

# IWF Technical Committee Technical Official Guideline

## ‘Weigh-in’



**Cooperative work  
between Competition  
Secretary and Referees**



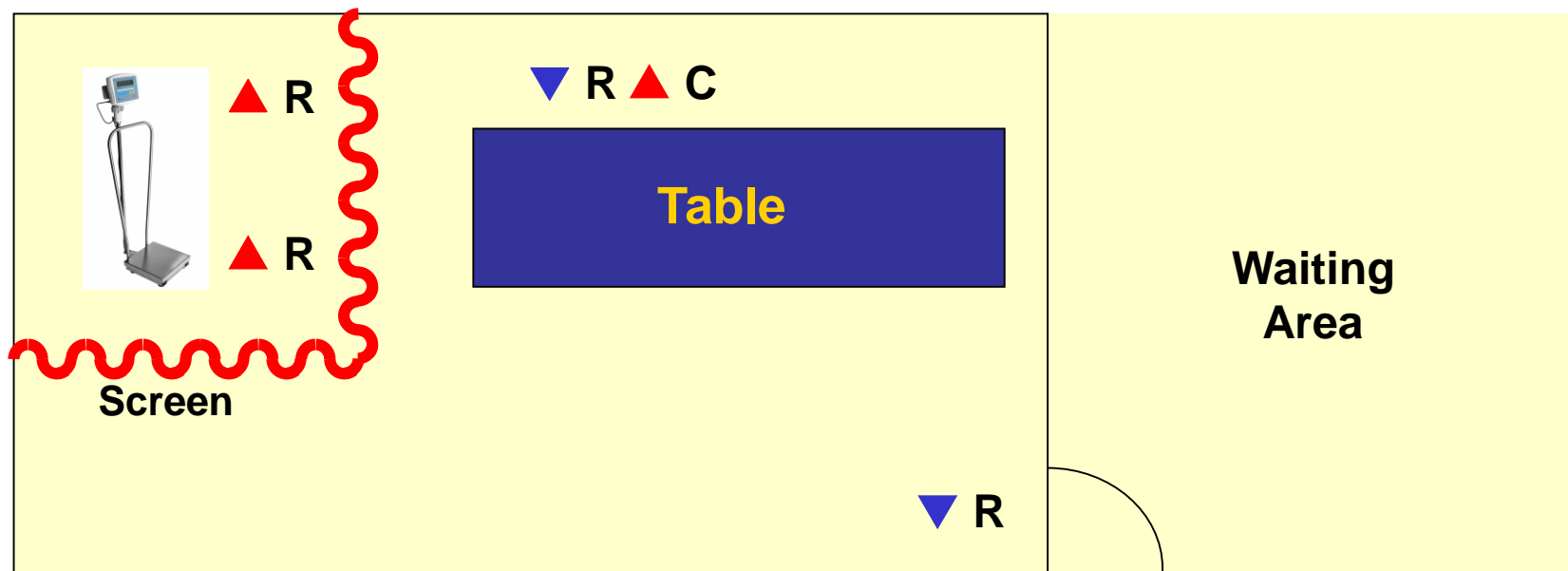
# Weigh-in Room layout



- Layout must enable **both male and female Referees** **work together**
- **Screen(s)** must be properly placed

**NOTE:** Proper hygienic conditions must be provided

Example, Women's Weigh-in



▼;Male ▲;Female R; Referee C; Competition Secretary

# Official scales:

(Regulation to 3.3.4)



- **MUST be electronic; with display and/or printout or both**
- **Capacity; weigh up to 200kg**
- **Precision; 10g maximum**
- **Minimum 3 scale; Official, Test, Training venue**
- **Certification by local authorities; within 3 months from start of the Event**
- **Olympic Games, YOG; Daily calibration**

# Items needed

(Regulation to 6.4 #1)

- **Official scale** situated in a privately screened area
- **Start List**; posted at the entrance
- **Weigh-in List**
- **Athlete's Cards**
- **Athlete Passes**
- **Team Officials' Warm-up Passes**
- **Stationary kit / supplies**
- **Athlete Bibs** and **Safety pins**; 4 pins per bib
- **Tables and chairs**; must be of sufficient numbers
- **Container** to store athlete accreditations
- **Team Officials numbered stickers (optional)**



# Sample: Start List



## 2013 IWF World Championships WROCLAW - POL 2013.10.16 - 2013.10.27

### START LIST Women 48kg A

Competition start: 20.10.2013 13:25

Weigh-in start: 11:25

	Lot number	Name	Born	Nation	Category	Entry Total
1	28	VALENCIA HERNANDEZ Caroli	08.02.1985	MEX	48	184
2	35	TAN Yayun	18.11.1992	CHN	48	200
3	57	MICHEL Anais	12.01.1988	FRA	48	171
4	91	DIACHENKO Iana	16.01.1990	UKR	48	177
5	93	MERCADO VILLARREAL Kathe	20.05.1990	COL	48	175
6	135	DO THI THU Hoai	06.09.1991	VIE	48	181
7	142	MOMOTOVA Galina	20.11.1984	KAZ	48	173
8	144	RYANG Chun Hwa	12.06.1991	PRK	48	188
9	199	KARPINSKA Marzena	19.02.1988	POL	48	185
10	280	SEGURA SEGURA Ana Iris	26.06.1991	COL	48	175

**President of Jury:** KUOPPALA Taisto FIN  
**Members of Jury:** RIMBOCK Katharina AUT ABDULLAH Al Jamal YEM RIMBOCK Karl GER  
ALVARADO D. MEX MONTERO David BRA  
**Center Referee:** ALAVERDYAN Pashik ARM  
**Referees:** 1. HANCOCK Mary GBR 3. MACNELL Don CAN  
**Chief Marshal:** NAZAROV Vahid AZE  
**Timekeeper:** WANOT Roman POL  
**Techn.contr.:** BAASANKHUU Gansukh MC CHINEN Reiko Kato JPN  
**Secretary:** GUCUYENER Suat TUR RADICELLO Aldo ITA  
**Doctors on duty:** Dr. KAMI Lesmoni TGA  
**Technical Director:** NAGY Robert  
**Competition Director:** ADAMFI Attila (HUN)

Record	Lift	Senior	Junior
WORLD	Snatch	98 YANG Lian CHN	95 WANG Mingjuan CHN
	Cl & Jerk	121 TAYLAN Nurcan TUR	118 WANG Mingjuan CHN
	Total	217 YANG Lian CHN	213 WANG Mingjuan CHN

**Start List should be posted at the entrance of Weigh-in Room so Athletes / Team Officials know the order of Weigh-in.**

# Sample: Weigh-in List



**Check**

**Names and DOBs and**

**Correct**

**If any missing(s)/mistake(s) accordingly to the PASSPORT /Accreditation (AD: subject only for Multisport Games)**

**Check**

**20kg Rule**

**Fill**

**BW and 1<sup>st</sup> attempts**

**TOs sign**

**to verify information**

2013 IWF World Championships  
WROCLAW - POL 2013.10.16 - 2013.10.27

WEIGH-IN LIST Women 48kg A

Competition start: 20.10.2013 13:25

Lo	Name	Born	Nat	Ca	Total	BW	Snatch	C&J
1	VALENCIA HERNANDEZ Carolina	08.02.1985	MEX	48	184			
2	YAN Yanyun	18.11.1992	CAN	48	200			
3	MICHEL Anais	12.01.1988	FRA	48	171			
4	DIACHENKO Iana	16.01.1990	CAN	48	177			
5	MERCADO VILLARREAL Kathryn	20.05.1990	CAN	48	175			
6	DO THI THU Hoa	06.09.1991	VIE	48	181			
7	MOMOTOVA Galina	20.11.1984	KAZ	48	173			
8	RYANG Chun Hwa	12.06.1991	PRK	48	188			
9	KARPINSKA Marzena	19.02.1988	POL	48	185			
10	SEGUBA SEGURA Ana Iris	26.06.1991	ESP	48	179			

Center Referee: FALWEROYAN Fashin ARM

Referees: HANCOCK Mary GBR      MACNELL Don CAN

Reserve Referee: NAZAROV Vahid AZE

Secretariat: GUCUYENER Suat TUR      RADICELLO Aldo ITA

# Sample: Athlete's Card



**Fill in Start Number**

**After all athletes have completed Weigh-in**

**(A space for  
bodyweight)**

Start no.	Name: VALENCIA HERNANDEZ Cardina			
	Nation: MEX	Birth date: 08.02.1985		
Lot no. 28	Category: 48 A	Body weight:	Signature:	Entry total: 184
Snatch				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-in:		Automatic increment:		Automatic increment:
		Declared Weight:		Declared Weight:
Sign:		Sign:		Sign:
1st Change		1st Change		1st Change
Sign:		Sign:		Sign:
2nd Change		2nd Change		2nd Change
Sign:		Sign:		Sign:

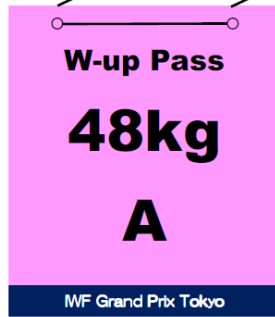
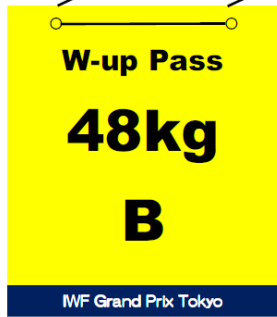
**Ask for Snatch  
1<sup>st</sup> attempt & signature**

Start no.	Name: VALENCIA HERNANDEZ Cardina			
	Nation: MEX	Birth date: 08.02.1985		
Lot no. 28	Category: 48 A	Body weight:	Signature:	Entry total: 184
Clean & Jerk				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-in:		Automatic increment:		Automatic increment:
		Declared Weight:		Declared Weight:
Sign:		Sign:		Sign:
1st Change		1st Change		1st Change
Sign:		Sign:		Sign:
2nd Change		2nd Change		2nd Change
Sign:		Sign:		Sign:

**Ask for Clean & Jerk  
1<sup>st</sup> attempt & signature**

# Sample: W-up Passes

- **Change colour** by session
- **Must have strap !!**

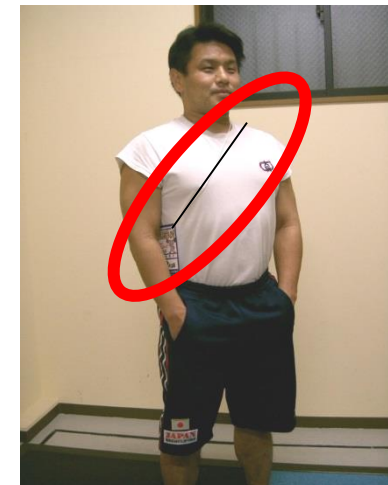


**Good length for  
Technical Controllers**

**If without strap...**



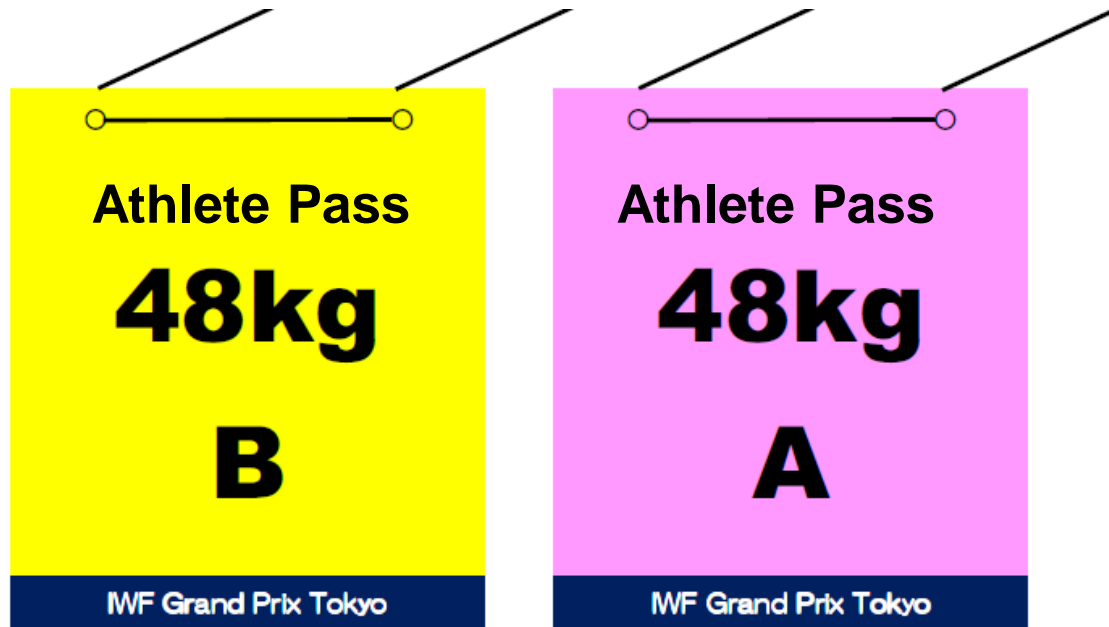
**If strap is too long...**





# New TCRR requires Athlete Passes

- **Change colour** by session
- **Must have strap !!**



# Sample: Athlete Bib



- Min **100cm<sup>2</sup>** - Max **150cm<sup>2</sup>**
- Background and text; **any colour**
- Numbers must be **clearly visible**

(See Regulation to 3.3.5 for more detailed rules for bibs)

# Weigh-in Secretariat consists of:

(Regulation to 6.4 #2)

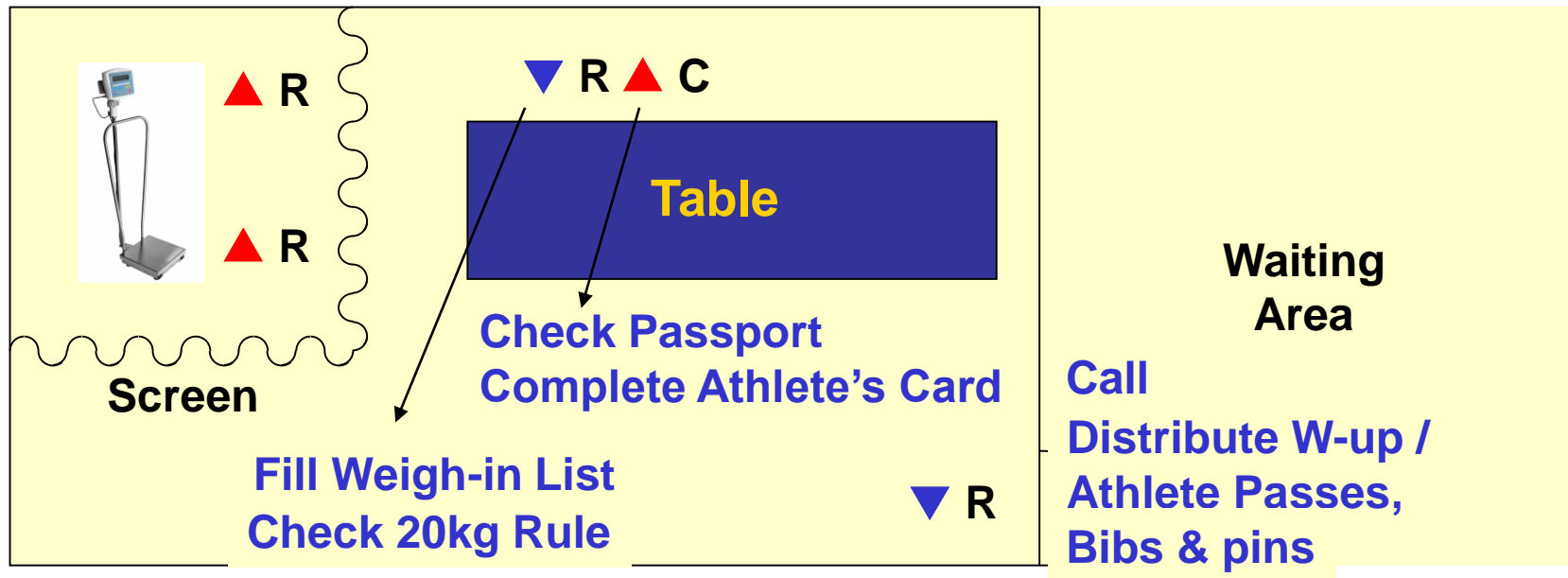
- **Competition Secretary(s)**
- **On duty Referees**
- **Including Reserve Referee**
- **Assistant Competition Secretary(s)  
(optional)**
- **Weigh-in Official(s) (optional)**
- **Assistant Weigh-in Official(s) (optional)**



# Never be absent !!

- Male Referees have to work at Women's Weigh-in
- Female Referees have to work at Men's Weigh-in
- **Competition Secretary** decides **job assignments** before the Weigh-in starts.

Example, Women's Weigh-in



▼; Male ▲; Female R; Referee C; Competition Secretary

# Weigh-in procedure



- **Call Athletes** one at a time in accordance with the Start List (**only 1 Team Official** is allowed)
  - **Check** Athletes' **FACE** by comparing with Passport / Accreditation (let him/her proceed to the scale once verified)
  - **Check** Athletes' **FULL NAME** and **DATE OF BIRTH** by Passport / Accreditation
  - **Weigh the Athlete**
  - (**Write** bodyweight on the **Athlete's Card**)
  - **Ask** his/her Team Official to write **1<sup>st</sup> attempts**
  - **Check 20kg Rule**
  - **Ask** Team Officials to **sign** for (bodyweight and) **1<sup>st</sup> attempts**
  - **Write** down **bodyweight** and **1<sup>st</sup> attempts** onto the **Weigh-in list**
  - **Give** Warm-up Passes, Athlete Pass, Athlete Bib and safety pins
- Don't forget!**

# At the end...



- Attending TO(s) to **fill Start Numbers** in **Weigh-in List** and **Athlete's Cards**
- All attending TOs to **compare data** (Start Number, BW, 1<sup>st</sup> attempts) written on the **Weigh-in List**, **Athlete's Cards**, and **printed/handwritten pieces of paper for bodyweight**
- All attending TOs to **sign** on the **Weigh-in List**
- If there is any **undistributed bib**, attending TO(s) **memo Athlete's Country/NOC and Name on the back of each bib** and **arrange the distribution** (attending TOs may distribute or let Technical Controllers do)
- Competition Secretary to **bring Weigh-in List** and **Athlete's Cards** to PC Operator

# Important Remarks



**At multiple/combined competitions  
(different BW Categories and Age Groups);  
Athletes must first be sorted!**

- **By BW Category**
- **Within the Category by Lot Number**

**The order of the bib numbers follows this sequence.**

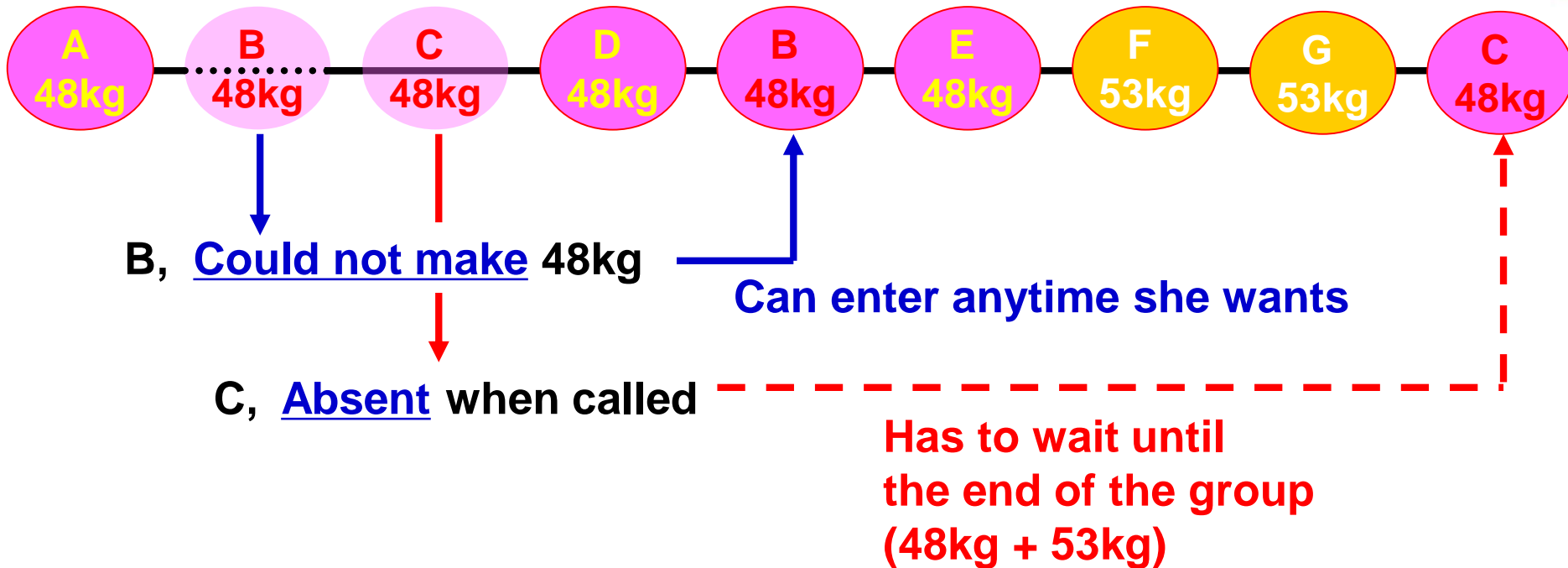
**The sequence of BW Categories is:**

- **(M) 50, 56, 62, 69, 77, 85, 94, +94, 105, +105kg**
- **(W) 44, 48, 53, 58, 63, 69, 75, +75, 90, +90kg**

# Be careful for the order of Weigh-in



Example ; Combined category, 48kg and 53kg



Order is **different** between “**Could not make**” and “**Being absent**”.



# Important remarks: Weigh-in List correction



- **Name and DOB; Compare carefully** between the original documents and Passport / Accreditation (Accreditation: subject only for Multisport Games)
- **Correct** if any mistake(s)/missing(s)
- **Full name** is needed
- **Family name(s) - all capital, Given & middle name(s) - capital for the first letter**
- **Family name(s) followed by given name(s)** (ex. SANCHEZ RIVERO Junior Antonio)
- **DOB; important to distinguish individuals and verify the age group, written in DD/MM/YYYY**

# During Weigh-in

(Regulation to 6.4 #10, #12)



**Completely undressed or in undergarments**

**NOTE:** No costume, unitard, shorts, T-shirt

**NOTE:** Must not wear socks

**Athletes are entitled to;**

- **Wear jewelry, hair adornments and religious head gear**
- **But must **not** wear watches**



# Weigh-in for athletes with Prosthetic Limb(s)



- Athletes must be weighed with the prosthetic limb(s). (10.3)

**Bodyweight = Body + Prosthetic limb(s)**

- **NOTE:** Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.



**Not powered !!  
No energy storage !!**



# Important remarks: bib distribution



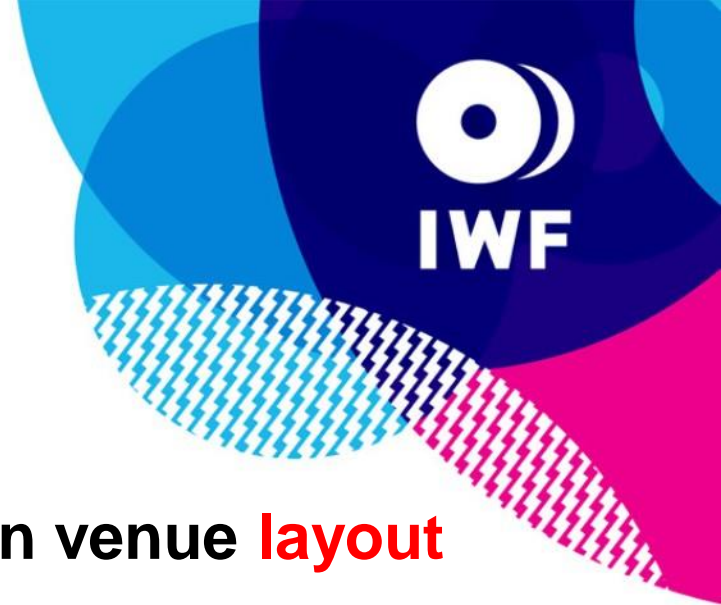
Ex. Women 48kg,

Weigh-in started, 14:00, now 14:35

Lot	Name	BW		
3	A	47.62	↕	→ Can give the bibs
21	B	47.20		
55	C	48.00		
79	D	<u>48.13</u>		
93	E	47.62	→	Have to wait until D has weighed-in
102	F	<u>Hasn't appeared</u>		
133	G	47.91	→	Have to wait until D and F have weighed-in or the Weigh-in finishes.

- The rest of bibs should be distributed 30 minutes prior to start of Introduction of Athletes in the Warm-up Room

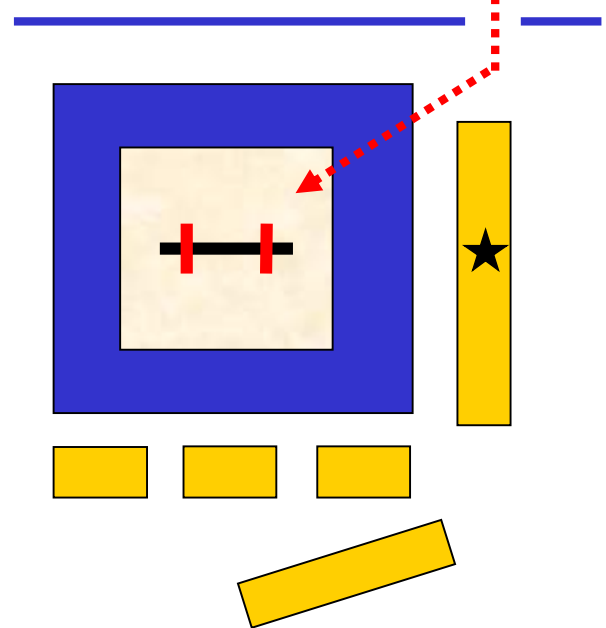
# Important remarks: Advise right or left side for bib



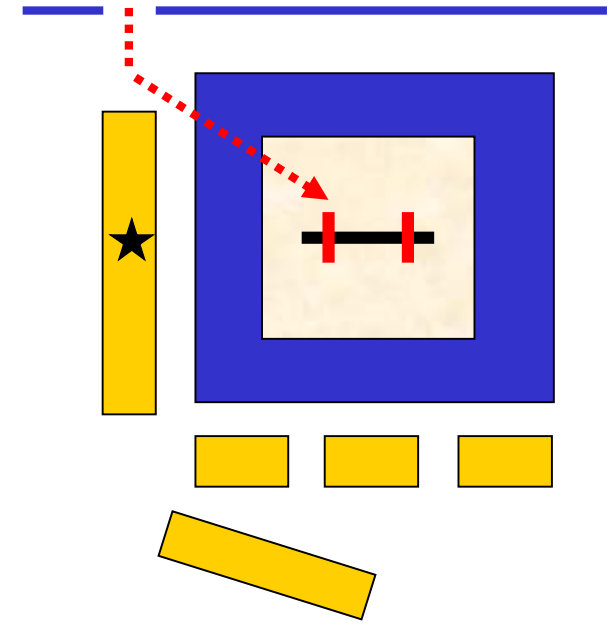
The side **depends on** the competition venue **layout**

W-up room

W-up room



Competition  
Management  
Table



Bibs: on the **left** side

Bibs: on the **right** side