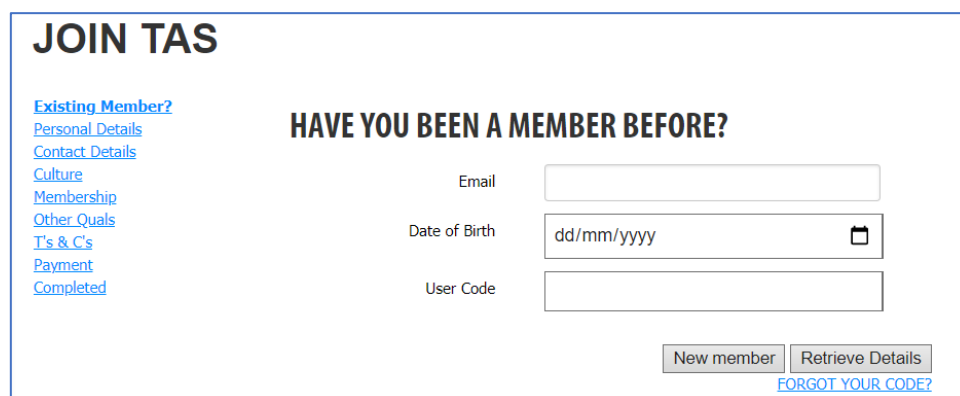


Joining Weightlifting Tasmania via Online System

If you are a new member

On this website: www.weightliftingtas.com go to JOIN on the top menu of the webpage. JOIN is second item from the right on the top menu. You will come to a screen as follows.



Click on the button “**New Member**” and you will go to a new screen where you can start entering personal details.

Be really careful entering details such as email address and date of birth. You would be surprised how often errors are made and members wonder why they never receive confirmation emails, or why they have difficulty renewing their membership.

If you cannot find your coach in the drop-down list of coaches, this is likely to be one of three reasons: (1) Your coach is not an accredited coach (2) The accreditation of your coach has lapsed or (3) Your coach has a nickname but is listed in the AWF database with the formal first name.

As you move through various windows about personal details, you will need to make a decision about MEMBERSHIP TYPE. There are two options: One Month Membership (not recommended) and Full Year Membership (the default membership). If you do not select One Month Membership, the system will default to Full Year Membership.

It is much preferable to take out a Full Year Membership at any time of the year as your membership status will not need to be renewed until one year anniversary. Financially, you only need to compete twice in the year to justify a Full Year Membership.

You can use a Visa or Mastercard debit or credit card to pay for membership.

You should get a confirmation email at the email address you entered. Keep this email as it will state your AWF Code, which you will need when you register next year.

As soon as you are a member, you should be able to **register** for a competition. You will find a link in the top menu of this website “**Competition Registration**”. It is on the far right of the top menu.

If you are re-joining as you were a member last year or previously

On this website: www.weightliftingtas.com go to JOIN on the top menu of the webpage. JOIN is second item from the right on the top menu. You will come to a screen as above.

Enter the exact same email address as you used when you last joined Weightlifting Tasmania.

Enter your date of birth and enter your AWF Code and then click on the button “**Retrieve Details**”.

If you cannot find your AWF Code, contact Leo on 0423767955.

The system will recognise your details entered and you need only to step through the screens and make changes to your personal details where needed.

If you cannot find your coach in the drop-down list of coaches, it is likely to be one of three reasons: (1) Your coach is not an accredited coach (2) The accreditation of your coach has lapsed and (3) Your coach has a nickname but is listed in the AWF database with the formal first name.

You are recommended to take out a Full Year Membership at any time of the year as your membership status will not need to be renewed until one year anniversary. Therefore, do not click the check box for One Month Membership.

Financially, you only need to compete twice in the year to justify a Full Year Membership.

Pay with Visa or Mastercard debit or credit card and you should get a confirmation email at the email address you entered. Continue to keep this email as it will state your AWF Code, which you will need when you register next year.

As soon as you are a member, you should be able to **register** for a competition. You will find a link in the top menu of this website “**Competition Registration**”. It is on the far right of the top menu.

Competition Entry Total

All WTI members should now become used to entering a competition entry total unless it is their very first competition. Normally an entry total is the athlete's best competition total, but it can be less. There is an important international rule that should be followed in any state-wide competition. The rule is called the 20/20 rule. This rule means that the aggregate of the competitor's starting weights must not be within 20kg of their entry total. Therefore, if for example a competitor declares an entry total of 200, they must nominate at the weigh-in starting attempts which total 180 or more. In this example, starting weights of 79 in the Snatch and 100 in the Clean and Jerk would not be allowed because as the aggregate is only 179.

If a competitor is not in best form, they should register an entry total LESS than their best total. This is perfectly permissible. In our above example, if a competitor wants to start at 75 and 95 (an aggregate of 170) they should register an entry total of 190 instead of 200.

If after registration for the competition, the competitor wishes to change their competition entry total, they may do so before the verification of entries deadline. In national and state events, this deadline is usually 1-2 days before the start of competition.

Once the competition starts, all competitors must follow the 20/20 rule.

WTI members should now get used to declaring an entry total. We can be lenient on those in their first competition but otherwise *ALL* WTI members should get used to declaring an entry total.

Leo Isaac

President

Weightlifting Tasmania

