

2020 OWF CUP Online Tournament

December 5-6



INTRODUCTION

This year is the 40th Anniversary of the OWF but unfortunately all events and any celebrations that we had planned were cancelled due to the coronavirus pandemic. In order to keep the momentum for lifters going, we introduced the Eleiko Lifters Tournament, the Oceania League Tournament and now we will be running the OWF CUP online competition. The aim of the OWF Cup Online Competition is to enable weightlifters in various Oceania nations to compete head-to-head in real-time.

COVID-19 AND SAFETY

The objective of the OWF Online Competition is to bring maximum **4 lifters (two men and two women)** from each Oceania Country together in a virtual competition environment while they remain geographically separated and observing the COVID-19 Safety Regulations applicable to their specific location and circumstances. Some countries who may wish to enter a less number of lifters can do so.

Athletes can participate at their home gym or, where permitted, at their regular training venue or competition venue. Please see the **attached photo** as to how the platform can be set up.

PARTICIPATION

- All participants must be a member of their National Federation.
- The best performance overall of all participants, on Sinclair formula - of the top five (5) men and top five (5) women will receive the following:
- | Men | Women |
|---------------------------|---------------------------|
| 1 st - \$4,000 | 1 st - \$4,000 |
| 2 nd - \$3,000 | 2 nd - \$3,000 |
| 3 rd - \$2,000 | 3 rd - \$2,000 |
| 4 th - \$1,000 | 4 th - \$1,000 |
| 5 th - \$500 | 5 th - \$500 |

COMPETITION REGULATIONS

- The competition platform does not need to comply with the IWF specifications.
- The Weigh-in process must be supervised by a Senior Federation Official.
- The lifting order is in as follows: all lifters complete their 1st attempts, then all lifters complete their 2nd attempts, then all lifters complete their 3rd attempts. The order of lifting in each round is according to the weight of the barbell.
 1. FIRST ATTEMPT : (lightest weight lifts first)
 2. SECOND ATTEMPT : (lightest weight lifts first again) if two lifters have called for the same weight then the lifter who lifted first in the first attempt goes first again.
 3. The same goes for the THIRD ATTEMPT
 4. One (1) minute is allowed for each attempt.
 5. There is no Down Signal. Lifters replace the barbell in their own time when they finish the lift. **Note: The lifter must become motionless with their arms and legs fully extended and feet in line at the finish of the lift, before replacing the barbell in front of the body.**
 6. There is no Jury and there are no challenges. The majority decision of the Referees is final.
 7. Athletes must wear a weightlifting costume that conforms to the [IWF TCRR](#) and sport footwear.

Please note: The results of online competitions are not valid for OWF records. However the online competition results from this tournament will be recognised in the OWF Rankings.

COMPETITION DATES

Final Entries close: November 14th (Please note : no late entries will be excepted after this date)
No final changes will be made from the final entries.

Competition: The WOMEN competition will be conducted on Saturday December 5th
The MEN competition will be conducted on Sunday November 6th

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 even after a successful lift.

20kg RULE APPLIES

The combined weight of the 1st Snatch attempt and the 1st Clean & Jerk attempt must be no more than 20kg less than the Verified Entry Total. [IWF TCRR 6.6.5](#).

AGE ELIGIBILITY

Competitors must be at least 13 years of age on 31 December 2020.

COMPETITION EQUIPMENT

The barbell must meet the specifications of the IWF TCRR. The barbell which can be used are the ones which are recognised by the IWF. That is Eleiko, Uesaka, ZKC, DHS and Werksen.

WEIGH-IN

The weigh-in period for each session begins two hours before the start of the competition and lasts for one hour.

Athletes must be supervised, using accurate scales.

The athlete's bodyweight and the first attempts (Snatch and Clean & Jerk) must be sent to Bowen Stuart at office@awf.com.au by email **no later than ten (10) minutes after the end of the weigh-in period**.

The email must state the athlete's name, bodyweight, first attempt in Snatch and 1st attempt in Clean & Jerk.

COURSE OF THE COMPETITION

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

- The competition begins with a two (2) minute countdown. Introduction of the athletes will occur within this two (2) minute countdown. Once the countdown is completed, we will begin with the first attempt.
- The first lifter will be called following the end of the two (2) minute countdown.
- **Lifters must have the barbell loaded to the correct weight of their attempt before they are called to their Lifting Area / Platform.**
- All attempts will be taken by rounds. This means that all first attempts (1st round) will be taken one by one, starting with the lowest weight. After all first attempts are completed, all second attempts (2nd round) will be done in the same way, and then all third attempts (3rd round).
- As soon as the athlete has completed their attempt in the 1st round for the Snatch or Clean and Jerk, if the lift was successful the system will automatically increase the weight for the next round by one (1) kg.
- The lifter has two (2) changes of weight, (there is no declaration) the lifter must complete any and all changes they wish to make before the start of the next round through the **VIDEO CONFERENCING SOFTWARE (VCS) chat function**.

We recommend that you make the change as soon as the lifter is successful in order to make it easier on the people running the event. The same thing applies also in the third round.

- If any lift was unsuccessful the system will automatically retain the same weight for the next round.
- One (1) minute is allocated to each athlete between the calling and the beginning of the attempt. The timing clock starts as soon as the athlete has been called.
- After the completion of the 3rd 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.

TECHNICAL OFFICIALS

The event will be adjudicated by four (4) Referees simultaneously:

- There will be three (3) Category 1 main Referees and a Category 1 (1) Reserve Referee, all of whom adjudicate the lifts; and one (1) Timekeeper.
- The decision of the Reserve Referee will be considered only if one of the main Referee decisions is absent.
- There is no Jury or possibility to challenge the decision of the Referees.

- A Technical Delegate will be appointed so that he/she makes final decision on any technical issues and/or other unforeseen matters arise out of the ordinary. Technical Delegates must have a valid IWF Category 1 Technical Official License.

- The competition will have one Announcer

INFORMATION SESSIONS

Information sessions will be conducted by the OWF prior to the event for Athletes, Coaches and Technical Officials. All participants are strongly advised to attend the relevant information session. Dates and times will be advised.

ONLINE TECHNOLOGY PLATFORM OF THE COMPETITION

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

If during the Competition there is an unsatisfactory video image and the referees cannot adjudicate the lift, the attempt will be judged to be a **No Lift**.

Internet connection and camera settings are also the responsibility of the athlete / member federation. In the case of the internet losing connection, the camera being turned-off, or the athlete being a no-show in front of the online camera within the allocated time after they have been called, the Referees will judge the lift as a **No Lift**

TECHNICAL REQUIREMENTS FOR ATHLETES

- A reliable internet connection with good connection speed.
- Two devices that connect to the internet, e.g. smart phone + tablet, or smart phone + PC, or tablet + PC.
- One of the devices must have a camera to video the athlete lifting.
- One of the devices must have a speaker to enable the athlete to hear the Announcer's call.
- The camera must be located directly in front of the athlete when lifting.
- The Camera should be located 3 – 4 meters from the athlete's Lifting Area / Platform at a height of approximately 1 metre, ensuring that the athlete and barbell are fully visible throughout the lift and in the finishing position.
- The complete Lifting Area / Platform must be fully visible and well lit.

REQUIREMENTS FOR TECHNICAL OFFICIALS

- A reliable internet connection with good connection speed

INSURANCE

Please note that it is the responsibility of participating Member Federations to ensure their athletes are fully covered by insurance against any injury, accident, or health damage including in transit to/from the competition location and must assume financial responsibility for any hospitalization and related costs.

