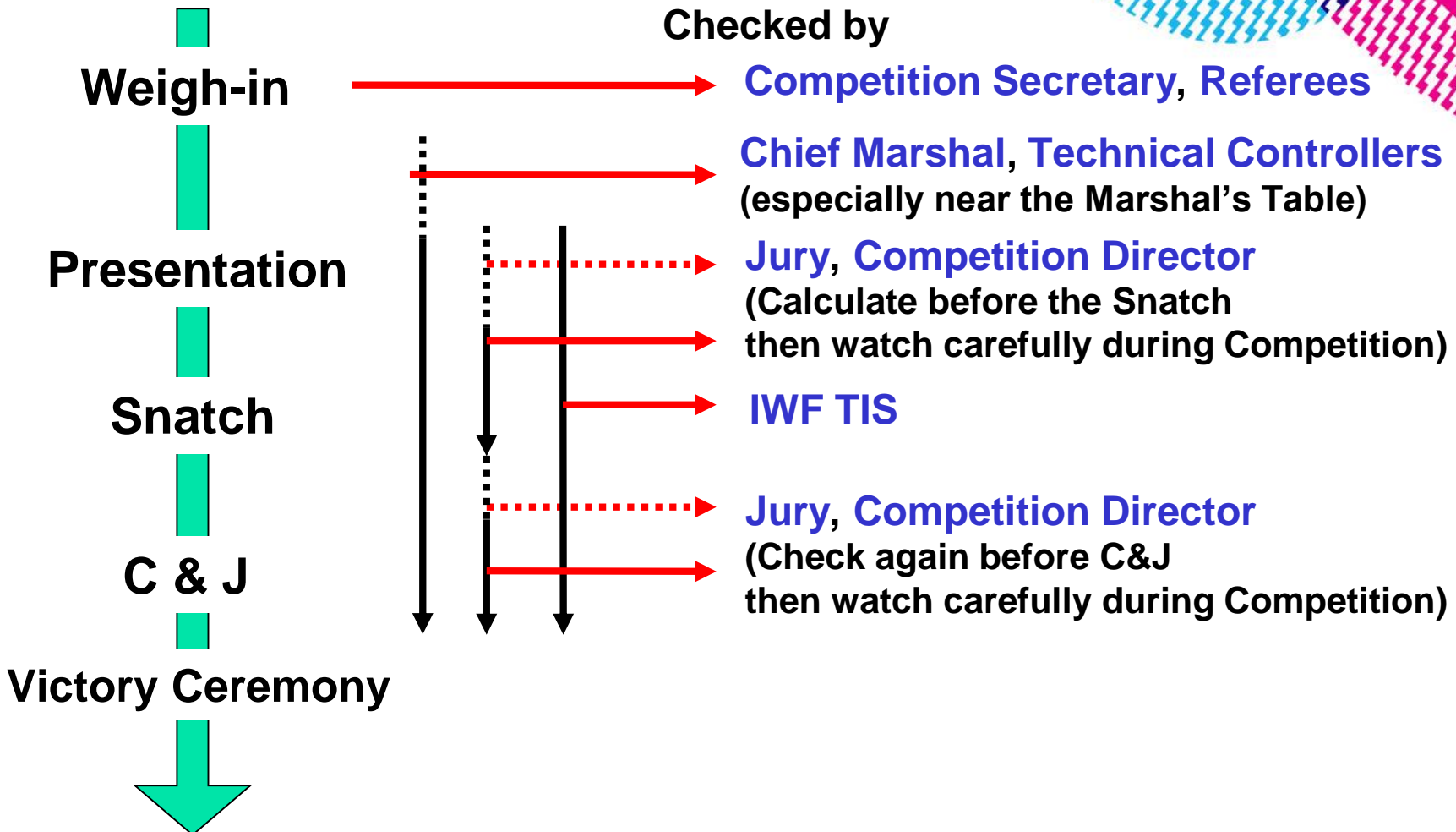


~~“ Oh, she can decrease 5kg for the 1<sup>st</sup> attempt of C&J (100 → 95) !! “~~

**NO !!!**

The **total** must be **calculated** by each **FIRST** ATTEMPT.

# Which Technical Officials must observe this rule ?





# In case some Athletes have problems with the 20kg Rule...



The following Technical Officials must inform these Athletes or their Coaches.

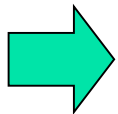
- Competition Secretary
  - Referees
  - Chief Marshal (Marshals)
  - Technical Controllers in the W-up area
  - Competition Management Program Operator
  - Competition Director (if appointed)
  - Jury Members
- } At weigh-in

# Mind IWF-TIS Screen



When IWF-TIS is used, if an athlete doesn't follow the 20kg Rule, the **monitors** for TIS Operator, Marshal's Table and Jury Table show the **warning message(s)**.

WOMEN 48 kg Group A															
16 kg Problem DDDD dddd (JPN) Entry Total: 200 kg ( 183)															
SMATCH															
CLEAN and JERK TOTAL															
NAME	BORN	TEAMS	BodyW	1	2	3	Res	PI	1	2	3	Res	PI	Res	PI
1 AAAA aaaaa	1990	ARM	47.22	85					100						
2 CCCC ccccc	1994	COL	46.87	85					100						
3 BBBB bbbbb	1992	CHN	47.83	85					109						
4 EEEE eeeee	1993	ESP	46.29	85					97						
5 DDDD dddd	1998	JPN	46.05	83					100						



TOs positioned by the **monitors** must **check** from time to time, especially...

- Jury Member
- Chief Marshal
- Technical Controllers

# During the Snatch



If the **Chief Marshal** or **Technical Controller** notice the error in **Warm-up** area, they can **suggest** to the **Athlete** or **Coaches**.

➡ “ **If you want to decrease the 1<sup>st</sup> attempt of Snatch, you have to increase the 1<sup>st</sup> attempt of C&J. Are you OK ?** ”

If a **Jury Member** or **Competition Director** notice the error...

- ➡
- They have to **monitor the situation** until the **C&J**.
  - They **should** speak to each other.
  - They **should** speak to **Chief Marshall** during the **Snatch** and **between Snatch and C&J**.

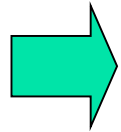
# During Clean & Jerk



If the **Chief Marshal** or **Technical Controller** notice the error in the **Warm-up** area, they should **suggest** to the Athlete or Coaches.

➡ **“ You have to take the 1<sup>st</sup> attempt  
XXX kg or more.”**

If the Athlete or Coach  
refuse the proposal...



The Athlete will be **eliminated**  
if he/she does not comply with  
the rule.

**Bye bye from the Competition !!**

# In case the error was missed during the C&J...

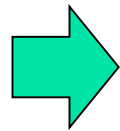


- **President of Jury** tells the **Competition Director** and orders to **change** all of the successful lift(s) to “**No Lift(s)**”.
- **President of Jury** asks the **Technical Controller(s)** to provide the **information** to the **Athlete/Coaches**.

If realized after the 1<sup>st</sup> attempt but before the 3<sup>rd</sup> attempt of the C&J



- The Athlete is compelled to nominate a weight on the Barbell **in accordance with the sequence and the 20kg Rule.**



**Still you have a chance!**

However,

**No additional attempts will be granted!!**



# Please Note

**All responsibilities are  
with the Athletes and/or  
Coaches**



# For example



Entry Total 205kg (W)



Aggregate of 1<sup>st</sup> attempts must be **185kg**.

However, no one found that the 20kg Rule was not respected and the Athlete finished competition.

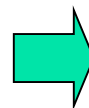
Name	BW	Snatch			C&J			Total
		1	2	3	1	2	3	
AAA	47.77	75	80	85	<del>100</del>	<del>105</del>	<del>108</del>	---

After the competition, Jury (ex.) found the error !!

$$75\text{kg} + 100\text{kg} < 185\text{kg}$$

$$75\text{kg} + 105\text{kg} < 185\text{kg}$$

$$75\text{kg} + 108\text{kg} < 185\text{kg}$$



All attempts of C&J become **No Lift**

Even the total must be modified as **zero**.