

EXAM SCORE

71

RESULT

%

PASS / FAIL



**TECHNICAL OFFICIALS
EXAMINATION**

NAME:

CLUB:

EMAIL:

PHONE:

This exam has been amended for New Zealand from the IWF Technical Officials Examination.

Circle the correct answer

Scoring: 1 point for each correct answer unless otherwise stated.

- Q.1** When do the Referees give the "Down" signal?
- A.** 3 seconds after the athlete becomes motionless in all parts of the body
 - B.** 2 seconds after the athlete becomes motionless in all parts of the body
 - C.** As soon as the athlete becomes motionless in all parts of the body
- Q.2** Bending or extending the arms during the recovery phase is:
- A.** allowed if already reported to all on duty Referees
 - B.** an incorrect movement
 - C.** allowed in the jerk only
- Q.3** The maximum width of skin that can be covered on the knees with a bandage is:
- A.** 200mm
 - B.** 300mm
 - C.** no limit
- Q.4** What is the correct rule?
- A.** If an athlete lifts the barbell 5cm off the platform and replaces it on the platform with 30 seconds remaining on the clock; they cannot try the lift again.
 - B.** If an athlete lifts the barbell off the platform and replaces it on the platform, they can try the lift again unless the barbell has reached the height of the knees.
 - C.** If an athlete lifts the barbell approximately 10cm from the platform and replaces it on the platform with 15 seconds remaining on the clock, they cannot try the lift again.
- Q.5** After the Referees signal to lower the barbell; the athlete may release the grip on the bar when:
- A.** the bar has passed the level of the knees
 - B.** the bar has passed the level of the shoulders
 - C.** the bar has passed the level of the waist
- Q.6** A pause during the extension of the arms is:
- A.** allowed
 - B.** an incorrect movement
 - C.** permitted during the execution of the Jerk

- Q.7** An athlete who uses lubricant on the thighs:
- A.** is disqualified
 - B.** can continue to lift
 - C.** is ordered to remove it
- Q.8** During the removal of a lubricant:
- A.** the clock is stopped and reset to 1 minute
 - B.** the clock remains running
 - C.** the clock is stopped
- Q.9** The 10 bodyweight categories for Junior & Senior Men are:
- A.** 55, 61, 67, 73, 81, 89, 96, 102, 109, 109+ kgs
 - B.** 52, 56, 60, 67, 75, 82, 90, 100, 110, 110+ kgs
 - C.** 54, 62, 67, 75, 81, 89, 95, 102, 109, 109+ kgs
- Q.10** The 10 bodyweight categories for Junior & Senior Women are:
- A.** 44, 48, 54, 59, 64, 70, 76, 81, 87, 87+ kgs
 - B.** 45, 49, 55, 59, 64, 71, 76, 81, 87, 87+ kgs
 - C.** 44, 49, 54, 59, 63, 70, 77, 83, 89, 89+ kgs
- Q. 11** The 10 bodyweight categories for Youth Men are:
- A.** 49, 55, 61, 67, 73, 81, 89, 96, 102, 102+ kgs
 - B.** 48, 52, 56, 60, 67, 75, 82, 90, 100, 100+ kgs
 - C.** 49, 54, 62, 67, 75, 81, 89, 95, 102, 102+ kgs
- Q.12** The 10 bodyweight categories for Youth Women are:
- A.** 40, 44, 48, 54, 59, 64, 70, 76, 81, 81+ kgs
 - B.** 40, 45, 49, 55, 59, 64, 71, 76, 81, 81+ kgs
 - C.** 40, 44, 49, 54, 59, 63, 70, 77, 83, 83+ kgs
- Q.13** Touching the platform with:
- A.** one knee is a correct movement
 - B.** the knees during the Clean is a correct movement
 - C.** any part of the body other than the feet is an incorrect movement

Q.14 True or False:

It is an incomplete movement when an athlete fails to fully extend their knees at the completion of the lift?

Q.15 An attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform and:

- A. touches the area outside the platform with any part of the body.
- B. their shoes hang over the edge of the platform without touching the outside area.
- C. touches the outside area with one shoe.

Q.16 Finishing with a “press out” is:

- A. a correct movement in the snatch
- B. a correct movement in the jerk
- C. an incorrect movement

Q.17 When an athlete, fixing the weight overhead, fails to place their feet parallel to the trunk, and does not correct their position it means:

- A. it is an incomplete movement and the Referees press the red “Down” button
- B. it is a complete movement and the Referees press the white “Down” button
- C. it is an incomplete movement and the Referees don’t press any button

Q.18 Failing to replace the complete barbell on the platform after the down signal is:

- A. an incorrect movement
- B. a correct movement
- C. a correct movement if the athletes lowers the barbell in front of the platform

Q.19 True or False:

When snatching or cleaning in the squat style, athletes may assist their recovery by swinging or rocking their body while in the squat position.

Q.20 What is the correct rule?

- A.** Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement.
- B.** Touching the thighs or the knees with the elbows is incorrect, but it is correct to touch with the upper arms.
- C.** Touching the thighs or the knees with the upper arm is incorrect, but it is correct to touch with the elbows.

Q.21 The term “double clean” or “dirty clean” means:

- A.** Resting or placing the barbell on the chest at an intermediate point before its final position and is a correct movement
- B.** Resting or placing the barbell on the chest at an intermediate point before its final position and is an incorrect movement
- C.** Resting or placing the barbell on the chest at an intermediate point before its final position and is a correct movement if it is reported/displayed to the on-duty Referees prior to the lift

Q.22 Before starting the:

- A.** Jerk, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete must become motionless.
- B.** Jerk, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete and the barbell must become motionless.
- C.** Snatch, any deliberate oscillation of the barbell to gain advantage is forbidden.

Q.23 True or False:

An athlete cannot change the width of their grip during the lift.

Q.24 How much do the following pieces of equipment weigh? *(1 point for each correct answer)*

Men's bar _____ kg

Women's bar _____ kg

1 Collar _____ kg

Q.25 List the colour of the plates: (1 point for each correct answer)

25kg _____

2.5kg _____

20kg _____

2kg _____

15kg _____

1.5kg _____

10kg _____

1kg _____

5kg _____

0.5kg _____

Q.26 True or False

The athlete can move the barbell with their foot

Q.27 To operate the visual and audible "Down" signal:

- A.** one of the three Referees must give a decision of either "Good Lift" or "No Lift"
- B.** two of the three Referees must give an identical decision of either "Good Lift" or "No Lift"
- C.** three Referees must give an identical decision of either "Good Lift" or "No Lift"

Q.28 If a Referee sees a mistake during the execution of a lift, they must:

- A.** immediately press the red button
- B.** immediately press the white button
- C.** raise their hand and say "Down"

Q.29 "Pulling from the hang" means:

- A.** stopping the upward movement of the barbell during the pull and is permitted
- B.** accelerating the upward movement of the barbell during the pull and is permitted
- C.** stopping the upward movement of the barbell during the pull and is an incorrect movement

Q.30 Which unitard can athletes wear?

- A.** one-piece, loose fitting, collarless, black, no design and no pattern
- B.** two-piece, tight fitting, collarless, any colour, no design and no pattern
- C.** one-piece, tight fitting, with collar, black, no design and no pattern

- Q.31** What is the correct rule?
- A. a unitard can be worn over the costume
 - B. a pair of shorts can be worn under the costume
 - C. it is permitted to wear a two-piece costume
- Q.32** The maximum width of an athlete's belt is:
- A. 100 mm
 - B. 120 mm
 - C. 140 mm
- Q.33** Any apparent effort of performing the Jerk that is not completed (i.e. lowering the body; bending the knees) is:
- A. an incorrect movement
 - B. a correct movement
 - C. a correct movement if the athlete tries to lower their body or bend their knees only once
- Q.34** What is the correct rule?
- A. It is permitted to wear sticking plasters which protrude in front of the fingertips
 - B. No tape or substitutes can be worn on the lower leg
 - C. No tape or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow
- Q.35** Each side of the competition platform measures:
- A. 3 metres
 - B. 4 metres
 - C. 6 metres
- Q.36** Choose the correct rule:
- A. There can be a connection between a wrist bandage and an elbow bandage
 - B. There can be a connection between a wrist bandage and a hand bandage
 - C. There cannot be any connection between a wrist bandage and a hand bandage

- Q.37** Choose the correct rule?
- A.** No gloves can be worn
 - B.** Gloves can be worn and may only cover the first knuckle
 - C.** Gloves can be worn if the fingertips are visible
- Q.38** The weigh-in begins:
- A.** 2 hours and 15 minutes before the start of competition
 - B.** 1 hour and 45 minutes before the start of competition
 - C.** 2 hours before the start of competition
- Q.39** If an athlete cannot fully extend their elbow(s) they:
- A.** can compete if they display/report that they cannot fully extend their elbow(s) to the Referees prior to the start of competition
 - B.** cannot compete and must withdraw from the competition
 - C.** can compete only if they bring a Doctor's certificate
- Q.40** During the allocated weigh-in time:
- A.** athletes who are under or over the limits of the bodyweight category may return two times to make weight
 - B.** athletes who are under or over the limits of the bodyweight category may return as many times as required to make weight
 - C.** athletes who are under or over the limits of the bodyweight category may return three times to make weight
- Q.41** When an athlete wishes to change the weight originally selected, the Coach / athlete must:
- A.** notify the Marshal by signing the Athlete's Card before the final call signal given 30 seconds before the end of the allotted time.
 - B.** notify the Marshal by signing the Athlete's Card for the first attempt only.
 - C.** notify the Marshal verbally before the final call signal given 30 seconds before the end of the allotted time.

- Q.42** When an athlete wishes to increase the weight which they were automatically given by the competition management system, the athlete or Team Official must notify the Marshal:
- A.** within the first 30 seconds of the call. This is the same for both the 1-minute and 2minute clock.
 - B.** before the final call. This is the same for both the 1-minute and 2-minute clock.
 - C.** before the final call for the 1-minute clock and 30 seconds before the final call for the 2minute clock
- Q.43** The minimum increase between the first and second attempt is:
- A.** 1 kg
 - B.** 0.5 kg
 - C.** 2 kg
- Q.44** The weigh-in lasts:
- A.** 1 hour
 - B.** 2 hours
 - C.** 2 hours and 15 minutes
- Q.45** Assuming it is the athlete's first attempt, what is the correct rule?
- A.** One and a half minutes (90 seconds) is allocated to each athlete between the calling of their name and the beginning of the attempt.
 - B.** One minute (60 seconds) is allocated to each athlete between the calling of their name and the beginning of the attempt.
 - C.** Two minutes (120 seconds) is allocated to each athlete between the calling of their name and the beginning of the attempt
- Q.46** When an athlete attempts two lifts in succession, they are allocated:
- A.** 1 minute
 - B.** 2 minutes
 - C.** 3 minutes
- Q.47** When an athlete fails to begin an attempt within their allocated time the:
- A.** Referees must award another lift
 - B.** Timekeeper must stop the clock
 - C.** Referees must give "No Lift"

Q.48 Before the first attempt or between two attempts:

- A.** 1 change of weight is allowed, excluding the automatic increment
- B.** 2 changes of weight are allowed, excluding the automatic increment
- C.** 3 changes of weight are allowed, excluding the automatic increment

Q.49 What is the correct rule?

- A.** Athletes or Team Officials cannot decrease the weight of the barbell once the announced weight is loaded.
- B.** Athletes or Team Officials cannot decrease the weight of the barbell once the announced weight is loaded and the clock has started.
- C.** Athletes or Team Officials can decrease the weight of the barbell within the first 30 seconds.

Q.50 There are 4 factors to take in consideration in the order of calling the athletes:

- A.** weight of the barbell (lightest weight first) - number of the attempt (lowest number first) - sequence/order of the previous attempt(s) (the athlete who lifted latest is first) - start number of the athlete (lowest first)
- B.** weight of the barbell (lightest weight first) - number of the attempt (lowest number first) - sequence/order of the previous attempt(s) (the athlete who lifted earliest is first) - start number of the athlete (lowest first)
- C.** weight of the barbell (lightest weight first) - number of the attempt (lowest number first) - sequence/order of the previous attempt(s) (the athlete who lifted earliest is first) - start number of the athlete (highest first)

Q.51 After the Snatch competition there is a:

- A.** 10-minute break to allow the athletes to warm up for the Clean & Jerk
- B.** 15-minute break to allow the athletes to warm up for the Clean & Jerk unless otherwise stated
- C.** 10-minute break to allow the athletes to warm up for the Clean & Jerk unless otherwise stated due to low athlete numbers

Q.52 What is the correct rule?

- A. Side Referees must be seated on the same line as and parallel with the Centre Referee two hundred to three hundred (200-300) cm from the Centre Referee.
- B. Side Referees must be seated on the same line as and parallel with the Centre Referee three hundred to four hundred (300-400) cm from the Centre Referee.
- C. Side Referees must be seated on the same line as and parallel with the Centre Referee four hundred to five hundred (400-500) cm from the Centre Referee.

Q.53 During the weigh-in athletes are:

- A. entitled to wear jewellery, hair adornments and religious head gear but must not wear watches.
- B. not entitled to wear jewellery, watches, hair adornments and religious head gear.
- C. entitled to religious head gear but cannot wear jewellery, watches and/or hair adornments.

Q.54 The Centre Referee is seated:

- A. 600 cm from the front of the platform
- B. 500 cm from the middle of the platform
- C. 400 cm from the front of the platform

Q.55 During the competition, who can move the barbell on the platform?

- A. Only the Team Official or loaders can move the barbell to a new position on the platform.
- B. Only the Centre Referee can move the barbell to a new position on the platform.
- C. Only the athlete and loaders can move the barbell to a new position on the platform

Q.56 True or False:

If an athlete, during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee(s) cannot move to a position to observe the lift correctly.

Q.57 During the course of the competition, a Referee must:

- A. attempt to be in accord with the decisions of the other Referees
- B. not attempt to influence the decisions of the other Referees
- C. attempt to be in accord with the President of the Jury

- Q.58** When the Referee Light System is not used and if the Side Referee sees a serious fault during the execution of a lift, the:
- A.** Referee must raise the red flag to call attention to the fault
 - B.** Centre referee can stop the lift
 - C.** Referee can stop the lift
- Q.59** When an athlete or Team Official asks for a change of weight and still must take the next weight:
- A.** the timing clock remains running while the weight is changed
 - B.** the clock is stopped while the weight is changed and after the change has been completed, the clock continues to run until the end of the allocated time
 - C.** the clock is stopped while the weight is changed and after the change has been completed, the clock is reset to the normal 1 or 2 minute(s)
- Q.60** When should the Timekeeper stop the timing clock?
- A.** Immediately as the barbell is raised from the platform.
 - B.** Immediately as the barbell passes the height of the athletes' knees.
 - C.** After the completion of the attempt.