



Weightlifting

INTRODUCTION

Weightlifting, also called Olympic-style weightlifting, or Olympic weightlifting, is an athletic discipline in the modern Olympic program in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates.

The two competition lifts in order are the snatch and the clean and jerk. Each weightlifter receives three attempts in each, and the combined total of the highest two successful lifts determines the overall result within a bodyweight category. Bodyweight categories are different for male and female competitors. A lifter who fails to complete at least one successful snatch and one successful clean and jerk also fails to *total*, and therefore receives an "incomplete" entry for the competition. The clean and press was once a competition lift, but was discontinued due to difficulties in judging proper form.

HISTORY OF WEIGHTLIFTING

Pre-Olympic

Competition to establish who can lift the heaviest weight has been recorded throughout civilization, with the earliest known recordings including those found in Egypt, China and ancient Greece. Today, the modern sport of weightlifting traces its origins to the European competitions of the 19th century.

The first male world champion was crowned in 1891; the weightlifters were not categorized by weight at this time, and a women's championship did not exist until 1987.

Early Olympic

The first Olympic Games of 1896 included weightlifting in the Field event of the predecessor to today's track and field or athletics event. During the 1900 Olympic Games, there was no weightlifting event. Weightlifting resumed as an event, again in athletics, in 1904 but was omitted from the Games of 1908 and 1912. These were the last Games until after the First World War. In these early Games, a distinction was drawn between lifting with 'one hand' only and lifting with 'two hands'. The winner of the 'one hand' competition in 1896 was Launceston Elliot, while the winner of the 'two hands' event was Viggo Jensen of Denmark.^[3]

In 1920, weightlifting returned to the Olympics and, for the first time, as an event in its own right. At these Games, which took place in Antwerp, Belgium, fourteen nations competed. The competition lifts were the 'one hand' snatch, the 'one hand' clean and jerk and the 'two hands' clean and jerk. At the next Olympic Games, in Paris, France, in 1924, the 'two hands' press and the 'two hands' snatch were added to the programme, making a total of five lifts.

In the Olympic Games after 1920, instead of requiring all competitors to compete against each other regardless of size, weight classes were introduced and, by the 1932 Olympic Games, weightlifting was divided into five weight divisions.

The 110 kg division weightlifting winners of the 1980 Olympic Games, held in Moscow. In 1928, the sport dropped the 'one hand' exercises altogether leaving only the three remaining exercises: the clean and press, the snatch and the clean and jerk.

Modern Olympic

By 1972, the clean and press was discontinued because athletes started to push with legs and bend backwards instead of strictly pressing the weight overhead, and this left the sole elements of what is today's modern Olympic weightlifting programme – the snatch and the clean and jerk. The snatch consists of lifting the barbell from the floor to an overhead position in one fluid motion. It is a very precise lift that can be nullified by a lack of balance of the athlete. The clean and jerk consists of moving the barbell from the floor to overhead in 2 movements: from the floor to the shoulders, and from the shoulders to overhead.

Women's Olympic

As early as 1987, there were official world championships awarded to women weightlifters such as Karyn Marshall and Judy Glenney. However, it was not until the 2000 Olympic Games in Sydney, Australia that an official Olympic competition for women was introduced.^[7]

In 2011 the International Weightlifting Federation ruled that athletes could wear a full-body "unitard" under the customary weightlifting uniform.^[1] Kulsoom Abdullah became the first woman to do so at the U.S. National Championships that year, and athletes are allowed to do so at the Olympics. IWF rules previously stated that an athlete's knees and elbows must be visible so officials can determine if a lift is correctly executed.

WEIGHTLIFTING EQUIPMENT RULES

- Men and women use different barbells. Men use barbells weighing 20kg and women 15kg.
- Each bar must be equipped with two collars weighing 2.5kg each.
- Discs are color-coordinated according to the following: 25kg-red, 20kg-blue, 15kg-yellow 0.50kg, 10Kg-green, 5kg-white, 2.5kg-black, 0.50kg-chrome, and 0.25kg-chrome.
- The barbell is loaded from lowest weight to heaviest. The barbell is never reduced to a lighter weight once an athlete has performed a lift with the weight announced.
- The minimum progression weight after a good lift is 2.5kg.
- The time limit for an athlete to begin an attempt after being called to the platform is 1 minute. At 30 seconds remaining there is a warning signal. The exception to this rule is when a competitor makes two attempts, one after the other, in which case the athlete may rest up to 2 minutes. In such case, the athlete also gets a warning after 90 seconds have elapsed without a lift.

JUDGING RULES

- Each athlete is allowed three attempts at each chosen weight for each lift.
- Three referees judge the lift.
- If the lift is successful, the referee immediately hits a white button and a white light is turned on, indicating the lift as successful. The score is then recorded.
- If a lift is unsuccessful or deemed invalid, the referee hits the red button and a red light goes off. The highest score for each lift is the one that is used as the official value for the lift.

- Once the highest value has been collected for each lift, the total weight lifted in the snatch is added to the total weight lifted in the clean and jerk. The lifter with the highest combined weight lifted becomes the champion. In the case of a tie, the lifter whose body weight is less is the champion.

The Basic Rules of Weightlifting

- **The Lifts:**
 - 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.
 - Once settled, the lifter will snap the bar overhead and stand upright again with the barbell in control overhead.
 - Once the lifter is in control, the judges will give the “Down” signal and the lifter will lower the bar.
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- **The Weights:**
 - The Bar itself is a standard. Women and under use a 15Kg bar which is a slightly smaller diameter than the standard 20Kg bar used by all men.
 - The Barbell is loaded with **Disks (Plates)** of various weights. A combination of the international standard of 25 (Red), 20 (Blue), 15 (Yellow), 10 (Green), 5 (White), 2.5 (Red), 2 (Blue), 1 (Green), 0.5 (White) Kilogram disks to set the barbell at a certain weight, are used.
 - The barbell will be loaded with the minimum number of disks required to total the required weight.
 - In addition, **collars** must be used to tighten on the ends of the barbell to keep the weight disks attached. The standard collars are 2.5 Kg each.
- **The Competition:**
 - Each lifter is given three attempts at each of the Snatch and the Clean and Jerk.
 - 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.
 - The Total of the Best Snatch and the Best Clean and Jerk determine medal or trophy placement.
 - Each lifter competes with other lifters in their own weight class but in most sessions, a few weight classes are mixed. In Open events, both Weight Classes and Age Classes are often mixed.
 - Youth lifters are under 17 years old, Junior Lifters are under 20 years old, Seniors are Open and Masters are over 35.
 - The weight on the barbell only goes up! All lifters who are attempting a certain weight complete their attempts before the other lifters attempt higher weights.
 - Three Judges watch for incorrect features of the lift to separate a “Good” lift from a “Bad Lift”.
 - Here are the basic items judges look for:
 - 1) No part of the lifter (except the bottom of the feet) shall touch the platform.

- 2) The Lifter cannot “press out” the barbell. Press out is when the elbows are bent and the lifter uses strength of the arms to lock out the elbows.
- 3) The lift must be all in one continuous movement - no stopping and restarting.
- 4) The elbows must not touch thighs or knees during the Clean. This is dangerous and can cause serious injury.
- 5) The Lifter must hold the bar steady and be motionless between the Clean and the Jerk.
- 6) The Lifter must hold the bar steady and motionless in all parts of the body overhead with feet in line with the plane of the trunk until the judges give the down signal
- 7) The Lifter must guide the bar down at least below shoulder level when the lift is complete. Dropping from overhead is dangerous and an incorrect movement.
- 8) The Lifter must remain on the platform during the execution of the lift.

Weight classes

Athletes compete in a division determined by their body mass. There have been eight male divisions and eight female divisions since 2017.

Men's weight classes:

- 56 kg (123 lb)
- 62 kg (137 lb)
- 69 kg (152 lb)
- 77 kg (170 lb)
- 85 kg (187 lb)
- 94 kg (207 lb)
- 105 kg (231 lb)
- 105 kg and over (231 lb+)

Women's weight classes:

- 48 kg (106 lb)
- 53 kg (117 lb)
- 58 kg (128 lb)
- 63 kg (139 lb)
- 69 kg (152 lb)
- 75 kg (165 lb)
- 90 kg (198 lb)
- 90 kg and over (198 lb+)

WEIGHT LIFTING

- **World weight lifting championship**
- **Commonwealth weight lifting championship**
- **Paralympics weight lifting**
- **Olympic weight lifting**
- **National championship**

SPORTS ACHIEVEMENTS AND AWARDEES

ARJUNA AWARDEES WEIGHT LIFTING

| YEAR | NAME |
|-------------|-----------------------------|
| 1961 | A.N.GHOSH |
| 1965 | B.S. BHATIA |
| 1970 | A.K. DASS |
| 1975 | DALBIR SINGH |
| 1981 | B.K. SATHPATHY |
| 1986 | J.M. SAPRA |
| 1991 | C. ADAK |
| 1997 | N. LUXMI |
| 1997 | PARAMJIT SHARMA |
| 1 1998 | SHATHEEJA RAJ |
| 1999 | DALBIR DEOL |
| 2000 | SANAMACHA CHANU THINGBAIJAM |
| 2002 | T.M. MUTHU |
| 2006 | GEETA RANI |
| 2011 | K.R. KUMAR |
| 2012 | N.S. CHANU |

DRONACHARYA AWARDEES

| YEAR | NAME |
|-------------|-------------------|
| 1996 | PAL SINGH SIDHU |
| 1999 | AJAY KUMAR SIROHI |
| 2000 | HANSA SHARMA |

CONCLUSION

WEIGHT LIFTING is an athlete attempts maximum effort lifts in both the snatch and clean jerk. Weightlifting is a very skilful sports and requires much coordination and accuracy as well as strength and power.