

AWF Online Competition 2020

INTRODUCTION

The aim of the Online Competition is to enable weightlifters in various locations to compete head-to-head in real-time. AWF Online Competitions combine real national competition experiences for lifters and coaches with the convenience of participating from their local club, or even from their own home.

REGULATIONS

VENUES

Athletes can compete from their home, a training venue or a competition venue, subject to State and Local Government regulations.

COVID-19 AND SAFETY

The objective of the AWF Online Competition is to bring athletes together in a virtual competition environment while they remain geographically separated and observing the COVID-19 Safety Regulations applicable to their specific location and circumstances.

Athletes can participate at their home gym or, where permitted, at their regular training venue or competition venue. They can participate alone or, if Local Health Regulations permit it, with others in the same location.

Athletes are responsible for their own safety and the safety of others. All venues must provide a safe environment in which to perform the Snatch and Clean & Jerk. Lifters participating from home must ensure that their lifting area is secure and cannot be accessed by children or pets during the competition.

TERMS AND CONDITIONS OF PARTICIPATION

Each AWF State Member Association may enter a Team consisting of up to ten (10) men with a maximum of two (2) athletes per bodyweight category, plus two (2) Reserves; and up to ten (10) women with a maximum of two (2) athletes per bodyweight category, plus two (2) Reserves.

Reserves may participate in the competition. States may enter up to two athletes plus one or two reserves in the same bodyweight category. States may only enter more than two athletes in the same category if the additional athletes are Reserves (maximum 2 reserves per team).

All participants must be a member of their State or Territory Weightlifting Association.

The results of the top five (5) men and top five (5) women in each State Team will contribute to the State's score in the men's and women's Team competitions. States do not need to nominate Teams in advance. The highest scoring combinations will be calculated for each Team at the end of the competition. Team points will be awarded according to the IWF Team Classification [IWF TCRR 6.8.3](#) for the placing by Total only.

ENTRY FEE

An entry fee of \$20 per athlete applies. This goes towards compensating Technical Officials for their time, online hosting costs, and prizes.

QUALIFICATION

There is no minimum qualifying total. The minimum weight that can be attempted in the competition is 21kg for women and 26kg for men.

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AWARDS

Trophies will be awarded to the winning Men's Team and the winning Women's Team.

Individual Awards

Gold, Silver, Bronze medals in each bodyweight category.

Top 3 Men on Sinclair

1st \$500

2nd \$200

3rd \$100

Top 3 Women on Sinclair

1st \$500

2nd \$200

3rd \$100

ENTRY PROCESS

State Member Associations will upload entries via their ***Australian Championships - Nomination*** page on their AWF administration page and pay the entry fees.

The AWF will use the information recorded in the AWF Membership Database to communicate with lifters prior to and during the competition. State Members must ensure that the member contact details provided to the AWF are up to date.

State Members will also be required to provide a photo headshot for each team member (passport-style in JPG format with the best resolution possible) for online presentations.

COMPETITION REGULATIONS

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

- The competition platform does not need to comply with the IWF specifications.
- The Weigh-in process is not supervised by Technical Officials.
- IWF-certified equipment is not required.
- The lifting order is in a 'Round' style, i.e. all lifters complete their 1st attempts, then all lifters complete their 2nd attempts, then all lifters complete their 3rd attempts. The order of lifting in each round is according to the weight of the barbell (lightest weight first).
- One (1) minute is allowed for each attempt.
- There is no Down Signal. Lifters replace the barbell in their own time when they finish the lift.
Note: The lifter must become motionless with their arms and legs fully extended and feet in line at the finish of the lift, before replacing the barbell in front of the body.
- There is no Jury and there are no challenges. The majority decision of the Referees is final.

The results of online competitions are not valid for AWF National Rankings, Records, Event Qualification, Team Selection, etc. However online competition results will be recognised appropriately on the AWF Website.

Athletes must wear a weightlifting costume that conforms to the [IWF TCRR](#) and sport footwear.

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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.

20kg RULE APPLIES

The combined weight of the 1st Snatch attempt and the 1st Clean & Jerk attempt must be no more than 20kg less than the Verified Entry Total. [IWF TCRR 6.6.5.](#)

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 and to the satisfaction of the on-duty Technical Officials.

AGE ELIGIBILITY

Competitors must be at least 13 years of age on 31 December 2020.

COMPETITION BODYWEIGHT CATEGORIES

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

SPORT EQUIPMENT

The barbell must meet the weight specifications of the IWF TCRR. The Men's bar must weight 20kg and the women's bar must weigh 15kg.

Collars must be used, and they must weigh 2.5kg each.

The diameter of the 25kg, 20kg, 15kg, and 10kg discs must be 45cm.

The discs may be of any colour. Honesty is expected in the loading of the barbell. If the Technical Delegate has any concerns about the loading of the barbell during the competition, he or she will pause the competition and request a closer inspection by video camera, to confirm that the barbell is loaded evenly and is the correct weight. Any deliberate attempt to misrepresent the actual weight of the barbell will result in disqualification.

COMPETITION DATES

Entries close: Monday 12th October

Verification of Final Entries: Friday 23rd October, by 24:00 (midnight) AEST

Competition: Conducted in the evenings, Monday 2nd – Friday 6th November

VERIFICATION OF FINAL ENTRIES

State Member Associations will complete the verification of their final entries via the **Australian Championships – Verification** page on their AWF administration page. The Verification of Final Entries is the last opportunity for changes to be made to an athlete's bodyweight category and/or entry total. Reserves must be withdrawn at this time unless they replace another athlete, in which case the replaced athlete must be withdrawn.

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WEIGH-IN

The weigh-in period for each session begins two hours before the start of the competition and lasts for one hour.

Athletes may weigh themselves unsupervised, using accurate scales that measure in increments of 100 grams or less.

The athlete's bodyweight and the first attempts (Snatch and Clean & Jerk) must be sent to the AWF by email from the email address that is registered with the AWF **no later than ten (10) minutes after the end of the weigh-in period. The email must state the athlete's name, bodyweight, first attempt in Snatch and 1st attempt in Clean & Jerk and be sent to office@awf.com.au**

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. Once the countdown is completed, no more changes will be allowed to the first attempts.
- The first lifter will be called following the end of the two (2) minute countdown.
- **Lifters must have the barbell loaded to the correct weight of their attempt before they are called to their Lifting Area / Platform.**
- All attempts will be taken by rounds. This means that all first attempts (1st round) will be taken one by one, starting with the lowest weight. After all first attempts are completed, all second attempts (2nd round) will be done in the same way, and then all third 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 increase 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 of weight, (there is no declaration) the lifter must complete any and all 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 and two the clock will be set to 30 seconds to enable all the lifters to finish making their changes. **Lifters do not have to wait for this 30 second period to make changes. Changes can be made at any time after the preceding attempt, but before the end of the final 30 second period.** Following the completion of the 30 seconds the next round will commence and no more changes will be allowed for that round.
- One (1) minute is allocated to each athlete between the calling and the beginning of the attempt. The timing clock starts as soon as 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 up to two 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 classification of results follows the [IWF TCRR 6.8.3](#), i.e. if two or more lifters achieve the same Total, the athlete who achieved it first is classified ahead of the other(s).

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TECHNICAL OFFICIALS

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

- There will be three (3) main Referees and one (1) Reserve Referee, all of whom adjudicate the lifts; and one (1) Timekeeper.
- The decision of the Reserve Referee will be considered only if one of the main Referee decisions is absent.
- There is no Jury or possibility to challenge the decision of the Referees.
- A Technical Delegate will 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 have one Announcer.

INFORMATION SESSIONS

Information sessions will be conducted by the AWF prior to the event for Athletes, Coaches and Technical Officials. All participants are strongly advised to attend the relevant information session. Dates and times will be advised.

ONLINE TECHNOLOGY PLATFORM OF THE COMPETITION

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

If during the Competition there is an unsatisfactory video image and the referees cannot adjudicate the lift, the attempt will be judged to be a **No Lift**.

TECHNOLOGY REQUIREMENTS FOR ATHLETES

- A reliable internet connection with good connection speed.
- Two devices that connect to the internet, e.g. smart phone + tablet, or smart phone + PC, or tablet + PC.
- One of the devices must have a camera to video the athlete lifting.
- One of the devices must have a speaker to enable the athlete to hear the Announcer's call.
- The camera must be located directly in front of the athlete when lifting.
- The Camera should be located 3 – 4 meters from the athlete's Lifting Area / Platform at a height of approximately 1 metre, ensuring that the athlete and barbell are fully visible throughout the lift and in the finishing position.
- The complete Lifting Area / Platform must be fully visible and well lit.

REQUIREMENTS FOR TECHNICAL OFFICIALS

- A reliable internet connection with good connection speed
- Two devices that connect to the internet, e.g. smart phone + tablet, or smart phone + PC, or tablet + PC. Or a PC with two screens.
- A quiet place to operate during the competition where there will be no distractions.

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BROADCASTING

The competition may be broadcast live on the AWF's media channels and recorded. **By participating in this event, all participants consent to their name, general location and image being broadcast on the internet and acknowledge that the AWF retains ownership of and all rights to the event including the right to broadcast, record, and replay the event to any audience at any time and in any manner in which the AWF chooses.**

INSURANCE

Participants are covered by the AWF's Personal Accident Insurance policy provided by Sportscover Australia. The policy wording is available on the AWF website:

<https://www.awf.com.au/corporate/insurance>

PLEASE NOTE: The AWF recommends that Athletes, Coaches, Officials and all other participants (loaders, supporters) stay up to date with the COVID-19 restrictions in their local area and abide by the regulations and advice of the relevant health authorities at all times.