# Addendum to BWL TCRR – Real-time Virtual Competitions

## Version 1 - 08 December 2020

## Introduction

This addition to the British Weight Lifting (BWL) Technical and Competition Rules and Regulation (TCRR) is aimed at providing a clear and uniform method for delivering real-time virtual competitions. It is an extension of the main TCRR document and will be applied to competitions registered with BWL where the format is declared to be 'Virtual'.

## COVID 19 Guidance

The regulations outlined in this document are solely applied to the delivery of a virtual weightlifting competition. It is the responsibility of the competition organiser and participants to assess current government guidance and any applicable laws to determine if running or participating in a virtual competition is possible at any given time.

## Regulations

1.0 Registration and Entries

    1.1 Virtual competitions must be registered on Sport80 in the same way as physical Tier 3 competitions.

    1.2 Virtual competitions must include the word 'virtual' in their event title so that potential entrants can clearly see if the competition is physical or virtual.

    1.3 All entries for virtual competitions must be processed through Sport80 in the same way as physical Tier 3 competitions.

2.0 Competition Equipment

## 2.1 Platform

### 2.1.1 There is no minimum size of lifting area.

### 2.1.2 The maximum size of the lifting area is 4m x 4m.

## 2.2 Barbell

### 2.2.1 Weights and bars do not need to be competition certified. Training equipment from multiple manufacturers will be accepted.

### 2.2.2 If there is any reason to doubt the calibrated weight of any equipment the Technical Officials may request the Lifter to demonstrate a calibration using the same set of scales as used for the weigh in at any time before competition starts.

### 2.2.3 If the weight of a piece of equipment cannot be suitable verified the Technical Officials may exclude it from the competition, the lifter will have until the start of the competition to present an alternative or choose to compete without the equipment if possible.

### 2.2.4 2.5kg collars are not mandatory. If not using 2.5kg collars, spring collars must be used for safety. Barbells not showing collars for an attempt must be ruled a no-lift.

## 3.0 Weigh in

### 3.1 Weigh ins may be performed in two ways at the discretion of the competition organiser:

#### 3.1.1 Option 1: The Lifter can be supervised weighing in by a Technical Official in person who will verify to the competition organiser the recorded bodyweight.

#### 3.1.2 Option 2: The Lifter can request a virtual weigh in to be observed by two Technical Officials.

##### 3.1.2.1 The Lifter must demonstrate the scales calibration using a clearly marked weightlifting disc prior to stepping on the scales. A tolerance of 100g is permitted before adjustments should be made by the officials.

#### 3.1.3 Any Lifter can declare Option 1 for weigh in if they are not comfortable with a video weigh in.

3.2 Weigh in timings

    3.2.1  Weigh in may begin a maximum of 2 hours before the start of lifting

    3.2.2  Weigh in may last up to 1 hour

    3.2.3  Weigh in may take place closer to competition if agreed between the organiser, Technical Officials and participants (preferably agreed before the competition date)

## 4.0 Costume

    4.1.1  Lifters must weigh in wearing their competition costume, as determined by the main TCRR (Section 4 – Lifters Outfit).

    4.1.2  Lifters must remove shoes to weigh in

    4.1.3  Lifters under 18 years of age must have a parent or guardian present during weigh in for both Option 1 and Option 2.

    4.1.4  The weight displayed on the scales will be reduced by 1kg to allow for the Lifter's costume. This is a fixed deduction for all bodyweight categories and age groups. E.g. If a lifter is shown on the scale display to weigh 71.5kg, the Technical Official will record the weight on the scoreboard and results as 70.5kg.

## 5.0 Technical Officials

5.1 Real-time virtual competitions must appoint the following Licensed Technical Officials:

    5.1.1  3 x Referees (BWL L2 or above)

    5.1.2  1 x Speaker (BWL L3 or above)

    5.1.3  1 x Timekeeper (BWL L3 or above) and Scoreboard Operator (BWL L2 or above) (These roles may be separated if enough Technical Officials are available)

5.2 There is no jury in a virtual competition

5.3 One of the Referees should be identified as the 'Centre Referee' and assume the role of Technical Controller as per the main TCRR

6.0 Course of the Competition

6.1 Real-time virtual competitions will follow a modified 'Round System':

6.1.1 Competition will begin with a 2-minute countdown. Lifters will be introduced by the Speaker during this 2-minute period. Lifters can make changes to their first attempt up until the end of the 2-minute countdown.

6.1.2 The first lifter will be called at the end of the 2-minute countdown.

6.1.3 Each attempt will be allocated 1-minute. The timer will start at the end of the Speakers announcement.

6.1.4 Lifters must load their barbell to the correct weight for their attempt before they are called. If they have not loaded the barbell before they are called the clock will continue to run.

6.1.5 All attempts will be taken by rounds. Every lifter will take their first Snatch attempt in order of lightest to heaviest attempt. Every lifter will then take their second Snatch attempt in order of lightest to heaviest with the order updated for the declared weights. This process is then repeated for the third Snatch attempt, and all Clean & Jerk attempts. e.g.

Round 1: Athlete 1 – 110kg, Athlete 2 – 111kg, Athlete 3 – 112kg

Round 2: Athlete 3 – 112kg, Athlete 1 – 113kg, Athlete 2 – 115kg

6.1.6 Lifters may make up to 2 changes for each attempt. Changes must be made using the video chat function or other agreed group messaging system. The messaging system must be visible to all participants to replicate the Marshal Table (e.g. WhatsApp group including all lifters and/or coaches).

6.1.7 When submitting changes using a chat tool, lifter must be identified by their Lot number. E.g. *Lot 10, 2nd attempt changes to 110kg*

6.1.8 After the final attempt in each round a 60-second timer will be set for final changes to attempts in the next round. Changes can be made before the 60-second timer starts but no more changes will be permitted after the 60-second timer expires.

6.1.9 After the 60-second timer expires at the end of the round, the first lifter of the next round will be called and the timing sequence will begin again from 4.1.2.

6.1.10 There will be a 15-minute break between the final Snatch attempt and the first Clean & Jerk attempt to allow lifters to warm up. Changes to the first attempt in the Clean & Jerk must be submitted before the 15-minute timer expires.

6.1.11 At the end of the 15-minute break timer, the timing sequence will begin again from 4.1.2.

## 7.0 Results and Rankings, Qualification and Records

### 7.1 Results and Rankings

7.1.1 Results from a real-time virtual competition will be treated in the same way as a physical competition. Totals will be included the BWL ranking lists.

### 7.2 Qualification

7.2.1 Totals achieved in real-time virtual competitions can be used to qualify for any competition according to the procedures outlined in the main TCRR.

### 7.3 Records

7.3.1 Results from real-time virtual competitions will not be recognised for the purpose of setting new British or England records.

## 8.0 Technology, Connectivity and Video

### 8.1 Scoring and Conferencing System

8.1.1 The competition organiser will determine the video conferencing system to be used prior to the competition and notify all participants.

8.1.2 An electronic scoring system must be used and screen-shared through the virtual system (Please contact BWL to use our recommended software).

8.1.3 The competition organiser must nominate a Moderator to oversee the video conferencing system. This person cannot be one of the Technical Officials on duty, and does not need to be a Technical Official.

### 8.2 Connectivity

8.2.1 It is the sole responsibility of the participant to ensure they have a reliable internet connection and appropriate device(s) to take part in a virtual competition.

8.2.2 If during the competition an attempt cannot be judged due to poor video quality or other technical or connectivity issue the attempt will be considered a No Lift.

8.2.3 If a lifter disconnects from the competition they may re-join on one occasion and complete their remaining attempts in line with the course of competition.

8.2.4 If a lifter disconnects on more than one occasion they may not be permitted to re-join the competition.

8.2.5 Recommended minimum connection speed is 1.5-2Mbs

8.3 Video

8.3.1 The camera must be positioned directly in front of the lifting area, between waist and chest height. As if to replicate the sightline of the centre referee in a physical competition.

8.3.2 The camera should be between 2 and 4 metres from the front of the platform.

8.3.3 The barbell should be visible at all times during the competition, from the ground to full overhead extension.