

INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION

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



THE RESPONSIBILITY OF THE TECHNICAL OFFICIALS IN MASTERS ADAPTIVE WEIGHTLIFTING

**VIA ZOOMLINK
SATURDAY 9 MARCH'24**

09:30 AM OCEANIA TIME

+

19:30 PM CYPRUS TIME

AGENDA

- Introductions
- Guiding Principles / General Directives
- Adaptive Classifications
- Technical Guidelines – Officials
- Loaders
- Timekeepers
- Technical Controller
- Announcer / Speaker



ABOUT ME

Nalani Perry

IMWA Adaptive Chair

Adaptive Athlete

GUIDING PRINCIPLES

1. Safety of the athlete (on the field of play where adjustments might be made).
 2. Integrity of the sport (respectful attitude toward athletes and the challenges facing them).
 3. Compliance / adherence to the technical rules.
- Officials should take time to consult with the coach / athlete prior to adjudicating their first attempt if they have any questions regarding the above principles.

Remember – not every adaptive athlete has a visual disability.



ADAPTIVE CLASSIFICATIONS

- 1) Athletes who are deaf, deafened or hard of hearing
- 2) Athletes with visual impairments
- 3) Athletes with intellectual impairments
- 4) Athletes with limb deficiencies – no prothesis
- 5) Athletes with limb deficiencies – with prothesis
- 6) Athletes with range of motion impairments or joint instability
- 7) Athletes competing with use of a wheelchair
- 8) Athletes of short stature

DEAF, DEAFENED OR HARD OF HEARING GUIDELINES



- Athlete can compete in able-bodied Bodyweight category or choose to compete as an adaptive athlete.
- Hearing aids or cochlear implants may be worn on the platform.
- Coach can stand behind the referees during the lift so that down signaling can be clearly seen by athlete.
- Athlete or coach may request the **center referee** give a more robust **MANUAL** down signal.
- Coach may give the down signal once the referee's call is visible and/or the electronic signal is heard.



Cochlear implant

VISUAL IMPAIRMENT GUIDELINES

- Coach can walk athlete onto the stage and onto the platform to assist with start of the lift.
- Regulation clock starts to run per current rules – One (1) additional minute allowed for athlete/coach preparation and for coach to step off platform.
- Athlete or coach may request the **center referee** give a more robust **VERBAL / AUDIBLE** down signal.





INTELLECTUAL IMPAIRMENT GUIDELINES

- Coach can walk athlete onto the stage and onto the platform to assist with start of the lift.
- Regulation clock starts to run per current rules – 1 additional minute allow for athlete/coach preparation and for coach to step off platform.
- Coaches will be allowed to stand behind the technical officials during the athlete's lifts to signal coach's down cues.
- The **center** technical official may be asked to provide a more robust down signal. Coach may give down signal once the official's call is visible and/or electronic signal is heard.





LOWER EXTREMITY AMPUTEE GUIDELINES – WITH AND WITHOUT PROTHESIS



- Athlete can perform single leg snatch and clean and jerk.
- Athlete can perform lift with a leg prosthesis.
- **No myoelectric prosthesis are allowed.**
- Change plates must be secured on inside of the collars.
- Athletes using a prosthesis must weigh in with prosthesis and demonstrate the artificial limb is **not** powered or able to store energy.

UPPER EXTREMITY AMPUTEE GUIDELINES - WITH AND WITHOUT PROTHESIS



Myoelectric arm



- Athlete can perform single arm snatch and clean and jerk.
- Athlete can perform lift with an arm prosthesis.
- Athlete can perform lift with use of strap briefly attached to the bar.
- Myoelectric arms which are needed to open and close the hands are permitted.
- Athlete without the use of prosthesis will be allowed to press-out.
- Change plates must be secured inside the collars.
- Athlete must weigh in with prosthesis and demonstrate the artificial limb is **not** powered or able to store energy.







RANGE OF MOTION IMPAIRMENT OR JOINT INSTABILITY GUIDELINES

- Athletes who cannot fully extend their elbows must still adhere to current regulations.
- Athletes who cannot fully lower their torso to reach the height of the bar may be permitted to lift from blocks. **Blocks cannot be higher than the top of the athlete's patella.**
- Jerk may be replaced with a Push Press to full extension (no pausing of the arms).
- Snatch may be replaced with muscle snatch to full extension without pause of the arms.
- Joint bracing may be worn on the platform.





ATHLETE WITH USE OF A WHEELCHAIR GUIDELINES – PART 1



Lap mat



- Use of a wheelchair lap mat is permitted or blocks may be used.
- If block are used, the resting bottom most part of the barbell, with plates on the barbell, may be no more than 2 inches above the lap or pad (if applicable).
- Coach or assigned volunteers may place barbell on the athlete's lap mat or blocks. The athlete is allowed to readjust the barbell on their lap or blocks if needed.
- A muscle snatch will be acceptable, if the bar does not stop or descend on its way upward.

ATHLETE WITH USE OF A WHEELCHAIR GUIDELINES – PART 2

- Barbell is allowed to touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms.
- Following a lap clean, the barbell must be in contact with the shoulders to begin the press. Strict press or seated push press is permitted with fully locked out finished position. Athlete can shrug or bounce shoulders to get the press movement started.
- Athlete's wheelchair must be placed directly in front of platform. **Gym mats to be placed in front of athlete.**



ATHLETE WITH USE OF A WHEELCHAIR GUIDELINES – PART 3



- Athlete's arms must be fully extended upon completion of lift.
- Although barbell may pause on its way up, it cannot be lowered and then raised. Once the barbell descends, a no lift has occurred.
- After full extension is reached and after a robust audible down signal from the Centre referee, 2 volunteer spotters will secure the barbell and return it safely to the platform.
- Only the athlete, loaders and spotters can make contact with the barbell. Coaches are not allowed on the platform after the attempt has started.



ATHLETE WITH USE OF A WHEELCHAIR GUIDELINES – PART 4



- Regulation clock, set to three minutes, starts to run when the athlete's name is called. This will provide time for the athlete and spotters to set up the barbell.
- Change plates must be secured inside the collars.
- The athlete may be assisted with weigh in if undertaken in-person. If weigh in is in-person, a wheelchair scale must be used. Athlete's wheelchair will be weighed first, followed by weight with the athlete in the chair. Athlete's BW will be calculated by subtracting the two weights.
- Weigh in can be undertaken by medical professional 36 hours in advance if not done in-person day of.



SHORT STATURE GUIDELINES



- Athlete can compete in able-bodied bodyweight category or choose to compete as an adaptive athlete.
- Men are permitted to use the 15kg bar or the 20 kg bar.
- Athletes must let referees know if they cannot fully extend arms or legs.

LOADERS / SPOTTERS

- Regular duties for all loading except for athletes with use of a wheelchair.
- Athletes with use of a wheelchair requirements:
- Loaders lift the barbell and place on the athlete's lap mat or on blocks.
- Remove hands and step back from the barbell.
- Do not touch the wheelchair.
- Upon referees' signal, secure the barbell from both sides and lower it to the platform.
- If requested, assist the athlete to exit the platform.



TECHNICAL OFFICIALS AS TIMEKEEPERS

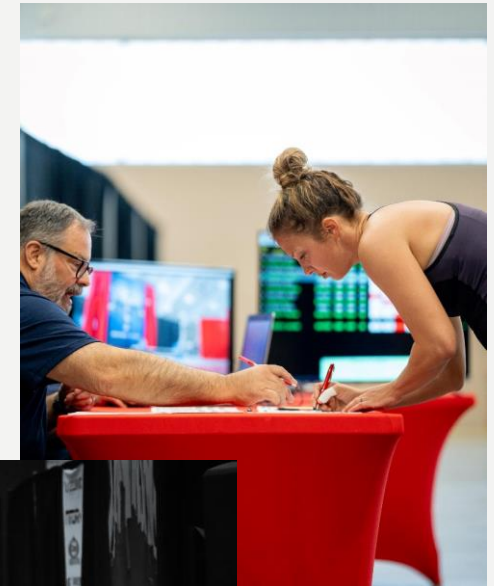


- Timekeepers set and start the timing clock at **3 minutes**.
- Timing clock starts the moment the Speaker finishes announcing the attempt or when the barbell is loaded and loaders/spotters remove hands from barbell.
- Stop the clock immediately as barbell is raised from athlete's lap.
- Athlete always has 3 minutes to start their attempt even with consecutive lifts.



TECHNICAL CONTROLLER

- Assigned to all sessions including adaptive athletes.
- Ensure necessary modifications to field of play.
- Ensure technical rules are implemented.
- Checks to see that adaptive athlete's warm-up platform is closest to the entrance of competition platform and path between platforms is clear of dangerous obstructions.
- Provide clarification of rules and address concerns of athletes and coaches.
- A second Technical Controller may be assigned to assist adaptive athletes as required.



ANNOUNCER / SPEAKER

- Introduce yourself to adaptive athlete and their coach.
- Ask how to pronounce athlete's name correctly if required.
- Provide the audience with what adaptive category the athlete is competing under.
- Do not disclose any personal health information to the audience on the adaptive athlete.





QUESTIONS?
YOU CAN CONTACT US AT:
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**WE JUST WANT TO SAY
THANK YOU FOR ATTENDING
AND YOUR SUPPORT**



**SEE YOU AT OUR CHAMPIONSHIPS
The IMWA**