



## Importance of Weight Categories and History of Changes in Weightlifting

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**Annotation:** this article is devoted to the history of the development in the world of such a sport as weightlifting. The article considers the main essence of this sport, as well as the stages of its formation, starting from the 19th century.

**Keywords:** weightlifting, Olympic sport, history of formation.

Weightlifting is a sport in which athletes compete in lifting weights in different weight classes. The competitive program includes only two exercises, such as snatch and clean and jerk.

The origin of this sport began in the 19th century thanks to professional strongmen who performed in circuses and lifted heavy weights in public. Viewers from different countries, for example, France, England, USA, Germany, Denmark and others, this aroused great interest in athletics.

In the countries of Central Europe, weightlifting was formed during the 19th century. At that time, there were no strict rules for holding competitions and dividing into weight categories. Athletes lifted a barbell with hollow weights in which shot was poured.

Weightlifting appeared in ancient times. Residents of modern Greece are sure that their country is the birthplace of weightlifting. But at least it is certain that the Greeks are the originators of athletics. In the square in Ancient Athens lay an iron core, and everyone could try to lift it to show people their strength.

In the origin of this sport, considerable merit belongs to professional strongmen, who in the second half of the 19th century. performed on the circus and farce stages of Europe. Professional athletes also existed on the American continent. Many countries had their own hercules, which aroused a keen interest in athleticism among the people.

The first Olympic champions were the Englishman L. Elliot, who lifted 71 kg with one hand, and the Dane V. Jensen, who lifted the heaviest barbell with both hands - 111.5 kg.

Participants in the ancient Olympic Games lifted such weights as a stone block found in Olympia measuring 68 x 39 x 33 cm and weighing 143 kg. The Greeks were the first to pick up stone and metal cores connected by handles - halteres, an analogue of modern dumbbells.

It should be noted that during the time of the world hegemony of the Roman Empire, the emperors of this power continued the glorious traditions of Hellas, as they needed strong wars. With the fall of Rome, interest in athletics waned and only resumed a few centuries later during the renaissance.

In 1896, the first European Weightlifting Championship was held in Rotterdam. It was won by the 120 kg Bavarian brewer Hans Beck. Also in 1896, this sport made its first debut at the Olympic Games in Athens. Weightlifting was still a form of athletics back then. Six contenders from five countries competed for medals.

Two exercises were performed - lifting the barbell with one and two hands.



In 1898, the first world weightlifting championship was held in Vienna. Its participants performed 14 exercises. Austrian Wilhelm Türk became the champion of this championship. The third place in the overall standings was taken by the athlete Georg Gakkenshmidt.

In 1912, the World Weightlifting Union was created, under the auspices of which the main competitions began to take place.

World records were registered in 11 exercises. Due to the First World War, the World Weightlifting Union broke up and in 1920 it was replaced by the World Weightlifting Organization. And in 1946, the International Weightlifting Federation was formed, under the auspices of which the world championships are held annually.

Since 1924, the winners of international tournaments and competitions have been determined according to the pentathlon system, consisting of a snatch and a push with different hands, a snatch press and a push with two hands. At the Games of the IX Olympiad, exercises performed with one hand were canceled. Since 1930, mandatory weighing was introduced for athletes before entering the platform and re-weighing - after setting a record (both of these weighings were canceled in 1977)

Over time, weightlifting equipment changed. The old shells were replaced by a collapsible rod with removable disks 45 - 55 cm in diameter, with a thin (30 mm in diameter) neck rotating on bushings 187 cm long. At the end of the 60s. 20th century noiseless rods with rubber-covered discs appeared.

In the prewar years, a large number of records were broken (50 all-Union, of which 24 were higher than world records).

At the end of the 40s, instead of pentathlon, triathlon was introduced, which consisted of a snatch, bench press and push with two hands. Athletes had three attempts in each exercise. In 1972, triathlon was replaced by biathlon. Because of this, the number of approaches to the projectile decreased and instead of nine it became equal to six. If the athlete did not lift or lift the initial weight in the snatch, he was out of the fight. The same punishment was in the second exercise. During the tournament, athletes were allowed to reorder weight in each attempt, i.e. conduct tactical and psychological struggle.

Such rivalries greatly adorn the history of weightlifting.

#### 1. The place and importance of weightlifting in the system of physical education

During training and competitions, scientific research is carried out, which further helps to develop such sciences as physiology, biomechanics, sports medicine, the theory of physical culture and sports, etc.

Starting from an early age, athletics exercises are widely used in preschool institutions, schools, secondary and higher educational institutions. Athletics exercises increase the activity of all body systems, contribute to hardening, and are one of the effective factors in the prevention of various diseases.

Many people are involved in athletics, which has penetrated into the most remote corners of the globe, becoming one of the most popular sports in the world. Almost all sports, one way or another, use exercises from athletics to prepare athletes.

Easily dosed exercises can be used both for the development of the physical qualities of high-class athletes, and for the development of the younger generation, for people with poor health, the elderly, during the rehabilitation period after injuries and simply to maintain the normal functioning of the human body. A large role is assigned to the types of athletics in the physical training of



conscripts and military personnel.

Accessibility, relative simplicity of exercises, minimum costs make it possible to practice various types of athletics almost everywhere, both in rural areas and in urban areas.

Sports training in weightlifting and competitive activities enable athletes to realize their potential abilities, express themselves as a person, form a character and an optimal mental sphere.

Weightlifting can be characterized as:

1. a sport where athletes show results on the verge of human capabilities;
2. a means of recovery and rehabilitation of the body;
3. means of education and development of the younger generation;
4. an academic discipline that contributes to the formation of a specialist in the field of physical culture and sports.

Quite a lot of theoretical works are devoted to the issues of training weightlifting movements.

Most of them are very superficial and worthless. There are, however, theorists and good work - but, alas, they are few. In addition, in recent years, the situation in weightlifting as a science has been complicated by the fact that the most authoritative theorists have an exorbitant and groundless belief in the success of purely statistical methods - and this belief has paralyzed, overshadowed all other approaches to research. Which, I repeat, even before the advent of the fashion for statistics were not very efficient.

As for not theorists, but directly the practicing trainers themselves, for the most part there is nothing to praise them for either. Coaches respect only old-fashioned methods, and everything else - even extremely promising in terms of improving performance (the same, for example, steroids) - begin to be taken seriously only 5-15 years after the first reports of a significant positive effect.

For the most part, sports specialists - both theorists and practitioners - today seem to completely lose sight of the fact that the correct approach to effective training of weightlifting movements is based on only three very simple, but fundamental things.

The first fundamental thing: training is nothing more than a rehearsal of the competition. That is to say, at competitions, only such a quality that has been specially developed in training can be fully manifested. For example, if leg strength is needed in a competition, then it is useless to expect to show it if you train only your arms. A similar fiasco in competitions will also be expected if you train not strength, but only leg endurance.

The second fundamental thing: if you need to train the performance of a complex, multi-link, complex movement, then you should completely break this movement into homogeneous elementary, simplest components and train, first, separately, each component, without exception, and then work out more and more lengthening ligaments of these components, eventually connecting them into a complete movement.

Moreover, it is always better to start training a complex bundle from the end: this is how you get used to it.

The third fundamental thing: the speed of a caravan of ships is equal to the speed of the slowest of these ships, the strength of the chain is equal to the strength of its weakest link, the limit of the weightlifter's strength in performing a complex, multi-link movement is equal to the limit of his strength in performing the most poorly trained component of the movement.

Unlike other strength sports, not only strength indicators are important in weightlifting, but also



flexibility, speed and coordination, due to the technical complexity of the two main weightlifting exercises - the snatch and the clean and jerk. Scientific research, tests conducted on the famous athlete of the last century - Yuri Vlasov - showed that his speed and other qualities are better than those of many athletes.

A characteristic feature of a weightlifting sport, as well as other power sports, is the division into weight categories. This makes it possible for weightlifters to achieve success in terms of body weight. Another positive feature of weightlifting is the ability of an athlete to prove himself both in a single classical exercise and in the combined event. Classes with weights contribute to the development of the strength of all human muscle troupes. However, in weightlifting, unlike other power sports, it is necessary to show high-speed explosive power. Therefore, an athlete in this sport needs to develop not just muscle strength, but such a power ability that would allow the athlete to show maximum strength in the shortest time. That is why this sport is also referred to as a speed-strength sport. Lifting the barbell in the snatch and clean and jerk requires the manifestation of a high technique for performing these exercises, without which even a very strong athlete will not be able to successfully cope with the maximum weight for himself.

Consequently, weightlifting can also be attributed to sports where it is necessary to show coordination abilities, agility, speed, and an inner sense of movement. But this will not be enough if the athlete does not have strong-willed qualities, determination and courage. Exercises with weights develop the ability to concentrate volitional efforts, concentration, self-confidence.

Weightlifting is a direct competition where each lifter has three attempts in the snatch and three attempts in the clean and jerk. The heaviest weight of the lifted bar in each exercise is summed up in the overall standings. Weightlifting competitions are judged by 3 referees and their decisions become official by majority rule.

#### 1. Weightlifting in the program of the Olympic Games

In 1952, Soviet athletes took part in the Olympic Games in Helsinki, which marked the beginning of the first Olympic victories. The first gold medal among weightlifters was won by I. Udodov, the title of Olympic champion was awarded to R. Chimishkyan and T. Lomakin. The weightlifting tournament at the Olympic Games in Rome (1960) ended with the complete triumph of Soviet athletes. 15 Olympic records were set, 7 of which exceeded world records. Yu. Vlasov exceeded the world achievement by 25 kg, A. Vorobyov won the title of Olympic champion for the second time.

E. Minaev, V. Bushuev, A. Kurnov received gold awards. In Munich, V. Alekseev won with a result of 640 kg, his record in triathlon entered the golden annals of world weightlifting forever. At the Olympic Games in Montreal (1976), V. Alekseev set a world record in the clean and jerk - 255 kg. Seven gold and one silver medal brought the USSR team 1st place. This is the biggest success of the Soviet weightlifting team in the history of performances at the Olympics.

On the Olympic platform in Moscow (1980), 21 Olympic records were set, 13 of them world records. A. Chemerkin continued the tradition of victories, inscribing his name on a par with the names of Vlasov, Rakhmanov, Kurlovich.

For the first time, the Turkish athlete Naim Suleymanoglu (Atlanta, 1996), performing in the 64 kg category, became a three-time Olympic champion in weightlifting. Two-time Olympic champions are Americans C. Vinci, T. Kono, D. Davis, Pole V. Bashanovsky, Frenchman L. Austin, Bulgarian N. Nurikyan, Japanese I. Miyake, Greek P. Dimas, Belarusian A. Kurlovich, athletes - A Vorobyov, L. Zhabotinsky, V. Alekseev.

In recent years, the struggle at international weightlifting competitions has become very acute. The reason for this is the fundamental rivalry between the athletes of the USSR and the USA. Their



fighters overshadow the performances of all other athletes, and every year these fights become more and more intense. In achieving victory, everything has now become important: every extra kilogram lifted by one or another weightlifter, and the tactical arrangement of the participants in the competition, and even the smallest, seemingly insignificant mistakes of the judges.

Athletes of the planet were intensively preparing for the XVI Olympic Games. Weightlifters have greatly increased their personal achievements, fighting not only for the victory, but also for world records. In teams - first of all, this applies to the USSR team - substitutions were made. Young athletes took the place of experienced veterans who were already reducing their results.

Additional attention to this sport is attracted by women's weightlifting, which was included in the program of the 2000 Olympic Games. Chinese athletes were in the lead. In competitions among men, athletes from Greece, Bulgaria, Iran, China and Turkey received the highest awards. Athletes A. Petrov and A. Chemerkin received bronze medals. At the Olympics in Athens (2004), D. Berestov won gold (in the category up to 105 kg), N. Zabolotnaya won silver, and V. Popova won bronze.

Weightlifting has been included in the program of the Olympic Games since 1896. Competitions were not held at three Olympics - in 1900, in 1908, in 1912. The competition program and weight categories of athletes were constantly changing.

The modern official program includes two exercises: snatch and clean and jerk. Until 1973, the bench press was included in the official program.

Since 1998, there are 8 weight categories for men: up to 56 kg, up to 62 kg, up to 69 kg, up to 77 kg, up to 85 kg, up to 94 kg, up to 105 kg and over 105 kg and 7 - for women: up to 48 kg, up to 53 kg, up to 58 kg, up to 63 kg, up to 69 kg, up to 75 kg and over 75 kg.

Athletes who have fulfilled the qualification standard at international competitions held under the auspices of the IWF are allowed to participate in the Olympic Games. Olympic medals are awarded for the first three places in the biathlon in each weight category.

In weightlifting, world records and Olympic records in individual exercises have been recorded since 1896, in the total of pentathlon since 1922, in the total of triathlon they have been recorded from 1948 to 1972, in the total of biathlon they have been recorded since 1976. A record in an exercise is considered set if it exceeds the previous one by at least 500 g, and in the total of the biathlon - 2.5 kg.

The European Weightlifting Championships have been held since 1896.

World championships have been held since 1898.

It is very likely that the push technique will change: athletes will take the projectile on the chest in a wide, medium-height stretch or scissors. On the other hand, it is possible that, according to one of the new federations, it will be allowed to push the barbell from behind the head at the last pace after resting and intercepting the bar (and then, for this matter, athletes will most likely learn to take the barbell in gray hair behind the head).

In general, the technique will be improved in the direction of increasing the power of throws - that is, explosions and promises: there is still an endless limit of possibilities.

Children will undoubtedly begin to go in for weightlifting at the age of 4-5 - as today they begin to play tennis, swimming, gymnastics and some martial arts.

Workouts will also change significantly - firstly, they will become shorter and more intense in terms of maximizing loads, and secondly, more rational, more effective due to the exclusion of empty,



stupid exercises. That is, in training, no one else will do what “does not interfere” - only what “helps” will be applied to them. In addition, athletes and coaches will begin to pay much more attention to recovery.

All sorts of surgical operations will become commonplace - for example, to remove excess fat, to shorten the bones of the hands, to lengthen the bones of the legs, etc.

In the program of the Olympic Games since 1896 (except 1900, 1908, 1912). The competition program and weight categories of athletes were constantly changing. Prior to the creation of the International Weightlifting Federation (FIH), athletes competed in the press and clean and jerk with two hands, sometimes in the snatch and clean and jerk with one hand:

since 1920 - in triathlon (snatch and push with one hand, push with two hands),

since 1924 - in the pentathlon (snatch and push with one hand, bench press, snatch and push with two hands),

from 1928 to 1972 - in triathlon (press, snatch and push with two hands),

since 1973 - biathlon.

However, all this, I repeat, will be relevant only until the successes of science eliminate the current, high labor intensity of weightlifting achievements, that is, until science makes them obtainable overnight by direct restructuring of the human body at the gene or tissue levels.

Conclusion. In conclusion, it should be noted that weightlifting as a sport will exist only as long as the naturalness of the human body exists, that is, until the achievements of cyborgization and genetic engineering end the equality of all people as creatures of nature.

First of all, new weightlifting federations will be created, much more loyal to steroids. The rules by which these federations will operate will also change - will change in the direction of canceling the push and releasing the push from the current restrictions with just two rise rates.

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