

2020 Pan Am Online Rules and Requirements

EXAMPLE SUBMISSION

Submission example is recorded as one video for ease of viewing. Your submission uploads will be separated.

GENERAL REQUIREMENTS

- Athletes must be current registered Masters athletes' members to their respective countries. Make sure your membership is current and up to date. Any questions contact your Country Chairman.
- Athletes must have registered for Masters PanAms Championship (Registration Closed 9/28)
- Athletes must submit all required information on the entry page
- 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 ** Please see below for weigh in video and time stamp exceptions for recognized club events**
- 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
- Camera must be placed directly in front of the athlete and raised directly in front of the athlete i.e. videos filmed from the ground or from a side view will not be accepted
- Weights may be in kilograms (kg) or pounds(lb).
- Black pound plates must display weight markers in the video either at the beginning or end of the submission
- 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.
- 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

WEIGH IN REQUIREMENTS

- This event will be used as the 2020 Masters PanAmerican Weightlifting Championships. Athletes will be required to weigh in and compete within the same time limit as they would at a regular Masters PanAms event
 - 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.
 - Weigh In must be in a singlet (no socks, no watch as in a Master PanAms event)
 - 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.
- 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.

MEET WEIGHTLIFTING RULES

- Belts must be of legal size (12cm – 4.75 inches). Include a visual measure in weigh in video if you think there is any question.
 - Submitted lifts MUST meet the qualifying total to be accepted
 - Only one SUBMISSION per athlete will be accepted
 - Stepping off the platform is “no lift.” Make sure platform is clearly marked and visible in video. If using black tape make sure to clearly display before or after your lift.
 - Pulling straps are not allowed, tape on the elbows are not allowed, Singlets and leotards (if applicable) must meet USAW guidelines.
 - 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 **exceptions for club events, see below**
 - In the case of a tie, awards are given to the athlete that posted their video submission first.
 - Videos that do not display the weights following the lifts will be considered “NO LIFT”.
- ALL IWF RULES WILL BE IN PLACE I.E. 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.
- **exceptions for Clubs or Gyms events, see below**

SUBMISSIONS REQUIREMENTS

- Submissions begin October 2, 2020 and continue through October 18, 2020, Midnight EST.
 - 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.
 - 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.
 - Clean & Jerk submission: Athlete must submit one video (up to 2). Same rules as in snatch.
 - 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.
 - Video file name should be listed as follows: Athlete Name_Lift_Weight class_Gender _AgeGroup. Upload snatch, clean and jerk and body weight.
 - Video format: MP4 other formats such as .MOV may be unreadable I.E. 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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WEIGHTLIFTING CLUB or GYM EVENTS

- Clubs or Gyms Event Guidelines: If you are a Gym/Club manager or Gym/Club owner and want to organize a group to help masters athletes in submitting results, let us know.
- In order to participate in any event held at your Club or Gym, the Club or Gym must have at least ONE National or IWF level referee present and be willing to verify that all weights are legitimate.
- Each club will be responsible for the verification of weigh in (by the National or IWF level referee) as well as an emailed result sheet signed by National or IWF (or above) referee.
- All athletes **MUST STILL RECORD** and submit videos in an official entry. In this case, for weigh in, the athlete will upload a picture of his/her USAW attempt card with verified weigh in, signed by National referee.
- Timestamp and weight verification are not required for in person events.
- All Gym's or Clubs will be expected to practice social distancing as well as any other requirements set forth by their Country or locality and their respective National Weightlifting Federations.
- A list of participating clubs will be published as soon as they are verified.

REVIEW

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

AWARDS

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 PanAmerican Champion pin

Awards will begin to be mailed November 1st. Please make sure your address is correct before submitting registration.

Master PanAms Weightlifting Federation is not responsible for returned items.

QUESTIONS

- If you have questions regarding these procedures or the validity of your video (angle, spacing, etc), you must ask before your submission. Once videos are submitted, your entry is FINAL.

RECORDS

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