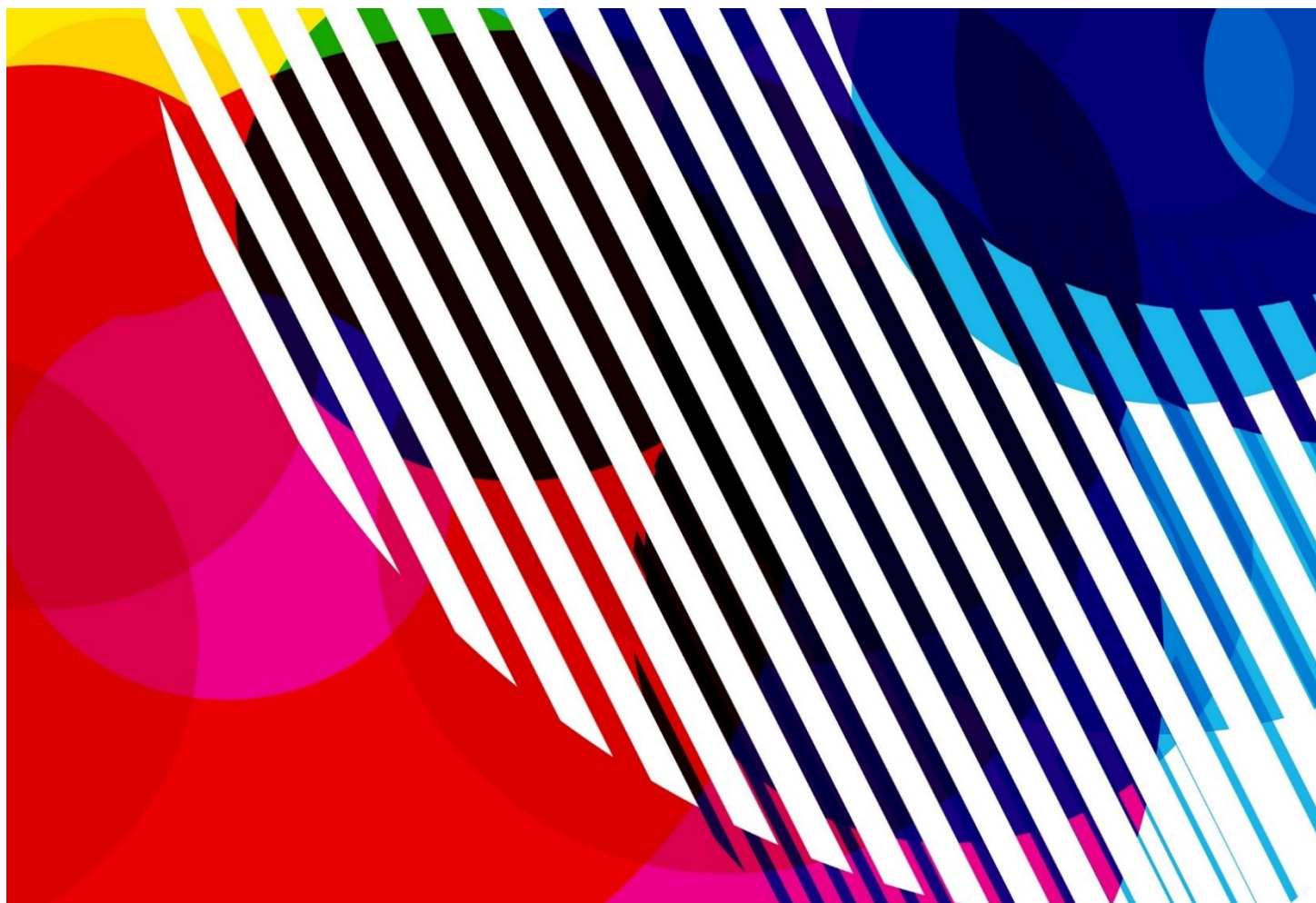


IWF

INTERNATIONAL
WEIGHTLIFTING
FEDERATION

TECHNICAL OFFICIALS EXAMINATION - QUESTIONS



Scoring: 1 point for each correct answer unless otherwise stated.

- Q.1 Bending or extending the arms during the recovery phase is:
- ☐-a allowed if already reported to all on duty Referees and the Jury
 - ☐-b an incorrect movement
 - ☐-c allowed if already reported to the on duty Technical Controller
- Q.2 An athlete who uses lubricant on their thighs:
- ☐-a is disqualified
 - ☐-b does not have the right to compete
 - ☐-c is ordered to remove it
- Q.3 What are the ranges of age for the following age groups?
(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)
- Junior _____ up to and including _____ years of age
- Youth _____ up to and including _____ years of age
- Q.4 When do the Referees give the "Down" signal?
- ☐-a 2 seconds after the athlete becomes motionless in all parts of the body
 - ☐-b 1 second after the athlete becomes motionless in all parts of the body
 - ☐-c As soon as the athlete becomes motionless in all parts of the body
- Q.5 True or False:
The technique known as "hooking" is permitted during the Clean & Jerk only? _____
- Q.6 What is the correct rule?
- ☐-a If an athlete lifts the barbell 5cm off the platform and replaces it on the platform with 30 seconds remaining on the clock; he/she cannot try the lift again.
 - ☐-b If an athlete lifts the barbell off the platform and replaces it on the platform, he/she can try the lift again unless the barbell has reached the height of the knees.
 - ☐-c If an athlete lifts the barbell approximately 10cm from the platform and replaces it on the platform with 15 seconds remaining on the clock, he/she cannot try the lift again.
- Q.7 After the Referees' signal to lower the barbell, the athlete may release the grip on the bar when:
- ☐-a the bar has passed the level of the knees
 - ☐-b the bar has passed the level of the shoulders
 - ☐-c the bar has passed the level of the waist
- Q.8 A pause during the extension of the arms is:
- ☐-a allowed
 - ☐-b an incorrect movement
 - ☐-c permitted during the execution of the Jerk

Q.9 List the minimum age to compete in the following competitions:

(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)

Senior World Championships _____ years of age

Junior World Championships _____ years of age

Youth World Championships _____ years of age

Q.10 During the removal of a lubricant:

- ☐ -a the Jury decides if the clock is stopped
- ☐ -b the clock remains going
- ☐ -c the Technical Controller decides if the clock is stopped

Q.11 "Pulling from the hang" means:

- ☐ -a stopping the upward movement of the barbell during the pull and is permitted
- ☐ -b accelerating the upward movement of the barbell during the pull and is permitted
- ☐ -c stopping the upward movement of the barbell during the pull and is an incorrect movement

Q.12 List the 7 bodyweight categories for Women (Junior and Senior)?

(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)

1. _____ kg
2. _____ kg
3. _____ kg
4. _____ kg
5. _____ kg
6. _____ kg
7. _____ kg

Q.13 Touching the platform with:

- ☐ -a one knee is a correct movement
- ☐ -b the knees during the Clean is a correct movement
- ☐ -c any part of the body other than the feet is an incorrect movement

Q.14 True or False:

It is an incomplete movement when an athlete fails to fully extend their knees at the completion of the lift? _____

Q.15 An attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform and:

- ☐ -a touches the area outside the platform with any part of the body.
- ☐ -b their shoes hang over the edge of the platform without touching the outside area.
- ☐ -c touches the outside area with one shoe.

Q.16 List the 8 bodyweight categories for Men (Junior and Senior)?

(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)

1. _____ kg
2. _____ kg
3. _____ kg
4. _____ kg
5. _____ kg
6. _____ kg
7. _____ kg
8. _____ kg

Q.17 Finishing with a “press out” means:

- ☐ -a continuing the extension of the arms after the athlete has reached the lowest point of his/her position in the squat or split for both the Snatch and the Jerk and is allowed
- ☐ -b continuing the extension of the arms after the athlete has reached the highest point of his/her position in the squat or split for both the Snatch and the Jerk and is an incorrect movement
- ☐ -c continuing the extension of the arms after the athlete has reached the lowest point of his/her position in the squat or split for both the Snatch and the Jerk and is an incorrect movement

Q.18 If an athlete fails to place his/her feet parallel to plane of the trunk, it means:

- ☐ -a it is an incomplete movement and the Referees press the red “Down” button
- ☐ -b it is an complete movement and the Referees press the white “Down” button
- ☐ -c it is an incomplete movement and the Referees don't press any button

Q.19 Failing to replace the complete barbell on the platform after the down signal is:

- ☐ -a an incorrect movement
- ☐ -b a correct movement
- ☐ -c a correct movement if the athletes lowers the barbell in front of the platform

Q.20 When finishing a lift it is:

- ☐ -a permitted for the athlete to touch their hair with the bar during the Snatch
- ☐ -b not permitted for the athlete to touch their hair with the bar during the Snatch
- ☐ -c permitted for the athlete to touch their head with the bar during the Snatch

Q.21 What is the correct rule?

- ☐ -a Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement.
- ☐ -b Touching the thighs or the knees with the elbows is incorrect but it is correct to touch with the upper arms.
- ☐ -c Touching the thighs or the knees with the upper arm is incorrect but it is correct to touch with the elbows.

- Q.22 The terms “double clean” and “dirty clean” mean:
- ☐-a Resting or placing the barbell on the chest at an intermediate point before its final position and is a correct movement
 - ☐-b Resting or placing the barbell on the chest at an intermediate point before its final position and is an incorrect movement
 - ☐-c Resting or placing the barbell on the chest at an intermediate point before its final position and is a correct movement as long as it is reported/displayed to the on duty Referees prior to the lift
- Q.23 How many athletes per Member Federation can be entered in one bodyweight category?
- ☐-a 2
 - ☐-b 1
 - ☐-c 3
- Q.24 Before starting the:
- ☐-a Jerk, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete must become motionless.
 - ☐-b Jerk, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete and the barbell must become motionless.
 - ☐-c Snatch, any deliberate oscillation of the barbell to gain advantage is forbidden.
- Q.25 True or False:
An athlete cannot change the width of their grip during the lift? _____
- Q.26 What are the specifications for competition platforms used at IWF Events?
(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)
- | | | |
|--------|-------|----|
| Width | _____ | cm |
| Length | _____ | cm |
| Height | _____ | cm |
- Q.27 How much do the following pieces of equipment weigh?
(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)
- | | | |
|-------------|-------|----|
| Men's bar | _____ | kg |
| Women's bar | _____ | kg |
| 1 Collar | _____ | kg |
- Q.28 The diameter of the Women's bar is:
- ☐-a 2.8 cm
 - ☐-b 3.0 cm
 - ☐-c 2.5 cm
- Q.29 What is the width of training/warm-up platform?
- ☐-a 300 cm
 - ☐-b 400 cm
 - ☐-c 250 cm

Q.30 List the colour of discs:

(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)

25kg	_____	20kg	_____	15kg	_____
10kg	_____	5kg	_____	2.5kg	_____
2kg	_____	1.5kg	_____	1kg	_____
0.5kg	_____				

Q.31 The apparatus that provides the visual and audible "Down" signal is:

- ☐ -a located in the warm-up area
- ☐ -b located on the left side of the competition platform/stage
- ☐ -c placed on a stand in front of the competition platform/stage

Q.32 To operate the visual and audible "Down" signal:

- ☐ -a one of the three Referees must give his/her decision of either "Good Lift" or "No Lift"
- ☐ -b two of the three Referees must give an identical decision of either "Good Lift" or "No Lift"
- ☐ -c three Referees must give an identical decision of either "Good Lift" or "No Lift"

Q.33 After the visible and audible "Down" signal and before the decision lights operate:

- ☐ -a the Referees have 2 seconds to reverse their decision
- ☐ -b the Referees cannot reverse their decision
- ☐ -c the Referees have 3 seconds to reverse their decision

Q.34 True or False:

Athlete bibs are worn for athlete identification during competition and are demarcated with the athlete's start number? _____

Q.35 If a Referee sees a mistake during the execution of a lift, he/she must:

- ☐ -a immediately press the red button
- ☐ -b immediately press the white button
- ☐ -c raise his/her hand and say "Down"

Q.36 The certificate accompanying the scales must be certified within:

- ☐ -a 1 year from the start of the Event
- ☐ -b 6 months from the start of the Event
- ☐ -c 3 months from the start of the Event

Q.37 After the competition:

- ☐ -a the Referees and Competition Director verify the final competition Protocol
- ☐ -b the President of the Jury and Competition Director verify the final competition Protocol
- ☐ -c the Technical Controller and Competition Director verify the final competition Protocol

- Q.38 What is the correct rule?
- ☐-a Socks may cover the knees
 - ☐-b Socks may not cover the knees
 - ☐-c Socks are not permitted in competition
- Q.39 The maximum width of an athlete's belt is:
- ☐-a 10 cm
 - ☐-b 12 cm
 - ☐-c 11 cm
- Q.40 Any apparent effort of performing the Jerk that is not completed (i.e. lowering the body; bending the knees) is:
- ☐-a an incorrect movement
 - ☐-b a correct movement
 - ☐-c a correct movement if the athlete tries to lower their body or bend their knees only once
- Q.41 What is the maximum length of a wrist bandage?
- ☐-a 100 cm
 - ☐-b 200 cm
 - ☐-c no limit
- Q.42 True or False:
Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). _____
- Q.43 The diameter of the largest disc is:
- ☐-a 46 cm
 - ☐-b 45 cm
 - ☐-c 40 cm
- Q.44 Choose the correct rule:
- ☐-a There can be a connection between a wrist bandage and an elbow bandage.
 - ☐-b There can be a connection between a wrist bandage and a hand bandage.
 - ☐-c There cannot be any connection between a wrist bandage and a hand bandage.
- Q.45 What is the correct rule?
- ☐-a No bandages or substitutes are allowed on the elbow(s).
 - ☐-b No bandages or substitutes are allowed on the thigh(s).
 - ☐-c No bandages are allowed to be worn on the unitard.
- Q.46 True or False:
Sticking plasters may be worn on the elbow(s), if required. _____

- Q.47 The weigh-in begins:
- ☐-a 2 hours and 15 minutes before the start of competition
 - ☐-b 1 hour and 45 minutes before the start of competition
 - ☐-c 2 hours before the start of competition
- Q.48 If an athlete cannot fully extend his/her elbow(s) the athlete:
- ☐-a is allowed to compete if the athlete displays/reports that they cannot fully extend their elbow(s) to the Referees and the Jury prior to start of competition
 - ☐-b is not allowed to compete and must withdraw from the competition
 - ☐-c is allowed to compete only if he/she brings a Doctor's certificate
- Q.49 Choose the correct rule:
- ☐-a At least two Referees verify the bodyweight and the Competition Secretary records the information.
 - ☐-b The Centre Referee operates the scale and the other two Referees verify the bodyweight which the Competition Secretary records.
 - ☐-c All three Referees operate the scale and verify the bodyweight and the Competition Secretary records the information.
- Q.50 After the Verification of Final Entries, where is the Start List posted?
- ☐-a in the warm-up area
 - ☐-b in the athletes lounge
 - ☐-c at the entrance of the weigh-in room
- Q.51 During the allocated weigh-in time:
- ☐-a athletes who are under or over the limits of the bodyweight category may return two times to make weight
 - ☐-b athletes who are under or over the limits of the bodyweight category may return as many times as required to make weight
 - ☐-c athletes who are under or over the limits of the bodyweight category may return three times to make weight
- Q.52 As soon as the athlete has weighed within the officially entered bodyweight category, accompanying Team Officials must be provided with Warm-up Passes for access to the warm-up area as per the following:
- ☐-a one athlete – three Passes
two athletes – four Passes
any additional athlete (combined categories/Events) – two Passes per athlete
 - ☐-b one athlete – two Passes
two athletes – three Passes
any additional athlete (combined categories/Events) – two Passes per athlete
 - ☐-c one athlete – three Passes
two athletes – four Passes
any additional athlete (combined categories/Events) – one Pass per athlete

- Q.53 The Introduction of athletes begins:
- ☐-a 1 hour and 45 minutes after the beginning of the weigh-in
 - ☐-b 2 hours after the beginning of the weigh-in
 - ☐-c 2 hours and 15 minutes after the beginning of the weigh-in
- Q.54 What is the maximum width of skin on the wrists that can be covered by a bandage?
_____cm
- Q.55 What is the correct rule?
- ☐-a The aggregate weight of the starting attempts in the Snatch and the Clean & Jerk cannot be less than 15kg below the announced Entry Total for the Men's and Women's competition.
 - ☐-b The aggregate weight of the starting attempts in the Snatch and the Clean & Jerk cannot be less than 20kg below the announced Entry Total for the Men's and Women's competition.
 - ☐-c The aggregate weight of the starting attempts in the Snatch and the Clean & Jerk cannot be less than 20kg below the announced Entry Total for the Men's competition, and less than 15kg below the announced Entry Total for the Women's competition.
- Q.56 Choose the correct starting attempt for the following scenario in the 56kg category with an Entry Total of 200kg; Snatch Results = 1st attempt 80kg (Good Lift); 2nd attempt 83kg (Good Lift); 3rd attempt 85kg (Good Lift):
- ☐-a the athlete must start with at least 90kg in the Clean & Jerk
 - ☐-b the athlete must start with at least 95kg in the Clean & Jerk
 - ☐-c the athlete must start with at least 100kg in the Clean & Jerk
- Q.57 When an athlete wishes to increase the weight which he/she was automatically given by the competition management system, the athlete or Team Official must notify the Chief Marshal:
- ☐-a within the first 30 seconds of the call. This is the same for both the 1-minute and 2-minute clock.
 - ☐-b 1 minute before the final call. This is the same for both the 1-minute and 2-minute clock.
 - ☐-c 15 seconds before the final call. This is the same for both the 1-minute and 2-minute clock.
- Q.58 The minimum increase between the first and second attempt is:
- ☐-a 1 kg
 - ☐-b 2.5 kg
 - ☐-c 2 kg
- Q.59 The weigh-in lasts:
- ☐-a 1 hour
 - ☐-b 2 hours
 - ☐-c 2 hours and 15 minutes

- Q.60 Assuming it is the athlete's first attempt, what is the correct rule?
- ☐-a One and a half minutes (90 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt.
 - ☐-b One minute (60 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt.
 - ☐-c Two minutes (120 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt.
- Q.61 Choose the correct rule:
- ☐-a Athletes or Team Officials cannot change their decision to withdraw from competition once it has been officially announced.
 - ☐-b Athletes or Team Officials cannot change their decision to withdraw from competition once the Athlete's Card has been signed.
 - ☐-c Athletes or Team Officials can change their decision to withdraw from competition within the first 30 seconds.
- Q.62 When an athlete attempts two lifts in succession, he/she is allocated:
- ☐-a 1 minute
 - ☐-b 2 minutes
 - ☐-c 3 minutes
- Q.63 When an athlete is called but fails to appear on the platform within his/her allocated time the:
- ☐-a Referees must tell the Jury
 - ☐-b Timekeeper must stop the clock
 - ☐-c Referees must give "No Lift"
- Q.64 Before the first attempt or between two attempts:
- ☐-a 1 change of weight is allowed, excluding the automatic increment
 - ☐-b 2 changes of weight are allowed, excluding the automatic increment
 - ☐-c 3 changes of weight are allowed, excluding the automatic increment
- Q.65 What is the correct rule?
- ☐-a Athletes or Team Officials cannot decrease the weight of the barbell once the announced weight is loaded.
 - ☐-b Athletes or Team Officials cannot decrease the weight of the barbell once the announced weight is loaded and the clock has started.
 - ☐-c Athletes or Team Officials can decrease the weight of the barbell within the first 30 seconds.
- Q.66 An athlete who is too heavy at weigh-in:
- ☐-a may compete in the next higher category
 - ☐-b is not allowed to be weighed again
 - ☐-c cannot compete in the next higher category

- Q.67 There are 4 factors to take in consideration in the order of calling the athletes:
- ☐ -a - weight of the barbell (lightest weight first)
- number of the attempt (lowest number first)
- sequence/order of the previous attempt(s) (the athlete who lifted latest is first)
- start number of the athlete (lowest first)
 - ☐ -b - weight of the barbell (lightest weight first)
- number of the attempt (lowest number first)
- sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)
- start number of the athlete (lowest first)
 - ☐ -c - weight of the barbell (lightest weight first)
- number of the attempt (lowest number first)
- sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)
- start number of the athlete (highest first)
- Q.68 After the Snatch competition there is a:
- ☐ -a 10 minute break to allow the athletes to warm up for the Clean & Jerk
 - ☐ -b 15 minute break to allow the athletes to warm up for the Clean & Jerk unless otherwise stated by President of the Jury
 - ☐ -c there is a 10 minute break to allow the athletes to warm up for the Clean & Jerk but 15 minutes if there are 5 or less athletes
- Q.69 In very hot weather:
- ☐ -a the President of the Jury decides if the Referees can remove their jacket
 - ☐ -b the Technical Controller decides if the Referees can remove their jacket
 - ☐ -c it is not allowed to work without a jacket
- Q.70 What is the correct rule?
- ☐ -a Zero in the Snatch at the Olympic Games does not eliminate an athlete from the competition; he/she is allowed to continue in the Jerk.
 - ☐ -b Zero in the Snatch at the Olympic Games eliminates an athlete from the competition; he/she is not allowed to continue in the Jerk.
 - ☐ -c Zero in the Snatch at the World Championships eliminates an athlete from the competition.
- Q.71 The athletes are called to the weigh-in room according to:
- ☐ -a their best result
 - ☐ -b the progression of their lot number
 - ☐ -c the time of their arrival at the weigh-in room
- Q.72 True or False:
Gender equity is one of the IWF principles for selection of Technical Officials to IWF Events: _____

- Q.73 Who ensures the sport equipment and the field of play are compliant to IWF rules and regulations? _____
- Q.74 Technical Officials must wear the official IWF uniform consisting of:
- ☐-a light blue jacket, white shirt, IWF tie/scarf, yellow trousers/skirt and the IWF TO metal badge, pinned on the left lapel of the jacket
 - ☐-b blue jacket, white shirt, IWF tie/scarf, black trousers/skirt and the IWF TO metal badge, pinned on the left lapel of the jacket
 - ☐-c navy blue jacket, white shirt, IWF tie/scarf, navy blue trousers/skirt and the IWF TO metal badge on, pinned on the left lapel of the jacket
- Q.75 Who can call the Referees to the Jury table?
- ☐-a The President of the Jury cannot call the Referees to the Jury table
 - ☐-b The General Secretary of the IWF can call one of the Referees to the Jury table
 - ☐-c The President of the Jury can call any of the Referees to the Jury table
- Q.76 Who ensures that the technical rules are being followed?

- Q.77 What duties is the Decontamination Attendant (DA) responsible for?
- ☐-a Unloading the barbell and returning the discs to the weight racks
 - ☐-b Managing the cleaning of the barbell under the direction of the Technical Controller
 - ☐-c Preparing the medal podium for the Victory Ceremony at the conclusion of the competition
- Q.78 What is the correct rule?
- ☐-a All members of a Jury must be International Category 1 Technical Officials.
 - ☐-b Some of the Jury members may be International Category 1 Technical Officials, the others may be Category 2.
 - ☐-c All members of a Jury must be International Technical Officials.
- Q.79 During the weigh-in athletes are:
- ☐-a entitled to wear jewelry, hair adornments and religious head gear but must not wear watches.
 - ☐-b not entitled to wear jewelry, watches, hair adornments and religious head gear.
 - ☐-c entitled to religious head gear but cannot wear jewelry, watches and/or hair adornments.
- Q.80 A mistake in refereeing can be made involuntarily; in this case:
- ☐-a the Referee is allowed to explain his/her decision
 - ☐-b the Jury can replace the Referee immediately
 - ☐-c the Competition Director can change the decision of the Referee

- Q.81 During the course of the competition and after a first warning:
- ☐-a the Jury cannot replace any Referee whose decisions prove him/her to be incompetent
 - ☐-b the President of the Jury may replace any Referee whose decisions prove him/her to be incompetent
 - ☐-c the Jury, by unanimous vote, can replace any Referee whose decisions prove him/her to be incompetent
- Q.82 Choose the correct rule for a 5 member Jury:
- ☐-a The Jury cannot change a decision of the Referees.
 - ☐-b The Jury, in unanimity and after discussion amongst the members, can change a decision when the Referees' decision has been judged on majority by the Jury to be technically incorrect.
 - ☐-c The Jury, in unanimity, can change a decision when the Referees' decision has been unanimously agreed by the members, to be technically incorrect.
- Q.83 Technical Officials who fail the practical and written examination must wait:
- ☐-a 2 years before taking the examination again
 - ☐-b 1 year before taking the examination again
 - ☐-c 6 months before taking the examination again
- Q.84 What is an Athlete's Card?
- ☐-a An official document issued for each athlete to record the athletes' declarations and attempts and contains no other information.
 - ☐-b An official document issued for each athlete to record the athletes' declarations/ attempts and the athletes' name; date birth; IWF/IOC code; bodyweight; bodyweight category; group (if applicable); Entry Total, and; start number (if assigned at the completion of weigh-in).
 - ☐-c An official document issued for each athlete as proof of athlete membership to the IWF and signed by the IWF President.
- Q.85 Who ensures that all athletes are wearing the correct outfit?
-
- Q.86 The Centre Referee is seated:
- ☐-a 600 cm from the front of the platform
 - ☐-b 500 cm from the middle of the platform
 - ☐-c 400 cm from the front of the platform
- Q.87 During the competition, who can move the barbell on the platform?
- ☐-a Only the Team Official or loaders can move the barbell to a new position on the platform.
 - ☐-b Only the Centre Referee can move the barbell to a new position on the platform.
 - ☐-c Only the athlete and loaders can move the barbell to a new position on the platform.

- Q.88 In the event of a failure of the Referee Light System:
- ☐-a the lights may be substituted by small red or white flags
 - ☐-b the lights may be substituted by small red or green flags
 - ☐-c the competition must be stopped until the lights are fixed
- Q.89 True or False:
If an athlete, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee(s) cannot move to a position to observe the lift correctly. _____
- Q.90 During the course of the competition, a Referee must:
- ☐-a attempt to be in accord with the decisions of the other Referees
 - ☐-b not attempt to influence the decisions of the other Referees
 - ☐-c attempt to be in accord with the President of the Jury
- Q.91 True or False:
A T-shirt and shorts cannot be worn instead of the costume. _____
- Q.92 Which is correct?
- ☐-a During the practical examination, Technical Officials must referee at least 200 attempts; including uncompleted and completed attempts.
 - ☐-b During the practical examination, Technical Officials must referee at least 100 attempts; including uncompleted and completed attempts.
 - ☐-c During the practical examination, Technical Officials must referee at least 100 attempts plus uncompleted attempts.
- Q.93 The results of the Technical Officials practical examination are calculated from the completed attempts. Category 1 Technical Officials must achieve a minimum result of:
- ☐-a 97%
 - ☐-b 95%
 - ☐-c 90%
- Q.94 When the Referee Light System is not used and if the Side Referee sees a serious fault during the execution of a lift, the:
- ☐-a Referee must raise an arm to call attention to the fault
 - ☐-b President of the Jury stops the lift
 - ☐-c Referee can stop the lift
- Q.95 What is the correct rule?
- ☐-a Chalk and rosin must be provided near the competition platform.
 - ☐-b Chalk and rosin must be provided near the competition platform and on the same side as the athlete entry.
 - ☐-c Chalk and rosin must be provided in the warm-up area only.

- Q.96 A record is valid only if it exceeds the previous one by:
- ☐ -a 2.5 kg
 - ☐ -b 1 kg
 - ☐ -c 500 grams
- Q.97 When an athlete or Team Official asks for a change of weight and still has to take the next weight:
- ☐ -a the timing clock remains running while the weight is changed
 - ☐ -b the clock is stopped while the weight is changed and after the change has been completed, the clock continues to run until the end of the allocated time
 - ☐ -c the clock is stopped while the weight is changed and after the change has been completed, the clock is reset to the normal 1 or 2 minute(s)
- Q.98 When should the Timekeeper stop the timing clock?
- ☐ -a Immediately as the barbell is raised from the platform.
 - ☐ -b Immediately as the barbell passed the height of the athletes' knees.
 - ☐ -c After the completion of the attempt.
- Q.99 Complete **one** of the five Protocol sheets provided with Snatch, Clean & Jerk, and Totals, as required.
(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)
- Q.100 Using the same Protocol as completed in Q99, who holds the World Record?
(2 points for a complete answer; deduct 1 point for 1 mistake; deduct 2 points for 2 or more mistakes)
- | | |
|--------------|-------|
| Snatch | _____ |
| Clean & Jerk | _____ |
| Total | _____ |

Protocols for Q99 & Q100**Category: 56kg**

Previous World Records : S:138 J:168 T:305

B Group**Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
5	A	56.00	135	138	140	164	167	169	140		169		309	
40	B	56.00	135	138	X 140	164	168	169	138		169	5	307	
44	C	56.00	135	140	X 141	164	167	169	140		169		309	

A Group**Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	56.00	140	X 142	X 142	164	168	169	140		169	4	309	
99	E	56.00	135	138	X 141	165	169	X 170	138		169	1	307	
42	F	56.00	135	138	140	X 165	165	X 169	140		165	6	305	6

Category: 62kg

Previous World Records: S: 137, J: 172, T: 308

B Group**Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	J	Place	Total	Place
5	A	62.00	134	140	X 142	160	164	X 167	140		164	6	304	6
99	B	62.00	140	X 142	X 142	165	171	X 173	140		171	3	311	
44	C	62.00	130	135	138	165	173	X 175	138		173	2	311	

A Group**Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	J	Place	Total	Place
1	D	62.00	134	137	140	X 165	165	X 166	140		165		305	
40	E	62.00	140	X 142	X 142	165	X 173	X 173	140		165		305	
42	F	62.00	130	136	138	165	173	X 175	138		173	1	311	

Category: 48kg

Previous World Records: S: 98, J: 119, T: 217

B Group

Competition 12:00

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
44	A	48.00	X 98	98	X 100	X 115	115	X 120	98		115	6	213	
99	B	48.00	95	98	100	118	X 120	120	100		120		220	
5	C	48.00	97	100	X 101	X 118	118	120	100		120		220	

A Group

Competition 18:00

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	48.00	96	98	100	115	120	X 122	100		120	1	220	
42	E	48.00	93	96	98	X 115	115	X 120	98		115	5	213	
40	F	48.00	96	100	X 102	115	X 120	X 120	100		115	4	215	4

Category: +105kg

Previous World Records: S 213, J: 263, T: 472

B Group

Competition 12:00

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
5	A	150.00	X 210	210	214	256	260	X 264	214		260	6	474	
99	B	150.00	X 210	210	214	255	260	264	214		264	2	478	
42	C	150.00	210	212	X 214	255	260	X 264	212		260		472	

A Group

Competition 18:00

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	150.00	210	214	X 215	260	X 264	264	214		264	3	478	
40	E	150.00	210	X 212	212	255	260	X 264	212		260		472	
44	F	150.00	214	X 216	X 216	260	264	X 265	214		264	1	478	1

Category: 75kg

Previous World Records: S: 130, J: 159, T: 286

B Group**Competition 12:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
99	A	75.00	128	X 131	131	154	157	160	131		160	5	291	
5	B	75.00	126	128	130	155	159	161	130		161		291	
44	C	75.00	128	130	X 131	158	161	X 162	130		161		291	

A Group**Competition 18:00**

Lot	Name	BW	Snatch			C&J			Best					
			1	2	3	1	2	3	S	Place	C&J	Place	Total	Place
1	D	75.00	128	131	X 132	158	161	X 162	131		161		292	1
40	E	75.00	126	X 130	130	155	157	160	130		160	6	290	6
42	F	75.00	128	131	X 132	X 160	160	X 162	131		160	4	291	



IWF