

Australian (ARWLWA) Referees Examination

Place an 'X' in the correct 'Answer Box' for each Question

[Closed book exam]

Candidates name:

Date:

(Advice to candidates: Study the questions and be sure to select the right answer)

1. Which Lifts may Knee Wraps be used for ?

A	Knee Wraps may be used for the Squat and the Front Squat
B	Knee Wraps may be used for any lift with permission of the centre ref.
C	Knee Wraps are allowed for any lift involving a squat movement
D	Knee Wraps may not be used for any lift

2. Is it permissible for a lifter to wear a Belt ?

A	Belts conforming to the regulations may be worn for Olympic lifts only
B	A belt may be worn for Power lifts only
C	A belt conforming to the specified dimensions may be worn for any lift
D	Belts may only be worn by Junior and Master lifters

2. Is it permissible for a lifter to wear Wrist Wraps ?

A	Wrist Wraps may only be worn by lifters with weak wrists
B	Correct dimension wrist wraps may only be worn for the one hand swing
C	Wrist Wraps may be worn with the permission of the Tech. Officer
D	Wrist Wraps of the correct dimensions may be worn for any lift

4. Can a lifter use any substance on the hands ?

A	Only chalk may be worn on the lifters hands
B	Only chalk and superglue may be used on a lifters hands
C	Only resin may be worn on the lifters hands
D	Only chalk and resin may be used on the lifters hands

5. Can chalk or resin be used anywhere other than the hands ?

A	Chalk or resin can also be used on the legs
B	Chalk or resin can not be used anywhere else on the body
C	Resin can also be used on the shoulders
D	Chalk and resin may be used on any part of the body



6. What is the minimum number of Officials that are needed to set or break a World Record ?

- | |
|--|
| A Only One referee is needed to pass a World Record |
| B Of course, three referees are needed to validate record attempts |
| C Two referees are needed for World Records, only one must pass the lift |
| D World Records can be established before 2 referees if both pass the lift |

7. What is the minimum increase that a lifter must take to break an existing World Record ?

- | |
|--|
| A A record must be broken by a minimum of 1 kilogram or 2.2 pounds |
| B A record must be broken by a minimum of 0.5 Kilogram or 1 pound |
| C A record can be broken by any unspecified amount |
| D A record can be broken by a minimum of 0.75 kilogram or 3 pounds |

8. In a two person lift which weight class would any record be recorded in?

- | |
|--|
| A A record would be recorded in the lightest weight class of the 2 lifters |
| B A record would be recorded in the heaviest weight class of the 2 lifters |
| C A record would be recorded in the weight class of the youngest lifter |
| D A record can not be broken in a two person lift |

9. Can a record be set / broken on any attempt other than a fourth ?

- | |
|--|
| A Yes, a record can only be set / broken on a 3 rd or 4 th attempt |
| B No, a lifter must apply in writing to be allowed a 4 th record attempt |
| C No, a record can only be set / broken on a 4 th attempt |
| D Yes, a record can also be set / broken on any of the first three attempts |

10. What are the dimensions allowed for wrist wraps ?

- | |
|---|
| A Wrist wraps shall not exceed one meter in length and 8 cms in width |
| B Wrist wraps shall not exceed two meters in length and 8 cms in width |
| C There are no restrictions on the size of wrist wraps, only knee wraps |
| D Wrist wraps shall not exceed one meter in length and 10 cms in width |

11. What are the dimensions allowed for knee wraps ?

- | |
|---|
| A Knee wraps must not exceed one meter in length and 8 cms in width |
| B Knee wraps must not exceed three meters in length and 10 cms in width |
| C Knee wraps must not exceed two meters in length and 8 cms in width |
| D There are no restrictions on the size of knee wraps, only wrist wraps |



12. What is the required dress for lifter on the platform ?

A	A one piece lifting suit must be worn at all times, footwear optional
B	A lifter may wear anything that is not an aid to lifting
C	A one piece lifting suit, or long pants or shorts with a shirt
D	A one piece lifting suit or shirt and shorts, with suitable footwear

13. Is a lifter allowed to tape the hands ?

A	Only to cover an open wound, and only after inspection of the officials
B	Only to cover an open wound
C	Taping may not be worn on the lifters hands at any time
D	Only at national or international competitions, after inspection of officials

14. Is a lifter allowed to wear any taping or bandaging on any other part of the body ?

A	Taping or bandaging is only allowed on the hands
B	Only to cover an open wound on the lifters legs, with permission
C	Only to cover an open wound, and only after inspection of the officials
D	Taping or bandaging is allowed, and left to the lifters discretion

15. What is the specified weight of a barbell for competitions ?

A	A barbell will weigh 25 kilos (55 pounds)
B	A barbell will weigh 22.5 kilos (49 pounds)
C	A barbell will weigh 20 kilos (44 pounds)
D	A barbell can weigh any amount

16. Can a barbell lighter than 20 kilos be used in competitions ?

A	A barbell must always weigh 20 kilos for official competitions
B	A barbell can weigh heavier than 20 kilos at masters competitions only
C	A barbell of a lighter weight may be used for attempts less than 20 kilos
D	A lighter barbell may only be used by female lifters

17. What is the specified diameter of a lifting barbell ?

A	The diameter of the barbell should be 28 millimetres (1.1 inches)
B	The diameter of the barbell should be 30 millimetres (1.2 inches)
C	The diameter of the barbell should be 26 millimetres (1 inch)
D	The diameter of the barbell is not specified, any size is permissible



18. Which official should give words of command to the lifter ?

A	The official announcer
B	The centre referee
C	The most senior official
D	Commands can be given by any of the officials

19. Where should officials position themselves when acting as a referee ?

A	They should station themselves as necessary to make judgements
B	They should station themselves in front of the lifter
C	They should always be in the same room as the lifting platform
D	They should be no more than two metres from the lifting platform

20. What is permissible dress for a male lifter to weigh in ?

A	A male lifter can weigh in wearing briefs or naked
B	A male lifter must always weigh naked
C	A male lifter must weigh in wearing a lifting suit
D	A male lifter must weigh in wearing briefs

21. What is permissible dress for a female lifter to weigh in ?

A	Underwear or naked (if female Official), or lifting suit (minus .5 kilo)
B	Weigh in wearing underwear only
C	Weigh in naked with female official only
D	Weigh in wearing lifting suit (minus .5 kilo) only

22. If a bar was loaded incorrectly, but the lifter made a good lift, what are the lifters options ?

A	The lifter can choose to keep the lift as an attempt, or retake the attempt
B	The lift must be retaken as the successful lift does not count
C	The lifter must keep the successful lift
D	The lifter is allowed 5 kilos to be added to the total for the competition

23. If a bar was loaded incorrectly, and the lifter fails the attempt, what is the procedure ?

A	The lifter receives a replacement lift if the officials agree
B	The lifter will not be allowed to retake the lift unless it is a record attempt
C	The lifter receives an automatic replacement lift
D	The lifter can only retake the lift if it is a final attempt



24. Two lifters are about to make an attempt at the same weight, one is a second attempt and one a third attempt, who goes first ?

A	The lifter on second attempt goes first
B	The lifter on third attempt goes first
C	The lightest lifter goes first
D	The youngest lifter goes first

25. When does an attempt begin ?

A	When a lifter steps on to the platform
B	When a lifter makes an obvious attempt to lift the weight
C	When a lifter makes contact with the bar
D	When announced by the M.C.

26. During the two hands press, the lifter completes the movement before receiving the referees 'press' signal, would you ..

A	Fail the attempt and let the lifter take it again
B	Continue as if the lift was completed properly, and pass the attempt if good
C	Continue as if the lift was completed properly, and advise the lifter afterwards
D	Fail the attempt

27. Can a lifter finish with a press out in a the two hands snatch ?

A	Yes, a press out is acceptable for the snatch
B	No, a press out is a cause for failure
C	No, unless permission has been granted by the centre referee
D	Yes, but only if it is a final attempt

28. Is uneven extension allowed at any point during a bench press ?

A	The bar may be pressed out uneven and remain uneven at finish
B	No uneven extension is allowed at all
C	The bar may be pressed out uneven but must finish level
D	Uneven extension is allowed for Junior and Master lifters

29. Can the bar rest on the legs at any point during a two hands deadlift ?

A	No, the bar may not rest on the legs at any point
B	The bar may rest on the legs so long as it is pulled to a finished position
C	No, the bar may not rest on the legs unless the referees signal is late
D	There is no reason why the bar shouldn't rest on the legs



30. During the pullover and push, the lifter pushes the bar upwards, but it comes back down again towards the lifters chest before being finally pushed out to the completed finish position, is this allowed ?

A	No the bar should be pushed to arms length in one continuous movement
B	Yes, the bar can rise and lower at any point after the push
C	No the bar should be pushed to arms length in several movements
D	Yes, so long as the discs do not touch the lifting surface

31. When executing a one hand deadlift is the use of a hook grip permitted ?

A	The use of the hook grip is only allowed if the lifter has an injured hand
B	The use of the hook grip is allowed for this lift
C	The use of the hook grip is not allowed for this lift
D	The use of the hook grip is allowed for all one hand lifts

32. Is it correct to fail a front squat because the lifters elbow made contact with a leg ?

A	Yes, arms may touch the legs but not the elbows
B	No, arms and elbows may touch the legs at any point
C	Yes, the arms and elbows must not touch the legs
D	No, the lifter should be given the attempt over again

33. During the recovery phase of the two hand zercher, a lifters feet move, is it correct to fail the attempt ?

A	Yes, the feet must not move from the elected position
B	No, the feet can move during a zercher lift
C	Yes, so long as both feet move, one foot moving is not cause for failure
D	Yes, the feet can move forwards not sideways

34. During the cheat curl a lifter lowers the bar below knee height, would you .. ?

A	Stop the lift immediately as the bar must not drop below the knee
B	Continue to officiate the lift so long as it is only just below the knee
C	Fail the lift as no lowering of the bar at any point is allowed
D	Continue to officiate the lift as the bar is allowed to drop below the knee

35. Is the continental clean and jerk performed in front or behind the neck ?

A	The jerk is performed from in front of the neck
B	The jerk can be performed from in front or behind the neck
C	The bar is jerked from the belt
D	The jerk is performed from behind the neck

36. A lifter performs the pullover and push, during the push movement either one or both discs touch the floor, would you .. ?

A	Allow the lift
B	Fail the lift
C	Allow the lifter to retake the attempt
D	Disqualify the lifter from the competition

37. What kind of bar is used for a Fulton deadlift ?

A	A 20 kilo bar
B	A 2 inch diameter bar
C	A regular weightlifting bar
D	A 3 inch diameter bar

38. What is back hang ?

A	Back hang is the distance lifter is allowed to lean backwards
B	Back hang is when one dumbbell weighs more than the other in a two hand lift
C	Back hang is when a dumbbell is evenly loaded for the one hand swing
D	Back hang is when a dumbbell is unevenly loaded for the one hand swing

39. During the continental snatch a lifter's knee touches the lifting surface, would you ..?

A	Fail the attempt even if successful
B	Pass the lift if successful
C	Fail the attempt, but let the lifter retake the lift if successful
D	Pass the lift if successful but advise the lifter as to future conduct

40. In a competition where three referees are used, how many referees must agree the lift is good, to constitute a 'good lift' ?

A	Three
B	Two
C	One
D	Four

41. Is it permissible for a lifter to lift in stocking feet ?

A	No, footwear that is an aide to lifting must be worn
B	Yes, it is permissible for all lifts
C	No, suitable footwear must be worn, that is not an unfair aide to lifting
D	Yes, but it is permissible for the deadlift only

42. What is the diameter of the largest discs that may be used on a barbell ?

A	350 Millimetres (12 inches)
B	450 millimetres (18 inches)
C	381 millimetres (15 inches)
D	324 millimetres (10 inches)

43. A lifter weighing 80.1 kilos is in which weight class ?

A	80
B	85
C	90
D	82.5

44. A lifter aged 54 is in which age group ?

A	40 to 44
B	55 to 59
C	50 to 54
D	50 to 59

45. Are the hands positions optional in the Fulton deadlift ?

A	The knuckles of both hands must face in opposite direction
B	The knuckles of both hands must face the front
C	The knuckles of both hands must face the rear
D	There are no specified positions for the hands

46. During a clean and push press the lifter bends the knees, would you ..?

A	Continue to officiate, and warn the lifter afterwards about bending the knees
B	Fail the attempt because the lifter bent the knees
C	Continue to officiate the lift because the knees can bend in any of press lifts
D	Continue to officiate the lift, it is permissible to bend the knees

Do not write in the boxes below - this area is for official use only !

Candidates Score : _____ (80% Pass mark)	PASS
	FAIL

Signed: _____ ARWLWA Official
Print Name _____
_____ Date _____

Workshop Prac Test completed _____ Date _____

Probationary Period from _____

Certificated as Official Referee (Date) _____