

2010 QWA League – Format and Rules

The object of the QWA League is to provide a competition in which weightlifters compete against others with similar levels of ability and within a competition environment where personal best performances are highly valued.

Below are the rules and regulations under which the League will operate in 2010. The general rules of competition in all Rounds of the League will be in accordance with the rules of the Australian Weightlifting Federation. The course of the competition in the Grand Final will be as described in the relevant section.

Classification of Competitors

The League contains four Divisions. Athletes are classified according to their best official competition total achieved between January 1st and December 31st, 2009, expressed as a percentage of the relevant World Record (WR) as at December 31st, 2009.

The following classification standards apply:

Division 1: greater than or equal to 55% of WR

Division 2: greater than or equal to 45% of WR and less than 55% of WR

Division 3: greater than or equal to 35% of WR and less than 45% of WR

Division 4: less than 35% of WR

Athletes compete within the division in which they are classified at the commencement of the League for the duration of 2010 regardless of any change in their level of performance during the year. Individuals who have not previously recorded an official competition total are classified in Division 4.

Individuals who have not recorded an official competition total in 2009 but have recorded an official competition total previously, will be classified in the Division for 2010 which is one Division below that which is indicated by the percentage of world record that they achieved in the most recent year that they competed. Example: a lifter who achieved 50% of WR in 2008 but did not compete in 2009 will be classified in Division 3 of the League in 2010.

Rules of Participation

The League consists of four competition Rounds and one Grand Final. Participation in the Rounds is open to all members of the QWA. Participation in the Grand Final is limited to the five (5) highest available point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the sum of the individuals' highest three scores from the four competition Rounds.

	Round 1	Round 2	Round 3	Round 4	Aggregate Score
Example 1	63 points	51 points	48 points	50 points	63+51+50 =164 points
Example 2	46 points	Did not compete	52 points	55 points	46+52+55 =153 points
Example 3	Did not compete	70 points	Did not compete	75 points	70+75 = 145 points

Scoring

QWA League scores will be calculated in the following manner:

Percentage of World Record

The competitor's final total is calculated as a percentage of the relevant current World Record Total.

The final total divided by the World Record x 100 = Percentage Points.

Personal Best Bonus

Additional points will be awarded for equalling or exceeding Personal Best results according to the following scale:

Heaviest Snatch equalling Personal Best	1 Point
Heaviest Snatch exceeding Personal Best by 1kg	2 Points
Heaviest Snatch exceeding Personal Best by 2kg	3 Points
Heaviest Snatch exceeding Personal Best by 3kg	4 Points
Heaviest Snatch exceeding Personal Best by 4kg or more	5 Points

Personal Best Bonus continued...

Heaviest Clean & Jerk equalling Personal Best	1 Point
Heaviest Clean & Jerk exceeding Personal Best by 1kg	2 Points
Heaviest Clean & Jerk exceeding Personal Best by 2kg	3 Points
Heaviest Clean & Jerk exceeding Personal Best by 3kg	4 Points
Heaviest Clean & Jerk exceeding Personal Best by 4kg or more	5 Points
Final Total equalling Personal Best	1 Point
Final Total exceeding Personal Best by 1kg	2 Points
Final Total exceeding Personal Best by 2kg	3 Points
Final Total exceeding Personal Best by 3kg	4 Points
Final Total exceeding Personal Best by 4kg or more	5 Points

Six out of Six Bonus

Six (6) points will be awarded for all six attempts being judged “Good lift” by a majority of referees.

Penalty Points

The following Penalty Points will accrue for performances below Personal Best:

Heaviest Snatch 5kg below Personal Best	-1 Point
Heaviest Snatch 6kg below Personal Best	-2 Points
Heaviest Snatch 7kg below Personal Best	-3 Points
Heaviest Snatch 8kg below Personal Best	-4 Points
Heaviest Snatch 9kg or more below Personal Best	-5 Points
Heaviest Clean & Jerk 5kg below Personal Best	-1 Point
Heaviest Clean & Jerk 6kg below Personal Best	-2 Points
Heaviest Clean & Jerk 7kg below Personal Best	-3 Points
Heaviest Clean & Jerk 8kg below Personal Best	-4 Points
Heaviest Clean & Jerk 9kg or more below Personal Best	-5 Points
Final Total 5kg below Personal Best	-1 Point
Final Total 6kg below Personal Best	-2 Points
Final Total 7kg below Personal Best	-3 Points
Final Total 8kg below Personal Best	-4 Points
Final Total 9kg or more below Personal Best	-5 Points

Calculating the League Score

Percentage of World Record + Bonus Points* + Penalty Points = Final Score

*Maximum Bonus Points possible: PB snatch + PB clean & jerk + PB total + 6 out of 6 = 21 points

Personal Best

For the purposes of the QWA League in 2010, the Personal Best results for Snatch, Clean & Jerk and Total are those achieved in any official weightlifting competition held after 1st January 2008. Personal Best results are absolute and independent, i.e. the Personal Best Snatch, Personal Best Clean & Jerk and Personal Best Total may have been achieved in different events and in different bodyweight categories.

An entrant in a League Round who has not recorded a result in an official weightlifting competition after 1st January 2008 and therefore has no Personal Bests for the purpose of this League, will not receive PB Bonus Points or Penalty Points in that Round, but will be eligible for the ‘6 out of 6’ bonus.

Grand Final

Participation in the Grand Final is limited to the five (5) highest available point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the individuals' aggregate score from three of the four competition rounds.

If any of the five (5) highest point scorers in a Division choose not to contest the Grand Final, available places will be offered to other lifters in the relevant Division according to the ranking order of the aggregate scores from three of the four Rounds, up until five (5) days prior to the Grand Final. No substitutions will be made less than five (5) days prior to the date of the Grand Final.

The Grand Final will be conducted in a "round" style, i.e. all lifters in each session will make their first attempts, then all lifters will make second attempts and then third attempts. The order of lifting will be by lot order from lowest lot number to highest lot number. Lot numbers will be allocated according to the ranking of aggregate scores from League Rounds. The highest ranked lifter in each Division will be allocated the highest lot number, the second highest ranked lifter will be allocated the second highest lot number and so on. All attempts will be judged in accordance with the Technical Rules of the Australian Weightlifting Federation.

Scoring in the Grand Final is by the same method used in the League Rounds. Point scores are calculated to the third decimal place. If two or more competitors in a Division achieve identical scores, they will share the placing and applicable prize.

Grand Final Bonus Round

A "Sudden-Death" lift-off will take place between the winners of each Divisional Grand Final. Should the winner of any Divisional Grand Final decline to participate in the Bonus Round, he or she may be substituted by another lifter from the relevant Division, according to the order of the placings in the Divisional Final. For example, if the winner of the Division 1 Final does not contest the Bonus Round, the lifter who placed second in the Division 1 Final may contest the Bonus Round.

The lift-off will proceed in the following manner:

Competitors select their preferred lift, snatch or clean & jerk. The competitors lift alternately according to the order of their point scores in the Divisional Grand Final, from lowest score to highest score. Each competitor is granted one attempt at a weight which is 90% of their Personal Best (the PB at the start of the Grand Final). The weight of the barbell is increased to 95% of Personal Best and each competitor who was successful with the previous lift takes another attempt. If a competitor fails an attempt, they make no further attempts. Lifting continues in this fashion with the barbell being increased by a further 2.5% of PB in each successive round until the placings have been decided. The lifter who achieves the most successful lifts from the same number of attempts will be declared the winner. In the event that two or more lifters achieve the same number of successful lifts from the same number of attempts, the winner of the Bonus Round will be the lifter who achieved the highest score in the Divisional Grand Final.

In the Bonus Round all percentages of Personal Best are rounded down to the nearest weight which is a multiple of 1kg.

Grand Final Prize Schedule

Division 1 Winner:	\$400
Division 1 Winner's Coach:	\$100
Division 2 Winner:	\$400
Division 2 Winner's Coach:	\$100
Division 3 Winner:	\$400
Division 3 Winner's Coach:	\$100
Division 4 Winner:	\$400
Division 4 Winner's Coach:	\$100
Bonus Round Winner:	\$400
<u>Bonus Round Winner's Coach:</u>	<u>\$100</u>
Total prize pool:	\$2,500