



# AWF Online Competition Regulations and Guidelines

## Contents

1.	COMPETITION HUBS.....	2
2.	DOPING CONTROL.....	2
3.	COMPETITION RULES.....	2
4.	SPORT EQUIPMENT .....	2
5.	WEIGH IN .....	3
6.	COURSE OF THE COMPETITION .....	3
7.	ERRORS IN LOADING OR TECHNOLOGY FAILURE .....	3
8.	ONLINE TECHNOLOGY PLATFORM OF THE COMPETITION .....	4
9.	TECHNOLOGY REQUIREMENTS .....	4
10.	BROADCAST and PRIVACY .....	4
11.	HEALTH and SAFETY.....	4
12.	COMPETITION SCHEDULE.....	4
13.	TECHNICAL OFFICIALS.....	5
14.	TIMELINE.....	5
15.	VIRTUAL WEIGH-IN PROCEDURE .....	5
16.	ELECTRONIC ATTEMPT WEIGHT CHANGE .....	6
17.	PUBLIC SCOREBOARD .....	6
18.	COMPETITION HUB MINIMUM REQUIREMENTS .....	7



# AWF Online Competition Regulations and Guidelines

The aim of these Online Competition Regulations and Guidelines is to enable AWF events to proceed during pandemic conditions by providing the opportunity for interactive and nationwide competition in as safe an environment as possible while observing applicable public health orders and other relevant laws.

## 1. COMPETITION HUBS

The AWF will assess and approve Competition Hubs nominated by State and Territory Weightlifting Associations. Competition Hubs must provide facilities and equipment that meet the requirements set out in these regulations.

## 2. DOPING CONTROL

Athletes are subject to doping control in accordance with the Anti-Doping Rules. The address of each Competition Hub and the names of the athletes competing at each location must be provided to the AWF at the verification of final entries.

## 3. COMPETITION RULES

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

- The weigh-in will be conducted via video link by one Technical Official.
- Lifting will commence immediately after the introduction of Athletes and Technical Officials, i.e. there is no 10 minute break after the introduction and before the first attempt.
- The declaration and change of weights for all attempts will be managed by an electronic system.

## 4. SPORT EQUIPMENT

The competition platform must be square and measure 400cm in length on each side. A smaller platform may be permitted in some circumstances, but this must be approved in advance by the AWF. Where a smaller platform is used, attempts must be completed on the platform, i.e. the same rules for replacing the barbell or leaving the platform during an attempt apply regardless of the size of the platform. A platform larger than 400cm x 400cm is not permitted.

The bars, discs, and collars must meet the weight, dimension and colour specifications of the IWF Technical and Competition Rules & Regulations (TCRR).

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



# AWF Online Competition Regulations and Guidelines

## 5. WEIGH IN

Athletes are weighed at the Competition Hub in the presence of an appointed Technical Official who holds a minimum qualification of State Referee and is the same gender as the athletes being weighed. The weigh-in will be conducted by a Competition Secretary of the same gender as the competitors via a secure Microsoft Teams Meeting link. The Athletes' bodyweight and the first attempts (Snatch and C&J) will be recorded at the weigh-in.

**ATHLETES MUST SHOW ID AT THE WEIGH-IN and ATHLETES MUST WEIGH-IN WEARING THEIR LIFTING SUIT.**

An allowance of 0.3kg will be given for the suit and undergarments, e.g. the weight displayed on the scale is 81.30kg, the weight recorded by the Competition Secretary is 81.00kg.

## 6. COURSE OF THE COMPETITION

The progression of the competition will be according to the regulation 6.6 in the IWF TCRR, i.e. lifters will be called according to the usual sequence.

The competition will commence at the completion of presentation of athletes and technical officials. There will be NO 10 MINUTE BREAK between the end of the introduction and the calling of the first Athlete.

Lifters should have the barbell loaded to the weight requested before they are called for their attempt, however if the same platform is being used by more than one athlete and consecutive attempts are called on the same platform the clock will not commence until the bar has been loaded for the following athlete.

When the same athlete has consecutive attempts, they will have two (2) minutes to begin the consecutive attempt and the clock will start when the bar is loaded.

**THE TIMEKEEPER CAN USE DISCRETION TO START THE CLOCK IF HE/SHE JUDGES THE LOADING TO BE DELAYED OR TOO SLOW.**

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

## 7. ERRORS IN LOADING OR TECHNOLOGY FAILURE

- 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.
- If the barbell is misloaded to a lighter weight than called, it will be judged as No Lift even if the lifter is successful.
- If the technology at the Competition Hub fails and the Referees cannot judge the attempt it will be a No Lift.
- If the Competition Management Centre technology fails, e.g. the current lifter isn't spotlighted or the Competition Management Centre loses connectivity and the Referees do not see the attempt - the lifter may be granted another attempt.



# AWF Online Competition Regulations and Guidelines

## 8. ONLINE TECHNOLOGY PLATFORM OF THE COMPETITION

The competition will be conducted on the Microsoft Teams platform for video and audio. Special competition management applications will be used to provide all competitors with a DOWN signal, a live scoreboard, and the ability to declare and change weights for each of their attempts electronically.

Information sessions are compulsory for all competition support personnel, e.g. coaches, onsite technology managers, etc., prior to the competition. These sessions will be organised by the AWF and the details communicated to all participants.

Connectivity testing is mandatory for all competition venues. A successful Connectivity Test is required for a venue to be approved as a Competition Hub.

If during the competition there is an unsatisfactory video image and the referees cannot see the attempt clearly, it will be declared to be a No Lift.

## 9. TECHNOLOGY REQUIREMENTS

Competition Hubs will require a minimum of four devices connected to the internet.

**Device 1** must have a good quality camera (preferably HD) and loud audio output, to connect via Microsoft Teams. The camera must be located directly in front of the athlete 3-4 meters from the competition platform at approximately 1 meter high, ensuring that the complete platform and the athlete and barbell are fully visible during the entire lift. This device should have loud audio output to hear the Competition Announcer.

**Device 2** will be used to communicate weight changes for athletes via secure links over the internet (there can be multiple devices if available).

**Device 3** will be used as the Athlete-facing clock and visual and audible DOWN signal. This device should have loud audio output for the DOWN signal.

**Device 4** must have a good quality camera and microphone to complete the weigh-in procedure via Microsoft Teams.

## 10. BROADCAST and PRIVACY

The competition will be broadcasted live on the AWF's YouTube channel and / or Facebook and recorded. All attendees including athletes, coaches, technical officials, loaders and spectators should be informed that they may appear in the broadcast and the recording. The AWF retains the right to publish recorded footage and images and results of the event without alteration.

## 11. 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 risks to themselves and others and accept all risks arising from their participation in this event.

## 12. COMPETITION SCHEDULE

To be finalised after the Verification of Final Entries.



# AWF Online Competition Regulations and Guidelines

## 13. TECHNICAL OFFICIALS

There will be one (1) onsite Technical Official at each Hub and six (6) remote Technical Officials on duty for each competition session.

The onsite Technical Official will assist with the weigh-in and perform the duties of Technical Controller during the competition. The three (3) remote Referees and three (3) remote Jury members will view the attempts from their own location via Video and communicate their decisions electronically. The Jury President will also be the Reserve Referee.

The audible and visual DOWN signal will be activated when at least two Referees give the same decision. The decision of the Reserve Referee (Jury President) will be considered only if one of the Referees' decisions is absent.

The Jury may overturn a decision by unanimous agreement of the Jury. There are no challenges or replays.

## 14. TIMELINE

<b>Final Regulation</b>	minus 6 weeks
<b>Entries Close</b>	minus 4 weeks
<b>Rehearsal</b>	minus 1 – 2 weeks (1 day)
<b>Connectivity Tests</b>	minus 1 – 2 weeks (2 days)
<b>Verification of Final Entries (Deadline for Change of Bodyweight Category / Entry Total / Team Nomination)</b>	minus 10 days
<b>Finalisation of Event Schedule by Session / Publishing List of Athletes by Bodyweight Category and by Session</b>	minus 1 week
<b>Technical Official Seminar</b>	minus 4 days
<b>Athletes and Coaches Seminar</b>	minus 3 days
<b>Event Day 1</b>	day zero

## 15. VIRTUAL WEIGH-IN PROCEDURE

Each athlete will receive a Meeting Request link to join the Weigh-In and Competition Session via Microsoft Teams. When they join the meeting, they will wait in the Lobby until the Competition Secretary lets them into the meeting.

When the athlete is admitted to the meeting, they must have the camera and microphone on their device turned on. The Competition Secretary will ask the athlete's name and ask to see their ID.

The Competition Secretary will call the athletes according to their Start Number and let them into the meeting one by one. Athletes can be accompanied and assisted by another person at the weigh-in.

The athlete or their assistant, or the onsite Technical Official at a Hub, will use the camera on their device to show the empty scales with zero on the display. A 5kg disc must then be placed on the scale and the scale display must be shown to read 5kg.

The 5kg disc is removed and the camera must show the scale display at zero. The athlete is then shown stepping onto the scales and standing still, and the camera shows the athlete's weight displayed by the scales.

The Competition Secretary will ask the athlete to declare their 1<sup>st</sup> Snatch attempt and 1<sup>st</sup> Clean & Jerk attempt.



# AWF Online Competition Regulations and Guidelines

Once the Weigh-In procedure has been completed, the athlete will leave the meeting and the Competition Secretary will admit the next athlete.

Once all athletes are weighed, the meeting will be closed and then reopened 45 minutes prior to the commencement of lifting for that session. To join the competition, click the same link that you used for the weigh-in.

## 16. ELECTRONIC ATTEMPT WEIGHT CHANGE

Each athlete will have a unique link to communicate weight declarations and changes through to the Marshall. Tap or click the link to open a page in your web browser. The athlete's name will be displayed on the page tab and on the screen. Tap or click anywhere on the screen to activate it.

To make a change, use the – and + buttons to select the weight and then tap or click the REQUEST button to send the request.

The Marshall will receive the request and process it as per the IWF rules. If accepted, the change will be shown on the scoreboard. If the request is not allowed within the rules, e.g. it's too late or out of sequence, the Marshall cannot accept it and there will be no visible change on the scoreboard.

To decline any further attempts in Snatch or Clean & Jerk click or tap the WITHDRAW button and then tap or click 'YES' to confirm.

#	Athlete	Born	Nation	Bodyweight	SN 1	SN 2	SN 3	CJ 1	CJ 2	CJ 3	Best SN	Best CJ	Total
1	Amelie GRAHAM	18.09.2008	QLD	40	30			40					
2	Isabella LOWE KING	16.05.2007	VIC	45	40			50					

  

Amelie Graham

WITHDRAW

- 31 +

REQUEST

When a lifter is called and the clock is counting down from 1 minute, declarations and changes must be requested before the clock reaches 30 seconds remaining.

When a lifter is called for consecutive attempts and the clock is counting down from 2 minutes, the weight for the next attempt must be declared within the first 30 seconds of the allocated time or the automatic 1kg increment applies and no changes will be permitted. If a declaration is made within the first 30 seconds, two changes are permitted up until the last 30 seconds of the allocated time.

## 17. PUBLIC SCOREBOARD

The public scoreboard can be displayed using this link: [lights.iwf.net/BowenLights/scoreboard](https://lights.iwf.net/BowenLights/scoreboard)



## AWF Online Competition Regulations and Guidelines

### 18. COMPETITION HUB MINIMUM REQUIREMENTS

Item	Description
COVID-Safety Plan	As required by applicable government regulations.
Weigh-in Room	A private room where athletes can be weighed.
Scales	Precise electronic scales with a digital display.
Competition Platform	A square platform measuring 400cm on each side. The platform must be level and have a non-slip surface.
Barbells	Bars, weight discs, and collars that meet the weight, dimension and colour specifications of the IWF Technical and Competition Rules & Regulations (TCRR).
Lighting	Good lighting on the competition platform at all times.
Technology	Fast and reliable Internet connection. Four (4) devices connected to the internet as per Section 9.
Technical Officials	One State Referee or higher qualified Technical Official per session to supervise the weigh-in and competition at the Hub.
First aid	A qualified First Aider and first aid supplies including ice and wrapping for soft tissue injuries.