

**2021 WORLD MASTERS
WEIGHTLIFTING ONLINE
REAL TIME
CHAMPIONSHIP VIA ZOOM
21-29 MAY 2021**

**ONLINE RULES
&
REGULATIONS**



PREPARATION PHASE

- A competition schedule with your Weigh-In time and Start of Competition time will be send to you

 2021 IWF MASTERS COMPETITION SCHEDULE							
DATE	Weigh-in time	Start of competition Time	No. of Lifters	Age Group	Body Wght. Category	Platform	Session
	07:00	09:00		M + W	ALL		

- You will be notified to agree a mutual day and time for an Internet Connection test
- An Internet Connection test will be done with you from your competition location around **10 days before** your actual competition

TEST



**TRIAL EVENT WITH 10 FEMALE ATHLETES ON
Thursday MAY 14 + WITH 10 MALE ATHLETES ON
Thursday MAY 21**

The events will be video recorded. Both links will be published on the IWF Masters Competitions Facebook page, on our website: www.iwfmasters.org and send by email to all athletes and National Masters Chair.

These 2 Trial events will give each athlete an additional step to step guideline of how the official 2021 WORLD MASTERS WEIGHTLIFTING VIRTUAL CHAMPIONSHIP will be conducted.

WEIGH-IN REQUIREMENTS



2021 IWF MASTERS COMPETITION SCHEDULE

DATE	Weigh-in time	Start of competition Time	No. of Lifters	Age Group	Body Wght. Category	Platform	Session
	07:00	09:00	!!!	M + W	ALL		



Weigh-in ZOOM link



zoom



alamy stock photo

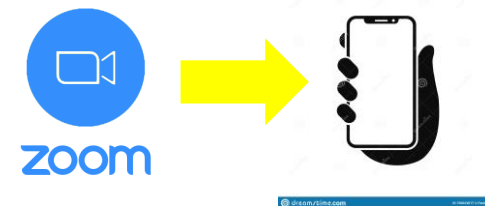




WEIGH-IN PROCEDURE:

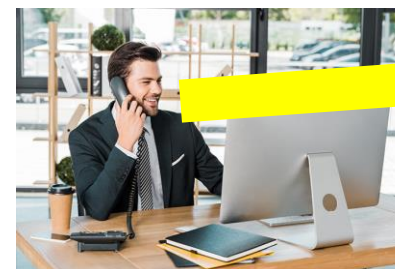
IWF/IWF MASTERS NORMAL COMPETITION WEIGH-IN RULES APPLY!

- 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 a ZOOM link for your Weigh-In from us
- **WEIGH-IN STEPS: YOU HAVE 60 MINUTES FOR YOUR WEIGH-IN, JUST LIKE IN REAL COMPETITION!!**



WAITING ZOOM ROOM

- The 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 CARDS			
LOT NUMBER	108		
DATE	25/09/21		
NAME ANDRIAS	AGE GROUP	M50	
SURNAME	MARCOS		
NATION	CYPRUS		
DATE OF BIRTH	13/07/69	Body Weight Cat	73
SNATCH			
	# 2	#3	
	Automatic Increase	Automatic Increase	
# 1			
Starting Weight	Declared Weight	Declared Weight	
SN Change	SN Change	SN Change	
SN Change	SN Change	SN Change	
SN Change	SN Change	SN Change	
SN Change	SN Change	SN Change	
CONTRIBUTION OF WEIGH-IN TO			

WEIGH-IN CARDS			
LOT NUMBER	108		
DATE	25/09/21		
NAME ANDRIAS	AGE GROUP	M50	
SURNAME	MARCOS		
NATION	CYPRUS		
DATE OF BIRTH	13/07/69	Body Weight Cat	73
CLEAN & JERK			
	# 2	#3	
	Automatic Increase	Automatic Increase	
# 1			
Starting Weight	Declared Weight	Declared Weight	
SN Change	SN Change	SN Change	
SN Change	SN Change	SN Change	
SN Change	SN Change	SN Change	
SN Change	SN Change	SN Change	
CONTRIBUTION OF WEIGH-IN TO			

WEIGH-IN ZOOM ROOM

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



CHECKING YOUR DIGITAL SCALE

Place a 5KG plate on your digital scale for calibration
max. 500g for singlet/costume/calibration of scale will be given
example: body weight 71,50 kg = 71 kg category





YOUR WEIGH-IN

- **IN YOUR COMPETITION SINGLET ONLY!!**
- 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 and 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 + CLEAN & JERK

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



WEIGH - IN CARDS			
LOT NUMBER	108	Body Weight	72.80
DATE	25/05/21	AGE GROUP	M50
NAME	ANDREAS		
SURNAME	MARCOU		
NATION	CYPRUS		
DATE OF BIRTH	13/07/69	Body Weight Cat	73
SNATCH			
#1	#2	#3	
Declared Weight	Declared Weight	Declared Weight	
100%	100%	100%	
2nd Change	2nd Change	2nd Change	
100%	100%	100%	
CONFIRMATION OF WEIGH-IN T.O.			

WEIGH - IN CARDS			
LOT NUMBER	108	Body Weight	72.80
DATE	25/05/21	AGE GROUP	M50
NAME	ANDREAS		
SURNAME	MARCOU		
NATION	CYPRUS		
DATE OF BIRTH	13/07/69	Body Weight Cat	73
CLEAN & JERK			
#1	#2	#3	
Declared Weight	Declared Weight	Declared Weight	
100%	100%	100%	
2nd Change	2nd Change	2nd Change	
100%	100%	100%	
CONFIRMATION OF WEIGH-IN T.O.			

WEIGH-IN REGULATIONS



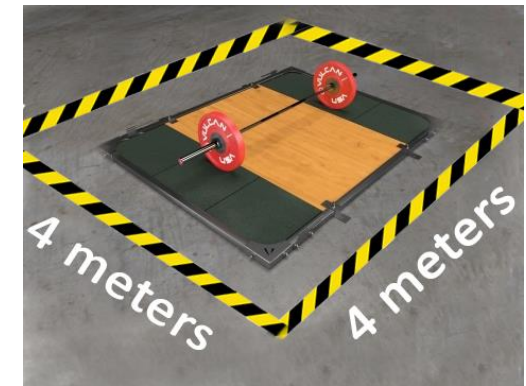
WEIGH-IN RESULTS			
LOT NUMBER	108	Body Weight:	72.80
DATE:	25/05/2018	AGE GROUP:	M50
NAME: ANDREAS SURNAME: MARCOU			
NATION: CYPRUS			
DATE OF BIRTH	13/07/69	Body Weight Cat	73
SNATCH			
	# 2 Automatic Increase	#3 Automatic Increase	
# 1 Starting Weight:	Declared Weight:	Declared Weight:	
80			
SIGN: 1st Change	SIGN: 1st Change	SIGN: 1st Change	
SIGN: 2nd Change	SIGN: 2nd Change	SIGN: 2nd Change	
SIGN:	SIGN:	SIGN:	
CONFIRMATION OF WEIGH-IN TO			

WEIGH-IN RESULTS			
LOT NUMBER	108	Body Weight:	72.80
DATE:	25/05/2018	AGE GROUP:	M50
NAME: ANDREAS SURNAME: MARCOU			
NATION: CYPRUS			
DATE OF BIRTH	13/07/69	Body Weight Cat	73
CLEAN & JERK			
	# 2 Automatic Increase	#3 Automatic Increase	
# 1 Starting Weight:	Declared Weight:	Declared Weight:	
100			
SIGN: 1st Change	SIGN: 1st Change	SIGN: 1st Change	
SIGN: 2nd Change	SIGN: 2nd Change	SIGN: 2nd Change	
SIGN:	SIGN:	SIGN:	
CONFIRMATION OF WEIGH-IN TO			



COMPETITION EQUIPMENT

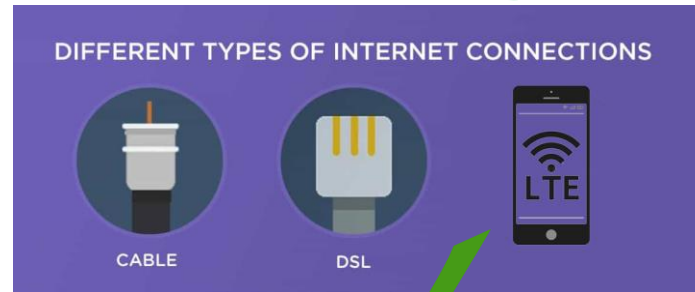
YES



The platform size max. 4 x 4 m.
Smaller sizes are acceptable

COMPETITION TECHNICAL REQUIREMENTS

YES



YOU WILL GET A NEW COMPETITION ZOOM LINK



THIS IS HOW YOU MUST BE SEEN: FULL BODY + FULL BARBELL AT ALL TIMES!!!

USA
WEIGHTLIFTING
AMERICAN OPEN
FINALS

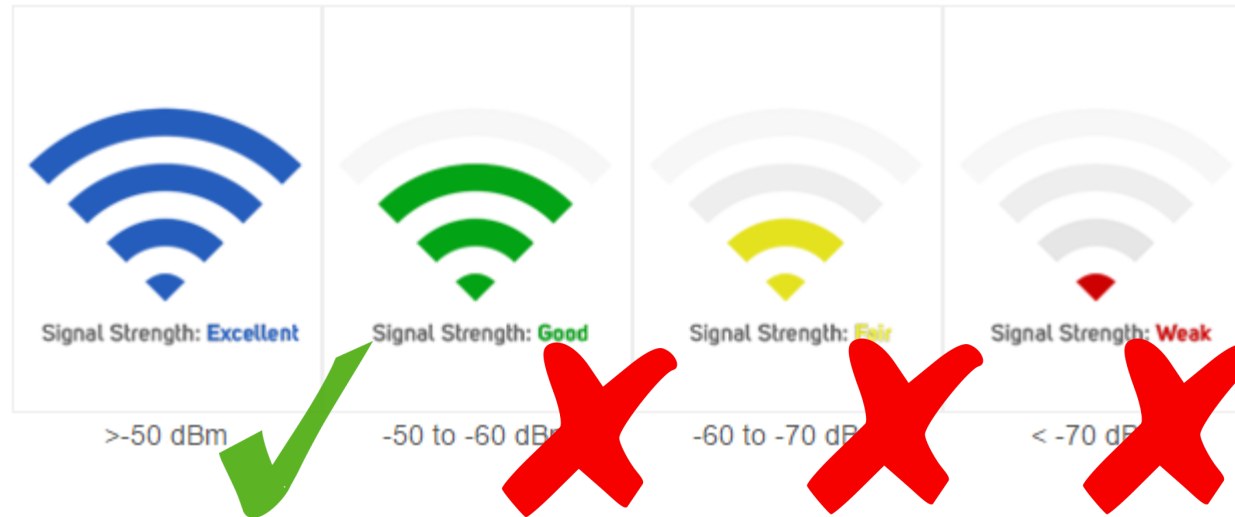
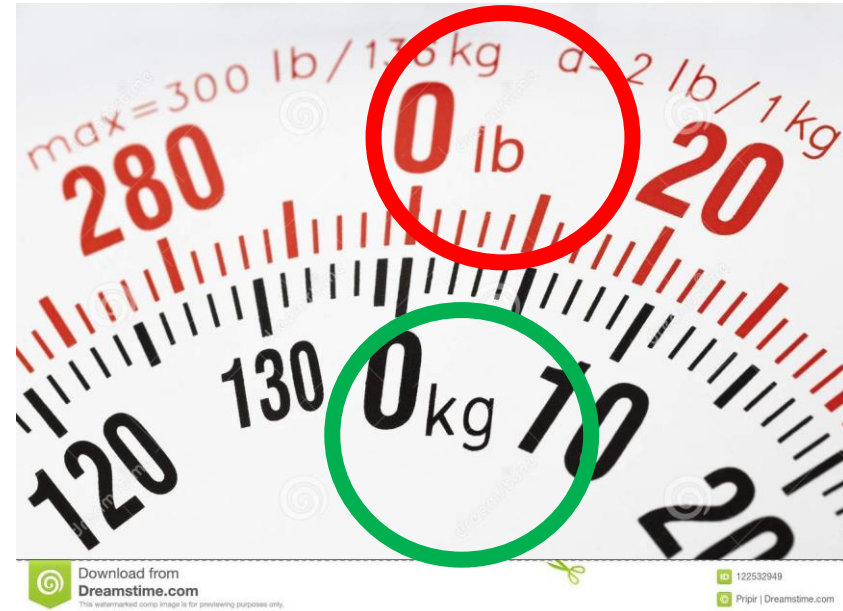
0:57

Start	Birth	Age	Wt.	Snatch	Clean and Jerk	Place						
No.	Athlete	Team	Year	Grp.	Cat.	1	2	3	1	2	3	Total sn cj T
2	DANTONI James		1991	Open	81	82	85	81	178			1

COMPETITION EQUIPMENT

NO





2nd ZOOM LINK IS YOUR OFFICIAL COMPETITION LINK!

**30 MINUTES BEFORE YOUR COMPETITION SESSION STARTS A TEST
+ EQUIPMENT CHECK WILL BE DONE VIA ZOOM TO YOUR
COMPETITION AREA**



TEST



BEFORE



**GET 1 OR 2 FRIENDS FOR
HELP IN YOUR COMPETITION**



AFTER THE WEIGH-IN OF YOUR SESSION IS FINISHED THE COMPETITION PROTOCOL SHEET WILL BE PRODUCED TO CLARIFY THE CALLING ORDER OF EACH ATTEMPT. THIS PROTOCOL WILL BE DISPLAYED VIA YOUR [2nd ZOOM LINK](#) FOR YOU AND YOUR COACH TO FOLLOW.

You will be able to calculate the timing of your attempts.



making their decision decision. NO LIFT

Menu	Good Lift	No Lift	Strt #	Athlete	Team	Age	Age Group	Wt. Cat.	Body Wt.	Next Wt.	Att #	1st	Snatch 2nd	3rd	First C&J	Total
			8	UMBRIDGE Samantha	TRUNX	28	Open	53	52.26	37	1				54	
			5	SIMON Samantha	UNATT	24	Open	53	52.00	42	1				58	
			7	DONAHUE Crystal	CANUS	25	Open	53	52.51	45	1				58	
			11	IRWIN Kelly	SAYRE	26	Open	53	49.65	45	1				60	
			9	WILLS Yasmin	4STAR	30	Open	53	51.41	46	1				60	
			3	RODRIGUEZ Analise	BROAD	29	Open	53	51.19	47	1				57	
			4	THOMAS Courtney	ROBWC	27	Open	53	52.78	48	1				60	
			10	FORBES Sarah	NYCBB	28	Open	53	52.54	50	1				58	
			1	DURANT Maddie	UNATT	17	Open	53	52.49	52	1				67	
			2	SMITH Brianna	ECGWL	27	Open	53	52.21	55	1				70	
			6	WHITE Crystal	UNATT	33	Open	53	51.87	58	1				69	

Score Keeper: 192.188.0.104 X

1:00 1:00

Athlete's Introduction ONLY DONE BY THE SPEAKER *5 minutes before start* of actual competition.

Example: 09:00 am Introduction of Athletes in Session.....
09:05 Start of Competition Session.....



ΚΥΠΡΙΑΚΗ ΟΜΟΣΠΟΝΔΙΑ ΑΡΣΗΣ ΒΑΡΩΝ
CYPRUS WEIGHTLIFTING FEDERATION

2017 PAN CYPRIAN & TEAM GBR CHAMPIONSHIPS
16 DECEMBER 2017 LIMASSOL - CYPRUS



ΚΥΠΡΙΑΚΗ ΟΜΟΣΠΟΝΔΙΑ ΑΡΣΗΣ ΒΑΡΩΝ
CYPRUS WEIGHTLIFTING FEDERATION

START No.	GIVEN NAME	FAMILY NAME	CLUB	BIRTH YEAR	Age	AGE GROUP	BODYWEIGHT CATEGORY, kg	BODY WEIGHT kg	SNATCH kg			BEST RESULT SNATCH	JERK kg			BEST RESULT JERK	TOTAL	SINCLAIR	SMF
									1	2	3		1	2	3				
MEN																			
S1	Eduardo	PAPADOPOULOS	N. SALAMINA	2006	11	U13	56.00					0				0	0	#DIV/0!	#DIV/0!
S1	Pantelis	PAPADOPOULOS	N. SALAMINA	2004	13	U15	50.00					0				0	0	#DIV/0!	#DIV/0!
S1	Nikolas	STAVRINOPOULOS	AEAK	2001	16	Y/J/S	94.00					0				0	0	#DIV/0!	#DIV/0!
S1	Antonis	MORFITIS	LIMASSOL	2001	16	Y/J/S	94.00					0				0	0	#DIV/0!	#DIV/0!
	Howard	CHING	TEAM GBR	1995	22	SENIOR	62.00					0				0	0	#DIV/0!	#DIV/0!
	Dimitris	MINASIDIS	A. AKTI	1989	28	SENIOR	69.00					0				0	0	#DIV/0!	#DIV/0!
	Elliot	HOOKER	TEAM GBR	1994	23	SENIOR	77.00					0				0	0	#DIV/0!	#DIV/0!
	Foivos	FILAKTOU	LIMASSOL	1995	22	SENIOR	77.00					0				0	0	#DIV/0!	#DIV/0!
	Kristian	MCPHEE	TEAM GBR	1991	26	SENIOR						0				0	0	#DIV/0!	#DIV/0!
	Max	KHAIRHRA	TEAM GBR	1991	26	SENIOR	85.00					0				0	0	#DIV/0!	#DIV/0!
	Andreas	KONSTANTINOU	A. AKTI	1987	30	SENIOR	85.00					0				0	0	#DIV/0!	#DIV/0!
	Andreas	POYIATZIS	AEAK	1989	28	SENIOR	85.00					0				0	0	#DIV/0!	#DIV/0!
	Pantelis	GEORGIU	AEAK	1992	25	SENIOR	85.00					0				0	0	#DIV/0!	#DIV/0!
	Charis	LOUKA	N. SALAMINA	1988	29	SENIOR	85.00					0				0	0	#DIV/0!	#DIV/0!
	Theodoros	TANTIS	AEAK	1999	18	J/S	94.00					0				0	0	#DIV/0!	#DIV/0!
	Sotiris	LOIZIDIS	NICOSIA	1997	20	J/S	94.00					0				0	0	#DIV/0!	#DIV/0!

YOU ARE WARMING UP AND YOU WILL BE INTRODUCED BY THE OFFICIAL SPEAKER OF YOUR SESSION.

DON'T FORGET: YOU MUST COMPETE IN A WEIGHTLIFTING SINGLET/COSTUME BASED ON THE IWF COSTUME RULES

ACTUAL COMPETITION RULES

LOADING OF THE BARBELL – ORDER OF YOUR LIFTS:

NORMAL 1 MINUTE ATTEMPT:





A) The clock starts one minute (60 seconds) after the speaker calls the athlete's name and weight on the barbell.



B) Changes to the declared weights must be communicated via the chat within the first 30 seconds after being called.

C) If an athlete fails to declare the automatic increase or a new weight (change) within the first 30 seconds, he/she must take the announced weight.

D) Weight declaration will only be accepted by the ZOOM chat-box.



E) When an athlete attempts two (2) lifts in succession, he / she is allowed three (3) minutes (180 seconds) for the succeeding attempt.



F) The lifting order of a normal IWF/IWF Masters competition will be applied.



zoom



NO DOWN SIGNAL!!

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.



YOUR COMPLETE WEIGH-IN AND COMPETITION TIME FRAME

2ND ZOOM LINK 40 MINUTES BEFORE START OF YOUR COMPETITION: ATHLETE'S EQUIPMENT CHECK

WEIGH-IN 2 HOURS BEFORE YOUR COMPETITION

FIRST ZOOM LINK: WEIGH-IN LAST 60 MINUTES

ATHLETE'S INTRODUCTION 5 MINUTES BEFORE START OF YOUR GROUP

START OF YOUR COMPETITION GROUP

10 MINUTES BREAK BETWEEN SNATCH AND CLEAN & JERK

END OF YOUR COMPETITION GROUP

MEDAL CEREMONY VIA WEBSITE (NO LIFE CEREMONY)

EXAMPLE:

**09:00 AM
START OF
WEIGH-IN**

**10:00 AM
FINNISH OF
WEIGH-IN**

**11:00 AM
SESSION
INTRO-
DUCTION**

**11:05 AM
ACTUAL START
OF
COMPETITION**

ALL RESULTS WILL BE ANNOUNCED DAILY ON THE COMPETITION WEBSITE