NSW Weightlifting Association

Under 18 Athlete Weigh-In Policy

- as of 1 January 2021 -

The 'weigh-in' is an important part of every weightlifting competition and allows athletes to be weighed accurately to ensure that they are eligible to compete in the bodyweight category in which they have entered. The athletes bodyweight along with the total weight lifted in the competition is recorded as part of the competition data and is used to calculate the Sinclair total. The Sinclair total allows athletes across different bodyweight categories to be compared.

The weigh-in period commences two hours prior to the start of the allotted session and runs for one hour. Athletes are called in order of their lot number in a given bodyweight category. If multiple bodyweight categories are being contested in the one session then athletes entered in a lighter bodyweight category will be called to weigh-in before athletes entered into a heavier bodyweight category.

Bodyweight categories for men and women are stipulated by the International Weightlifting Federation (IWF). The IWF rules for weigh-in require athletes, regardless of age, to wear only underwear or less if needed to be within the bodyweight range of the bodyweight category being contested.

The purpose of this Under 18 Athlete Weigh-In Policy document is to outline the guidelines involved in facilitating age appropriate weigh-in procedures in the sport of Olympic Weightlifting in NSW.

Under 18 Athlete Weigh-In for Club and Open Competitions or State Championship Events

An athlete under the age of 18 may choose to weigh-in wearing their lifting suit, however, no compensation is made for the weight of the suit (e.g. a female athlete entered into the 81kg bodyweight category must weigh between 76.01kg and 81.00kg while wearing their lifting suit and any underwear underneath the suit).

If an athlete intends to weigh-in wearing their lifting suit they must arrive to the weigh-in room wearing their lifting suit underneath any other attire, such as a tracksuit. Only underwear is permitted underneath the suit.

When called to the weigh-in room the athlete must indicate to the Technical Official/s their intention to weigh-in wearing their lifting suit.

Athletes that are new lifters and are not yet competing wearing a lifting suit may choose to weigh-in wearing bike shorts and a t-shirt/singlet over their underwear.

Photo identification showing DOB (e.g. school card) must be shown at weigh-in.

In addition, an athlete under the age of 18 may be accompanied into the weigh-in room by a parent, guardian or other appropriate adult of the same sex.

Under 18 Athlete Weigh-In for National Championship Events

An athlete under the age of 18 must follow the IWF rules and wear no more than underwear at the weigh-in.

Photo identification showing DOB (e.g. school card) must be shown at weigh-in.

In addition, an athlete under the age of 18 may be accompanied into the weigh-in room by an appropriate adult of the same sex (eg state team manager).

General Considerations for Under 18 Athletes

The NSWWA requires all Technical Officials to have a current Working With Children Check (WWCC) clearance.

The weigh-in is conducted by one or two Technical Officials of the same sex as the athletes in the session.

Communication and Support for Members

This Policy will be made available on the NSWWA website and will be emailed to all Clubs.

Policy review date: 1 January 2023