



Club Competition Minimum Standards

Competition Set up

Platform:

Must measure 4m x 4m and of solid construction, flat, well supported and balanced.

For a club competition this does not have to be all wood. You may want to look into what other Clubs have used to see how they have made their own platforms. You do however have to mark out a 4x4 meter space and this must be level.

For example, some clubs use a 2m x 1m piece of plywood in the middle and then rubber matting on the outside to make up 4x4m. Competition platform must contain a free space of 1 meter on all sides of the platform for safety reasons.

Competition Barbell:

1 x Mens 20kg

1 x Womens 15kg

Barbell Collars:

1 x 2.5kg set

Competition Weights:

Weight increments of 0.5, 1.0, 1.5, 2.0, 2.5, 5, 10, 15, 20, 25kg

Chalk Box:

To be placed in a position in which athletes can utilize on the way to competition platform

Barbell Cleaning Kit:

Placed beside competition loaders for clean up of barbell & competition platform for blood and excess chalk (wire, brush, hand broom, cleaning disinfectant etc)

Warm Up Area Set Up

Warm Up Platforms:

Adequate platforms to allocate to 14-16 competitors
Approximately 6 – 8 platforms
Platforms should be well spaced and closed off from general admittance for safety reasons

Warm Up Barbells:

1 x Mens 20kg + 1 x Womens 15kg barbell to each warm up platform

Warm up Weights:

Weight increments of 0.5, 1.0, 1.5, 2.0, 2.5, 5, 10, 15, 20, 25kg

Other Equipment

At least 2 - 3 seats per platforms for athletes
Multiple chalk boxes within the warm up area
A set of adequate barbell collars for each platform (plastic or metal ones)

Competition Delivery & Protocol

Referee system

Manual flag system (red/white flags)

Scoring Software

All club competition events should use the weightlifting scoring software over the manual scoreboard
This can be sent to you on request if you do not have it. This must be used on a windows computer (i.e. Not a apple/mac computer)
You will need a projector and a screen/white wall to display the scoreboard

Personnel (per session)

3 x Referees (Level One)

1 x Scorekeeper/Timekeeper (Controls the scoring software & competition clock)

- Timekeeper & Scorekeeper can perform the same job on the same software if required too

1 x Competition Announcer (co-ordinates and announces the competition – this can be completed by the timekeeper/scorekeeper if short on volunteers however it does

make their job a lot harder)

2 x Bar Loaders (Experienced and efficient to keep the competition running smoothly)

Other volunteers you should consider:

Social Media – someone to update the social media pages like Facebook and Instagram

Music Controller – someone to control the music during the session to maintain an exciting atmosphere

Please Note: There should always be additional personnel on hand for additional competition delivery

Officials Equipment

Adequate seating for all officials including bar loaders

Microphone connected to speakers for the Competition MC

Laptops storing the correct scoring system software with connections linked to the projectors/TV scoreboards

First Aid Gear close to the bar loaders

Weigh in

Private room for athlete weighs in to be conducted

Calibrated Digital Body Weight Scales

Visual:

Competition Score board

1 screen displaying the competition scoreboard that is clearly visible to the spectators

1 screen set up in warm up area clearly visible to coaches and athletes in that area if separate from the competition platform

Other things to consider:

Entry to the competition

Using Google forms is an easy, simple and fast way to create an entry form for your monthly club competitions

Social Media

Promoting your event, your club and our sport through social media will only benefit you and the exposure you receive. Plus everyone loves regular facebook updates!

Backdrop behind competition platform

This sets the scene for your competition! And if you have spectators videoing and taking pictures then having your club banner behind the competition platform then it is free advertising and promo!

Photographer

Everyone loves event photos! If you have a supporter that does photography for a hobby then there is no harm in asking for some action shots to be taken...

Certificates

It's always nice to be recognized our members that are competing in our sport and giving it a go. Participation certificates are a great way to congratulate them and show that we support their participation.

Spectator Seating

No one likes standing for 2 – 3 hours for a weightlifting competition so make sure you have adequate seating for your supporters!

Start off simple and keep building and strengthening your competition quality. Try and make the next competition better than the last one. Remember our sport is a great spectator sport, put on a show and entertain our supporters!

If you have any questions regarding how to host an OWNZ sanctioned club competition then please don't hesitate to get in contact with us. We are here to help!

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