

BWL Virtual National Competition Submission Protocol (Weightlifting)

The following information will outline the protocol for your submission. Please read this information thoroughly, submissions which do not meet the requirements of the protocol will be rejected.

Athletes must submit:

- 1 x Weigh in video
- 1 x Lifting video for snatch attempts
- 1 x Lifting video for clean & jerk attempts

Weigh In video

- 1- The Lifter must weigh in wearing the same outfit they wear during all 6 lift attempts
- 2- The Lifter must weigh in without footwear or accessory equipment (wraps, straps etc)
- 3- The Lifter will be given a 1.00kg discretion to their bodyweight for their outfit. E.g. The weight on the scales is 78.00kg, your bodyweight will be recorded as 77.00kg
- 4- The scale must have a digital display
- 5- The scales digital display must be visible, and the lifter must be fully visible when stepping onto the scale and throughout the weigh in video
- 6- The weigh in video must contain a time stamp (date and time)

Lifting video

- 1- Lifts must be completed within 3 hours of the weigh
- 2- Your snatch video may include up to 3 attempts at the snatch
- 3- Your clean & jerk video may include up to 3 attempts at the clean & jerk
- 4- Camera must be positioned directly in front of the lifter and raised to approximately chest height



5- The Lifters full body and the whole barbell must be visible at all times throughout the lift sequence

6- All weights must be in kilograms, discs in pounds will not be accepted

6A- If you are using competition colour discs you must show the discs on each side of the bar after they have been loaded

6B- If you are not using competition colour discs you must unload the bar, showing every disc's weight marker after each attempt, on both sides of the bar

Virtual submission may be rejected for the following reasons

- 1- Use of pulling straps
- 2- No weigh in video
- 3- Not showing the weight of the discs on the bar after every attempt
- 4- Videos filmed from the side or from ground level
- 5- Videos not submitted before the submission deadline

If you experience technical difficulty with your submission you must contact British Weight Lifting before the submission deadline to be eligible for additional support. This is not a guarantee to accept a late submission.