



THE FIRST

2020 European Masters Online Virtual Weightlifting Championship

- 1) The **2020 European Masters Online Virtual Weightlifting Championship** is a Qualifying event for the 2021 WMG – May 2021 in Kansai – Japan
- 2) A maximum of three (3) attempts is allowed in the Snatch and the Clean & Jerk
- 3) Submitted lifts must meet the 2020 European Masters Qualifying Totals to be accepted
- 4) 1st, 2nd + 3rd place receiving medals accordingly.
- 5) 2020 European Masters Champion title
- 6) 2020 European Masters Men + Women Best lifters awards **for each** age group
- 7) 2020 European Grand Masters Woman / 2020 European Grand Masters Man award
- 8) Team awards
- 9) In the case of a tie, awards are given to the athlete that posted their video submission first
- 10) Result book with age factors for women (Huebner-Meltzer-Faber) **also** for men (Meltzer-Faber)
- 11) Each lift will be **refereed** by 3 European national/international IWF CAT 1 + 2 Technical Officials
- 12) The European Masters WL Committee will assign each age group/weight class to the same referees for consistency
- 13) As this is a NO DOPING TEST EVENT, records CANNOT be recognized
- 14) No Hall of Fame points
- 15) All awards will be sent to the National Masters Chair/Representative
- 16) Award winners will be notified and results published within 3 weeks of the close of the competition. December is a busy Christmas season for all national and international post offices. A delay of postage receipt is therefore possible. The National Masters Chair will be notified with a track number once the package has been sent. The European Masters Committee is not responsible for returned items.

GENERAL REQUIREMENTS:

- Athletes must be current members of their National Masters Governing Body.
- Eligibility for participation: Athletes must be at least 35 years of age by 31 December 2020 and reach the 2020 European Masters Qualifying Totals accordingly.
- Athletes must register on the European Masters registration website through an access code given by the National Masters Chair before submitting the required set of videos.

www.masterswreg.com

Registration opens 1 October and closes 31 October 2020 12 o'clock midnight CET

Entry fee per registration EUR 65 (no refund)

Team Entry per registration EUR 50 (no refund)

Team Entry Forms will be sent to all National Masters bodies

- **EACH REGISTERED ATHLETE WILL RECEIVE A LINK TO THE ACTUAL 2020 European Masters Online Virtual Weightlifting Championship WEBSITE**
- Athletes must upload government issued ID photo, full name, nationality and date of birth.
- Video formats to use: (MP4, MPG, MOV, WMV) most videos on phones are in HD MP4 which our online competition site can use.
- The camera must be placed directly in front of the athlete placed higher than the ground. Any video filmed from the ground or the side will not be accepted. (ideally at hip height).
- Videos will not be published in a viewable gallery until the close of the competition, and after final results are published.

WEIGH-IN REQUIREMENTS:

- Athletes must submit a Weigh-In video with a visible time stamp, clock or a timer showing clearly the date and hour (see example video)
- Video file name should be listed as follows: Athletes name, Weigh In, weight.
- Athletes have a maximum of 4 hour time space available, just like at a normal live competition starting from the Weigh-In to the last attempt in the Clean & Jerk. Different dates and extended time space will not be accepted.
- The weight scale can be digital or mechanical and must be calibrated by using a 2.5 or 5kg plate showing the correct weight on the scale.
- Weigh-In **must be in a singlet/costume** (no socks, watch or jewellery etc..).

IWF COSTUME RULE APPLY:

4.2.1 Athletes must wear only one weightlifting costume which complies with the following criteria:

- ***must be one piece***
- ***must be collarless***
- ***may be of any colour***
- ***must not cover the elbows***
- ***must not cover the knees***
- Videos without a weight check and the full athlete on the scale inclusion will not be accepted.

OUTFIT AND TECHNICAL REQUIREMENTS:

- Camera must be set up 4 m from the athlete's start position or make the best effort- if that is not possible ensure the video shows the athlete from overhead lock out to the floor.
- IWF + IWF Masters singlet/costume rules apply:

Athletes may wear the following outfit for the competition according to the relevant rules:

- ***Unitard***
- ***T-shirt***
- ***Shorts***
- ***Socks***
- ***Belt***
- ***Bandage(s)***
- ***Sticking plaster(s)***
- ***Tape(s)***
- ***Glove(s) and / or Palm Guard(s)***
- ***Undergarment(s)***
- ***Jewelry / Accessories***
- ***Hair adornment(s)***
- ***Religious head gear / Head gear***

Athletes must wear only one weightlifting singlet/costume which complies with the following criteria:

- ***must be one piece***

- *must be collarless*
- *may be of any colour*
- *must not cover the elbows*
- *must not cover the knees*

Athletes must wear sport footwear.

- Belts must be worn **over** the costume and must be max. 12 cm width. (Referees can ask for a measurement confirmation picture/video)
- Weights must be in kilograms (kg). The weight scale can be digital or mechanical and must be calibrated by using a 2.5kg or 5kg disc showing the correct weight on the scale.
- Black (bumper) plates must display weight markers in the video either the beginning or end of the submission.
- Due to the nature of this event, we ask that all athletes compete with integrity and to respect their fellow athletes when sending in submissions.

COMPETITION RULES:

- **Camera must be placed directly in front of the athlete. Full body must be visible.**
- Stepping off the platform is a “no lift”. Make sure the platform is clearly marked and visible in the video. If using a bright coloured tape make sure to clearly display before or after you lift. The IWF requires competition platforms to be 4m x 4m square. We understand that some areas will be of limited space and to a small platform. You can use a small training or self-build platform and mark the outside area measuring 4 metres.
- Pulling straps are not allowed, tape on the elbows are not allowed, singlets/costume must meet IWF + 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.
- Videos that do not display the weights following the lift will be considered “NO LIFT”.

CALL ON NATIONAL CLUBS & WEIGHTLIFTING EQUIPPED GYMS

Any national Club or Gym: If you are a club/gym and want to organize a group to help master’s athletes in submitting results can publish their location and contact details on the IWF Masters Competition Facebook page.

IWF MASTERS COMPETITIONS

All athletes **MUST STILL RECORD** and submit videos in the official way.

The athlete will be informed by the email provided at the official registration in case the video submission is rejected.

VIDEO SUBMISSION DATES BY AGE GROUPS:

From 10 to 17 November of age groups M80, M75, M70 - W70, W65, W60.

From 18 to 25 November of age groups M65, M60, M55, M50, W55, W50.

From 26 November to 03 December of age groups M45, M40, M35 - W45, W40, W35

Please note that video submissions before or exceeding the dates given above will not be accepted.

IF YOU HAVE ANY QUESTIONS REGARDING TECHNICAL PROCEDURES OR THE VALIDITY OF YOUR VIDEO, YOU MUST ASK BEFORE YOUR SUBMISSION. ONCE VIDEOS ARE SUBMITTED YOUR ENTRY IS FINAL.

CONTACT:
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