THE CARTOON BOOK OF

WEIGHTLIFTING



SPORT ON EARTH

Sport on Earth Books · The Completing the programme Family

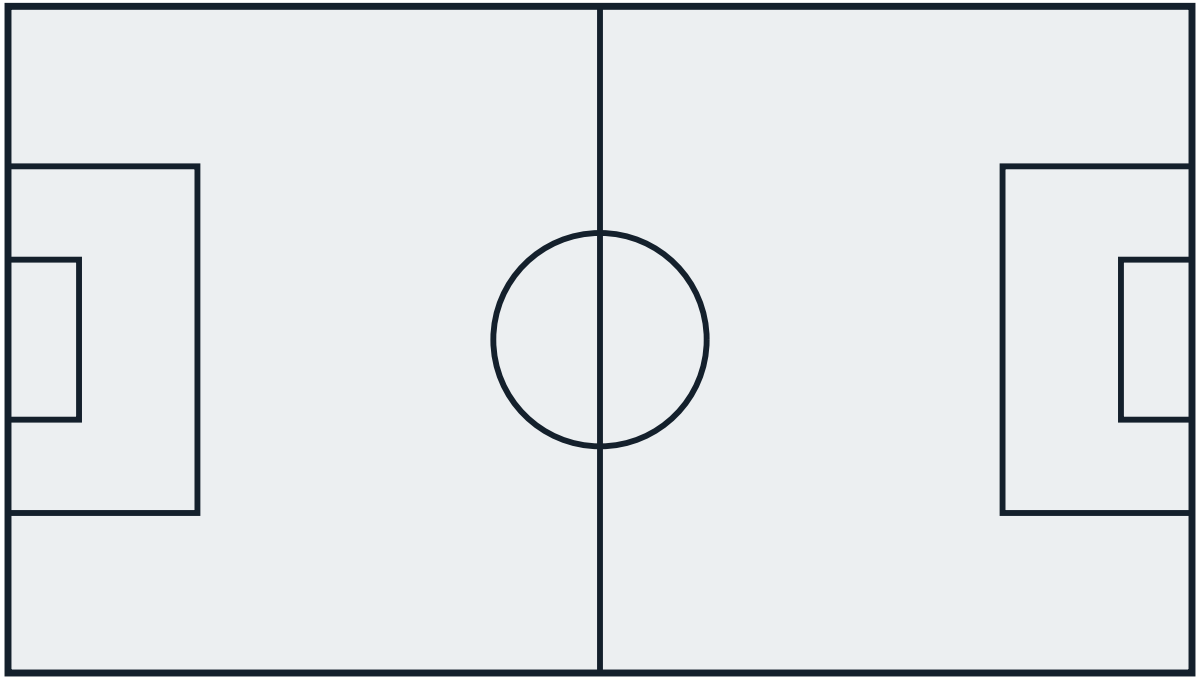
Original illustrations · No characters were copied in the making of this book

Meet Weightlifting!

The snatch and the clean and jerk for the heaviest total.

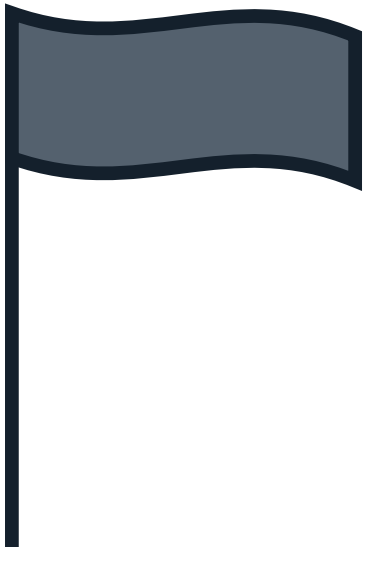


Where It Is Played



The Gear





Meet the Completing the programme Family

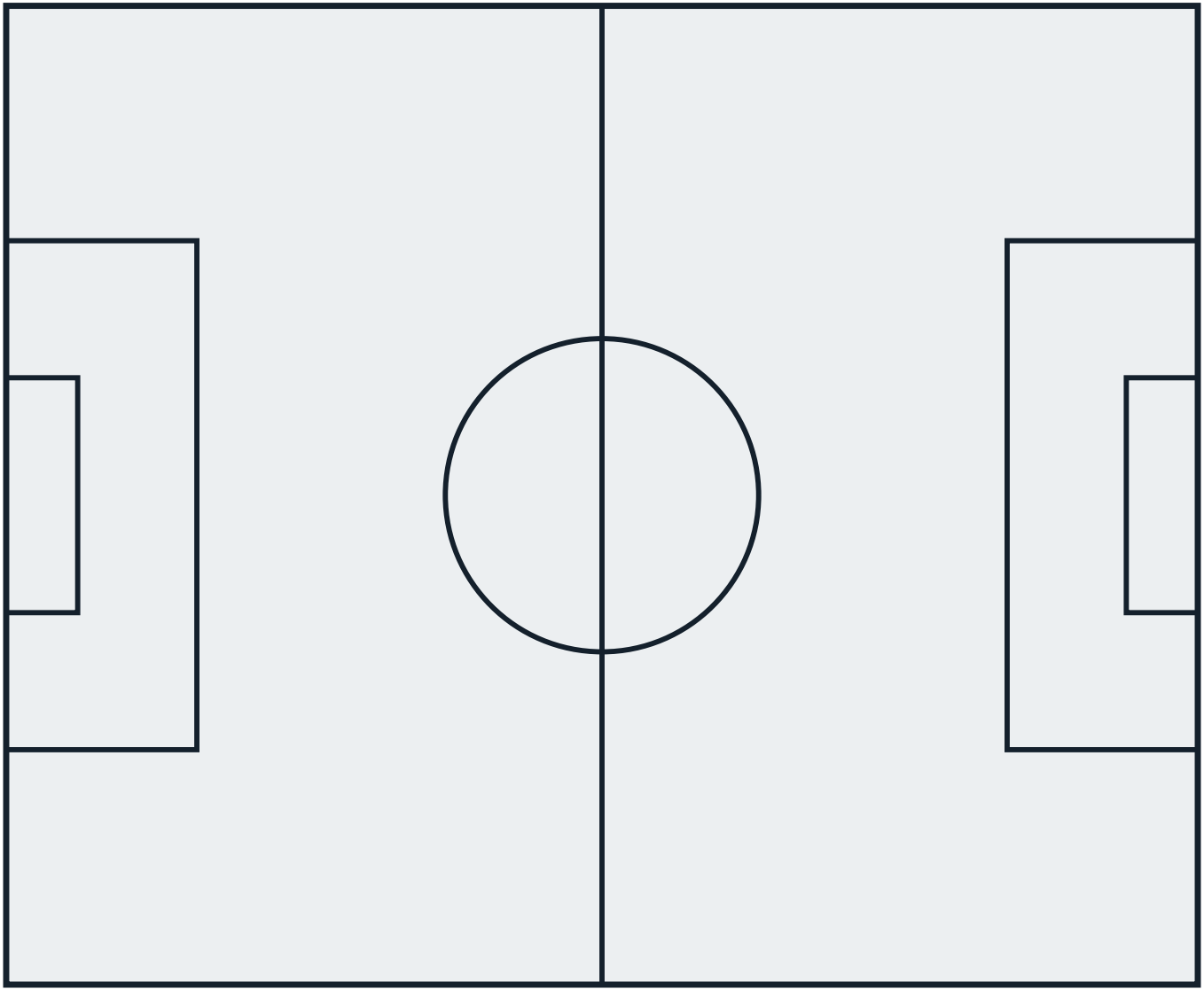
- Gymnastics — Artistic, rhythmic and trampoline disciplines judged under the Code of Points.
- Diving — Springboard and platform diving, scored on difficulty and execution.
- Artistic Swimming — Choreographed routines in deep water — the renamed synchronised swimming.
- Equestrian — Dressage, eventing and jumping — horse and rider as one team.
- Canoeing and Kayaking — Sprint racing on flat water and slalom on whitewater.
- Dragon Boat Racing — Twenty paddlers, a drummer and a steer — racing to one stroke.

How to Play

Weightlifting's modern rules are shaped by two forces: precision (a kilogram used to be a negotiation) and the sport's doping reckoning, which reset its very categories.



The Playing Area



Good to Know

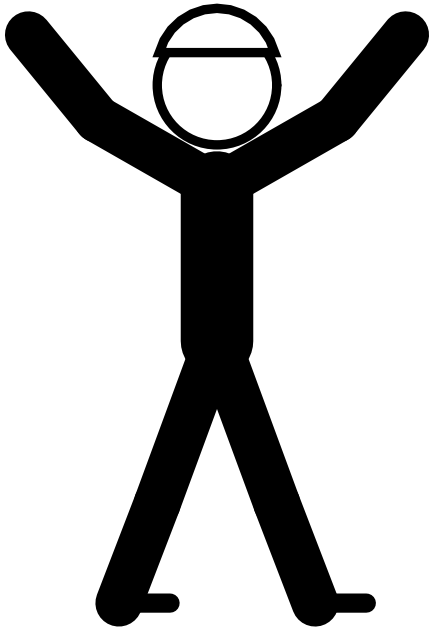
Moments That Shaped the Game

- 2005 — The 1 Kilogram Rule: From 2005, increments of 1 kg became standard (multiple athletes may attempt the same weight in sequence), and the tiebr.
- 2018 (new bodyweight categories) — The 2018 Category Reset: The IWF rewrote the categories wholesale (new boundaries for men and women, approved 2018 and used from that year's Worl.

Rules That Changed the Game

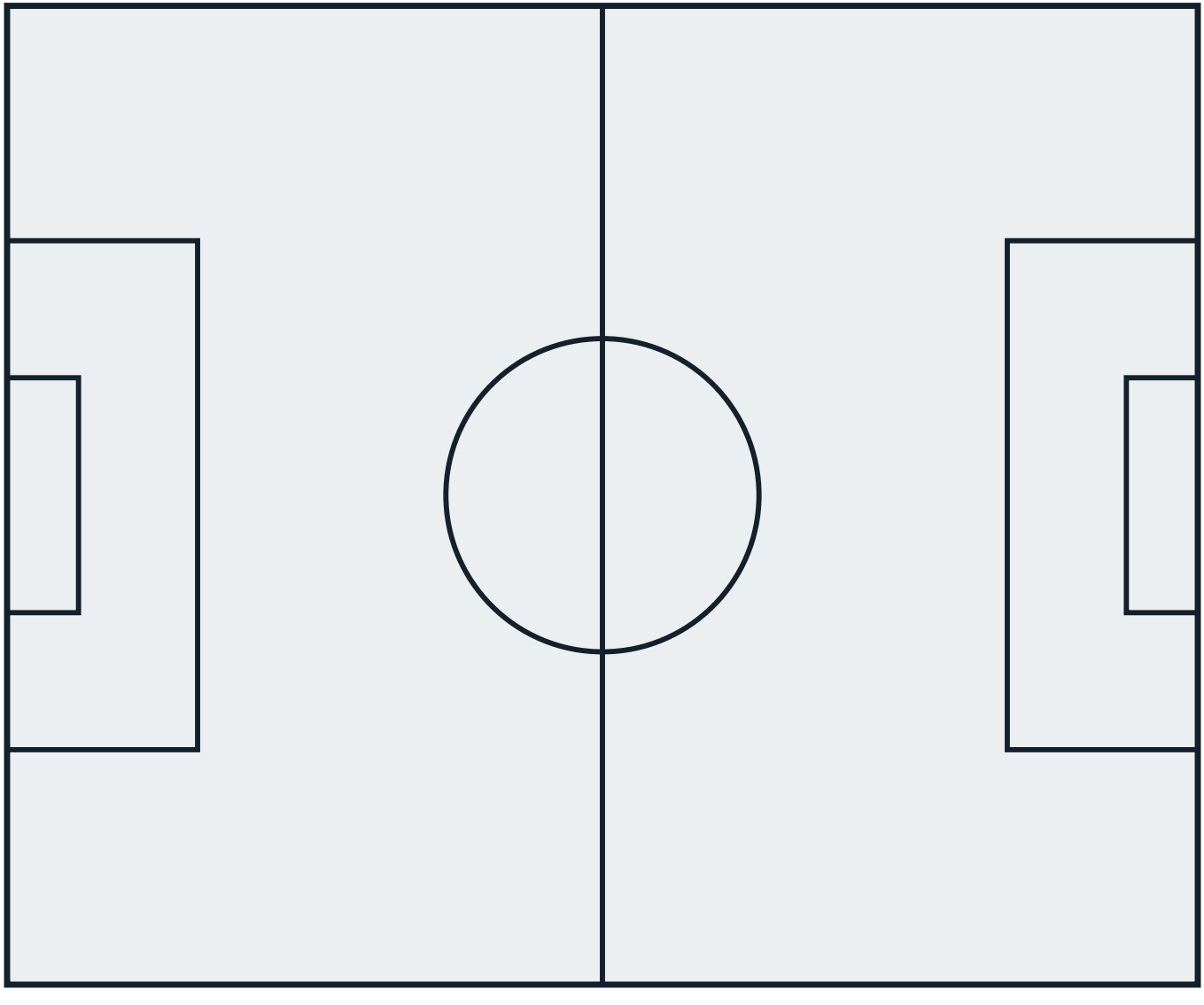
- 2005 — The 1 Kilogram Rule: Kilogram-by-kilogram record chases are now the sport's signature endgame; bodyweight tiebreaks are gone from the senior game, and .
- 2018 (new bodyweight categories) — The 2018 Category Reset: The 2018 classes (adjusted again for the Paris cycle) frame the modern sport; their records are the clean era's property, and the .

Colour the Action



Psst — this page is a colouring page!

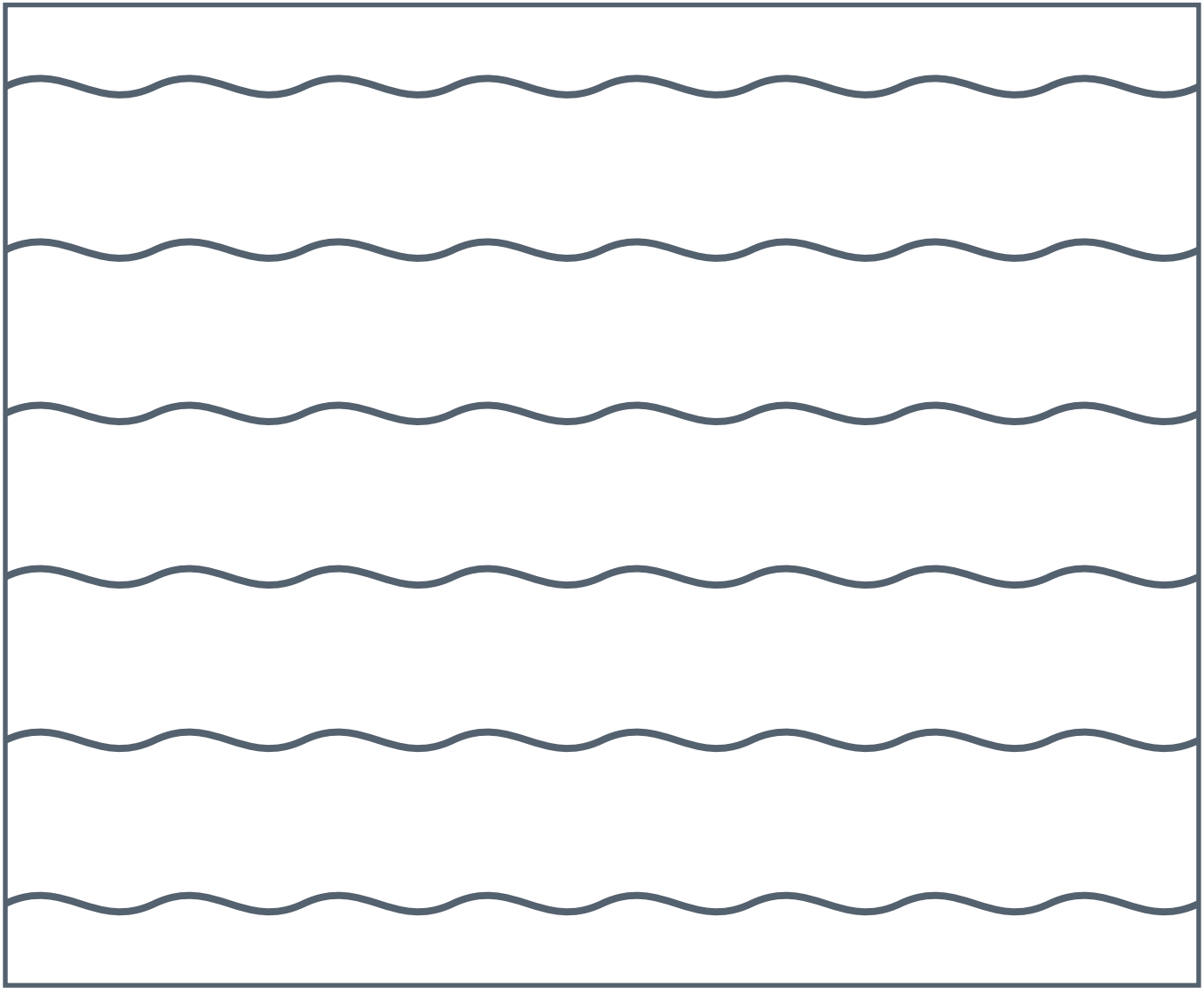
The Sport Today



At School and College



Play It Near You



Through the Year



The Completing the programme Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Gymnastics — Artistic, rhythmic and trampoline disciplines judged under the Code of Points.
- Diving — Springboard and platform diving, scored on difficulty and execution.
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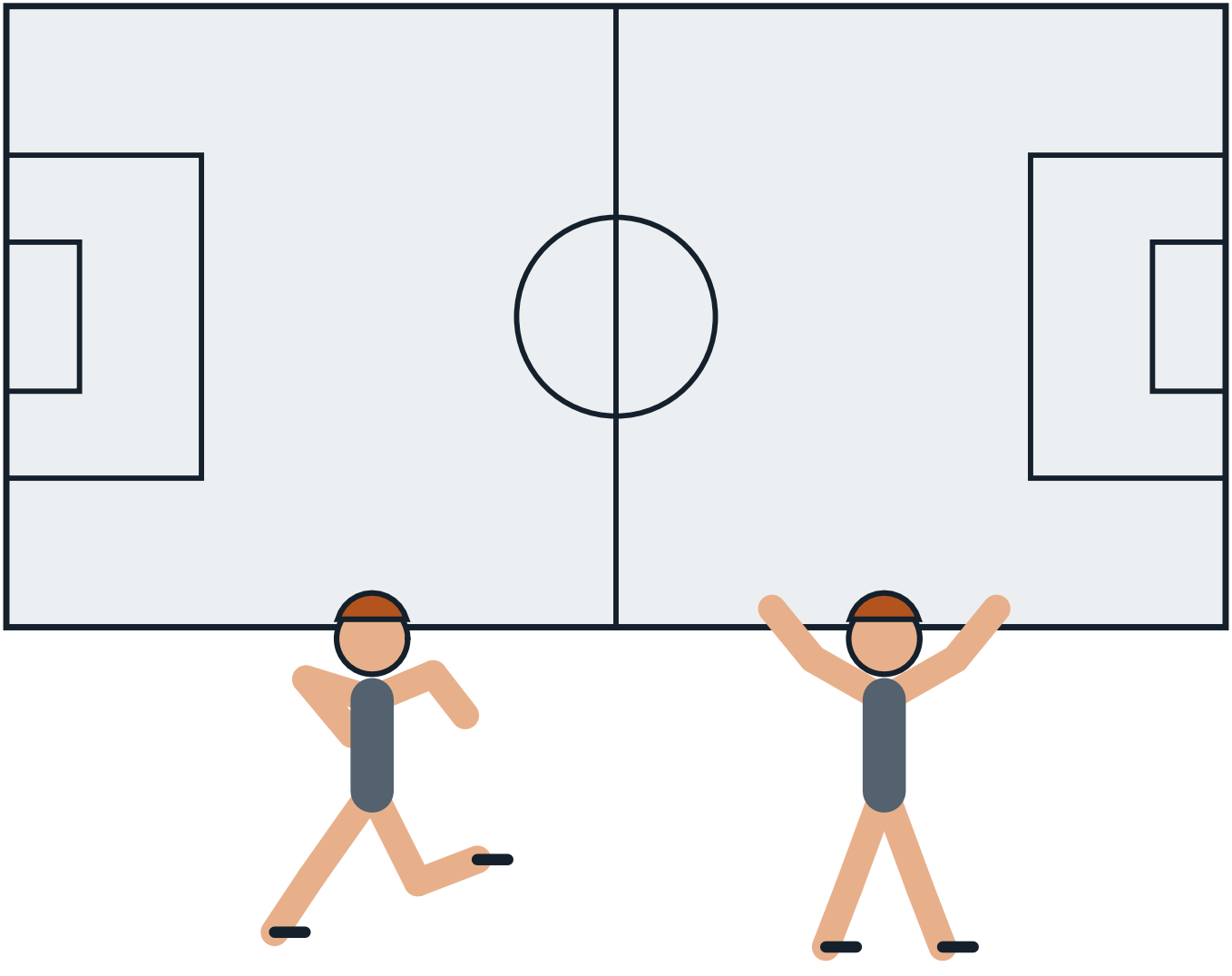
- Equestrian — Dressage, eventing and jumping — horse and rider as one team.
- Canoeing and Kayaking — Sprint racing on flat water and slalom on whitewater.

Game Day!

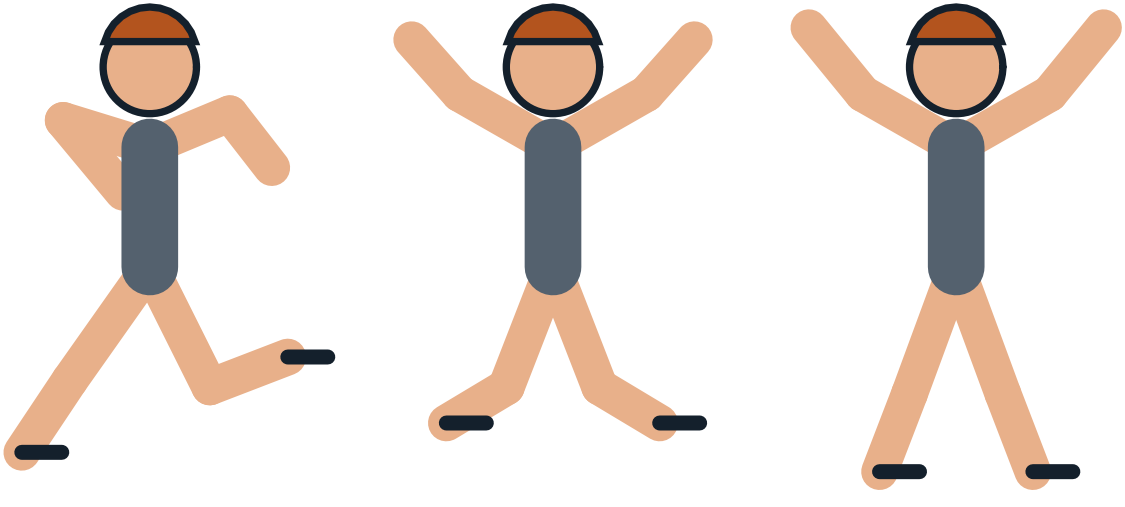


The Sport on Earth Mark

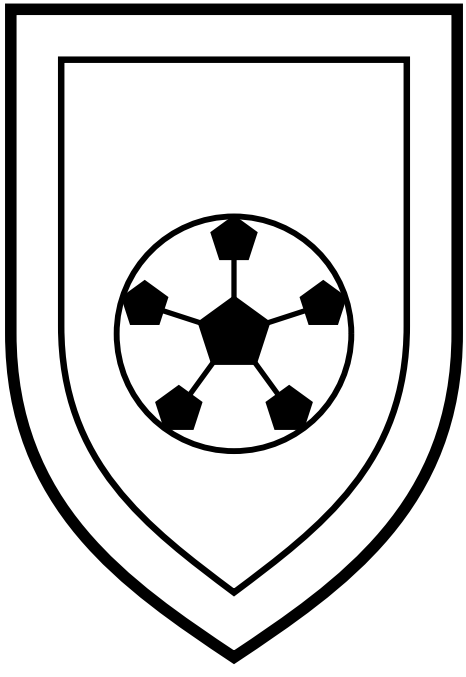
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game



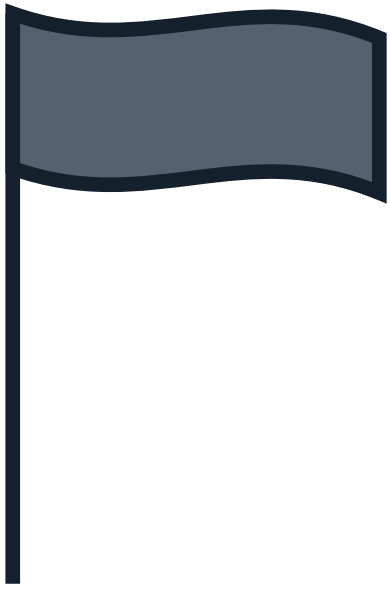
Design a Badge



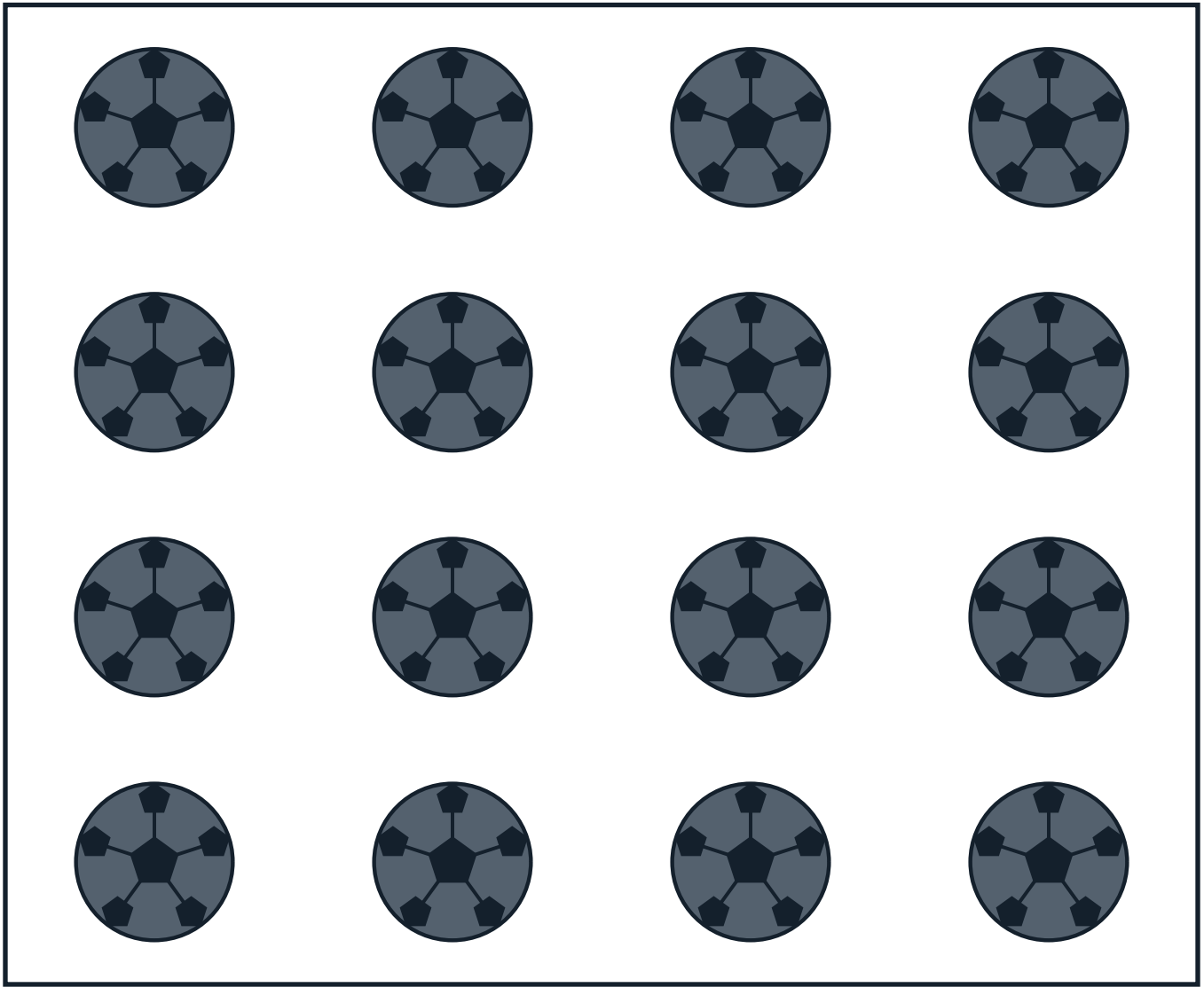
Draw and colour a badge for your own team.

The Gear Parade

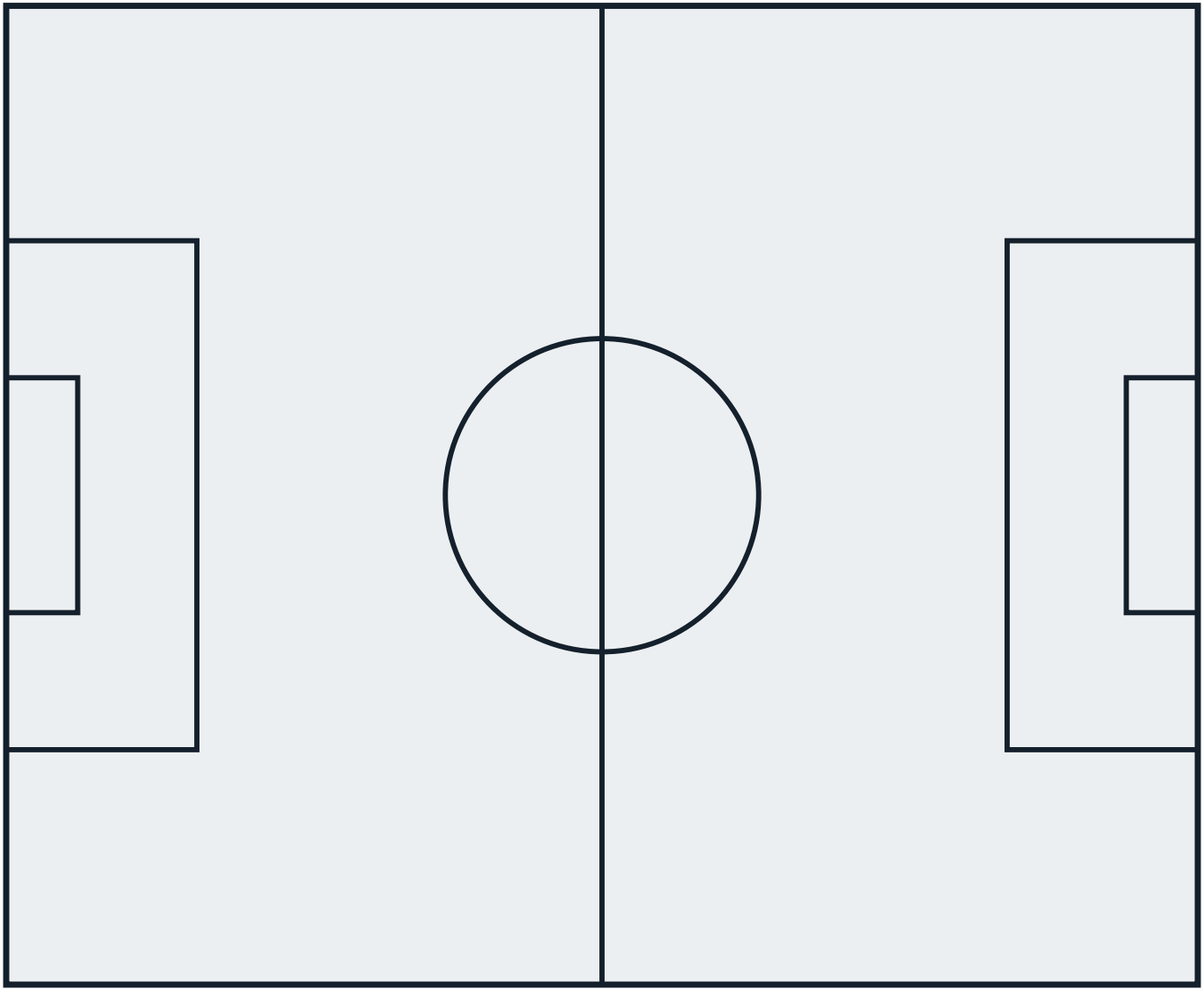




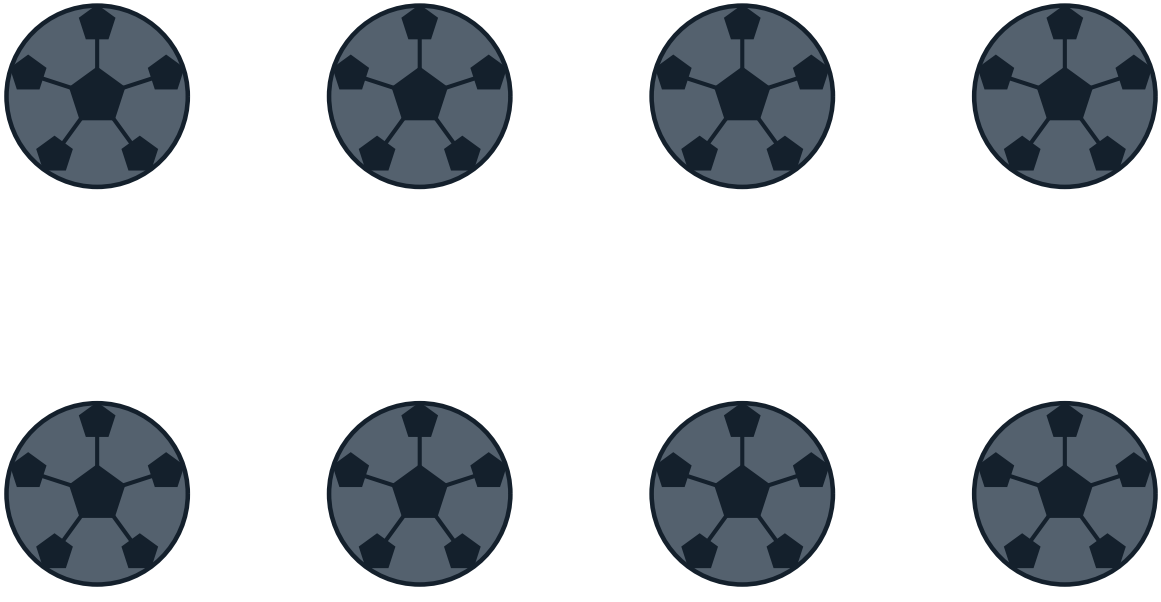
Pattern Play



The Arena From Above



Count the Balls!



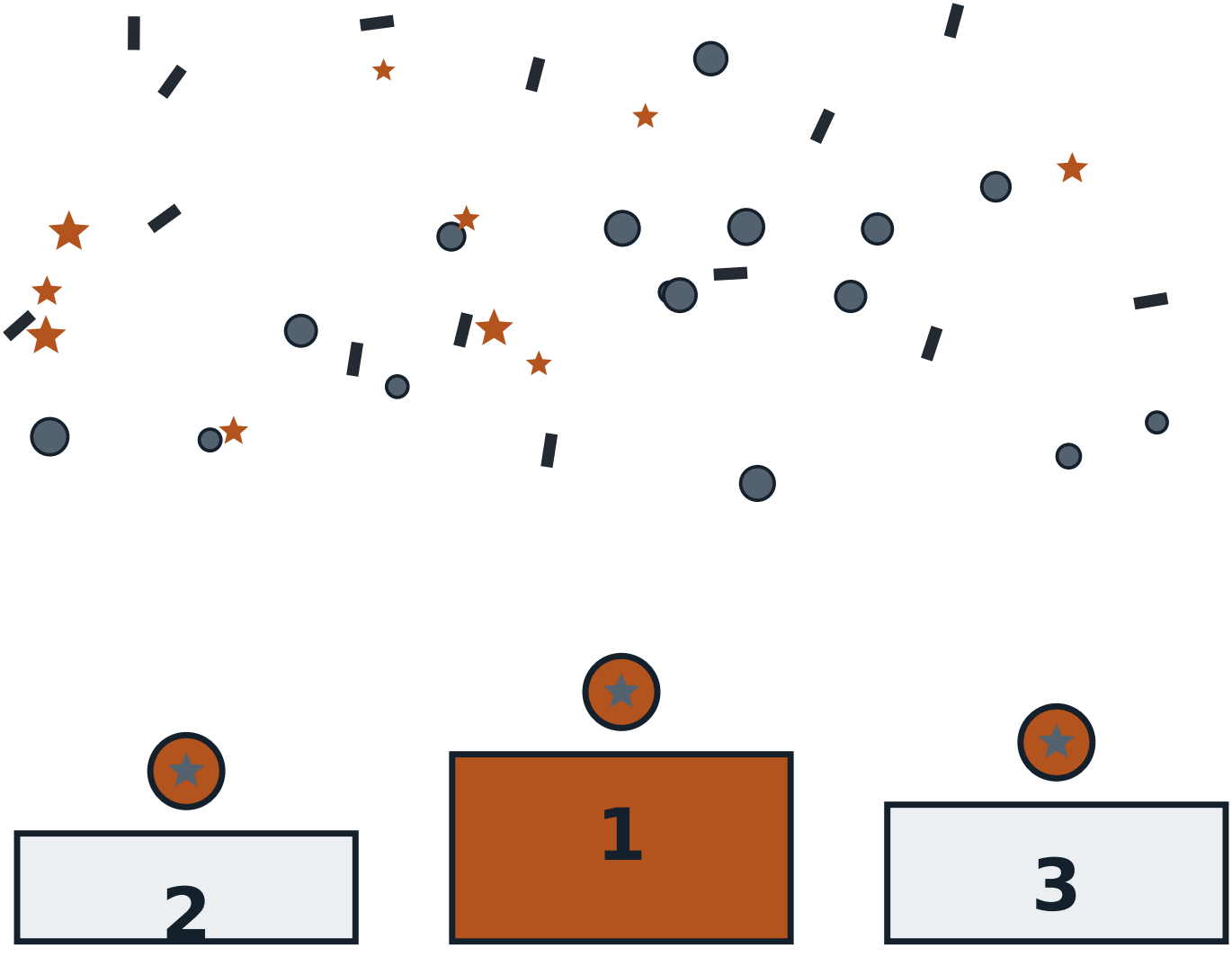
How many can you count? Write the number here: _____

My Favourite Part of Weightlifting

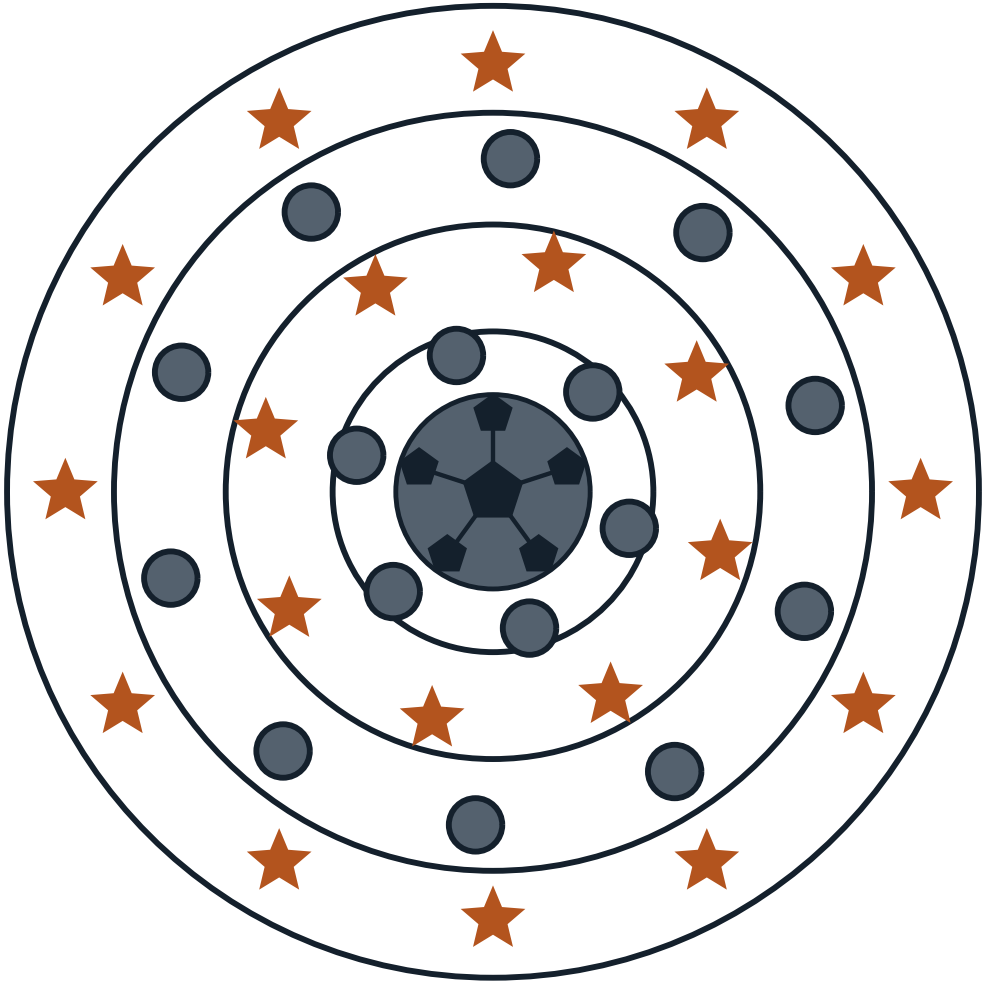
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Rule-change history: IWF records: the 2005 1 kg rule; the 2018 bodyweight category revision.. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Gymnastics
- The Cartoon Book of Diving
- The Cartoon Book of Artistic Swimming
- The Cartoon Book of Equestrian
- The Cartoon Book of Canoeing and Kayaking
- The Cartoon Book of Dragon Boat Racing
- The Gymnastics Colouring Book
- The Diving Colouring Book

My Notes

Weightlifting

The Cartoon Book of Weightlifting — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

