

## **Weightlifting Scotland – By-laws Document**

### **Background**

This By-law Document is issued by **Weightlifting Scotland (WLS)** pursuant to the **Memorandum of Understanding (MoU)** signed between Weightlifting Scotland and **British Weightlifting (BWL)**, acknowledging the mutual agreement that:

**"WLS will govern weightlifting in Scotland, aligning with BWL's Terms and Conditions of Competition Rules (TCCRs), while reserving the right to introduce by-laws specific to Scotland."** – *Section 2, MoU between BWL and WLS*

In accordance with this provision, the following by-law is hereby introduced to provide clarification and operational guidance within competitions sanctioned or governed by Weightlifting Scotland, while remaining aligned with the framework of the BWL TCCRs (November 2023 edition).

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### **By-law 2025/03 – Singlets at Weightlifting Scotland organised Tier 3 competitions.**

#### **Relevant Section of the BWL TCRR's (Nov 2023)**

4.1.5 T-shirt and shorts cannot be worn instead of the costume other than at Development age group competitions, and all Tier 3 competitions. At Development age group and Tier 3 competitions, lifters may compete in shorts and T-shirt in compliance with TCRR 4.1.3 and 4.1.4. T-shirts must be tucked into shorts

#### **WLS By-law Replacement (applicable in Scotland Only)**

At Tier 3 competitions for those over the age of 18 (being at least 19 in the year of competition)

1. A lifter is not required to wear a singlet for their first competition only. For a lifters first competition they may wear a tight fitting t-shirt and shorts or leggings at weigh in and on the platform.
2. At a lifters second competition, they are required to wear a singlet, both at weigh in and on the platform at all tier 3 competitions

**Effective date:** 1<sup>st</sup> January 2026

**Applicability:** This by-law applies to all competitions organised by Weightlifting Scotland

### **Authority and Maintenance**

This by-law is issued under the authority of the WLS Board, as empowered by the MoU with British Weightlifting. WLS reserves the right to review, amend, or revoke this by-law in line with evolving competition practices or changes to BWL's national rules.

All such by-laws will be maintained as a supplementary annex to the most current edition of the BWL TCCRs.

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### **Approval**

This by-law was reviewed and formally approved by the **Board of Weightlifting Scotland**.

#### **Approved by:**

The Board of Weightlifting Scotland

**Date of Approval:** 19 November 2025