

## Registering for a Competition

When registering for a competition through the WTI website, you will be asked to declare a **bodyweight category** and a **competition entry total**. The following advice is provided to members of Weightlifting Tasmania who may be unfamiliar with these requirements.

### Declaring Bodyweight category

For WTI members entering the Presidents Cup only, declaring a bodyweight category is not important. Presidents Cup participants compete on Sinclair points which are calculated from the aggregate of the athletes' best lifts and their actual bodyweight on the day of the competition. Therefore, Presidents Cup participants do not need to be concerned with bodyweight category.

However, if the WTI member is competing in a championship, they must declare a bodyweight category for the following reasons:

1. Athletes in championships compete in bodyweight categories.
2. For all championships except under 15, WTI members can only enter if they have achieved the required qualification total for the bodyweight category in which they wish to compete.
3. The event director needs to know the number of contestants in each bodyweight category to purchase and engrave the correct quantity of medals.

In championships, there are rules regarding athletes wishing to change their bodyweight category after registration. A competitor can move up a category, only if they have officially achieved the qualification total for the higher category. A competitor can move down a category, only if they have previously participated in that category and officially achieved the qualification total.

Selecting a bodyweight category is made easier as there is a drop-down menu on the online registration form.

## 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

