

भारतीय भारोत्तोलन संघ Indian Weightlifting Federation

Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India



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Date: 3 August 2015

Shri Arun Kumar Kesri,
President,
Bihar Weightlifters' Association,
'Shanti Sadan' New Professors' Colony,
Gobarsahi Chowk,
Muzaffarpur 842001

**Sub.: Conduct of National Category-2 Referee examination in
Bihar during Senior State Weightlifting Championships
being held at Hajipur on 2nd September 2015.**

Dear Arun,

Please refer to your email dated 3rd August 2015.

We accord permission to conduct National Category-2 referee examination with Senior State Weightlifting Championships being held at Hajipur on 2nd September 2015. We are enclosing the following documents for necessary action:-

- (1) Application form for appearing in referee examination – to be duly filled in by the appearing candidates.
- (2) Model examination paper for appearing candidates.

Make suitable copies of the above documents according to the number of appearing candidates.

Kindly note that examination for appearing in National Category-2 Referee examination will be Rs. 3,000/- per candidate.

The examination papers have to be sent back to the Federation office by courier for checking and declaration of results. An additional fee of Rs. 2,000/- will be charged for issuing the card to the candidates who will be declared passed by the examiner.

Yours Sincerely,

[Sahdev Yadav]
Vice President



Encl. as above.

APPLICATION FOR APPEARING IN NATIONAL CATEGORY II REFEREE

[FORM TO BE FILLED IN CAPITAL LETTERS ONLY]

*Staple 2 stamp
size photograph
here*

1	Name	:	
2	Father's / Husband Name	:	
3	Date of Birth	:	
4	Educational Qualification	:	
5	Affiliated unit to which belong	:	
6	Sports qualification in weightlifting	:	
7	Postal address with Pin Code	:	
8	Email id	:	
9	Mobile No.	:	

[Signature of Appearing Candidate]

Endorsed by:-

[Sponsoring State/Unit]

With stamp and seal

INDIAN WEIGHTLIFTING FEDERATION

REFEREE EXAMINATION QUESTION PAPER FOR CATEGORY-2

TIME 1 Hour

MAX. MARKS

PASSING MARKS

10

2

Q1 What are the 8 body weight categories for Men Juniors

(2 points for a complete answer, 1 point for mistake, 0 points for 2 mistakes or more)

1 _____ kg category

2 _____ kg category

3 _____ kg category

4 _____ kg category

5 _____ kg category

6 _____ kg category

7 _____ kg category

8 _____ kg category

Q2 What are the 7 body weight categories for Girls Youth

(2 points for a complete answer, 1 point for mistake, 0 points for 2 mistakes or more)

1 _____ kg category

2 _____ kg category

3 _____ kg category

4 _____ kg category

5 _____ kg category

6 _____ kg category

7 _____ kg category

Q3 The age for Seniors, Juniors & Youth are up to and including;

(2 points for a complete answer, 1 point for mistake)

Seniors _____ years of age

Juniors _____ years of age

Youth _____ years of age

Q4 How many competitors by State / Board can be entered in a bodyweight category?

- a. Only 2 competitors by State / Board can be entered to a bodyweight category.
b. Only 1 competitors by State / Board can be entered to a bodyweight category.
c. Only 3 competitors by State / Board can be entered to a bodyweight category.

Q5 The referees give the "Down" signal

- a. 2 seconds after the lifter becomes motionless in all parts of the body
b. 1 second after the lifter ebcomes motionless in all parts of the body
c. as soon as the lifter becomes motionless in all parts of the body

Q6 Select an appropriate answer

- a. An athlete cannot change the width of the grip
b. An athlete can change the width of the grip
c. An athlete can change the width of the grip during the execution of the lifts

Q7 The technique known as "hooking"

- ☐ a is not permitted
- ☐ b is permitted
- ☐ c is permitted only in the clean & jerk

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Q8 If a lifter replaces the barbell on the platform after having lifted it off the platform can he/she try again?

- ☐ a If a lifter lifts the barbell 5cm off the platform and replaces it on the platform and there are 30 seconds left, he or she cannot try the lift again
- ☐ b If a lifter lifts the barbell off the platform and replaces it on the platform, he or she can try the lift again unless the barbell has reached the height of the knees
- ☐ c If a lifter lifts the barbell approximately 10cm from the platform and replaces it on the platform and there are 30 seconds left, he or she cannot try the lift again.

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Q9 After the Referees' signal to lower the barbell, the competitor may release the grip on the bar when

- ☐ a the bar has passed the level of the knees
- ☐ b the bar has passed the level of the shoulders
- ☐ c the bar has passed the level of the shins

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Q10 If a competitor cannot fully stretch an elbow due to an anatomical deformation, he or she must:

- ☐ a report it to the three Referees and the Jury before the start of the competition
- ☐ b report it to the Technical Controller before the start of the competition
- ☐ c report it to the Jury before the start of the competition

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Q.11 A competitor who uses a lubricant on the thighs:

- ☐ a is disqualified
- ☐ b does not have the right to compete
- ☐ c is ordered to remove it

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Q.12 During the removal of a lubricant:

- ☐ a the Jury decides if the clock goes on or not
- ☐ b the clock goes on
- ☐ c the Technical Controller decides if the clock goes on or not

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Q.13 Pulling from the hang

- ☐ a is permitted in the clean
- ☐ b is permitted in the snatch
- ☐ c is an incorrect movement

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Q.14 Select the appropriate answer:

- ☐ a Touching the platform with one knee is a correct movement.
- ☐ b Touching the platform with the knees during the clean is a correct ?movement.
- ☐ c Touching the platform with any part of the body other than the feet is an incorrect movement.

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Q.15 Uneven or incomplete extension of the arms at the finish of a lift:

- ☐ a is a mistake
- ☐ b is not a mistake
- ☐ c is permitted

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Q.16 A pause during the extension of the arms:

- ☐ a is allowed
- ☐ b is a fault
- ☐ c is permitted during the execution of the jerk

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Q.17 Finishing with a press out:

- ☐ a is allowed if already reported to the three Referees and the Jury
- ☐ b is an incorrect movement
- ☐ c is allowed if already reported to the Referees

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Q.18 Bending or extending the arms during the recovery:

- ☐ a is allowed if already reported to the three Referees and the Jury
- ☐ b is an incorrect movement
- ☐ c is allowed if already reported to the Referees

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Q.19 Select the appropriate answer:

- ☐ a An attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform and touches the area outside the platform with any part of the body.
- ☐ b An attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform, the shoes hang over the edge of the platform without touching the outside area.
- ☐ c An attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform and touches the outside area with one shoe.

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Q.20 When a competitor, fixing the weight, fails to place his feet parallel to his trunk and does not correct his position:

- ☐ a the Referees push the red "Down" button
- ☐ b the Referees push the white "Down" button
- ☐ c the Referees don't push any button

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Q.21 Failing to replace the complete barbell on the platform after the down signal:

- ☐ a is an incorrect movement
- ☐ b is a correct movement
- ☐ c is a correct movement if the athlete drops the barbell in front of the platform

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Q.22 When finishing a lift:

- ☐ a it is permitted to the athlete to touch the head with the bar
- ☐ b it is not permitted to the athlete to touch the head with the bar
- ☐ c it is permitted to the athlete to touch the head with the bar if they report to the Referees at weigh-in

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Q.23 Placing the bar on the chest before turning the elbows:

- ☐ a is an incorrect movement
- ☐ b is a correct movement
- ☐ c it is a correct movement when the lifter places the bar on the chest before turning the arms

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Q.24 Select the appropriate answer:

- ☐ a Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement.
- ☐ b Touching the thighs or the knees with the elbows is incorrect but it is correct to touch with the upper arms.
- ☐ c Touching the thighs or the knees with the upper arm is incorrect but it is correct to touch with the elbows.

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Q.25 Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees:

- ☐ a is an incorrect movement
- ☐ b is a correct movement
- ☐ c is a correct movement if the athlete tries only once to lower the body or bend the knees

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Q.26 Select the appropriate answer:

- ☐ a Before starting the jerk, any deliberate oscillation of the bar to gain advantage is forbidden. The athlete and the bar must become motionless.
- ☐ b Before starting the clean, any deliberate oscillation of the bar to gain advantage is forbidden. The athlete and the bar must become motionless.
- ☐ c Before starting the snatch, any deliberate oscillation of the bar to gain advantage is forbidden. The athlete and the bar must become motionless.

Q.27 What is the minimum weight for a lifter to lift during an International event?

(Two points for a complete answer, 1 point for 1 mistake, 0 point for 2 mistakes or more)

Men Athlete _____ kg

Women Athlete _____ kg

Q.28 The diameter of the women's bar is:

- ☐ a 28 mm
- ☐ b 30 mm
- ☐ c 25 mm

Q.29 What is the colour of each disc?

(Two points for a complete answer, 1 point for 1 mistake, 0 point for 2 mistakes or more)

25 kg	_____	5 kg	_____	1 kg	_____
20 kg	_____	2.5 kg	_____	0.5 kg	_____
15 kg	_____	2 kg	_____		
10 kg	_____	1.5 kg	_____		

Q.30 The diameter of the largest disc is:

- ☐ a 460 mm
- ☐ b 450 mm
- ☐ c 400 mm

Q.31 Each side of the competition platform measures:

- ☐ a 4 metres
- ☐ b 10 metres
- ☐ c 6 metres

Q.32 After the visible and audible "Down" signal and before the decision lights operate:

- ☐ a the referees have 2 seconds to reverse their decision
- ☐ b the referees cannot reverse their decision
- ☐ c the referees have 3 seconds to reverse their decision

Q.33 Write down 3 opportunities for referees when they can reverse their decision from Good Lift to "No Lift":

(Two points for a complete answer, 1 point for 1 mistake, 0 point for 2 mistakes or more)

1 _____

2 _____

Q.34 If a Referee sees a mistake during the execution of a lift:

- ☐ a he or she must immediately press the red button / raise his / her hand
☐ b he or she must immediately press the white button
☐ c he or she must rise his or her hand and say "Down"

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Q.35 The scale certificate accompanying the scales must not be older than:

- ☐ a 3 years at the date of the competition
☐ b 2 years at the date of the competition
☐ c 3 months at the date of the competition

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Q.36 After the competition:

- ☐ a the Referees and Competition Secretary must sign the official Protocol Form.
☐ b the President of the Jury and Competition Secretary must sign the official Protocol Form.
☐ c the Technical Controller and Competition Secretary must sign the official Protocol Form.

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Q.37 The maximum width of a lifter's belt is:

- ☐ a 100 mm
☐ b 120 mm
☐ c 110 mm

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Q.38 The maximum width of skin that can be covered on the wrists and knees with a bandage are:

Wrists _____ mm

Knees _____ mm

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Q.39 At the wrists knees, the maximum length of a bandage is:

- ☐ a 1 meter
☐ b 2 meters
☐ c no limit

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Q.40 Select the appropriate answer:

- ☐ a There can be a connection between a wrist bandage and an elbow bandage.
☐ b There can be a connection between a wrist bandage and the finger ?bandage.
☐ c There cannot be any connection between a wrist bandage and the finger bandage.

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Q.41 In championships, a Technical Conference is held: -

- ☐ a 1 day before the 1st competition
☐ b 2 days before the 1st competition
☐ c after the press conference

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Q.42 The weigh-in of each bodyweight category begins:

- ☐ a 2 hours and 15 minutes before the start of the competition
☐ b 1 hour and 45 minutes before the start of the competition
☐ c 2 hours before the start of the competition

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Q.43 The weigh-in lasts:

- ☐ a 1 hour
☐ b 2 hours
☐ c 2 hours and 15 minutes

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Q.44 Select the appropriate answer:

- ☐ a At least two of the appointed Referees verify the bodyweight that the Competition Secretary records.
- ☐ b The centre referee operates the scale and the two referees verify with him or her the bodyweight that the Competition Secretary records.
- ☐ c All three Referees operate the scale and verify the bodyweight that the Competition Secretary records.

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Q.45 The bodyweight list is published:

- ☐ a after the competition
- ☐ b after all competitors have been weighed
- ☐ c 2 hours after the start of the weigh-in

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Q.46 The competitors are called to the weigh-in room:

- ☐ a according to their best result
- ☐ b according to the progression of their lot number
- ☐ c according to the time of their arrival at the competition venue

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Q.47 During the time allocated for the weigh-in:

- ☐ a only the competitors which are under or over the limits of the category may return two times to make the weight.
- ☐ b only the competitors which are under or over the limits of the category may return as many times as required to make the weight
- ☐ c only the competitors which are under or over the limits of the category may return three times to make the weight.

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Q.48 A lifter who is too heavy at the weigh-in:

- ☐ a may compete in the next higher category
- ☐ b is not allowed to be weighed again
- ☐ c cannot compete in the next higher category

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Q.49 When a competitor wishes to increase the weight which he or she originally selected, the competitor or his or her coach must:

- ☐ a notify the officials (Marshals) within the first 30 seconds of the allocated time. This is the same in both cases: the 1-minute and the 2-minute allocated times.
- ☐ b notify the officials (Marshals) 1 minute before the final call. This is the same in both cases: the 1-minute and the 2-minute allocated times.
- ☐ c notify the officials (Marshals) 15 seconds before the final call. This is the same in both cases: the 1-minute and the 2-minute allocated times.

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Q.50 The minimum increase between the first and second attempt is:

- ☐ a 1 kg
- ☐ b 2.5 kg
- ☐ c 2 kg

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Q.51 Select the appropriate answer:

- ☐ a One minute and a half (90 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt.
- ☐ b One minute (60 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt.
- ☐ c Two minute (120 seconds) is allowed to each competitor between the calling of his or her name and the beginning of the attempt.

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Q.52 When a competitor attempts two lifts in succession, he or she is:

- ☐ a allowed 3 minutes for the succeeding attempt
- ☐ b allowed 2 minutes for the succeeding attempt
- ☐ c allowed 4 minutes for the succeeding attempt

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Q.53 When a lifter is called but fails to appear on the platform within his or her allocated time:

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- ☐ a the Referees must tell the Jury
- ☐ b the Timekeeper must stop the clock
- ☐ c the Referees must give "No Lift"

Q.54 Before the first attempt or between two attempts:

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- ☐ a only 1 change of weight is allowed, excluding the automatic increment
- ☐ b only 2 changes of weight are allowed, excluding the automatic increment
- ☐ c only 3 changes of weight are allowed, excluding the automatic increment

Q.55 Select the appropriate answer:

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- ☐ a Competitors or their coach cannot change their decision about the decline of an attempt or withdrawal from the competition once it has been officially announced and the clock has started.
- ☐ b Competitors or their coach can change their decision about the decline of an attempt or withdrawal from the competition once it has been officially announced and the clock has started.
- ☐ c Competitors or their coach can change their decision about the decline of an attempt or withdrawal from the competition after 30 seconds.

Q.56 There are four (4) factors to take in consideration in the order of calling of the competitors:

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- ☐ a
 - the weight of the barbell
 - the number of the attempt
 - the lot number of the competitor
 - the progression (the difference in kg between the previous attempt and the requested attempt)
- ☐ b
 - the number of the attempt
 - the weight of the barbell
 - the age of the competitor
 - the progression (the difference in kg between the previous attempt and the requested attempt)
- ☐ c
 - the weight of the barbell
 - the number of the attempt
 - the bodyweight category
 - the progression (the difference in kg between the previous attempt and the requested attempt)

Q.57 After the snatch competition:

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- ☐ a there is a 15 minutes break to allow the athletes to warm up for the clean and jerk unless otherwise stated by President of the Jury.
- ☐ b there is a 10 minutes break to allow the athletes to warm up for the clean and jerk unless otherwise stated by President of the Jury.
- ☐ c there is a 5 minutes break to allow the athletes to warm up for the clean and jerk unless otherwise stated by President of the Jury.

Q.58 Select the appropriate answer:

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- ☐ a Zero in the snatch in the Olympic Games does not eliminate a competitor from the competition. He or she is allowed to continue in the jerk.
- ☐ b Zero in the snatch in the Olympic Games eliminates a competitor from the ?competition. He or she is not allowed to continue in the jerk.
- ☐ c Zero in the snatch in the World Championships eliminates a competitor from the competition.

Q.59 Whose duty is to ensure that the technical rules are being followed?

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Q.60 Who is responsible to check the correct outfit of the athletes?

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Q.61 Who checks the competition platform, the barbell, the scales, the electronic referee system, the timing clock, the warm-up area and the other facilities?

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Q.62 In hot weather:

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- ☐ a the President of the Jury decides if the Referees can remove their jacket
- ☐ b the Technical Controller decides if the Referees can remove their jacket
- ☐ c it is not allowed to work without a jacket

Q.63 During the course of the competition and after a first warning, the Jury:

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- ☐ a cannot replace any Referee whose decisions prove him or her to be incompetent
- ☐ b the President of the Jury may replace any Referee whose decisions prove him or her to be incompetent
- ☐ c the Jury, by unanimous vote, can replace any Referee whose decisions prove him or her to be incompetent

Q.64 Select the appropriate answer:

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- ☐ a The Jury cannot change a decision of Referees
- ☐ b The Jury, in unanimity and after discussion, can change a decision when the Referees' decision has been judged on majority by the Jury to be technically incorrect.
- ☐ c The Jury, in unanimity, can change a decision when the Referees' decision ? has been unanimously agreed by the Jury, to be technically incorrect.

Q.65 The centre referee is seated:

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- ☐ a 6 metres from the front of the platform -
- ☐ b 5 metres from the front of the platform
- ☐ c 4 metres from the front of the platform

Q.66 Who can move the Barbell on the platform?

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- ☐ a During the competition, only the coach or loaders can move the barbell to a new position on the platform.
- ☐ b During the competition, only the centre referee can move the barbell to a new position on the platform.
- ☐ c During the competition, only the lifter and loaders can move the barbell to a new position on the platform.

Q.67 When the electronic referee system is not being used, should one of the side referees see a serious fault during the execution of a lift, e.g. during the clean for a jerk:

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- ☐ a the referee must raise an arm to call attention to the fault
- ☐ b the President of the Jury stops the lift
- ☐ c the Referee can stop the lift

Q.68 Select the appropriate answer:

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- ☐ a 2 Referees from the same country can be selected to adjudicate in the same category/group.
- ☐ b 3 Referees from the same country can be selected to adjudicate in the same category/group.
- ☐ c Only 1 Referee per country can be selected to adjudicate in one category/group.

Category -2 National Referee examination sheet

Q 69 Write the order of Call, Places & Points

25

S.No.	Name	B.Wt.	Snatch			Place	Points	Clean & Jerk			Place	Points	Total	Place	Points
			1	2	3			1	2	3					
1	A	55.900	100	100	104			125	128	130					
2	B	55.600	100	103	104			123	130	132					
3	C	56.000	100	102	104			123	128	130					