



FAQs

Q1. How many referees judge the lift?

Ans - Three referees judge the lift.

Q2. In which year the clean and press was discontinued?

ans – In the year 1972, the clean and press was discontinued.

Q3. In which year was the world championships official awarded to women weightlifters

Ans – In the year 1987, world championships official was awarded to women weightlifters.

Q4. Who became the first woman to participate at the U.S. National Championships

Ans Kulsoom Abdullah became the first woman to participate at the U.S. National Championships.

Q5. What are the fundamental skills of weightlifting?

Ans The **Snatch** is a single movement where the lifter holds the bar in a wide grip, lifts the weight off the ground overhead in one movement, then stands upright holding the bar overhead.

The **Clean and Jerk** is a two-part movement. First, the lifter holds the barbell in a shoulder width grip, then pulls the weight up to the shoulders and then stands up with the barbell balanced on the shoulders.

Q6. How many attempts are allowed at each chosen weight for each lift?

Ans - Each athlete is allowed three attempts at each chosen weight for each lift.

Q7. How weight is the standard barbell of men and women weightlifting?

Ans Men and women use different barbells. Men use barbells weighing of 20kg and women 15kg.

Q8. How are Discs colour-coordinated?

Ans Discs colour-coordinated are according to the following: 25kg-red, 20kg-blue, 15kg-yellow, 10kg-green, 5kg-white, 2.5kg-black, 0.50kg-chrome, and 0.25kg-chrome.

Q9. What is the duty of referee if the lift is successful?

Ans The referee immediately hits a white button and a white light is turned on, indicating the lift as successful.

Q10. Write the rule of weightlifting competition?

Ans First, all lifters in a session will complete all three attempts at the Snatch. Then, after a 10 minutes break, all lifters will take three attempts at the Clean and Jerk.