



Regulations

INTRODUCTION

The Peruvian Weightlifting Federation (PWF) has the honor to invite all the Member Federations of the IWF with the intention of encouraging all youth athletes to compete and show their love for our sport.

The aims of the Online Competition Regulations are to promote the real, **live**, and worldwide participation of our athletes from the safety of their homes.

REGULATIONS

1. PLACE / VENUE

Home, Training Venue or Competition Venue, wherever applicable subject to the national health and safety regulations. The objective of the Competition is to provide a safe competition opportunity for the athletes training at home without the need to assemble for the Competition.

STAY SAFE!

Please be sure to follow your national health and safety regulations!

Therefore, athletes can participate at **HOME** (e.g., garage, terrace, garden, etc.) or, where permitted, at your **TRAINING VENUE** (e.g., national training center, local club or gym, etc.). If the health and safety regulations allow it at a Competition Venue.

2. TERMS AND CONDITIONS OF PARTICIPATION

Participating Athletes and Team Officials:

- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors.
- Should undertake full moral responsibility of their members, including any offensive or non-ethical behaviour or object / writing on the back wall or in the image of the camera.
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed in accordance with the IWF Constitution.

3. FINANCIAL CONDITIONS

Participation is **FREE**. This competition will have NO Participation or Entry Fee.





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4. ENTRY PROCESS

BY OCT 11, All Member Federations are invited to enter a maximum of

TEN (10) MEN and TEN (10) WOMEN athletes

ONE (1) per Bodyweight Category

BY OCT 14, the IWF will confirm the entries.

ENTRIES SHOULD BE REGISTERED THROUGH THE IWF ONLINE ENTRY SYSTEM WITH YOUR ALREADY EXISTING IWF E-ENTRY ACCOUNT:

<http://www.iwf.net/e-entry>

If you have any questions, please contact:

- Mr. Matyas Lencser (Entries), matyas.lencser@iwfnet.net
- Mr. Zoltan Veres (Technical issues), zoltan.veres@iwfnet.net

As part of the entry process the MF will be **REQUIRED** to provide:

- Valid **email addresses** for both the athlete and coach
- **Location** of where the athlete will compete
- **Athlete's Photo headshot** (passport-style in JPG format with the best resolution possible)
- **Athlete's copy of the Passport front page or if there is no Passport a copy of their National Identification document which contains the date of birth using the Western date format with the year.**

The above data must be sent to YWC2020PERU@GMAIL.COM by 11 OCTOBER 2020

5. COMPETITION REGULATION

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

- No competition Platform required
- Weigh in process
- Certain exceptions to Competition-certified equipment permitted (see section 10 below)
- Changes to the calling order (competition format)
- Operation of the timing clock
- Composition of Technical Officials involved
- Down Signal exception as per "The Competition Rules for The Two Lifts" (see section 6 below)





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- The allocation of athletes into groups (may not always follow the IWF TCRR 6.3.2 to enable the best competition schedule options for athletes from different time zone, whilst IWF TCRR 6.6.5, 20kg Rule to be respected to maximise the quality of each session).

AS THESE COMPETITIONS DO NOT STRICTLY ADHERE TO THE IWF TCRR, THE IWF WILL NOT OFFICIALLY RECOGNIZE THE RESULTS AND ANY NEW RECORD(S) CLAIMED FOR RANKING OR QUALIFICATION REASONS.

Athletes must wear the standard weightlifting costume and sport footwear (see [IWF TCRR 4](#)).

6. SPECIAL COMPETITION RULES FOR THE TWO LIFTS

A) THE SNATCH

The barbell is centered horizontally on the center of the Lifting Area / Platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the

Lifting Area / Platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and may slide along the thighs. No part of the body other than the feet may touch the Lifting Area / Platform during the execution of the Snatch. The athlete may recover in his/her own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. At this point the athlete must be stationary and in control of the barbell before the lift is deemed to be complete.

The athlete at his/her own discretion decides if the lift is complete according to the rule as stated above. Then the athlete lowers the barbell in front of the body releasing his/her grip on the barbell only after it has passed the level of the shoulders.

B) THE CLEAN & JERK

The First Part, the Clean:

The barbell is centered horizontally on the center of the Lifting Area / Platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the Lifting Area / Platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and the barbell may slide along the thighs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the Lifting Area / Platform during the execution of the Clean. The athlete may recover in his/her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.





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The Second Part, the Jerk:

The athlete must become motionless with the knees fully extended before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his/her feet to the same line parallel to the plane of the trunk and the barbell with his/her arms and legs fully extended. At this point the athlete must be stationary and in control of the barbell before the lift is deemed to be complete.

The athlete at his/her own discretion decides if the lift is complete according to the rule as stated above. Then the athlete lowers the barbell in front of the body releasing his/her grip on the barbell only after it has passed the level of the shoulders.

C) ATHLETE'S RESPONSIBILITY

It is the sole responsibility of the athlete to complete the lift in accordance with the rules of the Snatch and the Clean and Jerk as stated above and to the satisfaction of the on-duty Technical Officials.

Internet connection and camera settings are also the responsibility of the athlete. 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".

D) 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 after successfully completing a Good Lift.

7. ELIGIBILITY

YOUTH: 13 - 17 years of age (as per TCRR 1.1).

All age groups are calculated in the athlete's year of birth.

In order to be eligible to compete at IWF Competitions, all Athletes shall submit whereabouts information, the whereabouts information for this competition must cover a minimum period from the entry closing date (11 October 2020) until the end of the competition (18 November 2020).

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/>





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Just as in the case of the IWF ILiftClean platform, Athletes and supported personnel (coaches, team doctors) shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

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

8. DOPING CONTROL

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

Doping Controls will be carried out by ITA on behalf of IWF by an appointed sample collection authority/ies in accordance with the IWF Anti-Doping Policy.

9. COMPETITION CATEGORIES

MEN (Youth): 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

WOMEN (Youth): 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

10. SPORT EQUIPMENT

Bars made by IWF-approved manufacturers must be used for the competition.

Plates must follow the IWF TCRR 3.3.3.6, i.e., weights in kg must correspond to the colour of the plates:

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

Collars must be used for the safety of the athlete and the recognition of the weight.

11. AWARDS

Online certificate and diplomas.





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12. PROCEEDINGS OF THE COMPETITION

A) ENTRIES

Member Federations (MF) are requested to confirm their participation by 11 October 2020.

B) VERIFICATION OF FINAL ENTRIES (VFE)

Athletes may modify their bodyweight category and entry totals through the **IWF Online Entry System** by **30 October 2020 at 23:59** in Lima, Peru time zone.

Upon the receipt of the valid change request(s), the Organising Committee must send the confirmation email to the relevant athlete / MF to inform them that the Change request(s) have been received.

It is the sole responsibility of the athlete / MF to confirm that their change request(s) have been received by the Organising Committee. Without such confirmation, the change request(s) is/are not guaranteed to be reflected in the competition process.

C) WEIGH-IN

Athletes' bodyweight and the first attempts (Snatch and C&J) must be sent from an authorized MF contact (email, WhatsApp, etc.) during the official weigh-in time (see [IWF TCRR 6.4.1](#)). Please see the *Sample Weigh-In Form* attached to the end of these Regulations for reference.

NOTE: Online Competitions **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 Competition which will be considered as the Verification of Final Entries. No modifications will be accepted after this time.

D) 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, Athletes can make changes to their first attempts up until the expiration of the two (2) minute countdown. After the countdown has completed, no more changes will be allowed to the first attempts. The first lifter will be called to the Lifting Area / Platform following the end of the two (2) minute countdown.

All lifters must have the barbell loaded to the weight requested before they are called to the Lifting Area / Platform.

- Unlike the IWF TCRR, all attempts will be taken by rounds. This means that all first attempts (1st round) have to be taken one by one, starting with the lowest weight, and





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increasing. After all first attempts are completed, all second attempts (2nd round) have to be done in the same way, which will be followed by the 3rd attempts (3rd round).

- As soon as the athlete has completed their attempt in the 1st or 2nd round for the Snatch or Clean and Jerk, if the lift was successful the system will automatically increment the weight for the next round by one (1) kg, if the lift was unsuccessful the system will automatically retain the same weight for the next round. The lifter has two (2) changes, (there is no declaration) the lifter must complete any changes they wish to make before the start of the next round through the VIDEO CONFERENCING SOFTWARE (VCS) chat function. Following the completion of rounds one (1) and two (2) the clock will be set to 30 seconds to enable all the lifters to finish making their changes, following the completion of the 30 seconds the next round will commence no more changes will be allowed for that round.
- One (1) minute is allocated to each athlete between the (automatic) calling and the beginning of the attempt. The timing clock starts automatically after 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 the athletes may make changes to their first C&J attempt). Once the 10 minutes have expired no more changes will be allowed for the 1st round of the C&J.
- The Competition follows the IWF TCRR including classification **Regulation 6.8.2. See the Explanatory Table below**, the Lifting Order changes under the Rounds system it will impact the Classification.





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IWF ONLINE LIVE COMPETITION July 01-02, 2020



COURSE OF COMPETITION

Weigh-in: 17:00



Competition: 19:00

Lot	Start No.	Name	SNATCH					CLEAN & JERK					Total	Rank
			1	2	3	Result	Rank	1	2	3	Result	Rank		
1	1	G	94 (3)	95 (9)	100 (13)	100	6	115 (3)	116 (8)	120 (13)	120	4	220	5
4	2	H	100 (4)	100 (10)	105 (16)	100	4	115 (4)	120 (9)	125 (14)	125	1	225	1
133	3	I	90 (2)	95 (8)	105 (15)	105	2	114 (2)	116 (7)	115 (11)	115	5	220	2
198	4	J	85 (1)	94 (7)	105 (14)	105	1	—	—	—	—	—	—	—
204	5	K	100 (5)	100 (11)	105 (17)	100	5	110 (1)	115 (6)	120 (12)	120	3	220	4
246	6	L	100 (6)	100 (12)	105 (18)	100	3	120 (5)	126 (10)	125 (15)	120	2	220	3





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E) TECHNICAL OFFICIALS

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

- Three (3) main Referees and one (1) Reserve Referee (serving also as Timekeeper to operate the clock) all of whom adjudicate the lifts.
- However, the decision of the Reserve Referee / Timekeeper will be considered only if one of the main Referee decisions is absent.
- Whenever available, another one (1) Back-up Referee may be allocated in each session to stand-by in case one of the main Referees has a prolonged internet connection problem.
- There is no Jury or possibility to challenge the decision of the Referees.
- One or multiple Technical Delegate(s) must 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 feature a commentator instead of a speaker!

F) ONLINE TECHNOLOGY PLATFORM OF THE COMPETITION

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

Connectivity testing is mandatory for all Participants and TO's prior to the Competition, this will be conducted by the Organising Committee, if the connectivity test is not satisfactory, the participant or TO will be removed from the Competition. If during the Competition there is an unsatisfactory Video image and the referees cannot adjudicate the lift, the lift will be judged to be a **No Lift**.

13. TECHNICAL REQUIREMENTS

- Good quality camera shall be used (preferably HD).
- Camera shall be located directly in front of the athlete.
- The Camera shall be located 3~4 meters from the athletes' Lifting Area / Platform at ~1 meter height ensuring that the athlete and barbell are fully visible at the finishing position.
- The complete Lifting Area / Platform are fully visible.

14. BROADCAST

The Competition may be broadcasted live on the IWF's YouTube channel and / or Facebook LIVE, but not limited to these.





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15. INSURANCE

It is mandated that participating MFs ensure their athletes are 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.

16. TIMELINE

Final Regulation	01 October 2020
Entries Close	11 October 2020
Rehearsal	31 October 2020
Connectivity Tests	03 & 04 November 2020
Verification of Final Entries (Deadline for Change of Bodyweight Category / Entry Total)	30 October 2020
Finalisation of Competition Schedule by Session / Publishing List of Athletes by Bodyweight Category and by Session	04 November 2020
Athletes' and Coaches' Informative Session	07 November 2020
ITO Informative Session	08 November 2020
Competition	11-18 November 2020

17. TIMETABLE

The competition schedule is subject to the number of entries. The IWF will publish the competition schedule after the entries have closed.

18. ORGANIZING COMMITTEE

PERUVIAN WEIGHTLIFTING FEDERATION

Contact Email: YWC2020PERU@gmail.com

PLEASE NOTE:

The IWF has published general advice and specific advice relating to the current COVID-19 crisis for weightlifters while training and during competition. It is recommended that all Athletes, Coaches, Officials and all other participants (medical staff and loaders) review this material on the IWF Website. We strongly recommend that all coaches and support staff wear masks for the duration of the competition and respect the 2-meter social distancing guidelines. Athletes should follow the same guidelines when they are not lifting.





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SAMPLE

WEIGH-IN FORM

M__kg
W__kg

WEIGH-IN: DD/MM/YYYY, hh:mm - hh:mm

COMPETITION: DD/MM/YYYY, hh:mm

Member Federation / Nation: _____

Country / NOC Code: _____

Name	DOB DD/MM/Y YYY	Body weight	BW Category	ENTRY TOTAL	1st Attempts	
					SNATCH	C & JERK

Date/Time: ___ / ___ / _____ :__

Name (Printed): _____

Position in MF: _____

Signature: _____

PLEASE SEND THE COMPLETED FORM IMMEDIATELY AFTER THE WEIGH-IN HAS FINISHED.

ORGANIZING COMMITTEE

Contact Email : YWC2020PERU@gmail.com

