

# USA WEIGHTLIFTING HIGH SCHOOL PROGRAMS



Where Olympic Journeys Begin



## A STEP-BY-STEP GUIDE

YEAR 1 - 5



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# FAQ

## 1. What is weightlifting?

Weightlifting is an Olympic sport consisting of two lifts, the snatch and the clean and jerk; High school weightlifting in some states consists of the bench press and clean and jerk.

## 2. What other states have weightlifting programs?

Minnesota, North Dakota, Arizona, Florida\*, Kansas\*\*

\*Florida weightlifting consists of the clean and jerk and bench press

\*\*Kansas weightlifting consists of the C&J, squat, and deadlift

## 3. What is the process to become a recognized varsity sport in my state?

Requirements vary state to state

Contact your state High School Athletic Association for more details.

## 4. Who can start a high school program?

Any certified USA Weightlifting coach or Strength Coach that works in a high school can start a club program.

# FAQ

## 5. \*How do I start a state wide high school weightlifting federation?

If you are the first school in your state to start a weightlifting program, it is best to reach out to other coaches in your district to find out if they would be interested in starting programs at their school.

If they are interested, then this first group of coaches will serve as the basis for your State High School Weightlifting Federation.

If there are other schools in your state that are already running weightlifting programs but have not set up a State High School Federation, then it is best to reach out to them to initiate the start of a federation.

Keep in mind, the more unified the sport becomes the easier it will be to transition into a varsity sport.

All USA Weightlifting clubs fall under USA Weightlifting LWC 's regardless of separate 501(c)3 status.

\*State associations are not required to affiliate with USA Weightlifting unless they choose to have results count towards national event qualification.

## FAQ

### 6. Do we have to use the snatch and the clean and jerk to start a program?

Only if you want the results to be recognized by USA Weightlifting for qualification purposes.

### 7. Can our high school federation add another event (i.e. bench)?

Your high school federation may choose to add an event that falls outside of the snatch and the clean and jerk however USA Weightlifting only accepts snatch and clean and jerk results for national qualification.

It is recommended to follow the same competition format for any additional events so that the snatch and clean and jerk results are valid.

For example the competition clean and jerk must follow the competition snatch before the third event (bench) is performed.

### 8. Is there a discount available for coaches to take the USA Weightlifting level 1?

We currently offer \$50 off our level 1 Certification with employment verification

Additional discount will be reviewed on a case by case with submission to USA Weightlifting

# FAQ

## 9. Is there a discount available to participating athletes?

Reduced memberships are available for youth/junior athletes \$30/\$40

Athletes are not required to be members of USA Weightlifting unless they are attempting to qualify for national events. Membership does not effect high school participation within your state association.

## 10. Do I need to be a USA Weightlifting Coach and operate as a USA Weightlifting club to start a program?

You do not need to be a USAW coach to start a program however here are the benefits associated with the coaches certification

General liability insurance - Coaches

Event insurance - Athletes

Athlete qualification for USA Weightlifting national events

Recognition by USA Weightlifting as a high school program

Member benefits and resources

Exclusive sponsor discounts

The above benefits are just a few of the many reasons you should operate as a USA Weightlifting club at the high school level. In addition, to start a USA Weightlifting club a USA Weightlifting level 1 coach with an active background check must submit the club application.

## F A Q

### 11. Once weightlifting is recognized as a varsity sport in my state do I have to continue my affiliation with USA Weightlifting?

You are not required to continue USA Weightlifting membership once it is recognized by your state however USA Weightlifting membership is required if you want your meet results to count towards USA Weightlifting national qualification

### 12. Are there colleges and universities that offer weightlifting and weightlifting scholarships?

There are a colleges and universities that offer weightlifting as a sport as well as scholarship opportunities. [Click HERE](#) for more information

### 13. How do we track state records?

Each state association can track and keep it's own records using any system they choose. The USA Weightlifting ranking system through webpoint may also be used but will only include existing USA Weightlifting members

# CONTACTS

Who can I contact to help guide me through this process?

USA Weightlifting National Office:  
Suzy Sanchez, Director of Outreach and Scouting  
Suzy.sanchez@usaweightlifting.org  
318-207-3598  
[www.usaweightlifting.org](http://www.usaweightlifting.org)



# YEAR 1 DISTRICT LEVEL

1-4 participating schools

## OVERVIEW

### USA Weightlifting

Suggested qualification procedure:

High school-sanctioned regular season events: These events will be treated as local events by USA Weightlifting. There are no qualification totals during the regular season unless the hosting club/school chooses to implement one.

State meet qualification will be listed in Year 2 on page 16.

Youth/Junior Nationals qualification  
Athletes can qualify for the USA Weightlifting Youth/Junior nationals by meeting the required totals posted [HERE](#). Athletes do not have to compete at a high school sanctioned state meet to qualify.

#### Suggested season:

Women's Season

- Proposed Women's Regular Season: Oct-Jan
- Proposed Women's District meet: Jan
- Proposed Women's Regional meet: Jan
- Proposed Women's State meet: Feb

Men's Season

- Proposed Men's Regular Season: Jan-Mar
- Proposed Men's District meet: Mar
- Proposed Men's Regional meet: Mar
- Proposed Men's State meet: April

#### Proposed Practice season:

- 3 weeks before start to regular season

#### State Championship:

None in year 1

#### National event:

USA Weightlifting Youth Nationals – June

#### Rules:

Download proposed rules [HERE](#)



# YEAR 1 - DISTRICT LEVEL

## 01 MEMBERSHIP

The head coach must register with USA Weightlifting [HERE](#). Membership is not required but encouraged.

## 02 LEVEL 1 CERTIFICATION \$449 (WITH \$50 DISCOUNT)

The head coach must hold a USA Weightlifting level 1 Certification. [CLICK HERE FOR INFO](#). Coaches may host their own course.

## 03 SAFE SPORT CERTIFICATION FREE

Head coach must complete the [Safe sport certification](#) and background check. The background check is \$19 if a member of USA Weightlifting.

## 04 ATHLETE DEVELOPMENT MODEL CERTIFICATION FREE

Head coach must complete the [ADM certification](#).



# YEAR 1 - DISTRICT LEVEL

## 05 CLUB APPLICATION

After registering with the school he head coach is encouraged to register a club with USA Weightlifting [HERE](#).

Club Resources [HERE](#).

## 06 APPLY FOR NON PROFIT STATUS (OPTIONAL)

Information [HERE](#).

## 07 SUBMIT HIGH SCHOOL CLUB APPLICATION

Applying for club status is the first step in becoming a varsity sport for most HS Athletic Associations.

## 08 REGISTER ATHLETES \$30-17U \$40-20U

Each athlete must register with USA Weightlifting [HERE](#).

## 11

Athletes must also register with their High School club.



# YEAR 1 - DISTRICT LEVEL

## 09 HOST AN EVENT

Apply to host an event through webpoint. For instructions click [HERE](#) if you wish results to count for USAW qualification otherwise organize your own unsanctioned event through your school.

## 10 REGISTRATION

USA Weightlifting will offer online registration through webpoint in 2018.

Other options: Eventbrite, Cvent, Paper registrations

## 11 MANAGING A MEET

Click [HERE](#) for more information on managing a competition

## 12 WEIGH IN PROTOCOL

Some high schools do not allow minors to perform weigh-ins in accordance with the IWF guidelines. In this case the following is allowed:

The Athlete will weigh-in wearing a singlet with undergarments underneath.



# YEAR 1 - DISTRICT LEVEL

## 13 SUBMIT RESULTS

Click [HERE](#) for information how to submit results

USA Weightlifting only accepts snatch and clean and jerk results

Non USAW valid results should be uploaded to your state weightlifting association website.



# YEAR 1 - POST SEASON

## 01 POST SEASON

Reach out to S&C Coaches outside of your district for participation in the season for the following year.

## 02 CREATE A HS FEDERATION

Click [HERE](#) for information on how to become a non-profit.

## 03 CREATE THE HS FEDERATION BOARD

The founding coaches can serve as the first Board of directors for the new federation.

## 04 REVIEW SEASON

Review season guidelines provided above

USA Weightlifting Youth Nationals - June.



# YEAR 1 - POST SEASON

## 05 SET RULES

Recommended  
Proposed High School Rules [HERE](#).

## 06 CREATE A FEDERATION WEBSITE

Send your HS Federation website link to the National Office to be posted on the USA Weightlifting site.

## 07 BEGIN STATE CHAMPIONSHIPS PLANNING PROCESS

Select host, venue, date, qualification totals, participation requirements, create regular season calendar, etc.



# YEAR 1 - POST SEASON

## 08 COMMUNICATE

Once all of the above information has been finalized send all of this information to participating schools and place on your website in an easy to find area.



# OVERVIEW

## USA Weightlifting

Suggested qualification procedure:

High school sanctioned regular season events:

These events will be treated as local events by USA Weightlifting. There are no qualification totals during the regular season unless the hosting club/school chooses to implement one.

State meet qualification:

State meet totals will be determined by the State HS Federation. Recommended qualifying total guideline is 85% of USA Weightlifting Junior National Totals.

Youth/Junior Nationals qualification

Athletes can qualify for the USA Weightlifting Youth/Junior nationals by meeting the required totals posted [HERE](#). Athletes do not have to compete at a high school sanctioned state meet to qualify.

### Suggested season:

Women's Season

- Proposed Women's Regular Season: Oct-Jan
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- Proposed Women's Regional meet: Jan
- Proposed Women's State meet: Feb

Men's Season

- Proposed Men's Regular Season: Jan-Mar
- Proposed Men's District meet: Mar
- Proposed Men's Regional meet: Mar
- Proposed Men's State meet: April

### Proposed Practice season:

- 3 weeks before start to regular season

### National events:

USA Weightlifting Youth Nationals – June

### Rules:

Download proposed rules [HERE](#)



# YEAR 2 - REGIONAL LEVEL

## 01 PARTICIPATING SCHOOLS

Ensure that all participating schools have followed year 1 steps 1-7

## 02 PARTICIPATING ATHLETES

Ensure that all participating athletes are registered with USA Weightlifting and HS Club only if you would like results to count for USAW

## 03 SANCTION REGULAR SEASON EVENTS

Apply to host an event through webpoint if USAW results will be posted. For instructions click [HERE](#). Schools will set their own competition schedule.

## 04 REGISTRATIONS

USA Weightlifting will offer online registration through webpoint in 2018.

Other options: Eventbrite, Cvent, Paper registrations



# YEAR 2 - REGIONAL LEVEL

## 05 MANAGING A MEET (REGULAR SEASON)

Click [HERE](#) for more information on managing a competition.

## 06 SUBMIT RESULTS (REGULAR SEASON)

Click [HERE](#) for information how to submit results.

USA Weightlifting only accepts Snatch and Clean&Jerk Results.

## 07 STATE MEET QUALIFICATION NOTIFICATION

The chairman of the planning committee will review the results and send a list of state qualifying athletes to the head of each high school program.



# YEAR 2 - REGIONAL LEVEL

## 08 STATE MEET

The State meet will run like a regular competition. See step 5 for more information.

## 09 SUBMIT RESULTS (POST SEASON)

Click [HERE](#) for information on how to submit results.

USA Weightlifting only accepts Snatch and Clean&Jerk Results.

## 10 NATIONAL MEET QUALIFICATION NOTIFICATION

The state committee will send out nationals qualification totals to coaches before the state meet. Totals are posted on the USA Weightlifting website [HERE](#)

Coaches are responsible for notifying their athletes of qualification

National qualification only applies to the Snatch and the Clean and jerk



# YEAR 2 - POST SEASON

## 01 POST SEASON

Reach out to S&C Coaches outside of your district for participation in the season for the following year

## 02 ASSESS COMMITTEE

Review the previous season and make necessary adjustments to members and responsibilities

## 03 REVIEW STATE CHAMPIONSHIPS

Access the state championships and make adjustments for the following year

## 04 BEGIN PLANNING STATE CHAMPIONSHIPS

Select host, venue, date, qualification totals, participation requirements, create regular season calendar, etc.



# YEAR 2 - POST SEASON

## 05 UPDATE WEBSITE

Add results from the state championships

Add new participating schools

Update regular season schedule

Update post season schedule

Include link to national meet qualification totals

## 06 COMMUNICATE

Email changes, schedules, qualification totals, etc. to all member schools



# YEAR 3 STATE LEVEL

8+ participating schools

## OVERVIEW

### USA Weightlifting

This year the program will expand to include 8 or more schools and will end in a state championship event. Athletes that qualify for USA Weightlifting National events will register through webpoint. The steps from Year 2 will be repeated as the only change will be the addition of more schools.



## OVERVIEW

### USA Weightlifting

Depending on your individual state requirements years 4-5 should be used to continue growing the sport at the club level.

After the 5th year your federation will be established to begin the process for varsity sport application through your individual state run High School Athletics Association.



# RESOURCES

Proposed Technical and  
competition rules

Download [HERE](#)

Qualification totals, memberships,  
event sanctions, courses

[www.usaweightlifting.org](http://www.usaweightlifting.org)

High School Federations

[www.azweightlifting.org](http://www.azweightlifting.org)

[www.fhsaa.org](http://www.fhsaa.org)

[www.mnweightlifting.org](http://www.mnweightlifting.org)

[www.ndhsweightlifting.org](http://www.ndhsweightlifting.org)