

# **2010 JME Queensland Club Challenge**

## **Competition Format and Rules**

The 2010 JME Queensland Club Challenge is open to all QWA affiliated Clubs and consists of four competition Rounds. The Rounds are Club competitions held within each of the participating clubs on the following dates:

Round 1: March 6 – 8

Round 2: June 4 – 6

Round 3: August 27 – 29

Round 4: October 22 – 24

### **Results Management**

The complete record of each Club competition, i.e. the score sheet showing the lifters' name; year of birth; bodyweight; and all attempts, indicating 'good lift' or 'no lift'; must be submitted to the QWA office within seven (7) days of each Round. Score sheets can be mailed, scanned and emailed, or faxed.

A lifter can represent only one Club in the JME Queensland Club Challenge in any one calendar year.

The QWA office will compile the results of each round and tabulate the scores. Any number of lifters may participate in the Club competitions which form the JME Queensland Club Challenge Rounds, however each Club's score in each Round will be the sum of the scores achieved by the highest six (6) scoring lifters only, from each Club.

The final placings in the 2010 JME Queensland Club Challenge will be determined by the sum of the points achieved by each Club in all of the four (4) Rounds.

### **Example:**

Rank	Club	Round 1	Round 2	Round 3	Round 4	Final Score
1	A	540 points	580 points	590 points	470 points	540+580+590+470 = 2180 points
2	B	565 points	470 points	520 points	620 points	565+470+520+620 = 2175 points
3	C	480 points	650 points	450 points	500 points	480+650+450+500 = 2080 points

### **Scoring System**

The 2010 JME Queensland Club Challenge Scoring System will incorporate four elements in each Round:

#### **1. Percentage of AWF National Qualification Standards**

The lifter's final total is calculated as a percentage of the AWF National Qualification Standards relevant to gender and bodyweight categories, according to the following scale:

Lifters 17 years of age and under – AWF National **YOUTH** Standard

Lifters 18 to 20 years of age – AWF National **JUNIOR** Standard

Lifters 21 to 39 years of age – AWF National **SENIOR** Standard

Lifters 40 to 49 years of age – AWF National **JUNIOR** Standard

Lifters 50 years of age and over – AWF National **YOUTH** Standard

#### **2. Bonus Points for Consistency in Performance**

Three successful attempts in snatch 3 points

Three successful attempts in clean & jerk 3 points

### 3. Bonus Points for Personal Best Performance

Final Total equalling Previous Personal Best	1 Point
Final Total exceeding Previous Personal Best by 1kg	2 Points
Final Total exceeding Previous Personal Best by 2kg	3 Points
Final Total exceeding Previous Personal Best by 3kg	4 Points
Final Total exceeding Previous Personal Best by 4kg or more	5 Points

### 4. Penalties for Performance Below Previous Best

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 individual lifter score**

Percentage of National Qualification Standard + Bonus Points + Penalty Points = Score

#### ***Personal Best***

For the purposes of the 2010 JME Queensland Club Challenge, the Personal Best Total is the Total achieved in any official weightlifting competition held after 1<sup>st</sup> January 2009. Personal Best Totals are absolute, i.e. a lifter's Personal Best Total is his or her highest Total regardless of his or her bodyweight at the time of achieving the Total and regardless of his or her bodyweight at the relevant JME Queensland Club Challenge Round.

A lifter in a JME Queensland Club Challenge Round who has not recorded a result in an official weightlifting competition after 1<sup>st</sup> January 2009 and therefore has no Personal Best Total for the purpose of this competition, will not receive Personal Best Bonus Points or Penalty Points in that Round, but will be eligible for the 'Consistency' bonus.

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