

Online Event Regulations

The aim of these Online Event Regulations is to enable the event to proceed under COVID-19 Lockdown conditions by providing the opportunity for real, live, and world-wide participation from multiple locations, in as safe an environment as possible while observing applicable laws.

These Regulations are only to be used in exceptional circumstances, they are a framework to enable member federations to deliver a qualifying event with the approval of the IWF Executive Board when special or exceptional circumstances arise.

The proposed Regulations have been written as an Online Events Regulation, to enable a qualifying event to be run in special or exceptional circumstances, where a face-to-face event cannot be held.

This regulation does not replace the Online Event Regulation the Technical Committee developed in 2020 to promote participation.

1. PLACE

An **APPROVED** Venue (e.g. an established training or competition facility)

2. EVENT REGULATION

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

- Composition of Technical Officials involved

Event Venue (hub): Two IWF CAT II or higher level Technical Officials (or recognised authorities approved by the IWF, e.g. judge, government official, NOC Member) are required at the Event venue to supervise the weigh-in of the athletes, verify the weight loaded on the barbell and give a visual Down Signal if required.

3. ELIGIBILITY

In order to be eligible to compete at IWF Events, all Athletes shall submit whereabouts information at least two months before the event (according to Article 5.5.16 of the IWF 2021 Anti-Doping Rules).

All Athletes participating shall successfully complete the WADA ADeL online course for Athletes (ALPHA) before competing.

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

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

4. DOPING CONTROL

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

Doping control will be carried out (in all Hubs separately) by the International Testing Agency (ITA) on behalf of the IWF in accordance with the IWF Anti-Doping Rules.

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5. EVENT CATEGORIES

- Age Groups (as per TCRR 1.1)
 - YOUTH: 13 - 17 years of age
 - JUNIOR: 15 - 20 years of age
- Bodyweights (as per TCRR 1.2)
 - MEN (Junior):
55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
 - MEN (Youth):
49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg
 - WOMEN (Junior):
45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg
 - WOMEN (Youth):
40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg
- SPORT EQUIPMENT

The bars, discs, and collars must meet the weight, dimension and colour specifications of the TCRR 3.3.

Collars must be used, for safety. Where regulation 2.5kg collars are used, they will contribute to the calculation of the weight of the barbell. Spring collars or clip collars may be used but they will not contribute to the calculation of the weight of the barbell.

When loading the Barbell it must be loaded with discs with the colour identification for their weight: (As per IWF TCRR 3.3.3.6). If the colour of the discs to be used does not meet the regulations, coloured tape or similar must be applied on the facing edge to identify the weight of the disc, in accordance with the colour specifications below.

- 25 kg red
- 20 kg blue
- 15 kg yellow
- 10 kg green
- 5 kg white
- 2.5 kg red
- 2 kg blue
- 1.5 kg yellow
- 1 kg green
- 0.5 kg white

6. AWARDS

- As determined by the organising committee

7. PROCEEDINGS OF THE EVENT

To be submitted via the IWF e-entry system or equivalent system provided by the organising committee

VERIFICATION OF ENTRIES

Online Events **WILL NOT HAVE A VERIFICATION OF FINAL ENTRIES**

MEETING. All Modifications to an athlete's Bodyweight Category or Entry Total **MUST** be emailed to the Organising Committee by the **stipulated date/time** before the commencement of the Event which will be considered as the Verification of Final Entries. No modifications will be accepted after this time.

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WEIGH-IN

The weigh-in will be conducted online by a Competition Secretary via a secure Microsoft Teams Meeting (or equivalent technology, e.g. Zoom, Google Hangout) link and assisted by the assigned Technical Official on location. The Athletes' bodyweight and the first attempts (Snatch and C&J) will be recorded by the Competition Secretary (see IWF TCRR 6.4.1). **ATHLETES MUST SHOW ID AT THE WEIGH-IN. ATHLETES MUST WEIGH-IN WEARING THEIR LIFTING SUIT**, an allowance of 0.3 kg will be given for the suit and undergarments if the athlete is over the nominated bodyweight category, e.g. the weight displayed on the scale is 81.3kg, the weight recorded by the Competition Secretary is 81.0kg.

COURSE OF EVENT

The Event will be conducted according to the regulation 6.6 in the IWF TCRR, i.e. lifters will be called according to the usual sequence.

A two-minute countdown will commence at the start of presentation. The event will commence at the completion of presentation of athletes and technical officials, or at the end of the countdown, whichever is last. There will be **NO 10 MINUTE BREAK** between the end of the presentation and the calling of the first Athlete.

All lifters must have the barbell loaded to the weight requested before they are called to the Platform, however if the platform is being used by more than one athlete and consecutive lifts are called on the same platform the clock will not commence until the bar has been loaded for the following athlete.

Should there be consecutive attempts at the same venue by different athletes, as per the TCRR 6.6.7 The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the Loaders have left the platform, whichever is last.

When a change or declaration is made THE BAR IS ASSUMED TO BE LOADED and we will continue with the calling order and flow of the event.

- If the barbell is misloaded to a heavier weight than called and it's a Good Lift, the lifter will be credited with the weight that was called. **(TCRR Regulation to Jury 7.5)**
- If the barbell is misloaded to a lighter weight than called, it will be judged as No Lift even if the lifter is successful. **(TCRR Regulation to Jury 7.5)**
- If the technology at the lifting site fails and the Online Referees cannot judge the attempt it will be a No Lift.
- If the IWF technology fails, e.g. the correct lifter isn't spotlighted or something happens at the Technology Control Centre that causes the Online Referees to not see the attempt - the Jury President may grant another attempt.

There will be a regulation 10 minute break between the Snatch and Clean and Jerk unless otherwise announced.

8. TECHNICAL OFFICIALS

There will be 6 remote Technical Officials, 3 acting as Referees and 3 acting as the Jury. The Jury President will act as the Reserve Referee. The remote Technical Officials will be watching the attempts from their own location via Video.

The audible Down Signal will be given by the Jury President, and may be relayed to the athlete by an assistant (e.g. coach or technical official) on location if necessary. It is recommended to connect an additional speaker to the device running the Teams Meeting, to make the audible Down Signal and announcer as loud as possible.

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The decision of the Reserve Referee (Jury President) will be considered only if one of the main referees' decisions is absent.

There will be a Jury. The Jury may overturn a decision if there is unanimous agreement within the Jury. There are no challenges or replays.

9. ONLINE TECHNOLOGY PLATFORM OF THE EVENT

The event will be conducted on the Microsoft Teams platform (or equivalent technology) and connected to the IWF Technology and Information System (TIS).

Information sessions are compulsory for all event support personnel, e.g. coaches, onsite technology managers, venue managers, etc. and Technical Officials, prior to the event. Details of these sessions will be organised by the organising committee and communicated to each National Federation.

Connectivity testing is mandatory for all event venues. If the connectivity test is not satisfactory, the venue may not be approved as an event site. If during the event there is an unsatisfactory video image and the referees cannot adjudicate the lift, the lift will be declared to be a No Lift.

10. TECHNICAL REQUIREMENTS

Venues will require a minimum of three devices:

- A device with good quality camera (preferably HD) to connect via Microsoft Teams (or equivalent technology).

The camera shall be located directly in front of the athlete, approximately 3-4 meters from the athletes' Platform at ~1 meter height ensuring that the athlete and barbell are fully visible at the finishing position and the complete Platform are fully visible. The assistant relaying the down signal (if required) must be positioned just beside the camera to provide an audible and visual down signal to the Athlete.

- A browser-enabled device to communicate weight changes for athletes via secure links (there can be multiple devices if available)
- A device with good quality camera to conduct weigh-in for athletes via Microsoft Teams (or equivalent technology).
- (OPTIONAL) browser-enabled device to act as an athlete facing clock and visual down signal

A Connectivity Test will be required for a venue to be approved for the event.

11. BROADCAST

Please be aware that the event will be broadcasted live on the organising committees YouTube channel and / or Facebook and recorded. All attendees should be informed that they may appear in the broadcast and the recording.

12. HEALTH AND SAFETY

All participants and attendees must abide by the health regulations applicable to them at all times. All participants have an obligation to minimise the health and safety risks to themselves and others and accept all risks arising from their participation in this event.

13. TIMELINE

Final Regulation	minus 4 weeks
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Entries Close	minus 3 weeks
Rehearsal	minus 1 – 2 weeks (1 day)
Connectivity Tests	minus 1 – 2 weeks (2 days)
Verification of Final Entries (Deadline for Change of Bodyweight Category / Entry Total)	minus 10 days
Finalisation of Event Schedule by Session / Publishing List of Athletes by Bodyweight Category and by Session	minus 1 week
ITO Seminar	minus 4 days
Athletes' and Coaches' Seminar	minus 3 days
Event	day zero

14. TIMETABLE

Will be finalised after the close of Verification of Entries.