

# 2022 INTERNATIONAL MASTERS WEIGHTLIFTING FAMILY VIRTUAL CHAMPIONSHIP (VIDEO SUBMISSION)



## VIDEO SUBMISSION DATES PER AGE GROUPS:

From **28 to 31 March** age groups M85, M80, M65, M60, M55, W55, W50, W45

From **01 to 04 April** age groups M45, M40, M35, W40, W35

## GENERAL RULES & INFORMATION:

- A maximum of three (3) attempts is allowed in the Snatch and the Clean & Jerk
- 1<sup>st</sup>, 2<sup>nd</sup> + 3<sup>rd</sup> place receiving medals accordingly.
- 2022 International Masters WL Family Best Men + Women Best lifters awards **for each** age group
- 2022 International Masters WL Family Grand Masters Women / Grand Masters Men award
- 2022 International Masters WL Family Certificate
- In the case of a tie, awards are given to the athlete that posted their video submission first
- Result book with age factors for women (Huebner-Meltzer-Faber) **also** for men (Meltzer-Faber)
- Each lift will be **refereed** by 3 European national/international IWF CAT 1 + 2 Technical Officials
- As this is a NO DOPING TEST EVENT, records CANNOT be recognized
- No Hall of Fame points
- All awards will be sent to the National Masters Chair/Representative.
- Award winners will be notified and results published within 3 weeks of the close of

this championship. By 15 April 2022 all results and videos will be published.

- The National Masters Chair/Representative 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:**

- ***EACH REGISTERED ATHLETE WILL RECEIVE A LINK TO THE ACTUAL 2022 INTERNATIONAL MASTERS WEIGHTLIFTING FAMILY VIRTUAL WEIGHTLIFTING WEBSITE FOR THE SUBMISSION OF THE VIDEOS AND ATHLETE'S INFORMATION LIKE:***
- Athletes must upload government issued ID photo, full name, nationality and date of birth.
- Video formats to use and max. 50MP (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- Videos will not be published in a viewable gallery until the close of the competition, and after final results are published.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 jewelry 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 color***
- ***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.

- Competition will be accepted only with **KILOGRAMM WEIGHTS!**
- Spring collars will not be counted as extra weights on the total weight on the barbell.
- Each lift must be video recorded separately. Max. 6 videos of all lifts in total are permitted to submit.
- 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 meters.

- 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.
- Only Kilograms are accepted!
- 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".

**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:**

**[ewlmasters@outlook.com](mailto:ewlmasters@outlook.com)**

### **ADDITIONAL OPPORTUNITIES TO PARTICIPATE:**

**An athlete is entitled to use already existing videos starting from 1 January 2021 to 28 February 2022 of International/National/Regional or upcoming National/Regional Competitions videos of lifts:**  
***But not mixed videos from several competitions!!***

- if the athlete faces lockdown/travel restrictions due to COVID-19 and has no way to train and/or compete
  - if the max. size of per video submitted **does not exceed 50MB**
  - if the athlete provides a WEIGH-IN protocol sheet signed
  - if the athlete provides videos of each lift based on the rules on page 3 **(camera position, belt size, etc..)**
  - if the athlete provides a result sheet of his/her competition  
*The dates to submit the videos are:*