

INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION

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



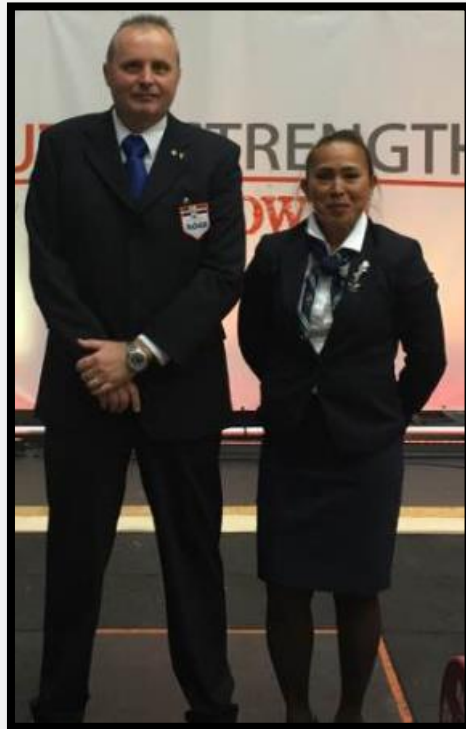
**THE RESPONSIBILITY OF
THE TECHNICAL CONTROLLER**

**VIA ZOOMLINK
SATURDAY 03 FEBRUARY'24**

**09:30 AM CYPRUS TIME
+
19:30 PM CYPRUS TIME**

RULE NR.1:

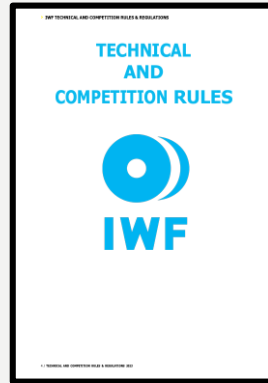
**WEAR GOOD, COMFORTABLE
DARK SHOES THAT ALLOWS
YOU TO STAND ON YOUR FEET
FOR HOURS AND SUIT YOUR
T.O. OUTFIT**



A TECHNICAL CONTROLLERS IS.....



Required to assist;



Technical Controller (TC) must be active,
have full knowledge of the TCRR, and must be able to maintain order

- Competition Director
- Jury President



OK!



Come!

Do!

Control!





**The TC must be on time and also keep an eye on the warm-up area.
It becomes a difficult task if the warm-up area is not directly in or at the venue**



**TC MUST MAKE SURE THAT ONLY
AUTHORIZED PEOPLE ARE IN THE WARM-UP
AREA???!!!!**



CHECK EQUIPMENT BEFORE THE COMPETITION

- **Plates, bars, collars, magnesium, rosin:** Not missing? Enough? Clean?
- **Safe stage?** (any nails, staples, gaps...???)
- **Cleaning bars/platform equipment?** (brushes, mops, disinfectant etc.)
- **Clean venue? No garbage?** (consider live streaming, photos..)
- **Monitors in W-up area:** Switched on? (Scoreboard, Attempt Board, movie)
- **Red and white flags** for Referees?

If you find anything missing, report to Jury President / Competition Director to take care of this as soon as possible



Main Duty of Technical Controller

- Ensures all **on-duty TOs** wear the **correct uniform**
- **Manage and control the athlete's and Technical Officials presentation**
- **Inspects athletes' outfit and correct when necessary**
- Ensures that **only authorized Coaches accompany Athletes** in the warm-up area
- **Monitors lifting order and ensures correct Athlete according to the announcement goes on to the stage**
- **Controls cleaning of the Bar and the Platform**
- Ensures **Athletes' safety** (especially in case of injury)
- **Assists Victory Ceremony preparation**



The TC prepares and guides athletes to their presentation at the competition platform



To ensure that the TCRR are being correctly followed and applied.

THE TC MUST CONTROL AND SUPERVISE:



Introduction

- ▶ Check the inside Warm-up room
- ▶ Marshals and Marshal documents?
- ▶ Preparation of athletes introduction based on the start number list

Gathering and guiding athletes and medal presenter on the podium for the

Victory Ceremony

- ▶ Preparation of TO introduction
- ▶ Inside W-up area

Check Official Documents

Centre Referee
Side Referee 1
Side Referee 2
Chief Marshal
Timekeeper
Technical Controller
Doctor on Duty



THE TC ENSURES ALL ON-DUTY TO'S WEAR THE **CORRECT UNIFORM**



The TC inspects the athletes' outfit and correct when necessary

**If an athlete wears a full body unitard than the TC cannot see everything.
By female athletes a female TO may check for underneath belt or tape on elbow(s)
By male athlete a male TO may check for underneath belt or tape on elbow(s)**

Athletes MAY wear any of the following for their competition



COSTUME (4.2)

Athletes **must** wear **only one** costume which complies with the following criteria: (4.2.1)

- Must be one piece.
- Must be collar-less
- May be of any colour
- Must not cover the elbows
- Must not cover the knees



- **must not be used it** for **political, racial or religious demonstration**



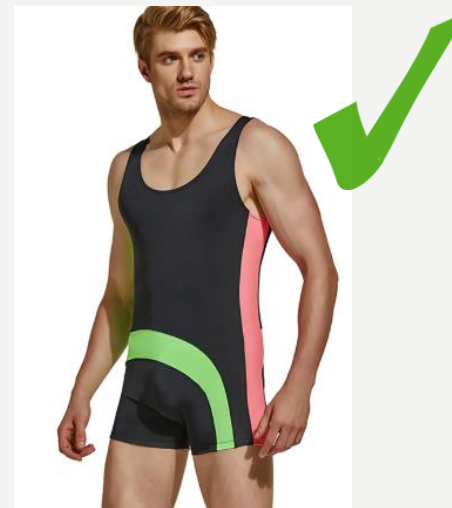
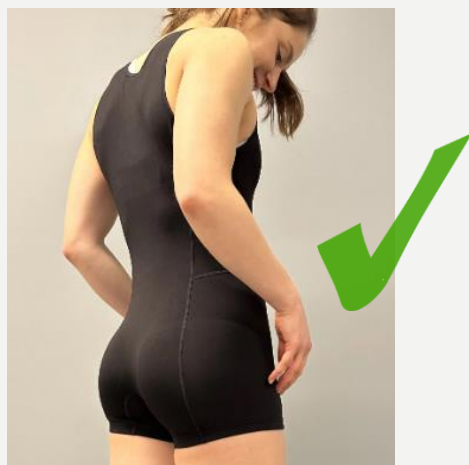
ADDITIONAL TECHNICAL RULE RELATING TO MASTERS WEIGHTLIFTING REGARDING THE COSTUME OR 'SINGLET' RULE



11.1 Weightlifting costumes for IMWA are the same as those described in the IWF TCRR except as follows:

The design on the upper thigh must be cut in a horizontal fashion such that the gluteal fold always remains covered.

Ideally, the weightlifting costume worn by a Masters athlete should be similar to that worn by senior athletes of their home country at IWF international events. Bikini cut designs are unacceptable on IMWA competition platforms for both genders.



The TC MONITORS the ATTEMPT BOARD to ensure that the correct athlete goes on the competition platform

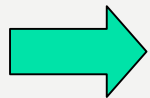


- Listen to the announcement
 - Look at the Attempt Board
 - Observe the Scoreboard monitor from time to time to expect which athletes will be called soon
- IMWA DOES NOT USE BIB NUMBERS**



TC INSPECT ATHLETES' OUTFIT AND CORRECT WHEN NECESSARY

THE CLOCK WILL NOT STOP FOR ATHLETES TO LIFT IN THE APPROPRIATE OUTFIT!!



- You must inspect the outfits **before the Snatch**, **before the C&J** and **during the competition** in the w-up area.

If the **warning** is **early**, they have **enough time** to **change**.



Never GO UP on the Platform to give a warning

**Ugly !
Looks bad for spectators !!**



**BELT UNDER THE
COSTUME IS NOT
PERMITTED**



**Devices,
however for deaf
adaptive
lifters,
hearing
aids are
permitted**



WHEN YOU CONTROL COMPETITION

Athletes are the most important consideration

How to allow Athletes to concentrate ?

If you don't disturb the Athlete's concentration,

Athletes might make a good result in his/her level.

If there are many good results,

Competition will end in a big success !!



ATHLETES MAY GO UP ON THE STAGE ONCE THEY ARE CALLED

7.8.7 (Technical Controller's duty);

“**Ensure the correct athlete** according to the Speaker's announcement **goes on to the competition platform / stage, even during the loading of the barbell.**”

Make athletes comfortable. Don't disturb them

NOTE: You must **stop** Athletes if they are going to the stage **before they are called.**



TC'S ARE NOT THE POLICE

There are Technical Controllers who **stop Athletes** from going up onto the stage **until** the **clock starts**.



**TC MUST NOT TOUCH THE ATHLETES.
USE WORDS, GESTURES AND EYE CONTACT
FOR COMMUNICATION ONLY IF ABSOLUTELY NEEDED**

Touching Athletes can also **disturb** their concentration.

Especially, **just before** their **attempts**.

Even if you must stop Athletes going up on the stage for some good reasons, **use cooperative methods** !

Try to stop them **by using words, gestures and eye contact**.

If any **problem** with the **outfit** of Athletes,
Advice the coaches.



IT WILL BE EASIER IF YOU IMAGINE YOURSELF...



“as the Athlete...”

“as the Coach...”

“as a member of the Audience...”



It will be easier for you,

to **identify** the problems, and **solve** the

problems.....or to have 2 Technical
Controller per platform



THE TC SHOWS TO COACHES UP TO WHAT POINT NEAREST TO THE COMPETITION PLATFORM THEY ARE ALLOWED TO STAY, VERBALLY GUIDE OR WATCH THEIR ATHLETE'S LIFT



TC keeps an eye on the competition area and communicates with the loaders for cleaning of the barbell if needed



TALK WITH LOADERS IN ADVANCE

- Never touch injured Athletes until directed by Competition Doctor
- Loaders are nice to hide injured Athletes during Doctor's quick examination on the stage



TC MUST ENSURE ATHLETE'S SAFETY

- Technical Controllers **must stop Coaches** from going up on to the stage **when Athletes suffer injuries**.
- **Only the Competition Doctor** can touch the Athletes in case of injury.
- The **Jury** will stop all actions until the **Competition Doctor finish** their examination on the platform.

Only **by the order of the Competition Doctor**, TOs / Team Officials **can help** injured Athletes.



TC ASSIST THE VICTORY CEREMONY PREPARATION

- Check the official results and find who are the medalists
- Assemble the medalists and medal presenter



NOTE: You may need to wait for the athletes for a while for the **Doping Control** procedure



PLEASE MAKE SURE

- Medal Winners **cannot take electronic devices** onto the podium
- Medal Winners **cannot be accompanied by any other persons.**
- Participants of Victory Ceremony **must not use it for political, racial or religious demonstration**
- **Photos can be taken after the end of the Victory ceremony**

No mobile phones !



GOOD TO KNOW:

IMWA DOES NOT USE ATHLETE'S CHALLENGE CARDS AND THEREFORE NO VIDEO REPLY

HOWEVER:

Always be ready for something unusual !!



WHEN YOU STAY BESIDES THE PLATFORM

OK

- Keep eye contact with the Jury
 - **Have a look at the Jury Table after each attempt** (decision reversal, bar cleaning, outfit issue, etc.)
- Jury may stop the competition
 - **When Jury President looking at other Members**, left and right, seriously, **Jury may stop the competition**
 - **When Jury reverses the decision**, mostly you will be called to the **Jury Table** and **asked to deliver the information** to TIS Operator, Speaker and the relevant athlete/coach
- Cooperate with your colleague Technical Controller
 - **When competition is stopped and you are called by Jury**, **ask your colleague to come nearby the stage** not to allow any Athletes to up on the stage



Come!

Do!

Control!



