

## **USA Weightlifting Rules Addendum**

*effective Jan. 1, 2022*

1. Any athlete, coach or official who behaves in a way that could cause damage to the facilities or equipment being used in the competition or damage the reputation of participants or the USAW are subject to a loss of participation privileges as determined by the Event Director/Event Organizer, and the Event Director/Event Organizer only (e.g., “spiking” the barbell as compared with IWF requiring that the lifter to release the barbell from below the shoulders when it is lowered to the platform).
  - For online competitions, the authority to remove participation privileges lies only with the equipment and venue owner.
  
2. At USAW National events, Youth and Master athletes are allowed to move to a higher bodyweight division at weigh-in. Upon verification that the athlete is heavier than their registered weight category, the athlete may opt to move up into the bodyweight division dictated by their actual body weight. If this happens, the athlete will remain in their current scheduled session number.
  1. For multiple platform events, if a different platform in the same session has the athlete's new bodyweight category, the athlete will be moved to that platform by the Event Director when feasible.
  2. If the athlete's Entry Total is less than the qualifying total for the higher bodyweight category, the Entry Total must be raised to equal the Qualifying Total of the higher bodyweight category.