

2021 World Masters Weightlifting Virtual Championship

INDEX

<u>Item Description</u>	<u>PAGE</u>
- DESCRIPTION OF THIS EVENT	2
- WHAT IS IN IT FOR YOU: medals, awards etc...list	3
- WEIGH-IN PROECESS	3 – 5
- ACTUAL COMPETITION RULES & REGULATIONS	5 – 6
- 2021 WORLD MASTERS VIRTUAL CHAMPIONSHIP COMPETITION RULES BASED ON THE IWF MASTERS RULEBOOK: THE 80% KG RULE	7 - 8
- THE TECHNICAL + DEVICE REQUIREMENTS AGAIN EMPHASIZED	8
- 2021 WORLD MASTERS VIRTUAL CHAMPIONSHIP TIME ZONES WITH CALCULATION LINKS	9



2021 World Masters Weightlifting Virtual Championship 24 – 29 May 2021 via ZOOM

DESCRIPTION OF THIS EVENT:

The IWF Masters Committee in cooperation with the USA Weightlifting Federation will run for the first time a hybrid of an ONLINE REAL TIME (via ZOOM) and a VIRTUAL World Championship.

With no travel being involved each participant has the chance to continue to go to work, train and prepare for his/her competition.

Only the actual competition day would require flexible timing on behalf of the athletes and technical officials.

However, it is a huge challenge because of the different time zones involved. We therefore have prepared a competition schedule with 5 platform channels based on human friendly hours for all Masters worldwide to be able to give his/her best in the competition.

To ensure that, we will split the world into several competition zones, e.g. Pan AM region Europe and Africa, Oceania and Asia, and split each session into regional sub sessions.

Example M50 cat. 89 12 lifters:

EXAMPLE SESSION 13						
	WEIGH-IN 07:00	COMPETITION START 09:00		EUROPE	COMPETITION DAY 24/05/2021	
M50	89	239	183	EST	Treier	Urmas
		225	183	GER	Walker	Jürgen
		200	183	FRA	HELENA	Christophe
		198	183	IRI	SHEIKHOESLAMI KANDELOUSI	ALIREZA
	WEIGH-IN 15:00	COMPETITION START 17:00		OCEANIA	COMPETITION DAY 24/05/2021	
M50	89	197	183	AUS	Stavroulakis	Andreas
	WEIGH-IN 19:00	COMPETITION START 21:00		PANAM	COMPETITION DAY 23/05/21	
M50	89	236	183	USA	Huszka	Attila
		223	183	USA	Drapinski	Piotr
		217	183	PER	AGRAMONTE ALVARADO	ALEX ALFREDO
		207	183	USA	Kunitz	Daniel
		196	183	CAN	Crotty	Chris
		190	183	CAN	Crane	Jamie
		188	183	USA	Huszka	Michael

Each lifter competes in his regional sub session in a virtual live event against his regional opponents. Once each region has completed its sub session, the results will be merged for the final session result.

Note: Due to multiple time zones being involved, a session might be spread over two days. Therefore, the athletes will not know the continuous loading of his/her opponents' barbells in the other regions. Each athlete competes firstly against him/herself and must give the utmost to succeed.

WHAT IS IN IT FOR YOU?

- 1) The **2021 World Masters Weightlifting Virtual Championship** is a Qualifying event for the 2022 WMG Kansai, Japan in May.
- 2) A maximum of three (3) attempts is allowed in the Snatch and the Clean & Jerk.
- 3) Gold, Silver and Bronze place will receive medals based on the total achieved.
- 4) In the case of a tie, awards are given to the athlete reaching the highest S(H)FM first.
- 5) 2021 World Masters Weightlifting Virtual Championship Men and Women Best lifters awards for each age group
- 6) 2021 World Masters Weightlifting Virtual Championship Grand Masters Woman / 2021 World Weightlifting Virtual Championship Grand Masters Man award
- 7) 4 men + 4 women Team awards
- 8) Certificate of Achievement/Attendance
- 9) Result book with age factors for women (Huebner-Meltzer-Faber) also for men (Meltzer-Faber)
- 10) Each lift will be refereed by 3 International IWF CAT I and CAT II, National Technical Officials
- 11) As this is a NO DOPING TEST EVENT, records WILL NOT be recognized
- 12) No Hall of Fame points
- 13) All awards will be sent to the National Masters Chair/Representative
- 14) Award winners will be notified by their National Masters chair
- 15) **Due to the nature of this event, we ask that all athletes compete with integrity and to respect their *fellow athletes***

WEIGH-IN PROCESS

WEIGH-IN REGULATIONS:

IWF/IWF MASTERS NORMAL COMPETITION WEIGH-IN RULES APPLY!

- You must open a ZOOM account: www.zoom.us
- You must have a smart phone or tablet or laptop for communication during the weigh-in
- You will receive your 1st ZOOM link for your Weigh-In from us

WEIGH-IN STEPS:

YOU HAVE 60 MINUTES FOR YOUR WEIGH-IN, AS IN A REAL COMPETITION!!

WAITING ZOOM ROOM (EQUIPMENT CHECK MIGHT BE CARRIED OUT DURING THE WEIGH-IN TIME FRAME)

- The received 1st ZOOM link takes you to a waiting room
- Lot numbers will be posted in the ZOOM chat window at the beginning each weigh-in.
- You will be called by a Weigh-In Referee based on your LOT number
- If you are not available or prepared to weigh-in, a Weigh-In Referee will call the next person on the list. You will move to the end of the line.

WEIGH-IN ZOOM ROOM

- Entering the weigh-in ZOOM room, show an official a government-issued photo ID. Examples are:
 - Passport
 - National ID Card
 - National Driver's license

CHECKING YOUR DIGITAL SCALE

Place a 5KG plate on your digital scale making it visual for the referee.

YOUR WEIGH-IN

- Remove socks and watch
- Wear your competition singlet/costume

If you do not make weight, initially, you will need to log off of zoom until you are ready to check your weight again. You'll be allowed back to re-weigh as many times as you need during the 60 min Weigh-In hour. The weigh-in referee will monitor the waiting room for athletes re-joining to allow them back in.

DECLARING YOUR FIRST ATTEMPT OF YOUR SNATCH and CLEAN & JERK

PLEASE READ BELOW FROM PAGE 6 THE 80 % KG RULE TO BE APPLIED AT THE 2021 WORLD MASTERS COMPETITION BASED ON IWF MASTERS CURRENT RULEBOOK!!

YOUR TOTAL DECLARATION FOR YOUR FIRST SNATCH + FIRST C&J CANNOT BE LOWER THAN YOUR QUALIFYING TOTALS

- Communicate ONLY!! verbally your first attempt weights
- Do not write your opening attempts in the chat, which is public
- The technical official will repeat back your snatch, clean and jerk openers, and confirm your body weight
- A verbal confirmation by you is equivalent to signing off on your athlete card

QUESTIONS DURING THE WEIGH-IN

- If it is possible any question will be answered immediately
- If it requires some research you will be notified as soon as possible

After the athlete's Weigh-In is completed, the athlete is requested to LOG-OUT of the ZOOM link. Any questions regarding the weigh-in should be made while the athlete is logged-in.

COMPETITION AREA

- **The camera must be placed directly in front of the athlete. Full body must be visible.**
- Stepping off the platform is a "no lift".
- The IWF Masters requires competition platforms to be max. 4m X 4m square. We understand that some areas will be of limited space and to a small platform. If your competition room is laid with rubber mats and bigger than 4 x 4 m, please mark the area with coloured tape to highlight the borders.
- You can use a small training or self-build platform and mark the outside area measuring 4 meters.
- If using a bright coloured tape make sure to clearly display before or after you lift.

EACH ATHLETE WILL RECEIVE THE 2nd ZOOM LINK AT LATEST 30 – 40 MINUTES BEFORE THE START OF HIS/HER SESSION. THIS 2ND LINK IS ONLY USED FOR THE ACTUAL COMPETITION OF THE ATHLETE'S SESSION.

(EQUIPMENT CHECK MIGHT BE CARRIED AT THE 2ND ZOOM LINK, AS SOON AS THE CONNECTION IS BE DONE)

In order to ensure that the athlete's competition will go smoothly, he/she is kindly requested to make sure that good internet speed is working (reliable cable, DSL or LTE mobile internet is recommended).

The athlete should have a monitor (laptop/Computer) connected to the organizer showing the lifting order like in a competition warm up area.

The athlete, at his/her discretion, is strongly advised to organize 1-2 appropriate people to support his/her competition.

Each athlete must Log in to his/her assigned **COMPETITION ZOOM link** at least 30 minutes prior to the start of his/her session!!

Competition Staff and the officials will run some tests to make sure that the athlete's connection is properly working, that his/her camera is in a good position and will also be guided through the specifics of this event.

ACTUAL COMPETITION:

Athlete's Introduction *5 minutes before start* of actual competition.

Example: 09:00 am Introduction of Athletes in Session.....

09:05 Start of Competition Session.....

The introduction of each athlete will be carried **ONLY** out by the speaker within the 5 minutes before the start of the competition while the athlete is warming up for his/her competition. The athlete has no part in the introduction

LOADING OF THE BARBELL – ORDER OF YOUR LIFTS:

- A bar will be considered loaded as soon as an athlete puts on a change at the marshal table through **the zoom chat**. After that, the clock should start for that athlete after the **announcer says the Athlete Name** and the Weight on the Bar.
- One (1) minute (60 seconds) is allocated to each athlete between the calling of his / her name and the beginning of the attempt
- When an athlete attempts two (2) consecutive lifts, he / she is allowed three (3) minutes (180 seconds) for the next attempt.
- The lifting order of a normal IWF/IWF Masters competition will be applied.
- The athlete is strongly advised to organize 1-2 appropriate people to support the correct and smooth loading of the bar, to oversee the lifting order and to make sure that the weight declaration for all lifts are done in time and correctly.
- Changes will be accepted via the chat box, sent to everyone, in the Zoom meeting.

LIFTING REGULATIONS AS PER IWF TCRR

- Pulling straps are not allowed, tape on the elbows is not allowed, singlets/costume must meet IWF and IWF Masters guidelines, no shorts or T-shirts etc.
- The athlete must be motionless at all times in full control of the barbell and pause **before the jerk**. Any deliberate **oscillation**/bouncing etc. is a NO LIFT.
- Athletes with elbow lockout problems must show visibly their arms on the video before starting each attempt.
- Elbows' area of 10 cm must not be taped
- After the athlete finishes an attempt, he/she must remain motionless in all body parts for 2 -3 seconds before replacing the barbell on the floor. This is used as 'Down Signal' for the referees to judge.
- There will be no down signal. Athletes will be responsible for showing control of the bar overhead, and may release it when they feel they have shown control.

2021 WORLD MASTERS COMPETITION RULES BASED ON IWF MASTERS CURRENT RULEBOOK

2.3 NEW 80% RULE

Passed by 2019 Congress, Montreal and replaces the “15/10 Kilo Rule”

2.4.1 80% Rule – The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed 80% of the weight of the verified Entry Total. The jury will exclude the athlete from the competition if this rule is not adhered to. The rule is known as the “80% Rule and determines the “minimum start total”.

Example: An athlete enters a competition with a verified Entry Total of 250 kg. As 80% of 250 kg is 200 kg the total weight of the combined first attempts in the Snatch & Clean & Jerk must equal or exceed 200 kg, e.g., 90 kg and 110 kg or 87 kg and 113 kg or any other combination. The **minimum start total** in this example is 200 kg.

Note: *At Continental Championships the 80% rule can be applied to the official Qualifying Total for the athlete’s age group/bodyweight category instead of applying it to the verified Entry Total.*

2.4.2 The athlete may submit an Entry Total that is *lower* than the total actually achieved at their qualifying competition but it must equal to or greater than the official Qualifying Total for their age and bodyweight category.

2.4.3 No changes can be made to the Entry Total after the deadline date for entries has passed.

2.5. Changes to the Minimum Start Totals (In compliance with the 80% Rule)

2.5.1 If the athlete remains in the bodyweight category entered the minimum start total remains unchanged and no changes are allowed.

2.5.2 If the athlete moves down to a lower bodyweight category at the Technical Conference or Verification Meeting then the minimum start total is *decreased* by an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

Example: The athlete enters M65/102kg category with an entry of 200 kg and minimum start total of **160 kg** i.e., 80% of the entry total. At the Technical Conference or verification of entries the athlete moves down to M65/96kg. The qualifying total for M65/96kg is 4 kg lower than for M65/102kg therefore the minimum start total is *reduced* to **156 kg**.

2.5.3 If the athlete moves up to a higher bodyweight category at the weigh-in or earlier then the minimum start total is *increased* by an amount equal to the difference in qualifying totals between the original category entered and the declared new category.

Example: The athlete enters W35/59kg category with an entry total of 200 kg and minimum start total of **160 kg**, i.e., 80% of the entry total. At the weigh-in the athlete moves up to W35/64kg category. The qualifying total for W35/64kg is 5 kg higher than for W35/59kg therefore the minimum start total is *increased* to **165 kg**.

2.6 Masters Bodyweight Change Rule

2.6.1 At the Technical Meeting before the start of IWF Masters World or Continental Masters Championships, each National Federation confirms the final entry list of their athletes including name of the athlete, age group, and bodyweight category.

2.6.2 At the Technical Meeting athletes may move up to a higher body weight category or down to a lower body weight category (by one category only in either case).

Note – Rules 2.4.1 and 2.4.2 ensure that an athlete can achieve the qualifying standard. Advanced changes of body weight categories must be notified to the Secretariat.

- 2.6.3** Any athlete can move up to a higher body weight category at the time of the weigh in. In order to do this the athlete must first attend the weigh in for the body weight category he or she has entered and then also attend the weigh in for the next body weight category above an athlete is not allowed to go down a body weight category at the weigh in.
- 2.6.4** After information is verified at the Technical Meeting, the entries are considered final. There cannot be any modification of the names or bodyweight categories of the athletes, except in the case of an athlete moving up into a higher bodyweight category as in 2.5.3

An athlete can go up or down 1 body weight category until May 20 - 2021, after this date an athlete is allowed to move only up 1 body weight category at his official weigh-in, however if the new body weight category is in the next session the athlete must weigh-in at both Weigh-Ins so that the change can be recorded by the referees.

Any changes is to communicate directly by email to: iwfmasterssecretariat@gmail.com

THE FINAL VERIFICATION + TECHNICAL ZOOM MEETING WILL BE HELD ON THURSDAY, 20 MAY AT 10 am to 10:30 am and 11 am to 12 am EUROPEAN CET. This ZOOM link will be sent to all National Masters Chair.

TECHNICAL & DEVICE REQUIREMENTS AGAIN EMPHASIZED

1. Good quality mobile phone camera shall be used to live stream attempts (preferably models of iPhone or Samsung)
2. Camera shall be located directly in front of the athlete.
3. Camera shall be located 3~4 meters from the athletes' start position at ~1 meter height ensuring that the athlete and the barbell are fully visible in the complete / finishing position.
4. Device with a camera shall not be used to communicate with technical officials or receive the secretary instructions
5. A second device (preferably laptop) shall be used to put in weight changes and receive instructions from the technical officials and secretary
6. Good quality speakers connected to the second device to receive the secretary instructions
7. Reliable on site WiFi connection

2021 WORLD MASTERS WEIGHTLIFTING ONLINE VIRTUAL CHAMPIONSHIP

MAY 24 – 29

ON 5 PLATFORMS

Time Zones change updates in 2021

[DST Starts in the US & Canada](#)

Daylight Saving Time (DST) starts in the USA and Canada on March 14, 2021. Several states want to have permanent DST.

[Australia & New Zealand DST 2021](#)

Daylight Saving Time (DST) in Australia and New Zealand ends on Sunday, April 4, 2021.

[DST Starts in Europe](#)

Daylight Saving Time (DST) starts in Europe in the early hours of Sunday, March 28, 2021.

PLEASE FIND BELOW 2 LINKS TO CLARIFY YOUR ACCURATE TIME ZONE FOR YOUR WEIGH-IN & COMPETITION HOURS FROM

[FIND YOUR LOCAL TIME:](#)

<https://www.timeanddate.com/worldclock/meeting.html>

<https://www.timeanddate.com/time/map/>

The IWF Masters & the USA Weightlifting Federation wishes you a fantastic competition.

We look forward to welcome you back on our real competition platforms at latest in Kansai, Japan – MAY 16 – 24, 2022

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