



1st Online PanAm Cup LIVE by ZKC July 18-19, 2020



INTRODUCTION

Due to the current global health crisis due to COVID-19, our sport must find a way to adapt. They say the best ideas emerge during crises. This is how the “1st Online PanAm Cup LIVE by ZKC” was conceived.

The “1st Online PanAm Cup LIVE by ZKC” is a development project co-organized between the PAWF and the IWF, embraced by the Chinese barbell company [ZKC](#) as a strategic partner. It aims to promote the real, live, and worldwide participation of our athletes from the safety of their homes.

REGULATIONS

1. DATE / PLACE

July 18-19, 2020 / HOME GYM or TRAINING FACILITY

2. COMPETITION AND TRAINING 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 compete at **HOME** (e.g., garage, terrace, garden, etc.) or, where permitted, at your **TRAINING FACILITY** (e.g., national training center, local club or gym, etc.).

3. TERMS AND CONDITIONS OF PARTICIPATION

The “1st Online PanAm Cup LIVE by ZKC” is an invitational weightlifting competition. The Organizing Committee will invite athletes from Pan-America and some athletes from all over the World.

4. FINANCIAL CONDITIONS

Participation is **FREE**. This competition will have NO Participation or Entry Fee.

4A. PHOTO REQUIRED

You must send a photo headshot (passport-style in JPG format with the best resolution possible) including your Name and the Country you are representing to info@pesasamerica.org.

4B. EMAIL ADDRESS REQUIRED

The athlete and the coach must provide a valid email address which will be used as a point of contact throughout the competition.

5. COMPETITION REGULATION

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

- No competition platform required
- Certain exceptions to Competition-certified equipment permitted (see section 9 below)
- Changes to the calling order (competition format)
- Operation of the timing clock
- Composition of Technical Officials involved





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- Down Signal exception as per “The Competition Rules For The Two Lifts” (see #5A)

As this competition will not strictly adhere to the TCRR, the IWF / PAWF will not officially recognize the results and new record(s).

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

5A. SPECIAL COMPETITION RULES FOR THE TWO LIFTS

A) THE SNATCH

The barbell is centered horizontally on the center of the competition 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 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 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 competition 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 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 platform during the execution of the Clean. The athlete may recover in his/her own time and must finish 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





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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 may 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 No Lift or a reversal from a Good Lift to a No Lift after successfully completing a Good Lift.

6. ELIGIBILITY

The event is organized for SENIOR lifters, which means that participating athletes must be 15 years of age and over (year of birth 2005 or earlier).

All Athletes participating at the "1st Online PanAm Cup LIVE by ZKC" shall successfully complete the WADA ADeL online course for Athletes (ALPHA) before the competition.

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 shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

In case Athletes have any problem with the registration process, please contact WADA at adel@wada-ama.org and the IWF at education@iwfnet.net.

7. DOPING CONTROL

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

8. EVENT CATEGORIES

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

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

9. SPORT EQUIPMENT

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

If you are not able to use an IWF-approved barbell, please contact the Organizing Committee by email: info@pesasamerica.org

10. AWARDS

Gold, silver, and bronze virtual medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.

All participating athletes will receive an official certificate after the event.





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11. PROCEEDINGS OF THE EVENT

ENTRIES

Invited Athletes / Member Federations (MF) are requested to confirm their participation by June 18, 2020

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: THIS EVENT WILL NOT HAVE VERIFICATION OF FINAL ENTRIES MEETING.

All Modifications to an athlete's Bodyweight Category or Entry Total MUST be emailed to info@pesasamerica.org and received NO LATER than Friday, July 10, 2020 at 23:59 (11:59pm) (GMT-5 = Colombian Time.) No modifications will be accepted after this time.

COURSE OF 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 (1st round) have to be taken one by one, starting with the lowest weight, and increasing.
After all first attempts are completed, all second attempts (2nd round) have to be done in the same way, which will be followed by the 3rd attempts (3rd round).
- After the introductions of the athletes and officials there will be a five (5) minute period before the competition begins (including the modification period in the last two (2) minutes).
- Two (2) minutes before each round there will be a **Modification Period** (2 changes are allowed) where the athletes can modify their next weights, which must be done before the start of each round through the ZOOM application (chat function). **This means that NO modification is allowed during the course of a 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 database is updated.
- There is a ten (10) minute break (including the modification period in the last two (2) minutes) after the Snatch portion to allow the athletes to warm up for the Clean & Jerk.
- The event follows the IWF TCRR including classification. See the explanatory table attached.

The competition will feature a commentator instead of a speaker!

TECHNICAL OFFICIALS

The event will be conducted by 4 referees simultaneously:

- 3 main referees and 1 reserve referee (serving also as Timekeeper to stop the clock).

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

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





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ONLINE PLATFORM OF THE COMPETITION

The competition will be conducted with the ZOOM online application connected to the IWF Technology and Information System (TIS).

A LAN connection is highly recommended, as low bandwidth over wireless can cause synchronization issues.

12. TECHNICAL REQUIREMENTS

- Good quality camera shall be used (preferably HD).
- Camera shall be located directly in front of the athlete.
- 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.

13. BROADCAST

The competition shall be broadcasted live on IWF's YouTube channel and / or Facebook LIVE.

14. INSURANCE

All participating Federations must undertake full moral and financial responsibility of their registered athletes regarding their health and wellness and in case of accidents or damages.

15. TIMELINE (All times are GMT-5 = Colombian Time)

Entries June 18, 2020

Final Regulation July 8, 2020

Modification of Bodyweight Category – Until July 10, 2020 (see #11 VFE above)

Coaches and Athletes Seminar July 16, 2020 – 07:00am

ITO Conference July 17, 2020 – 07:00am

Competition July 18-19, 2020

16. ORGANIZING COMMITTEE

PAN AMERICAN WEIGHTLIFTING FEDERATION

Mr. Jose Quinones

Mr. Craig Walker

Mr. Joseph Triolo

Mr. Luis Zambrano

INTERNATIONAL WEIGHTLIFTING FEDERATION

Mr. Nicu Vlad

Dr. Mike Irani

Mr. Matthew Curtain

Mr. Matyas Lencser

Mr. Zoltan Veres

Mr. Bowen Stuart

Ms. Timea Horvath

Contact E-Mail: info@pesasamerica.org





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NOTE: ALL ATHLETES AND COACHES – PLEASE CONNECT WITH THE COMPETITION LINK 15 MINUTES PRIOR TO THE START TIME OF YOUR SESSION.

PRELIMINARY TIMETABLE (GMT-5 = Colombian Time)

JULY 18 – WOMEN

No.	Category	Weigh-in Time	Competition Time
1	49	08:00 – 09:00	10:00
	55		
2	59	10:00 – 11:00	12:00
	64		
3	71	12:00 – 13:00	14:00
4	76	14:00 – 15:00	16:00
	81		
5	87	16:00 – 17:00	18:00
	+87		

JULY 19 – MEN

No.	Category	Weigh-in Time	Competition Time
1	61	08:00 – 09:00	10:00
	67		
2	73	10:00 – 11:00	12:00
	81		
3	89	12:00 – 13:00	14:00
	96		
4	102	14:00 – 15:00	16:00
	109		
	+109		

The competition program is subject to change depending on the entries.

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 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: July 18, 2020, 08:00 - 09:00
COMPETITION: June 18, 2020, 10:00

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 : info@pesasamerica.org

