

ANNEXURE I**TECHNICAL SPECIFICATION FOR
CONDUCT OF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-NAGARCOIL (TAMIL NADU)****VENUE, EQUIPMENT AND DOCUMENTS:-****FIELD OF PLAY (FOP)**

For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

- Competition platform and stage
- Technical Officials' and Competition Management tables
- Warm-up area

COMPETITION PLATFORM AND STAGE

The stage must:

- be of solid construction
- measure a minimum of one thousand (1,000) x one thousand (1,000) cm
- measure a maximum one hundred (100) cm in height measured from the level where the Referees' and Jury seats are placed
- have steps specified and securely affixed to the stage
- have two restraining bars affixed to the stage; restraining bars must:
 - measure five hundred (500) cm in length
 - measure a maximum twenty (20) cm high
 - measure a maximum twenty (20) cm wide
- be safely secured to the front of the stage a minimum two hundred fifty (250) cm from the edge of the competition platform
- be safely secured to the rear of the stage a minimum two hundred (200) cm from the edge of the competition platform

All lifts must be executed on a competition platform.

A clear area measuring one hundred (100) cm surrounding the competition platform is compulsory. This area must be flat and free from any obstacles including discs.

Chalk and rosin must be provided near the competition platform.

Cleaning disinfectant / antiseptic, wire brushes, cloths, broom, gloves and other cleaning supplies / appliances must be provided and neatly stored next to the competition platform / stage for the loaders and decontamination attendants.

A stretcher or backboard must be provided near the competition platform / stage.

A zone for Team Officials must be designated relative to the FOP layout but not on the stage.

TECHNICAL OFFICIALS' AND COMPETITION MANAGEMENT TABLES

The placement of all Technical Officials' and Competition Management tables (and chairs) is consistent throughout all IWLFF Events.

Jury Table: The Jury is located in a place where the view of the competition platform and stage is clear and unobstructed. The Jury table must be placed a maximum one thousand (1,000) cm from the centre of the platform, between the Centre and the Side Referees' tables and located on the side of the athletes' point of entry.

Referees' Tables:

a. Centre Referee must be seated four hundred (400) cm (measured from the front) of the competition platform to the back edge of the Centre Referee's table, and in line with the centre of the competition platform.

b. Side Referees must be seated on the same line as and parallel with the Centre Referee, three hundred to four hundred (300-400) cm from the Centre Referee.

c. Reserve Referees sit in a designated area on the FOP.

Doctor on Duty Table: A table and chair must be provided for the Doctor(s) on Duty near the athletes' point of entry to the competition platform / stage and in the warm-up area relative to the venue layout.

Competition Management Tables: Tables and chairs in a suitable quantity must be provided for the Competition Management and placed on the side of the athletes' point of entry to the competition platform / stage.

Loaders' and Decontamination Attendants' position: Loaders and Decontamination Attendants must have a designated area with chairs on the opposite side of the athletes' point of entry to the competition platform / stage.

WARM-UP AREA

In order to prepare for competition, athletes must be provided with a warm-up area located in close proximity to the competition platform / stage relative to the venue layout.

The warm-up area must be equipped with:

- an appropriate amount of numbered warm-up platforms (numbers start at one (1))
- barbells, chalk, rosin, etc. in relation to the number of competing athletes
- loudspeakers connected with the Speaker's audio system
- real time scoreboard
- attempt board
- display of official timing clock
- live video feed of activity on the competition platform
- tables for Marshals and Doctor on Duty
- water/refreshments
- ice for injuries
- other operational tables, as required
- bathroom facilities (optional)

Numbered warm-up platforms are allocated by the Competition Secretary at the end of the weigh-in in accordance with the athlete start number.

VENUE – ADDITIONAL SPACES

The following additional spaces must be provided at the competition venue:

- Anti-Doping Control Station
- Changing rooms with shower
- Athletes' Rest area
- Competition Management office(s)
- First Aid / Medical room
- IWLF Meeting room
- IWLF Offices (President, General Secretary and Secretariat)
- Press Centre
- Sauna
- Technical Officials' room
- Training area (may be at a different location, but preferably at the competition venue)
- VIP room
- Weigh-in room and Test Weigh-in room

PLATFORM

Two types of platforms are authorised for use by the IWLF: Competition and Training/Warm-up platforms. Both types of platforms must meet the authorised specifications.

The competition platform must be:

- level
- square
- measure four hundred (400) cm on each side
- manufactured or constructed of hardwood, either solid or laminated; using a maximum of twenty (20) tongue and groove hardwood planks
- hardwood planks must be attached together by a minimum of three (3) steel rods
- ten (10) cm high; (if positioned on a stage, the platform must exceed ten (10) cm above the stage)
- ten (10) cm demarcation; (if surrounding floor is similar colouring, top edge of the platform must have a different colour demarcating the edge of the platform)

The training / warm-up platform must:

- measure three hundred (300) cm wide by two hundred fifty (250) to three hundred (300) cm in length
- be made of any non-slip material surface
- numbered, starting at one (1)

Competition platform:

- square
- measures four hundred (400) cm on each side
- measures ten (10) cm in height

Training / warm-up platform:

- measures three hundred (300) cm wide
- measures two hundred fifty to three hundred (250-300) cm in length

BARBELL

The barbell consists of the following parts:

- Bar
- Discs
- Collars

Bar Both men's and women's competition and training bars must comply with the following specifications and tolerances.

A men's bar weighs twenty (20) kg.

A women's bar weighs fifteen (15) kg.

Discs

Two types of discs are authorised for use by the IWLF: Competition and Training discs. Both types of discs must meet the following authorized specifications:

Competition discs: (weights in kilograms with corresponding colour)

- | | | |
|---|---|---|
| 1 | Composition of a men's barbell set – 190kg | <i>7 complete sets and additionally 6 Men barbells & 4 Women barbells are required for National Championships</i> |
| | <ul style="list-style-type: none"> <input type="checkbox"/> 1 x 20kg bar <input type="checkbox"/> 2 x 25kg discs <input type="checkbox"/> 2 x 20kg discs <input type="checkbox"/> 2 x 15kg discs <input type="checkbox"/> 2 x 10kg discs <input type="checkbox"/> 2 x 5 kg discs <input type="checkbox"/> 2 x 2.5kg discs <input type="checkbox"/> 2 x 2 kg discs <input type="checkbox"/> 2 x 1.5kg discs <input type="checkbox"/> 2 x 1kg discs <input type="checkbox"/> 2 x 0.5kg discs <input type="checkbox"/> 2 x collars 2.5kg | |
| 2 | Composition of a women's barbell set – 185kg | |
| | <ul style="list-style-type: none"> <input type="checkbox"/> 1 x 15kg bar <input type="checkbox"/> 2 x 25kg discs <input type="checkbox"/> 2 x 20kg discs <input type="checkbox"/> 2 x 15kg discs <input type="checkbox"/> 2 x 10kg discs <input type="checkbox"/> 2 x 5 kg discs <input type="checkbox"/> 2 x 2.5kg discs <input type="checkbox"/> 2 x 2 kg discs <input type="checkbox"/> 2 x 1.5kg discs <input type="checkbox"/> 2 x 1kg discs <input type="checkbox"/> 2 x 0.5kg discs <input type="checkbox"/> 2 x collars 2.5kg | |
| 3 | Additional discs required shall be provided at the competition platform / stage: | |
| | <ul style="list-style-type: none"> <input type="checkbox"/> one (1) set of full size discs [forty-five (45) cm] of 5 kg <input type="checkbox"/> one (1) set of full size discs [forty-five (45) cm] of 2.5 kg | |

Training discs

- manufactured in coloured weights as listed above
- may be manufactured in black with corresponding coloured rims and demarcated with “Training”

Collars

In order to secure the discs to the bar, each bar must be equipped with collars. Collars must meet the following authorised specifications:

- two (2) collars per barbell
- weight = 2.5 kg each

Competition discs must be used on the competition platform as well as in the Warm-up area.

Training discs may be used in the training venue.

Discs are loaded and secured by collars on the sleeve of the bar. The bar is loaded with the heaviest discs first and then the lighter discs loaded in descending order of weight toward the outer edge of the bar. Discs must be loaded so that both the on-duty Referees and Jury can identify the weight of each disc.

An adequate number of sets of men’s and women’s barbells and additional discs must be provided for each competition.

Scales must:

- be electronic; with display and/or printout or both
- capacity = weigh up to 200 kg
- precision = 10 grams minimum
- minimum three (3) scales – official scale, test scale and training venue scale
- certified by local authorities within three (3) months from start of the Event

ATHLETE BIBS / WARM-UP PASS

Athlete bibs are worn for athlete identification during competition. Athlete bibs are supplied to athletes in each group indicating the athletes’ allocated start numbers.

Warm-up passes are worn for Team Officials’ identification during competition. Warm-up passes are issued to Team Officials in each group and are valid only for the specified group.

Athlete bibs must be:

- minimum 100 cm²
- maximum 150 cm²
- bib background and text may be any colour
- text size and colour must be clear, concise and legible from a distance
- start numbers range from 1 to 24, as required
- new start numbers are issued for each group
- securely fastened with four safety pins (one on each corner) on leg of athletes’ costume

Warm-up passes must be:

- constructed of cardstock or similar product
- background and text may be any colour
- assorted and/or different colours for each group
- text size and colour must be clear, concise and legible from a distance
- affixed with a lanyard

TIMING CLOCK

2 electronic timing clocks with countdown mode in increments of one (1) second must be used. The timing clock must be able to be set to any time up to fifteen (15) minutes.

An accurate time measuring device, either electronic or digital, must be equipped with the following characteristics:

- a) Operate continuously up to a maximum of fifteen (15) minutes
- b) Indicate minimum intervals of one (1) second
- c) Provide automatic audible signals at ninety (90) seconds and at thirty (30) seconds

The elapsed time must be displayed simultaneously in three (3) separate locations within the FOP:

- one (1) element in the warm-up area
- one (1) element facing the audience
- one (1) element facing the competing athlete

ATTEMPT BOARD

The following information must be displayed on the Attempt Board:

- name (family name displayed upper case text; followed by given name in upper case for the first letter and lower case for subsequent text)
- State / Unit Abbreviation
- weight to be taken
- attempt number
- athlete start number
- Referees' decision, if applicable
- timing clock, if applicable

SCOREBOARD

A scoreboard must be set up in a prominent place in the FOP in order to record and display the progress and results of the specific category as it happens.

The scoreboard must contain the following information for all athletes in the group being contested which must be displayed the entire time:

- athlete start number, in numerical order
- name of each athlete according to the allocated start number
- date of birth
- bodyweight
- State / Unit Abbreviation
- three (3) attempts in the Snatch
- three (3) attempts in the Clean & Jerk
- Total
- final classification

Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

RECORD DISPLAY

The records of the category contested must be displayed on the FOP. The information on the records must be available throughout the entire group and must be updated immediately when a new record is set.

VIDEO BOARD(S)

Video screen(s) must be provided on the FOP, both in the competition area and warm-up area.

REFEREE LIGHT SYSTEM

1 There is one (1) control box for each of the three (3) Referees. Each control box is equipped with:

- two (2) push buttons; one (1) white and one (1) red
- one (1) warning indicator light
- warning indicator sound

2 One (1) apparatus giving a visual and audible "Down" signal is placed on a stand in front of the competition platform / stage, one hundred (100) cm either side of the Centre Referee. The apparatus must be a minimum of 50 cm in height from the competition platform / stage.

3 Two (2) or more sets of Referee "decision lights" equipped with three (3) red and three (3) white lights, showing the Referees' decisions to the athletes and the audience in the competition area and one (1) set in the Warm-up area.

4 A control panel placed on the Jury table, equipped with three (3) red and three (3) white lights that light up instantly when the Referees press the button. The panel are also equipped with a signalling device that may be used to call any or all the Referees to the Jury table.

WEIGH-IN

1 Weigh-in is conducted in a room equipped with the following items:

- the official scale; situated in a privately screened area
- Start List, posted at the entrance of the weigh-in room
- Weigh-in List
- Athlete's Cards
- Team Officials warm-up passes
- stationary kit/supplies
- athlete start number bibs & safety pins
- sufficient amount of table and chairs for the Weigh-in Secretariat
- Team Officials numbered stickers (optional)
- athlete passes, if required
- container to store athlete accreditation for anti-doping control, if required

2 The Weigh-in Secretariat consists of:

- Competition Secretary(s)
- on-duty Referees
- Assistant Competition Secretary(s) (optional)
- Weigh-in Official(s) (optional)
- Assistant Weigh-in Official(s) (optional)

VICTORY CEREMONY

Upon the conclusion of the competition of each category, a Victory Ceremony is held according to the following procedure:

- 1 A podium with places for the three (3) medal winners is placed on the competition platform.
- 2 All the medal winners, the medal bearers and the officials presenting the medals march in and take their place on the stage. The medal winners line up behind the podium.

WEIGH-IN

The weigh-in of each competition begins two (2) hours before the start of the group concerned. Weigh-in lasts for one (1) hour.

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 chart – per group:

- one (1) athlete – three (3) Passes
- two (2) athletes – four (4) Passes
- any additional athlete (for combined categories/Events) – two (2) Passes per athlete

SECRETARIAT OFFICE

A separate room in the close vicinity of competition area / weigh-in room may be allocated for smooth functioning of Secretariat office. The following equipment / stationery will also have to be provided in the Secretariat Office:-

- Separate Secretariat room along with Lock & Key.
- 2 Tables for placing the desktop computer & printer
- Chairs – 5 no.
- Dustbin – 2 no.
- Desktop PC – 1 no.
- All-in-one Laserjet printer with facility of print, scan and copier with 2 spare printer cartridges
- Extension Boards with 4 points (electric) – 2 nos.
- Internet USB Stick / Card – 1 no.
- Calculator 10 digit – 1 no.
- Spring Cobra Files – 30
- Plastic L-Shape Folders – 100 (for technical meeting & verification of final entries)
- Writing Pads (Thinnest) – 100 nos.
- Reynolds Blue Pens – 100 nos.
- Gel Pen (Black, Blue & Red) – 7 each
- Steel Ruler (12 inches) – 2 nos.
- Carbon Papers (Black) – 20 nos.

- Pencil – 1 box
- Rubber – 10 nos.
- Sharpener – 4 nos.
- Filing Tags – 50 nos.
- Rubber Bands (Big Size) - 100 nos.
- All Pins – 1 packet
- Safety Pin – 10 packets
- Gem/U Clips – 5 packets
- Glue Stick – 20 nos.
- Legal (8.5x14 inch) size paper – 1 rim
- A4 (8.5x11 inch) size paper – 10 rims
- Stamp pad (Black) – 1 no.
- Stapler (Big Size) – 3 nos.
- Staples (Big) – 10 packets
- Stapler (Normal Size) – 3 nos.
- Staples (Normal) – 10 packets
- Double hole Punching Machine Big Size – 2 nos.
- Single Hole Punching Machine – 1 no.
- Cello Tape (Big) – 4 nos.
- Bopp Tape (Brown) - 2 nos.
- White Fluid Pens – 5 nos.
- Plain Envelopes – 50 nos.
- Exam Board – 3 nos.
- Scissor (Big) – 2 nos.
- Scissor (Small) – 2 nos.
- Any other stationery requirement arisen during the conduct of National Championships will be intimated thereupon.

OFFICIAL DOCUMENTS OF THE COMPETITION:-

A. PROTOCOL

The Protocol, either handwritten or computer generated is the official document certifying the results of each group and contains the following information of each athlete:

- start number
- lot number
- name
- date of birth
- State / Unit Abbreviation
- bodyweight
- all attempts for both lifts
- Total
- records, if applicable
- signatures of Jury President and Competition Director / TD

Successful and unsuccessful attempts must be marked differently (by strikethrough or by colour).

B. The Start List Package including:

- Timetable, indicating the date and time of competitions, groups, Technical Officials' assignment
- List of Technical Officials and their group allocation
- Start Lists for each competition, including lot number, name, date of birth, State / Unit Abbreviation, Entry Total

C. The Weigh-in List

- Issued for each competition, this list must contain the following information of all participants:
- Lot Number, name, date of birth, State / Unit Abbreviation, Entry Total, bodyweight of the competitors
- the first attempts in Snatch and in Clean and Jerk
- signatures of Technical Officials attending the weigh-in
- The Weigh-in List must be made available to all concerned as soon as possible after the weigh-in.

D. The Competitor's Card: 800 nos.

Issued for each competitor, this document contains the competitor's start number, name, State / Unit Abbreviation, date of birth, bodyweight, bodyweight category and group, Entry Total. It is used to record the weight of each attempt during the competition, with the eventual modifications as allowed by the rules. The coach must sign against each entry.

P.A. System:

5 Cordless microphones, podium mikes, table mike sound boxes. In the warm-up area linked to Announcer's microphone, Stereo system for marching music during victory ceremony.

DOPE CONTROL ROOM:-

Adequate number of sealed Mineral water bottles to be provided in the Dope Control Room. For Doping Control Station, at least two separate rooms need to be identified close to the respective competition venue. In one room of each Doping Control station the following facilities to be in place:-

1. Refrigerator (lockable)-1,
2. Tables-2,
3. Chairs-4-5 nos,
4. Dustbin-2,
5. Clip Boards-2
6. Scissors- one pair.
7. The other room should be equipped with at least 8-10 chairs for athletes/sportspersons as waiting room.
8. Toilets for athletes should be in close vicinity to the Doping Control Station for urine sample collection of athletes.
9. Two volunteers and one Attendant may be identified for each Doping Control Station to provide necessary assistance to the DCOs/chaperones.

Participation Certificates:- 600 nos.

Participation certificates will be issued to the participating athletes, officials, and technical officials. Those Athletes who have passed atleast 1 lift each out of 6 attempts of snatch & clean and jerk will only be awarded participation certificates. The participation certificates will be only signed by the Organizing President & Secretary and will not contain any signature of President & Secretary of Indian Weightlifting Federation. Only logo of Indian Weightlifting Federation must be placed on the top left side of participation certificate.

<u>Trophies:</u>	Total	-	8
Best Lifter (Senior Men)	-		1
Best Lifter (Senior Women)	-		1
Winners team trophy (Senior Men)	-		1
Winners team trophy (Senior Women)	-		1
Runners-up team trophy (Senior Men)	-		1
Runners-up team trophy (Senior Women)	-		1
Inter-State Men team trophy	-		1
Inter-State Men Runners-up trophy	-		1

Medals: **Total** **159 medals**

45 Sets of medals for Senior Men & Women section as under:-

Gold	Silver	Bronze	Total
45	45	45	135

8 Sets of medals for Inter-State Men section as under:-

Gold	Silver	Bronze	Total
8	8	8	24

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