



# 2022 Members Handbook

Version 1

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# ABOUT WEIGHTLIFTING TASMANIA

## Type of organisation

Weightlifting Tasmania is an incorporated association. All profits can never be distributed to members of the organisation but only invested in programs, events, services and equipment which is made available to the membership.

## Purpose of the organisation

The purpose of the organisation is to promote and develop Olympic Weightlifting in Tasmania.

The constitution

The rules by which Weightlifting Tasmania is administered can be downloaded from the policy area of the associations website.

The direct URL is: [https://www.weightliftingtas.com/Portals/5/Documents/WTI\\_constitution.pdf](https://www.weightliftingtas.com/Portals/5/Documents/WTI_constitution.pdf)

## The Board of Management

The association is administered on behalf of the members by an elected board of directors. The current board members can be found at URL: <https://www.weightliftingtas.com/Contact>

## CLUB AFFILIATION

A Weightlifting club is any place where people gather for the purpose of training for Olympic Weightlifting. The place may be a gym, youth centre, school, or private residence. There are no restrictions on the number of people needed to form a club.

Any member of Weightlifting Tasmania (WTI) can form a new club and request that it be officially recognised. The process for official recognition requires that the member informs the President or the Secretary of Weightlifting Tasmania in writing so that the details of the new club can be added to the online database of the Australian Weightlifting Federation (AWF).

During the online process through which a person joins Weightlifting Tasmania, the prospective member has the opportunity to select the club the intend to represent. However, the club must already exist in the AWF database for this is possible. If on joining a member finds that their preferred club is not in the AWF database, they may leave that field blank. The member's club can be corrected later by informing the President or Secretary in writing.

In order to register to compete in a Weightlifting Tasmania competition, a member is not required to be a member of a club. They may compete as "unaffiliated".

## EQUIPMENT PURCHASING

A wide variety of bars and weights are available in the marketplace. There are significant differences in price and quality. Only bars and weights meeting the specifications and approval of the International Weightlifting Federation (IWF) can be used on the competition platform in Olympic Weightlifting. IWF approved manufacturers include Eleiko, WerkSan, ZKC, Uesaka and Rogue. If bars and weights are used for training purposes only, there is no requirement for IWF approval.

The cost of IWF approved equipment is considerably greater than non-approved. This is due to the exceptionally fine tolerances required for competition equipment. The standard of engineering and metallurgy is also important in view of ensuring that the equipment is fit for use by competitors at high level events.

Training equipment should also be of good quality and the issues that commonly afflict cheaper products include discrepancies in weight, tendencies to break or distort in shape, incorrect measurements, and lack of

springiness in the case of bars. In general, higher priced bars will last for many decades whereas cheaper versions may be unusable in one or two years.

When purchasing equipment for use in training or on the competition platform, it is always advisable to seek advice from more than one source.

## WORKING WITH CHILDREN

Anyone who is involved in supervising persons under the age of 18 in a sporting context is required to obtain a 'Working with Children' check. This involves making an online application to the relevant government department which in Tasmania is Consumer, Building and Occupational Services (CBOS). If the application to work with children is successful, the applicant receives a plastic identity card of a similar size to a driver's licence. The purpose of this procedure is child safety and there are considerable fines for individuals and organisations that fail to comply with this requirement.

The cost for volunteers is around \$20 and in the case of employment this rises to approximately \$115.

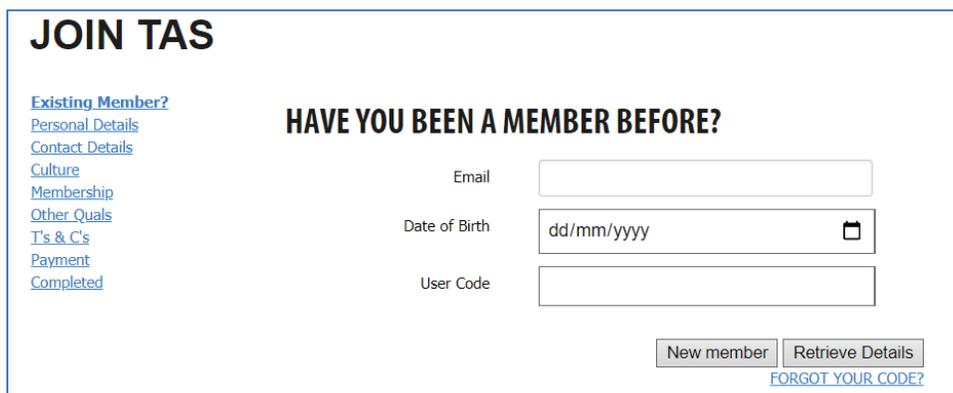
## MEMBERSHIP

Persons wishing to compete in any Weightlifting Tasmania competition must be a financial member. The AWF does not permit anyone to participate in an officially sanctioned competition anywhere in Australia unless they are a member of the state association in which they are domiciled.

The process for obtaining membership is online and membership records are kept in the online database of the AWF. To join or renew your membership, follow the procedure below.

### If you are a new member

Visit website: [www.weightliftingtas.com](http://www.weightliftingtas.com) and go to 'JOIN' on the top menu. JOIN is second item from the right on the top menu. You will come to a screen as follows.



The screenshot shows a web page titled "JOIN TAS". On the left side, there is a vertical list of blue links: "Existing Member?", "Personal Details", "Contact Details", "Culture", "Membership", "Other Qualls", "T's & C's", "Payment", and "Completed". The main heading in the center is "HAVE YOU BEEN A MEMBER BEFORE?". Below this heading are three input fields: "Email" (a simple text box), "Date of Birth" (a text box with the placeholder "dd/mm/yyyy" and a calendar icon), and "User Code" (a simple text box). At the bottom right, there are two buttons: "New member" and "Retrieve Details". Below the "Retrieve Details" button is a blue link that says "FORGOT YOUR CODE?".

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

Visit website: [www.weightliftingtas.com](http://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.

## **COMPETITIONS IN TASMANIA**

Competitive events fall into two categories – Championship and Non-Championship events. In Tasmania, it is often the case that such events run together. In effect, a person may compete simultaneously in both these types of events. All competitions are members only.

### **Championship events**

Weightlifting Tasmania runs four state championships each year:

- Tasmanian Youth and Under 15 Championship
- Tasmanian Junior and Under 23 Championship
- Tasmanian Senior Championships
- Tasmanian Master Championships (for athletes over 35)

For the Under 17, Under 20, Under 23 and Senior Championships there are grading standards required.

For the Tasmanian Under 15 Championship and Tasmanian Masters Championships, the only entry requirement is that the member must have registered a competition total previously (have experience of at least one competition).

In championships, participants compete in bodyweight categories as set by the IWF.

### **Non-Championship Events**

Weightlifting Tasmania runs three non-championship events every year:

- The Chris Chugg Memorial
- The Cliff Joyce Memorial
- The Presidents Cup

#### **The Chris Chugg Memorial**

The Chris Chugg Memorial is a male and female mixed event with awards to the first three competitors. These awards are based on a calculation of the competitor's performance as a percentage of the World Record for their weight category and age group. The age groups considered are Under 17, Under 20 and Senior (open age). Chris Chugg Memorial Trophy. There is no entry standard required for this event.

#### **The Cliff Joyce Memorial**

The Cliff Joyce Memorial is a male and female mixed event with awards to the first three competitors. These awards are based on a calculation of the competitor's performance as a percentage of the Senior World Record for their weight category. The fact that only senior world records are used differentiates, this competition from the Chris Chugg Memorial. The overall winner is presented with the perpetual Cliff Joyce Memorial Shield. There is no entry standard required for this event.

#### **The Presidents Cup**

This event is a multi-stage event with up to six or seven rounds per year. There is no entry standard required to compete in this event. Participants in the Presidents Cup collect points each time they compete, and the placegetters in the various sections of the Presidents Cup are determined by a count back of the participants four best results.

The various sections of the Presidents Cup include:

- Open Age, male and female separately
- Under 20, male and female separately
- Novice Open, male and female separately
- Novice Under 17, male and female separately
- Novice Under 17 Most Improved, male and female combined

## **COMPETITION REGISTRATION**

If you are a member, you can register to compete by going to the website of Weightlifting Tasmania and clicking on "Competition Registration" on right side of top menu. The direct link is:

<https://states.awf.com.au/tas/COMPETITION>

You will need to know your AWF number which you will receive by email when you join Weightlifting Tasmania. If you cannot find this number, contact Leo Isaac at email: [teacher@leoisaac.com](mailto:teacher@leoisaac.com)

## APPAREL

In championships, Weightlifting suits are mandatory except under extenuating circumstances. The decision whether an athlete may lift without a lifting suit is made by the competition director. All weightlifting suits must be IWF standard. Skin-tight full body suits are allowed, and a shirt may be worn underneath a weightlifting suit as long as the elbows are not obscured.

In non-championship events, Weightlifting suits are not mandatory, but the apparel worn by a competitor will come under scrutiny of the competition director and referees.

For members selected to represent Tasmania in national events, there is a minimum dress code. The member should wear the official Weightlifting Tasmania while competing, and while representing Tasmania at events but not competing, should wear the team uniform. This comprises the official polo shirt with Weightlifting Tasmania insignia and black track pants.

Weightlifting suits, polo shirts, black pants and all other non-mandatory items of team uniform can be order through the Weightlifting Tasmania shop: <http://www.weightliftingtas.com/Shop>

## COACHING ACCREDITATION

Weightlifting Tasmania advises anyone who takes on a coaching role to attain accreditation from the AWF. The minimum level of accreditation is Level 1 or otherwise known as Club Coach Licence. Accreditation is advised on two accounts. Firstly, accreditation is part of the checks and balances to keep participants safe. Secondly, the accredited coach is provided with personal indemnity insurance cover by the AWF.

Accreditation courses are conducted in Tasmania once a year, or more frequently if there is demand.

## PHOTOGRAPHS

Participation in training and competitive events comes with an expectancy that members consent to the creation, collation, and use of photographic or videographic material for reasonable purposes such as promotion of the sport in brochures, web pages or presentations.

## CODE OF CONDUCT

By joining Weightlifting Tasmania, members agree to a code of conduct which states:

*As a member of Weightlifting Tasmania Inc. I will:*

- 1. Encourage the participation of athletes*
- 2. Respect the time and efforts of every volunteer*
- 3. Be available to assist with the preparation and running of competitions*
- 4. Be a positive role model for my sport and other members*
- 5. Operate within the rules of my sport*
- 6. Refrain from any form of personal abuse or harassment towards athletes and officials either directly or indirectly including through any form of social media*
- 7. Accept responsibility for my actions*
- 8. Wear appropriate apparel*
- 9. Refrain from any form of bad language or behaviour*
- 10. Refrain from any form of Sports Doping*

## **ANTI-DOPING**

Doping is a serious issue in sport which has the potential to harm the well-being and reputation of individual members, coaches, clubs, and the sport as a whole.

For this reason, it is advisory that all members must complete the Sports Integrity Australia anti-doping education courses which are free. Simply register at: <https://elearning.sportintegrity.gov.au/login/index.php>

It is mandatory that all competitors in the national senior championships have completed

## **POLICIES**

Policies of Weightlifting Tasmania are available for viewing and download by visiting:

<https://www.weightliftingtas.com/Resources/Policies>