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| Judge (Weightlifting) |
| *Role Descriptor* Weightlifting Judges determine whether weightlifters perform legal lifts, and, if points are awarded for technical execution, they score that as well. Furthermore, they direct the lifter on when the lift can be started. Once the legality of the lift has been determined and points have been awarded the Judge will report the score to the Scorekeeper. |
| *Good Weightlifting Judges . . .*   * Are present and prepared to the start of the lifting competition. * Position themselves in a location that allows them to properly observe the execution of the lift. * Know the rules pertaining to the particular lifts that are part of that day’s competition. * Ensure that the lifting area is free from obstacles (i.e., equipment, other students), before giving the “go” signal for the lifter to make the lift attempt. * Make sure that each “rep” in the set of lifts is “legal.” * Judge the quality of the lift attempt in terms of technical execution. * Report any rule violation immediately following the lift attempt to the Referee. * Report the score to the Scorekeeper at the conclusion of each lift set. |
| *Your teacher Will Look For You To . . .*   * Know the technical aspects of the lifts included in the competition. * Observe each lift with care and focus. * Avoid getting distracted. |

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***& van der Mars, 2020, Champaign, IL: Human Kinetics.***