



2021 World Masters Weightlifting Online Real Time Championship 21 – 29 May 2021 via ZOOM

DESCRIPTION OF THIS EVENT:

The IWF Masters Committee in cooperation with the USA Weightlifting Federation will run for the first time a hybrid of an ONLINE REAL TIME (via ZOOM) and a VIRTUAL World Championship.

With no travel being involved each participant has the chance to continue to go to work, train and prepare for his/her competition.

Only the actual competition day would require flexible timing on behalf of the athletes and technical officials.

A competition schedule will be provided as soon as the preliminary registration closes on 15 February 2021, midnight CET.

However, it is a huge challenge because of the different time zones involved. We therefore must prepare a competition schedule based on human friendly hours for all Masters worldwide to be able to give his/her best in the competition.

To ensure that, we will split the world into several competition zones, e.g. PanAm region, Europe and Africa, Oceania and Asia, and split each session into regional sub sessions.

Example M50 cat. 89 12 lifters:

EXAMPLE SESSION 13

	WEIGH-IN 07:00	COMPETITION START 09:00		EUROPE	ASIA	
M50	89	239	183	EST	COMPETITION DAY 24/05/2021	
		225	183	GER	Treier	Urmaz
		200	183	FRA	Walker	Jürgen
		198	183	IRI	HELENA	Christophe
					SHEIKHOUSLAMI KANDELOUSI	ALIREZA

	WEIGH-IN 15:00	COMPETITION START 17:00		OCEANIA	ASIA	
M50	89	197	183	AUS	COMPETITION DAY 24/05/2021	
					Stavroulakis	Andreas

	WEIGH-IN 19:00	COMPETITION START 21:00		PANAM	ASIA	
M50	89	236	183	USA	COMPETITION DAY 23/05/21	
		223	183	USA	Huska	Attila
		217	183	PER	Drapinski	Piotr
		207	183	USA	AGRAMONTE ALVARADO	ALEX ALFREDO
		196	183	CAN	Kunitz	Daniel
		190	183	CAN	Crotty	Chris
		188	183	USA	Crane	Jamie
					Huska	Michael

Each lifter competes in his regional sub session in a virtual live event against his regional opponents. Once each region has completed its sub session, the results will be merged for the final session result.

Note: Due to multiple time zones being involved, a session might be spread over two days. Therefore, the athletes will not know the continuous loading of his/her opponents' barbells in the other regions. Each athlete competes firstly against him/herself and must give the utmost to succeed.

WHAT IS IN IT FOR YOU?

- 1) The **2021 World Masters Weightlifting Online Real Time/Virtual Championship** is a Qualifying event for the 2022 WMG Kansai, Japan in May and for the 2022 IWF MASTERS WORLD CHAMPIONSHIP in Orlando – USA to be held 2 – 10 December 2022.
- 2) A maximum of three (3) attempts is allowed in the Snatch and the Clean & Jerk.
- 3) Gold, Silver and Bronze place will receive medals based on the total achieved.
- 4) In the case of a tie, awards are given to the athlete reaching the highest S(H)FM first.
- 5) 2021 World Masters Online Real Time/Virtual Men and Women Best lifters awards for each age group
- 6) 2021 World Online Real Time/Virtual Grand Masters Woman / 2021 World Online Real Time/Virtual Grand Masters Man award
- 7) 4 men + 4 women Team awards
- 8) Certificate of Achievement/Attendance
- 9) Result book with age factors for women (Huebner-Meltzer-Faber) also for men (Meltzer-Faber)
- 10) Each lift will be refereed by 3 International IWF CAT I and CAT II, National Technical Officials
- 11) As this is a NO DOPING TEST EVENT, records WILL NOT be recognized
- 12) No Hall of Fame points
- 13) All awards will be sent to the National Masters Chair/Representative
- 14) Award winners will be notified by their National Masters chair
- 15) **Due to the nature of this event, we ask that all athletes compete with integrity and to respect their *fellow athletes***

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 2021 and reach the 2021 IWF Masters Qualifying Totals accordingly.
- Athletes must register on the IWF Masters registration website through an access code given by National Masters Chairs.
- Athletes must have paid their entry fee to their National Masters chair and can claim a refund if deselected.
- Athletes participating without having a National Masters representative are kindly

- requested to contact the IWF Masters secretariat
- All athletes outside of Europe and UK must pay the entry fee in **US DOLLARS**

USD 110
EUR 90

Late registration/late payment after the closing date of 31 March 2021 will not be accepted.

WEIGH-IN PROCESS

WEIGH-IN REGULATIONS:

IWF/IWF MASTERS NORMAL COMPETITION WEIGH-IN RULES APPLY!

- You must open a ZOOM account: www.zoom.us
- You must have a smart phone or tablet or laptop for communication during the weigh-in
- You will receive a ZOOM link for your Weigh-In from us

WEIGH-IN STEPS:

YOU HAVE 60 MINUTES FOR YOUR WEIGH-IN, AS IN A REAL COMPETITION!!

WAITING ZOOM ROOM

- The ZOOM link takes you to a waiting room
- Lot numbers will be posted in the ZOOM chat window at the beginning each weigh-in.
- You will be called by a Weigh-In Referee based on your LOT number
- If you are not available or prepared to weigh-in, a Weigh-In Referee will call the next person on the list. You will move to the end of the line.

WEIGH-IN ZOOM ROOM

- Entering the weigh-in ZOOM room, show an official a government-issued photo ID.
Examples are:
 - Passport
 - National ID Card
 - National Driver's license

CHECKING YOUR DIGITAL SCALE

Place a 5KG plate on your digital scale making it visual for the referee.

YOUR WEIGH-IN

- Remove socks and watch
- Wear your proper official competition **singlet/costume (IWF costume regulations apply- see woman/man in singlet on Power Point Presentation)**

If you do not make weight, initially, you will need to log off of zoom until you are ready to check your weight again. You'll be allowed back to re-weigh as many times as you need during the 60 min Weigh-In hour. The weigh-in referee will monitor the waiting room for athletes re-joining to allow them back in.

DECLARING YOUR FIRST ATTEMPT OF YOUR SNATCH and CLEAN & JERK

- Communicate ONLY!! verbally your first attempt weights
- Do not write your opening attempts in the chat, which is public
- The technical official will repeat back your snatch, clean and jerk openers, and confirm your body weight
- A verbal confirmation by you is equivalent to signing off on your athlete card

QUESTIONS DURING THE WEIGH-IN

- If it is possible any question will be answered immediately
- If it requires some research you will be notified as soon as possible

After the athlete's Weigh-In is completed, the athlete is requested to LOG-OUT of the ZOOM link. Any questions regarding the weigh-in should be made while the athlete is logged-in.

COMPETITION AREA

- **The camera must be placed directly in front of the athlete. Full body must be visible.**
- Stepping off the platform is a "no lift".
- The IWF Masters 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.
- If using a bright coloured tape make sure to clearly display before or after you lift.

EACH ATHLETE WILL RECEIVE THE 2nd ZOOM LINK ONLY USED FOR THE ACTUAL COMPETITION OF THE ATHLETE'S SESSION.

In order to ensure that the athlete's competition will go smoothly, he/she is kindly requested to make sure that good internet speed is working (reliable cable, DSL or LTE mobile internet is recommended).

The athlete should have a monitor (laptop/Computer) connected to the organizer showing the lifting order like in a competition warm up area.

The athlete, at his/her discretion, is strongly advised to organize 1-2 appropriate people to support his/her competition.

Each athlete must Log in to his/her assigned **COMPETITION ZOOM link** at least 30 minutes prior to the start of his/her session.

Competition Staff and the officials will run some tests to make sure that the athlete's connection is properly working, that his/her camera is in a good position and will also be guided through the specifics of this event.

ACTUAL COMPETITION:

**Athlete's Introduction 5 minutes before start of actual competition.
Example: 09:00 am Introduction of Athletes in Session.....
09:05 Start of Competition Session.....**

The introduction of each athlete will be carried out by the speaker within the 5 minutes before the start of the competition while the athlete is warming up for his/her competition. We emphasize that the athlete must wear a proper official competition **singlet/costume (IWF costume regulations apply- see woman/man in singlet on Power Point Presentation).**

LOADING OF THE BARBELL – ORDER OF YOUR LIFTS:

- *A bar will be considered loaded as soon as an athlete puts on a change at the marshal table through **the zoom chat**. After that, the clock should start for that athlete after the **announcer says the Athlete Name** and the Weight on the Bar.*
- *One (1) minute (60 seconds) is allocated to each athlete between the calling of his / her name and the beginning of the attempt*
- *When an athlete attempts two (2) consecutive lifts, he / she is allowed three (3) minutes (180 seconds) for the next attempt.*
- *The lifting order of a normal IWF/IWF Masters competition will be applied.*
- *The athlete is strongly advised to organize 1-2 appropriate people to support the correct and smooth loading of the bar, to oversee the lifting order and to make sure that the weight declaration for all lifts are done in time and correctly.*
- *Changes will be accepted via the chat box, sent to everyone, in the Zoom meeting.*

LIFTING REGULATIONS AS PER IWF TCRR

- Pulling straps are not allowed, tape on the elbows is not allowed, singlets/costume must meet IWF and 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.
- There will be no down signal. Athletes will be responsible for showing control of the bar

overhead, and may release it when they feel they have shown control.

31 January 2021
IWF MASTERS COMMITTEE

