

PLATFORM REFEREE'S BRIEFING (Revised 3rd March 2011)

Prior to lift off The Technical Controller and Referees should be instructed by a Member of The Technical Committee, President of the Jury or Jury Member, of the following:-

1 That the lifter is presentable i.e.

T-Shirt sleeves not pushed or rolled up.
No apparel worn inside out.
Wraps not extending beyond prescribed widths.
Wrap securing loop removed from thumb.
Bench Shirt covering whole of deltoid area.

2. SQUAT

Side referees must keep the arm raised to bring attention to the Chief Referee
If of opinion e.g.

Lifter's knees not locked.
Not standing up right (slightly bent so that the bar does not drop to the platform is acceptable).
Hands and fingers not gripping bar, not necessarily thumbs around.
Bar placement across the shoulders is not limited to a particular position.

Foot movement after the "rack" signal is not cause for failure.
Of course, the main thing to observe during the movement is that
The minimum depth conforms with that as illustrated in the Technical Rules Book - Demonstrate.

Chief Referee to tell lifter to "re-place" with backward movement of the arm if after five seconds the lifter hasn't realised there is a problem. Chief Referee to inform lifter the reason why the signal was not given. By gesture if necessary.

3. BENCH PRESS

Side referees must keep the arm raised to bring attention to the Chief Referee
If of opinion e.g.

Lifter's arms not straight and elbows locked.
Hands and fingers not gripping, and thumbs not around the bar.
Head, shoulders and at least fifty per cent of the buttocks not in contact with the bench.
Feet not flat on the platform or blocks.
Feet touching bench legs.
Hands exceeding eighty-one cm marks.

Bar stopping above the chest (not touching after three seconds the command is "rack")

Bar touching stomach the command is “press”

Motionless – clearly visible before signal to “press”, recommended count of one second when at the chest for consistency.

Un-even extension to be allowed. Simultaneous lockout not necessary.

Bar to return to the same position before the start signal was given.

Foot movement during the lift is not cause for failure but must be kept flat and in contact with the platform or blocks.

Chief Referee to tell lifter to “re-place” with backward movement of the arm if after five seconds the lifter hasn’t realised there is a problem. Chief Referee to inform lifter the reason why the signal was not given. By gesture if necessary.

4. DEADLIFT

“Maintain Control” If the fingers open this should not be cause for failure as long as the bar stays hooked or in the palms of the hands until it is returned to the platform.

If the bar settles as the shoulders come back (slightly downward on completion), this should not be reason to fail the lift.

Apparent finished position i.e. if not locked out completely, no further movement after three seconds, signal “down”.

5. BAR LOADING

Do not rely on spotter/loaders. Joint responsibility of referees to insure correct weight.

6. CLEANING THE BAR

Be inclined to grant the request. Request to be made to Chief Referee not the spotter/loaders.

Compulsory in last round of deadlift and in both other rounds if requested.

7. RECORD DISCS

Be sure that they are immediately available.

8. FAILURE CARDS

To be raised for a count of three seconds each time the lift is failed. Not to be raised until after the red lights have appeared.

9.LIGHTS

Keep Master Switch on for three seconds, or up to five if event is covered by T.V.

Allegedly integrity of “one or two” referees on the International Circuit has been questionable. “Favouring” home lifters over others will not be tolerated.

10. JURY

Jury should only overrule very clear and obvious mistakes by the referees. Standard of referee decisions regarding depth in squat, bar position in bench press, which in the opinion of the jury is not correct, shall first be notified to the referees, to make it clear the standard required. Should the standard not improve, the jury may take appropriate action, which could mean ultimately replacing referees.

11 GENERAL

Master's Records or Sub Junior/Junior not multiple of 2.5 kg cannot be requested at an Open Championship.

Signal give when a lifter fails during a lift should be "rack". The lift is completed.

Should he fail in the starting position after the signal again it is "rack" REPLACE" is only used before the signal begins if after five seconds the lifter has not realised there is a problem. All three referees must remember to sign the protocol.

Technical Controller shall attend the gear check.

Referee's cards must be placed on the jury table before they take up their positions.

All doubt must be made in favour of the lifter.