



## **Addendum 2 to BWL TCRR – Pre-recorded Virtual Competitions**

### **Introduction**

This addition to the British Weight Lifting (BWL) Technical and Competition Rules and Regulation (TCRR) applies to pre-recorded virtual competitions and specifically clarifies any regulations that are different to those within the main TCRR.

This document is an extension of the main TCRR document and will be applied to virtual competitions registered with BWL using a pre-recorded format such as [Launchpad6](#).

Where Addendum 2 does not specifically address a regulation, the main TCRR document regulation will apply.

### **COVID 19 Guidance**

The regulations outlined in this document are solely applied to the delivery of a pre-recorded virtual weightlifting and para-powerlifting 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 Entries**

- 1.1 All entries to BWL pre-recorded virtual competitions must be uploaded to Launchpad6 before the published closing date.
- 1.2 If a technical problem with Launchpad6 means an entry cannot be uploaded before the deadline BWL will support a late entry ONLY IF the lifter contacted BWL for technical support before the upload deadline.

- 1.3 If a technical problem with Launchpad6 means an entry cannot be uploaded before the deadline but the lifter did not contact BWL for technical support then the entry will not be accepted.
- 1.4 BWL will not accept entries by methods other than Launchpad6 unless explicitly agreed in writing between the entrant and BWL.
- 1.5 Videos must be recorded within the entry period for the competition, this will be monitored by the timestamp on each video.

## 2.0 Video recording

### 2.1 General

- 2.1.1 Each separate video must clearly show the lifter's face so that they can be identified.
- 2.1.2 Entries that do not include a weigh in video will be rejected at the moderation stage.
- 2.1.3 Entries that do not include at least one attempt for each of the Snatch and the Clean & Jerk will be rejected as and the entrant can upload replacement videos within the upload period.
- 2.1.4 Every video must include a timestamp that shows the date and time of the video recording.
- 2.1.5 The weigh in and lift attempt videos can be filmed in different locations.

### 2.2 Weigh in video

- 2.2.1 The weigh in video may be a maximum of 60 seconds in length.
- 2.2.2 The weigh in video may be a maximum of 300MB file size.
- 2.2.3 Before the lifter steps on the scales, the video must show the scales with a zero (0kg) weight display.
- 2.2.4 The weigh in video must clearly show the lifter stepping onto the scales with both feet.
- 2.2.5 The weigh in video must clearly show the final weight display.
- 2.2.6 The weigh in video must be continuous and not have any breaks or cuts from start to finish.

- 2.2.7 Lifters must weigh in wearing the same clothes they will wear to complete their lift attempts.
- 2.2.8 Lifters must remove shoes and any other accessory items to weigh in. E.g., belts, knee wraps, wrist wraps.

### 2.3 Lift attempt video

- 2.3.1 Lift attempt videos must be filmed from directly in front of the lifter from the position of the centre referee.
- 2.3.2 If it is not possible to film the video from directly in front of the lifter, the video should be filmed from as close to a central position as possible.
- 2.3.3 The camera should be between 2 and 4 metres from the front of the lifting area.
- 2.3.4 The barbell should be visible at all times during the lift attempt video, from the ground to full overhead extension.
- 2.3.5 If the Technical Officials cannot officiate the video due to the recording angle, they will give a 'no-lift' result.
- 2.3.6 Lift attempt videos showing competition-colour discs must clearly show the weight on one side of the barbell. This means the Technical Officials must be able to identify the weight of every disc on one side of the barbell.
- 2.3.7 Lift attempt videos showing black, or non-competition-colour discs must clearly show the weight on one side of the barbell by stripping every disc from the bar and clearly showing the weight marking on each disc. It is not mandatory to strip both sides of the bar but this can be done.
- 2.3.8 Demonstrating the weight of the barbell can be done before or after the lift attempt.
- 2.3.9 The lift attempt within each lift attempt video will be officiated in line with the main BWL TCRR section 2.

### 3.0 Timings

- 3.1 All lift attempts must be completed within three (3) hours of the end of the weigh in video. This will be monitored by the timestamp on each video.
- 3.2 Lifting can start at any time after the weigh in has finished.

3.3 There is no minimum or maximum time between attempts.

3.4 Any lift attempt video that starts outside the three (3) hour window will be given a 'no-lift' by the Technical Officials.

## 4.0 Competition Equipment

### 4.1 Lifting area

4.1.1 There is no minimum size of lifting area.

4.1.2 The maximum size of the lifting area is 4m x 4m. This should be marked out where possible.

### 4.2 Barbell and discs

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

4.2.2 If there is any reason to doubt the calibrated weight of any equipment the Technical Officials may give a 'no-lift'.

4.2.3 Collars must be used. This can be either 2.5kg competition collars, or any other type of collar (spring/clamp) that secures the discs.

4.2.4 Lift attempt videos without collars will be given a 'no lift'.

## 5.0 Costume

5.1.1 The minimum requirement for clothing at pre-recorded virtual competitions is the same as the Tier 3 requirements in the main TCRR;

5.1.1.1 A T-shirt may be worn. The T-shirt must comply with the following criteria:

5.1.1.1.1 Collarless

5.1.1.1.2 Close-fitting

5.1.1.1.3 Any colour

5.1.1.1.4 No buttons or fasteners at the front of the neck

5.1.1.2 Shorts or leggings may be worn. Shorts or leggings must comply with the following criteria:

5.1.1.2.1 Close-fitting

5.1.1.2.2 Any colour

5.1.1.2.3 Shorts must not cover the knees

5.1.1.3 The full Costume from the main TCRR may be worn (TCCR 4 Lifters' Outfit)

## 6.0 Moderation and Officiating

### 6.1 Moderation

6.1.1 Videos uploaded to Launchpad6 are moderated by British Weight Lifting before the Technical Officials assess them.

6.1.2 Moderation assesses that each video meets the basic requirements for the Technical Officials to be able to officiate the video content. If a video is approved during the moderation stage it does not mean the weigh in or lifts have been accepted and the Technical Officials could still issue a 'no-lift' for technical faults.

6.1.3 Moderation includes the following processes;

6.1.3.1 Check weigh in video is present

6.1.3.2 Check weigh in video contains no obvious faults

6.1.3.3 Check lift attempt videos are present

6.1.3.4 Check lift attempt videos contain no obvious faults

6.1.3.5 Check video angles are appropriate

6.1.3.6 Check video quality is sufficient

6.1.3.7 Check time stamp present

6.1.4 If an entry is rejected at the moderation stage, a replacement video may be uploaded.

6.1.5 Replacement videos must be uploaded before the entry deadline, if replacement videos miss the upload deadline they will not be accepted (except the provision in section 1.2).

### 6.2 Officiating

6.2.1 BWL appoints volunteer independent Licensed Technical Officials to every pre-recorded virtual competition.

- 6.2.2 When a video is approved at the moderation stage it is passed to the Technical Officials for an assessment of the video content in relation to the Technical Rules and Regulations.
- 6.2.3 Every entry is randomly assigned three Technical Officials to complete the officiating process.
- 6.2.4 The Technical Officials assess the video content in line with the main BWL TCRR and any specific regulation contained in this document relating to pre-recorded virtual competitions.
- 6.2.5 The Technical Officials may issue a 'no-lift' for any technical fault, or video content issue they deem constitutes a 'no-lift'.
- 6.2.6 Where the Technical Officials issue a 'no-lift' decision, no refunds or re-submissions are permitted.

## 7.0 Results, Rankings, Qualification and Records

### 7.1 Results and Rankings

- 7.1.1 Results from pre-recorded virtual competitions 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 pre-recorded 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 pre-recorded virtual competitions will not be recognised for the purpose of setting new British or England records.

# VIRTUAL PARA-POWERLIFTING TECHNICAL COMPETITION RULES & REGULATIONS

## 8.0 Entries

- 8.1 All entries to BWL pre-recorded virtual competitions must be uploaded to Launchpad6 before the published closing date.
- 8.2 If a technical problem with Launchpad6 means an entry cannot be uploaded before the deadline BWL will support a late entry ONLY IF the lifter contacted BWL for technical support before the upload deadline.
- 8.3 If a technical problem with Launchpad6 means an entry cannot be uploaded before the deadline but the lifter did not contact BWL for technical support then the entry will not be accepted.
- 8.4 BWL will not accept entries by methods other than Launchpad6 unless explicitly agreed in writing between the entrant and BWL.
- 8.5 Videos must be recorded within the entry period for the competition, this will be monitored by the timestamp on each video.

## 9.0 Video recording

### 9.1 General

- 9.1.1 The camera must be situated in the side referee position. At the foot-end of the bench approximately 2m to right or left of the centreline of the bench.
- 9.1.2 The camera should be positioned at roughly head height for a seated person.
- 9.1.3 Every video must include a timestamp that shows the date and time of the video recording.
- 9.1.4 The weigh in and lift attempt videos can be filmed in different locations.

### 9.2 Weigh in video

- 9.2.1 The weigh in video may be a maximum of 60 seconds in length.
- 9.2.2 The weigh in video may be a maximum of 300MB file size.
- 9.2.3 Scales must be digital and the video must show the scales with a zero (0kg) weight display.

9.2.4 The weigh in video must clearly show the final weight display.

9.2.5 The weigh in video must be continuous and not have any breaks or cuts from start to finish.

9.2.6 Lifters must weigh in wearing the same clothes they will wear to complete their lift attempts.

9.2.7 Lifters may use a chair and then sit on the scales, or if they can walk, they may step on the scales.

## 10.0 Officiating

10.1 The lifts must be performed according to the World Para Powerlifting Technical Rules and Regulations (TCRR) as BWL competitions are followed.

## 11.0 Costume

11.1 Lifters can compete in a T-shirt and leggings/shorts and/or singlet as long as the elbows are clearly visible.