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Intro

Welcome to the Finals Rulebook for the BARS Weightlifting Cup!

We ask you to read through everything from this point on so that you are well prepared for the finals event.

In this document we will announce requirements and things to look out for in preparation and during the live event. Please study these requirements, so you know what will be expected of you during the Finals.

The main objective is to make sure you are fully prepared and there will be no sudden surprises on the day of the event.

As an athlete joining the Competitor division we strongly recommend you to read the rules of the IWF carefully. The Dutch federation can be pretty strict and they do so by following the [IWF Rules and Regulations](#)



Check-in

When you arrive at the venue, there will be volunteers waiting for you to help you register. You'll receive passes for you as an athlete, as well as for your coach if you have one.

Weigh-in

After registration, it's time to weigh in. There will be a separate section where you can change and weigh in. Secluded and private with only the necessary volunteers to assist during weigh-in protocol.

During weigh-in, you'll also be asked to submit your starting entry. This means the Snatch and Clean and Jerk you want to start with (1st attempts). Don't worry too much about this, given it can be changed twice during competition before your lift.

Process of weighing in:

- Change into the outfit you're going to lift in
- Remove shoes and all other accessories (watch, jewelry, wrist wraps etc.)
- Present legal form of identification (passport, drivers license etc.)
- Step on the scale until your weight is noted and asked to step off
- Submit your first attempts and you're ready to go!

NOTE:

Every athlete will get a 250gr margin for the outfit (international rule).

For example: If you weigh-in at 77.85kg, you may opt for 77.6kg.

This is an option you don't have to use (for example if you're an athlete wanting to qualify for the Dutch nationals in a higher category and you would be too light after this correction).



Weight Classes

You will automatically be put in a weight class by default for the competition. But because of our Sinclair system, you don't have to worry about making weight for a specific class for the ranking during our competition. We will use your exact weight to calculate your score.

Qualification Dutch Nationals

If you try to qualify for the Dutch Nationals, you do need to be aware of your weight class, because of the way our federation ranks athletes. This is based on the European Standard in your respective weight class.

Below a few (Dutch) links to understand how you can qualify and what will be necessary to do so:

[Information European Standards](#)

[Qualification Dutch Nationals](#)

[Current Ranking Top 25](#)



Warm-up

30 minutes before competition starts, you will be asked to move to the warm-up area. There you can begin to prepare your body for the competition.

There will be coaches present to help you through this process.



Competition

Introduction (only for the Competitors)

Now it's time to step on the platform!

Before the competition starts, we will first have a quick introduction of every athlete in their respective group. Before you already start worrying about what you have to say to introduce yourself...

You don't have to say anything.

The introduction is a formality of calling out the athlete's name and gym/club they are representing.

After introduction, there will be a 10 min break before the start of the first attempt.

Attempts

You will have 3 attempts for your Snatch as well as your Clean and Jerk. In Olympic Weightlifting the attempts are in chronological order. The lightest attempt starts and then builds up to end the session with the heaviest attempt. Which means the moment you are stepping on the platform is dictated by the weights you are going to attempt.

For each attempt you will have exactly one minute to perform your lift from the moment the bar is loaded.

If somebody has to "follow" themselves up, because of a missed attempt or because there is nobody in between attempting a lift, they will get 2 minutes on the clock to perform their lift.



Movement Standards

Your lifts will be judged by either 1 judge (recreational division) or 3 judges (competitor division).

You will be judged on following criteria:

- In both the Snatch as well as the Clean, any pause during the phase of the pull is not allowed. The barbell needs to be lifted in one motion from the floor to full extension
- During the Clean, the barbell needs to travel smoothly and in one motion to the front rack position. When the barbell is first caught on the chest and only then rolled to the shoulders, it is a **no lift**
- The lock-out of the elbows during the Snatch and Jerk needs to be firm and in one motion. Pressing out is a **no lift**
- After the Clean both the athlete and the bar need to be completely motionless for a moment, before initiating the Jerk
- Before the Jerk you can't have a double dip
- After the lock-out of the Snatch and Jerk, the feet need to be aligned. (Rotation is not a problem, as long as your feet are aligned)
- The bar needs to be kept overhead until you get the down signal from the main judge.
- If you touch the bar with your feet before, during or after the lift, it will be a **no lift**

Extra information regarding movement standards (especially for the competitor division):

[IWF Rules \(Chapter 2\)](#)



Outfit

For the recreational athlete there are only a couple of regulations regarding their lifting outfit:

- No lifting straps
- No tape/sleeves or clothing covering the elbows
- No powerlifting belt, weightlifting belts are of course allowed

For the competition athlete there are stricter rules and regulations regarding their lifting outfit. The basic ones:

- Singlet is mandatory
- No lifting straps
- No tape/sleeves or clothing covering the elbows
- No powerlifting belt, weightlifting belt is allowed if it's matches IWF criteria

More elaborate rules and regulations regarding your lifting outfit (competitor division):

[IWF Rules \(Chapter 4\)](#)

Coaching

You are allowed to bring your own coach to the competition. One (1) coach is allowed per athlete. A single coach may coach multiple athletes. Your coach needs to be registered beforehand. You can do this during registration, or in the email you will receive later.

For the competition athletes their coach has to adhere to the [requirements of the Dutch federation](#).



“Requirements Coach

A participant of a national competition may be guided by their coach if:

- The coach is in possession of a general membership of the NGB*
- The coach is registered prior to competition with the competition organization”*

The recreational lifters only need to register their coach beforehand, that will be enough. No extra requirements.

If you don't have a coach, don't worry. ***There will be coaches present to assist you from start to finish of your competition!***

Ranking

For ranking during the Finals we will use the Sinclair Formula. This uses your bodyweight and weightlifting total (kg's) to calculate your score. You will also be ranked on the leaderboard based on this score. This goes for both the Recreational Lifter and the Competition Athlete.

Prize Ceremony

There will be prizes for the top 3 in each division and gender:

- Top 3 Female Recreational
- Top 3 Male Recreational
- Top 3 Female Competitor
- Top 3 Male Competitor

The prize ceremony will be held directly after the division ends. Which means the first ceremony will be after the Recreational Category and the second ceremony will be after the Competition Category.

So make sure you don't leave too quickly after you're done!



You're ready!

Now that we've covered the most important aspects regarding the finals of the BARS Weightlifting Cup, you're ready. Well kinda.. Maybe.. Hopefully..

If you have any further questions, feel free to contact us through barsweightliftingcup@gmail.com

Lift Weights and Raise Bars!

Remember to share on social media and tag us using the hashtags:
#barsweightliftingcup

Yours truly, BARS Weightlifting