

# IWF Online Competitions Regulations 2020

## INTRODUCTION

The aims of the Online Competition Regulations are to promote the real, **live**, and worldwide participation of our athletes from the safety of their homes.

## REGULATIONS

### 1. PLACE

HOME GYM or TRAINING VENUE

### 2. VENUE

The objective of the Competition is to provide a safe competition opportunity for the athletes training at home without the need to assemble for the Competition.

### STAY SAFE!

**Please be sure to follow your national health and safety regulations!**

Therefore, athletes can participate at **HOME** (e.g., garage, terrace, garden, etc.) or, where permitted, at your **TRAINING VENUE** (e.g., national training center, local club or gym, etc.).

### 3. TERMS AND CONDITIONS OF PARTICIPATION

Participation is by Invitation only.

### 4. FINANCIAL CONDITIONS

To be determined by the Organising Committee.

### 5. ENTRY PROCESS

**Entry process can be via the IWF Online Entry System or other appropriate systems as determined.**

As part of the entry process the MF will be required to provide:

- Valid email addresses for both the athlete and coach
- Location of where the athlete will compete
- Photo headshot (passport-style in JPG format with the best resolution possible)
- **We need to clarify what information the system actually captures, if its already included, there's no point repeating that we need it. Bowen and Pedro to flesh out)**

### 6. COMPETITION REGULATION

The Competition will follow the IWF Technical and Competition Rules & Regulations (TCRR), with the following exceptions:

- No competition Platform required
- Weigh in process
- Certain exceptions to Competition-certified equipment permitted (see section 11 below)
- Changes to the calling order (competition format)
- Operation of the timing clock
- Composition of Technical Officials involved
- Down Signal exception as per "The Competition Rules For The Two Lifts" (see section 7 below)

**The Online competitions will be limited in their duration and number of participants.**

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The recommended number of sessions in a day is 4, the maximum number of sessions in a day is 5. The maximum recommended number of lifters per session is 10.

As these Competitions do not strictly adhere to the IWF TCRR, the IWF will not officially recognize the **results and any new record(s) claimed**, nor can these Competitions be used as qualification Competitions.

Athletes must wear the standard weightlifting costume and sport footwear (see [IWF TCRR 4](#)).

## 7. SPECIAL COMPETITION RULES FOR THE TWO LIFTS

### A) THE SNATCH

The barbell is centered horizontally on the center of the Lifting Area / Platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the Lifting Area / Platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and may slide along the thighs. No part of the body other than the feet may touch the Lifting Area / Platform during the execution of the Snatch. The athlete may recover in his/her own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. At this point the athlete must be stationary and in control of the barbell before the lift is deemed to be complete.

**The athlete at his/her own discretion decides if the lift is complete according to the rule as stated above. Then the athlete lowers the barbell in front of the body releasing his/her grip on the barbell only after it has passed the level of the shoulders.**

### B) THE CLEAN & JERK

The First Part, the Clean:

The barbell is centered horizontally on the center of the Lifting Area / Platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the Lifting Area / Platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and the barbell may slide along the thighs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the Lifting Area / Platform during the execution of the Clean. The athlete may recover in his/her own time and must finish

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with the feet on the same line and parallel to the plane of the trunk and the barbell.

The Second Part, the Jerk:

The athlete must become motionless with the knees fully extended before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his/her feet to the same line parallel to the plane of the trunk and the barbell with his/her arms and legs fully extended. At this point the athlete must be stationary and in control of the barbell before the lift is deemed to be complete.

**The athlete at his/her own discretion decides if the lift is complete according to the rule as stated above. Then the athlete lowers the barbell in front of the body releasing his/her grip on the barbell only after it has passed the level of the shoulders.**

## C) ATHLETE'S RESPONSIBILITY

It is the sole responsibility of the athlete to complete the lift in accordance with the rules of the Snatch and the Clean and Jerk as stated above and to the satisfaction of the on-duty Technical Officials.

## D) TOUCHING THE BARBELL WITH FOOTWEAR IS NOT ALLOWED

The athlete must not touch the Barbell with his/her footwear at any time prior, during and after the lift. If the athlete touches the barbell with their footwear it will be immediately a No Lift or a reversal from a Good Lift to a No Lift after successfully completing a Good Lift.

## 8. ELIGIBILITY

### Age Groups as per TCRR 1.1.

- i) YOUTH: 13 - 17 years of age
- ii) JUNIOR: 15 - 20 years of age
- iii) SENIOR: 15+ years of age
- iv) MASTERS: 35+ years of age

**All age groups are calculated in the athlete's year of birth.**

**In order to be eligible to compete at IWF Competitions, Athletes shall comply with the applicable whereabouts requirements of the IWF Anti-Doping Rules.**

**All Athletes participating shall successfully complete the WADA ADeL online course for Athletes (ALPHA) before competing. (Pedro and Bowen and Matyas to follow up and review)**

The course can be found at the following link: <https://adel.wada-ama.org/>

Just as in the case of the IWF ILiftClean platform, Athletes and support personnel shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

In case Athletes and support personnel have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net).

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## 9. DOPING CONTROL

Athletes are subject to doping control in accordance with the IWF Anti-Doping Rules.

## 10. COMPETITION CATEGORIES

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

**Where all 10 Bodyweight Categories are not included in the program, athletes from Bodyweight Categories not being contested may enter the next heavier category on the program.**

**For example**

**MEN: 67kg, 89kg, 102kg, 109kg, +109kg**

Category	Body Weight from	Body Weight to
67kg		67.00kg
89kg	67.01kg	89.00kg
102kg	89.01kg	102.00kg
109kg	102.01kg	109.00kg
+109kg	<b>109.01kg</b>	<b>No Maximum</b>

**WOMEN: 55kg, 59kg, 71kg, 81kg, +87kg**

Category	Body Weight from	Body Weight to
55kg		55.00kg
59kg	55.01kg	59.00kg
71kg	59.01kg	71.00kg
81kg	71.01kg	81.00kg
<b>+87kg</b>	<b>81.01kg</b>	<b>No Maximum</b>

**Because the 87kg Category is not on the program athletes weighing more than 81.00kg can contest the +87kg Category.**

## 11. SPORT EQUIPMENT

[IWF-approved bar](#) to be used during the competition.

When loading the barbell it must be loaded with discs with the colour for their weight:

- 25 kg red
- 20 kg blue
- 15 kg yellow
- 10 kg green
- 5 kg white
- 2.5 kg red
- 2 kg blue
- 1.5 kg yellow
- 1 kg green
- 0.5 kg white

As per IWF TCRR 3.3.3.6

## 12. AWARDS

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As determined by the Organising Committee.

## 13. PROCEEDINGS OF THE COMPETITION ENTRIES

Invited Athletes / Member Federations (MF) are requested to confirm their participation by **DD/MM/YYYY**.

### WEIGH-IN

Athletes' bodyweight and the first attempts (Snatch and C&J) must be sent from an authorized MF contact (email, WhatsApp, etc.) during the official weigh-in time (see [IWF TCRR 6.4.1](#)). Please see the *Sample Weigh-In Form* attached to the end of these Regulations for reference.

### NOTE: Online Competitions **WILL NOT HAVE VERIFICATION OF FINAL ENTRIES MEETING.**

All Modifications to an athlete's Bodyweight Category or Entry Total **MUST** be emailed to [the Organising Committee](#) by the stipulated time before the commencement of the Competition. No modifications will be accepted after this time.

### COURSE OF THE COMPETITION

The Competition will be conducted by 'modified' Round Robin with special rules:

- Unlike the IWF TCRR, all attempts will be taken by rounds. This means that all first attempts (1<sup>st</sup> round) have to be taken one by one, starting with the lowest weight, and increasing. After all first attempts are completed, all second attempts (2<sup>nd</sup> round) have to be done in the same way, which will be followed by the 3<sup>rd</sup> attempts (3<sup>rd</sup> round).
- The competition begins with a two (2) minute countdown. Athletes can make their changes to their first attempts up until the expiration of the two (2) minute countdown. After the countdown has completed, no more changes will be allowed to the first attempts. The first lifter will be called to the Lifting Area / Platform following the end of the two (2) minute countdown.

**All lifters must have the barbell loaded to the weight requested before they are called to the Lifting Area / Platform.**

- As soon as the athlete has completed their attempt in the 1<sup>st</sup> or 2<sup>nd</sup> round for the Snatch or Clean and Jerk, if the lift was successful the system will automatically increment the weight for the next round by one (1) kg, if the lift was unsuccessful the system will automatically retain the same weight for the next round. The lifter has two (2) changes, (there is no declaration) the lifter must complete any changes they wish to make before the start of the next round through the VIDEO CONFERENCING SOFTWARE (VCS) chat function. Following the completion of rounds one (1) and two (2) the clock will be set to 30 seconds to enable all the lifters to finish making their changes, following the completion of the 30 seconds the next round will commence no more changes will be allowed for that round.
- One (1) minute is allocated to each athlete between the (automatic) calling and the beginning of the attempt. The timing clock starts automatically after the Athlete has been called.
- After the completion of the 3<sup>rd</sup> round of snatches there is a ten (10) minute break to allow the athletes to warm up for the Clean & Jerk, during the ten (10) minute break the athletes may make changes to their first C&J attempt). Once the 10 minutes have expired no more changes will be allowed for the 1<sup>st</sup> round of the C&J.

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- The Competition follows the IWF TCRR including classification **Regulation 6.8.2**. See the **Explanatory Table below**, the Lifting Order changes under the Rounds system it will impact the Classification.

**IWF ONLINE LIVE COMPETITION**  
July 01-02, 2020

**COURSE OF COMPETITION**

Competition: 19:00

Lot	Start No.	Name	SNATCH					CLEAN & JERK					Total	Rank
			1	2	3	Result	Rank	1	2	3	Result	Rank		
1	1	G	91 (3)	96 (9)	100 (13)	100	6	116 (3)	116 (8)	120 (13)	120	4	220	5
4	2	H	100 (4)	100 (10)	106 (16)	100	4	116 (4)	120 (9)	125 (14)	125	1	225	1
133	3	I	90 (2)	95 (8)	105 (15)	105	2	114 (2)	116 (7)	115 (11)	115	5	220	2
198	4	J	85 (1)	94 (7)	105 (14)	105	1	—	—	—	—	—	—	—
204	5	K	100 (5)	100 (11)	106 (17)	100	5	110 (1)	115 (6)	120 (12)	120	3	220	4
246	6	L	100 (6)	106 (12)	106 (18)	100	3	120 (5)	116 (10)	116 (15)	120	2	220	3

## TECHNICAL OFFICIALS

The Competition will be conducted by 4 referees simultaneously

- 3 main referees and 1 reserve referee (serving also as Timekeeper to operate the clock) all of whom adjudicate the lifts.

However, the decision of the reserve referee will be considered only if one of the main referees' decision is absent.

There will be no Jury or possibility to challenge the decision of the referees.

**A Technical Delegate (must be IWF Cat 1 Referee) will be appointed and he/she will have final say on any Technical issues and/or other unforeseen matters arising out of the ordinary.**

The competition will feature a commentator instead of a speaker!

## ONLINE TECHNOLOGY PLATFORM OF THE COMPETITION

The Competition will be conducted with the VIDEO CONFERENCING SOFTWARE (VCS) online application connected to the Competition Management System.

Connectivity testing is mandatory for all Participants and TO's prior to the Competition, this will be organised by the Organising Committee, if the connectivity test is not satisfactory, the participant or TO will be removed from the Competition. If during the Competition there is an unsatisfactory Video image and the referees cannot adjudicate the lift, the lift will be judged to be a **No Lift**.

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## 14. TECHNICAL REQUIREMENTS

- Good quality camera shall be used (preferably HD).
- Camera shall be located directly in front of the athlete.
- The Camera shall be located 3~4 meters from the athletes' Lifting Area / Platform at ~1 meter height ensuring that the athlete and barbell are fully visible at the finishing position and the complete Lifting Area / Platform are fully visible.

## 15. BROADCAST

The Competition may be broadcasted live on the IWF's YouTube channel and / or Facebook LIVE.

## 16. INSURANCE

It is mandated that participating National Federations ensure their members are covered by insurance against accidents, ill health and/or damages and must assume financial responsibility for any hospitalization and related costs.

## 17. TIMELINE

<b>Final Regulation</b>	minus 4 weeks
<b>Entries Close</b>	minus 2 weeks
<b>Rehearsal</b>	minus 1 – 2 weeks (1 day)
<b>Connectivity Tests</b>	minus 1 – 2 weeks (2 days)
<b>Verification of Final Entries Day/Meeting</b>	minus 1 week
<b>ITO Seminar</b>	minus 4 days
<b>Athletes' and Coaches' Seminar</b>	minus 3 days
<b>Competition</b>	day zero

## 18. TIMETABLE

To be determined by the Organising Committee.

**PLEASE NOTE:** The IWF has published general advice and specific advice relating to the current COVID-19 crisis for weightlifters while training and during competition. It is recommended that all Athletes, Coaches, Officials and all other participants (medical staff and loaders) review this material on the IWF Website. We strongly recommend that all coaches and support staff wear masks for the duration of the competition and respect the 2-meter social distancing guidelines. Athletes should follow the same guidelines when they are not lifting.

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**SAMPLE**

## WEIGH-IN FORM

M\_\_kg  
W\_\_-W\_\_kg

WEIGH-IN: DD/MM/YYYY, hh:mm - hh:mm

COMPETITION: DD/MM/YYYY, hh:mm

Name	Country Code	DoB	Body weight	BW Cat.	ENTRY TOTAL	1st Attempt SNATCH	1st Attempt CLEAN&JERK

Date/Time:

Signature:

**PLEASE SEND THE COMPLETED FORM IMMEDIATELY AFTER THE WEIGH-IN HAS FINISHED.**

ORGANIZING COMMITTEE

Contact E-Mail : -----@-----