



## **Weigh-In Procedure for Under 18 persons**

Please be advised that the Board of Weightlifting Tasmania have, in response to questions raised by a member, have clarified policy with respect to the weighing-in of athletes under the age of 18 years as follows:

- 1** An athlete under the age of 18 may, upon request, be accompanied in the weigh-in room by a parent, guardian or appropriate adult of the same sex.

This affords protection not only for the athlete but also the officials present.

- 2** An athlete under the age of 18 must follow the international rules of Weightlifting and wear no more than undergarments at the weigh-in. A lifting suit is deemed NOT to be an undergarment. The age of the athlete may affect the type of undergarments worn, for example a very young female athlete may wear a singlet top as well as underpants. Some discretion on the part of officials at the weigh-in is therefore warranted.

A relaxation of rules for the weighing-in for under 18 athletes at state competitions is not advised as athletes must be prepared for rules to be strictly applied at national championships at under 15 and under 17.

- 3** The Board considered a request to ban the use weight-cutting techniques for under 18 athletes and to discipline coaches who breach such rules. Whilst many members of the board were concerned about the ethics of weight-cutting for young children, the proposal was unanimously rejected on the basis that such a rule was hard if not impossible to regulate. Education rather than regulation may be a better strategy to implement.

**Leo Isaac**  
President  
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