

INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION

**WELCOME TO THE IMWA TECHNICAL OFFICIALS COURSES
BECOME AN IMWA TECHNICAL OFFICIAL**



THE RESPONSIBILITY OF THE REFEREE

**VIA ZOOMLINK
SATURDAY 20 JANUARY'24**

09:30 AM CYPRUS TIME

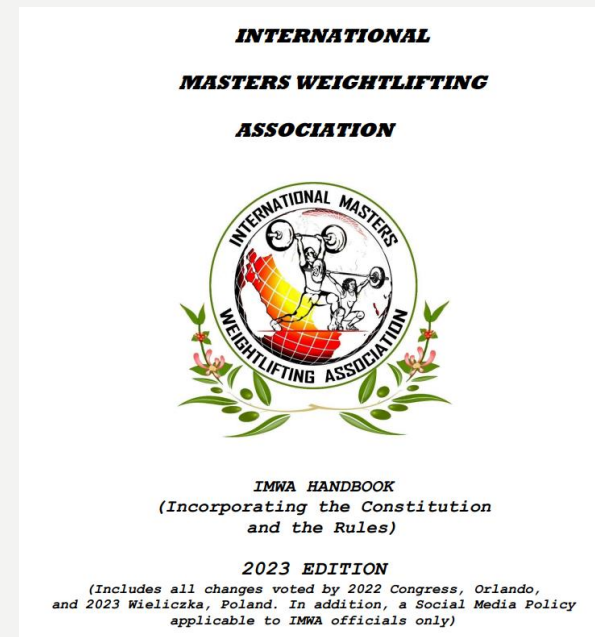
+

19:30 PM CYPRUS TIME

**The International Masters Weightlifting Association (IMWA)
follows the current IWF Technical and Competition Rules.**

**The IMWA has additional Masters Weightlifting suitable technical rules described
in the IMWA Handbook 2023 Edition.**

All Technical Officials must be familiar with the Technical & Competition Rules



THE IMWA FOLLOWS THE IWF REFEREE'S RULES

HERE ARE THE BASICS:

- Be on time at your assigned seat and ready for the TECHNICAL OFFICIALS PRESENTATION



- Be impartial and assertive to all lifters regardless which nation, including your own.
 - * Correct behavior.
 - * We are no police force.
 - * Use common sense rather than chasing mistakes or to be too relaxed in any decision.
 - * When you are not sure always press white light, but let this be rare occasions.
 - * Wear the correct uniform to be identified in your position.
 - * No phone or tablet use while on duty.



**AT IMWA EVENTS THE REFEREE DOES
NOT NEED TO CONDUCT A WEIGH-IN
OF THE SESSION HE/SHE REFEREES**

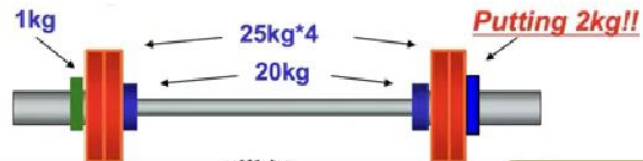
**THE IMWA HAS INTRODUCED
SEPARATE WEIGH-IN TEAMS**



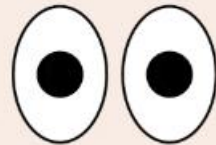
BEFORE EACH ATTEMPT...

(7.7.4)

Check and make sure the weight announced by the Speaker is correctly loaded on the bar.



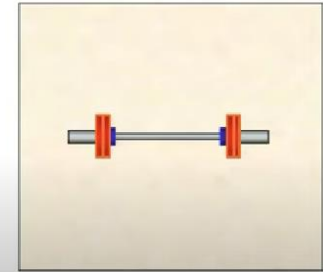
Keep your
eyes open,



IF THE BARBELL IS NOT IN THE CENTRE OF THE PLATFORM...



Put the barbell
in the centre
please !!



Centre Referee
can see easily.

Referees can help the loaders by checking if the barbell is correctly loaded and place in the middle of the competition platform.

The Centre Referee can usually observe blood on the barbell immediately after the lift.

Please communicate with loaders or through the Jury table as soon as possible.



IF THE REFEREE LIGHT SYSTEM IS BROKEN DURING THE LIFT...



- Centre Referee seeks confirmation from the side Referees, **immediately!!!**

THE 3 REFEREES MUST USE THE WHITE OR RED FLAG RESPECTEVLIVLY AFTER THE CENTRE REFEREE GIVES AN AUDIBLE AND VISIBLE 'DOWN' SIGNAL.



IF THE ATHLETE HASN'T HEARD OR NOTICED THE DOWN SIGNAL...



Centre Referee gives audible and visible down signal.



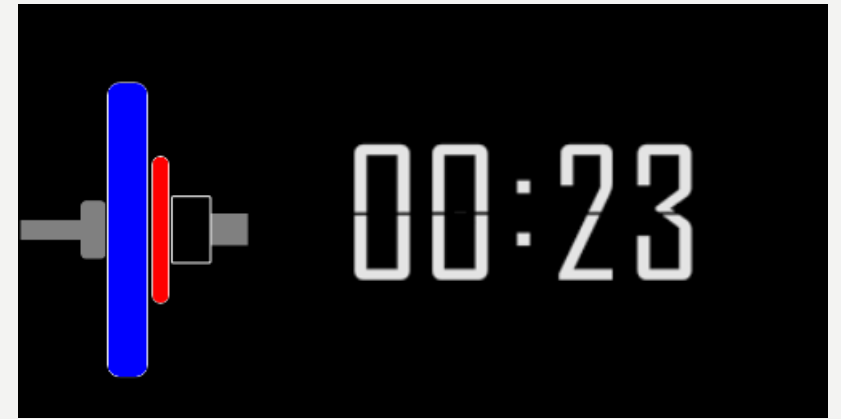
It happens when big crowds are in attendance.



THE HIGHT OF THE KNEES

- **The clock will be stopped as soon as the bar is lifted from the platform, and the referees must count as “No lift” an unfinished attempt in which the barbell has reached the height of the knees. (2.4.2).**
- **Once the Barbell has reached the knee level the attempt is complete. If the Athlete lowers the barbell in such case, he/she cannot repeat this attempt.**
- **In this case the Referees must press Red.**





THE CLOCK MUST RESTART IF A LIFTER LIFTED THE BARBELL JUST BELOW THE KNEES AND RETURNED THE BARBELL BACK ON THE PLATFORM



REFEREES MUST PRESS RED!!

If, at the end of the allocated time, the athlete has not raised the barbell from the platform (6.6.7)

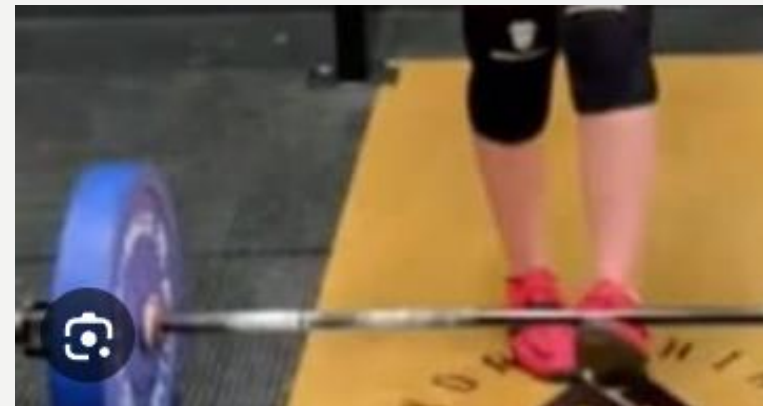
Be attentive also to the Timing Clock !!



TOUCHING THE BARBELL WITH HIS / HER FOOTWEAR

2.5.1.11

- If an athlete touches the barbell with the footwear before the attempt, the referees must press **RED**.
- If the barbell is touched after a successful attempt with his / her footwear the referees decision will not be reversed.
- **However the Jury will give a warning to the Athlete. If the Athlete repeats this action on a subsequent lift, the lift will be a NO Lift.**



ALL 3 REFEREES MUST GIVE THE LIFTER THE FULL TIME TO BECOME MOTIONLESS.

As long as the athlete moves and has not made a technical mistake PLEASE WAIT, WAIT, WAIT.

YOU HAVE TO WAIT UNTIL FINAL MOTIONLESS POSITION



Still rotating



Still walking

You have to wait until the Athlete becomes motionless



**EACH REFEREE CAN REVERSE HIS/HER DECISION
WITHIN 3 SECONDS AFTER THE DOWN SIGNAL BY:**

- **Pressing the other decision button**
- Or**
- **Raise the appropriate flag**

Other additional reasons after the down signal

- When the barbell falls behind the lifter back on the platform**
- When the barbell has been placed back outside of the competition platform**





A Referee is also needed to help conducting the Medal Ceremony and Best Lifter per Age Group Award





**YOU HAVE ANY
QUESTIONS?**

CONTACT US:

imwlasecretariat@gmail.com



International Masters Weightlifting Association
2024 Technical Officials courses for all IMWA events

DATES of IMWA TECHNICAL OFFICIALS ZOOM SEMINARS
in English

27 JANUARY 09:30 AM + 19:30 PM Cyprus time zone

TOPIC: CHIEF MARSHAL

03 FEBRUARY 09:30 AM + 19:30 PM Cyprus time zone

TOPIC: TECHNICAL CONTROLLER

24 FEBRUARY 09:30 AM + 19:30 PM Cyprus time zone

TOPIC: COMPETITION SPEAKER

09 MARCH 09:30 AM + 19:30 PM Cyprus time zone

TOPIC: REFEREE FOR ADAPTIVE WEIGHTLIFTER AT COMPETITION
by NALANI PERRY, IMWA Masters Adaptive CHAIR

16 MARCH 09:30 AM + 19:30 PM Cyprus time zone

TOPIC: JURY

23 MARCH 09:30 AM + 19:30 PM Cyprus time zone

TOPIC: COMPETITION SECRETARY + WEIGH-IN



