

ENTRY DATES

Document Version: **1**

Closing date; 6PM: Wednesday 5 June 2019

i This date is when the Intention to Enter and an onsite Team Manager needs to be added to guarantee inclusion in the competition.

Publish draw date: Friday 7 June 2019

i This date is when London Youth Games publishes which Boroughs are entered into the competition.

Confirm squad date; 6PM: Wednesday 3 July 2019

i This date is when the squad details need to be entered on the entry management system.

COMPETITION DATES AND INFORMATION

QUALIFIERS

Finals only

FINALS

Saturday 6 July 2019
Crystal Palace NSC, SE19 2BB
Registration: 09:00 to 10:00
Competition: 11:00 to 15:30

WHO IS IT FOR?

Any Licence, minimum grade or standard required?

License: £12 on the day – must have proof of age (see overleaf). Standard: minimum 15kg lift

SQUAD NOMINATIONS

i This is the squad you originally nominate.

Minimum: 1

Maximum: 4

Alternates permitted: 2

TEAM ON THE DAY

i This is the team you bring to the competition.

Minimum: 1

Maximum: 2 (1 male & 1 female)

i Some competitions allow alternates. This is where you can bring a previously un-nominated competitor.

Event	Oldest DOB	Youngest DOB	Likely School Year
Weightlifting	01/09/00	31/08/05	Year 9 - 13

HOW DO I ENTER?

Competition Type: Secondary Open

How to enter: You will need to provide full details of your squad before the 'squad closed' date so each competitor can be checked and confirmed as eligible. Teams are submitted online. Contact your Borough Team Organiser for online access.

ABOUT THE COMPETITION

Competition Format	Sinclair formulas will be used to assess positions. Sinclair points for girls and boys are combined and ranked to identify the final standings.
Draw Format	Lifters will start according to minimum start lift.
Seeding	None.
Final Positions	The male and female results are added together for an overall team position. Boroughs without a full team will still achieve a team position.
Medals	GOLD: winner, SILVER: 2nd place, BRONZE: 3rd place. Individual and Team medals awarded.

WHAT KIT & EQUIPMENT DO I NEED?

Kit & Equipment:	Tracksuits not allowed to be worn when lifting. Tight fitting leotard, leggings or equivalent must be worn under shorts and vest. See IWF Technical and Competition Rules and Regulations 4.1 for further clarification.
Team Manager Notes:	Please read these rules carefully and ensure your team is eligible and familiar with the rules. Team Managers are requested to provide accurate start lifts to assist with the competition planning.

SPORT SPECIFIC RULES

1. The competition will be run in accordance with the rules of the British Weightlifting.
2. This competition will take the form of Olympic lifts only, the two lifts being the snatch and the clean and jerk.
3. Teams will be asked to name their lifters and give their starting weight prior to the competition in case grouping is necessary.
4. The minimum start lift is 15kg for males and females.
5. All competitors must be affiliated to the British Weightlifting and membership cards must be produced at the weigh in.
6. ALL ENTRANTS MUST PRODUCE A PROOF OF AGE DOCUMENT ON THE DAY, either a passport, birth certificate or driving license (provisional). Photocopies will not be accepted. Schools memberships will not be accepted.
7. Licences can be issued on the day at a cost of £12.00.
8. Incorrect information provided during nominations can disqualify the team and cause their entire Borough team to receive penalty points. Please check competitor's details.
9. The Competition Director reserves the right to suspend/cancel the event where required by unsafe conditions.

INCOMPLETE COMPETITION: In the event that the competition is cancelled or suspended, the following steps will be used to calculate a final result.

- a. Results from all completed events are combined and used to identify the overall winner.
- b. Event types: female snatch, female clean and jerk, male snatch, male clean and jerk.
- c. Minimum requirements: To determine a completed event all boroughs entered into the event must have lifted. To determine a result for the competition 1 event must be completed.
- d. Tied teams: will not be separated once scores from events are combined, except in the event that the top 3 teams have the same number of points then the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.
- e. Borough entry: If a borough has entered the competition but not an event that is used in the scoring calculation, they will be placed in last position.

