

2020 Masters Pan Ams Weightlifting Championships Virtual Meet

October 2-18, 2020

QUALIFICATION MEET OPPORTUNITIES

1. 2021 Master PanAms Qualifier
2. 2021 World Masters Games Qualifier
3. Master PanAms Hall of fame points
4. 2020 Master PanAMS "non-drug tested" Records
5. 2020 Master PanAms Masters Championship Title
6. -2020 Master PanAms Grandmaster Championship Title

GENERAL REQUIREMENTS

1. Athletes **MUST** submit all required information on the entry page
2. Athletes **MUST** submit
 - a weigh in video and
 - at least 1 Snatch and 1 Clean & Jerk video with a visible timestamp, clock or timer at all times.
 - **A maximum of 2 Snatch and 2 Clean & Jerk videos may be submitted**
3. Videos **MUST**
 - be set at 400cm (approximately 12 ft.) From the athletes start position or make the best effort - if that is not possible ensure the video shows the athlete from overhead lock out to floor
4. Camera **MUST**
 - be placed directly in front of the athlete and raised directly in front of the athlete ie videos filmed from the ground or from a side view will not be accepted
5. Weight In may be
 - in kilograms (kg) or pounds (lb).
 - The weight scale can be digital or mechanical and must be calibrate by using a 5kg or 10 lbs plate showing the correct weight on the scale.
6. Black pound plates **MUST**
 - display weight markers in the video either at the beginning or end of the submission

7. Weight **MUST**
 - be submitted in kg to the lowest whole number for ex. 100.8kg will be recorded as 100kg. The conversion rate for kilograms to pounds is 2.20462.
8. **Due to the nature of this event we ask that all athletes compete with integrity and to respect their fellow athletes when sending in submissions**

AWARDS

1. Top 3 SNATCH, CLEAN & JERK, AND TOTAL placement awards will be given in all Master age groups, weight classes. In addition, other awards given are
 - Men's and Women's Best Lifter per Age Group
 - Men's and Women's Grand Master
 - Men's and Women's Team Awards
 - Master Pan American Champion pin
2. Awards will begin to be mailed November 1st. Please make sure your address is correct before submitting registration.
3. Master Pan Ams Weightlifting Federation is not responsible for returned items.

RECORDS

1. All records broken at this event will be displayed on our Website and certificates issued.
2. These records will **NOT** replace Master Pan Ams records as they are not drug tested or certified.

THE DAY OF THE MEET?

STEP # 1 WEIGH IN RULES

1. Time Limit

- Athletes will be required to weigh in and compete within the same time limit as they would at a regular Masters Pan Ams event.

2. Scale

- The weight scale (digital or mechanical) must be calibrated by using a 5kg or 10lbs plate showing the correct weight on the scale by using video and accompany video submission.

3. Weigh In Video

- Videos that do not include a weight check, or a weight check that does not show the entire person on the scale will not be accepted and will call for disqualification

4. What to Wear

- Weigh In must be in a singlet (no socks, no watch or neckless)

5. Weight Class Movement

- Athletes wishing to go DOWN in weight class, must submit this change in writing no later than Aug 12, midnight EST (submit to panamericanmasters@gmail.com)
- An athlete may move to a higher weight class at weigh in or ahead of time by email submission.

6. Time Between Weigh In & First Lift

- Athletes may choose to weigh in and immediately lift OR wait the normal 2 hours after weigh in.
- Snatch submission must be within 2 hours of weigh in.
- Clean and jerks can begin immediately after snatches or within 1 hour of last snatch.

7. Video submission clock example:

- If the athlete weighs in at 1 pm the Snatch video MUST be before 4pm (2 hours after weigh in) and the
 - Clean & Jerk MUST be between 4pm and 5pm (no later than 4 hours) with the clock displayed to reflect.
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STEP 2 – LIFTING RULES

1. Belts

- **MUST** be of legal size (12cm - 4.75 inches).
- Include a visual measure in weigh in video.

2. Lift Total

- Submitted lifts **MUST** meet the qualifying total to be accepted

3. Video Submission

- Only one SUBMISSION per athlete will be accepted

4. Platform

- The IWF requires competition weightlifting platforms to be a 4m x 4m square, or 13 x 13 feet.
- We understand that some areas will be limited space and to a small platform. You can use a small 8 x 8 feet platform and mark the outside area measuring 13 x 13 feet.
- Stepping off the platform is "no lift."
- Make sure platform is clearly marked and visible in video.
- If using bright color tape (red, white, yellow, blue, etc.) make sure to clearly display before or after your lift.

5. Straps / Singlet

- Pulling straps are not allowed,
- tape on the elbows are not allowed,
- Singlets and leotards (if applicable) must meet USAW guidelines.

6. Plate & Bar Weight Check

- Videos that do not include a bar and plate weight check, will not be accepted and will call for disqualification
- Videos that do not display the weights following the lifts will be considered "NO LIFT".

7. ALL IWF RULES WILL BE IN PLACE

- Athlete must be motionless before the jerk.
- Athlete must be in control of the bar and pause (as if for a down signal) before dropping the bar.

- Athletes may not touch the barbell with footwear.
 - If you have a lock out issue before starting the lift show the judges your full extension, pause, then lift.
 - In the case of a tie, awards are given to the athlete that posted their video submission first.
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STEP # 3 - SUBMISSIONS REQUIREMENTS

1. Submissions Timing

- begin October 2, 2020 and continue through October 18, 2020, Midnight EST.

2. Logistics

- All registered athletes will be provided a link for entry.
- Athlete **MUST** upload official Country ID, Passport, Driver Lic., Issued photo ID with birth date.

3. Snatch submission:

- Athlete must submit one video (and up to 2) with a visible clock or timer that has been continuous since weigh-in (Please note that the VIDEO does not need to be continuous).
- A time stamp app is fine.
- Camera must be placed directly in front of the athlete.
- Full body **MUST** be visible.

4. Clean & Jerk submission:

- Athlete **MUST** submit one video (up to 2). Same rules as in snatch.

5. Total Submission

- All weights **MUST** be submitted in kilograms but can be filmed and tested in pounds or kilograms.
- Each video submission **MUST** clearly display the weights (each plate) and barbell to verify weight submission.

6. Video file name should be listed as follows:

- Athlete Name_Lift_Weight class_Gender _ AgeGroup.
- Upload snatch, clean and jerk and body weight.

7. Video format:

- MP4 other formats such as .MOV may be unreadable IE Videos filmed on an iphone and not converted may not be readable on this platform.

- Videos will not be published in a viewable gallery until the close of the competition, and after final results are published.
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STEP #4 – SUBMISSION REVIEW

1. Submissions will be reviewed by National or IWF level referees and above for approval and qualification
 2. The Master Pan Ams Federation Committee will assign each age group / weight class to the same 3 Referees for consistency
 3. If your submission is rejected you will receive an email informing you of the decision
 4. If your submission is accepted you will see the results uploaded to and publish on the Master Pan Ams Weightlifting Federation website within 2 weeks after competition close. <https://masterpanamweightlifting.org>
 5. Contact panamericanmasters@gmail.com for submission questions in advance.
 6. Award winners will be notified and Results published within 2 weeks of the close of the competition
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