



**World Para Powerlifting**

**Raise The Bar Together: Online Competition Invitation**

April 2020

**World Para Powerlifting**

International Paralympic Committee

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## Introduction

In an effort to encourage athletes to continue to train and keep motivated while staying at home, World Para Powerlifting (“**WPPO**”) is giving athletes the chance to compete in a new competition format – by submitting lift attempt videos online and have them judged by certified Technical Officials.

With the COVID-19 outbreak and its continued impact on the international competition schedule, this competition format will be offered as a fun and friendly opportunity for athletes to showcase their performance, receive feedback wherever they are based, and earn an online competition ranking. Please note that the competition is unofficial and does not provide the opportunity to raise rankings for the Tokyo 2020 Paralympic Games or any other WPPO competition or provide the opportunity to achieve a minimum qualification standard.

Raise The Bar Together! Governments worldwide are restricting movement and social contact – by taking part in this online competition and following the advice and recommendations put in place, you’re contributing to beating the COVID-19 outbreak!

## Key Information

<b>Dates</b>	<b>Competition Period:</b> 3-17 April 2020 <b>Final Submission Deadline:</b> 17 April 2020 at 12:00 PM CET <b>Technical Official Judgement Period:</b> 17-24 April 2020 <b>Results and Ranking Publish Date:</b> 27 April 2020
<b>Entries</b>	<ul style="list-style-type: none"><li>▪ All entries must be completed in full through WPPO platform at the following link: <a href="http://tiny.cc/wppo-online-comp">http://tiny.cc/wppo-online-comp</a> and by following the Video Submission Requirements.</li><li>▪ Only athletes who are licensed for the 2020 competition season and classified as “Confirmed” or “Review” are eligible to compete.</li><li>▪ There is no maximum entry limit per country, per age group or per bodyweight category.</li><li>▪ No entry fee will be collected for participation.</li></ul>
<b>Event Viability</b>	The following events will be offered: <ul style="list-style-type: none"><li>▪ Women’s Combined (by AH formula)</li><li>▪ Men’s Combined (by AH formula)</li></ul> The competition will be considered viable if more than two (2) athletes register per event.
<b>Results and Rankings</b>	<ul style="list-style-type: none"><li>▪ Final unofficial Results and Rankings will be published by AH score as per the outlined date for senior and junior aged athletes.</li><li>▪ No records will be recognised.</li><li>▪ For avoidance of doubt, this online competition does not constitute a WPPO Recognised Competition. Results and Rankings will not be recognised for the Tokyo 2020 Paralympic Games qualification pathway, qualification for any other WPPO</li></ul>

	recognised competition or achievement of a minimum qualification standard.
<b>Awards</b>	<ul style="list-style-type: none"> <li>▪ No medals or trophies will be awarded.</li> <li>▪ Certificates of participation will be sent by email to all eligible participants.</li> </ul>

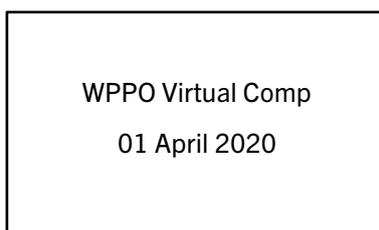
## Rules

- An athlete can submit up to three (3) lift attempts anytime during the competition period but must always submit this with their weigh-in for that day.
- An athlete's personal costume and equipment must comply with the Technical Rules and Regulations.
- Bodyweight add-ons will not be applied to the athlete's bodyweight. The athlete's submitted bodyweight should not include any add-ons.
- Best endeavours should be made to use approved WPPPO equipment (bench, bar, discs and collars); however, if this is not possible, the bar, discs and collars should clearly be marked with their weights and shown at the end of the video.
- Level 1 and 2 Technical Officials appointed for planned 2020 competitions will be invited to judge eligible submissions for a period of one (1) week.
- Judgements will be completed anonymously with the Technical Officials not being able to see each other's decisions.
- The majority decision of the Technical Officials will prevail at the end of the Judgement Period.
- No Technical Challenges or Power Lift attempts will be permitted.
- Following the end of the Judgement Period, the Results and Rankings will be posted.
  - As per the Key Information, the AH formula will be used for the men's and women's competition results and rankings.
  - If two (2) or more athletes achieve the same AH score, then the respective rank will be shared.
  - The final result of an athlete's three (3) attempts will be the "Good Lift" with the top AH score.

## Video Submission Requirements

- The athlete is required to submit videos of their weigh-in and lift attempt following the principles outlined below.
- Both the weigh-in and lift video submissions must be made with a visible timestamp of the date written on a piece of paper and presented first to the camera (outlined in the image below) and in adequate quality (camera resolution above five [5] MB is recommended).
- During the weigh-in, the submission must show the athlete on the scale recording their bodyweight to one decimal place (e.g., 100.5 kg) wearing the lifting uniform.
  - Submissions can be made in either kgs or lbs; however, if lbs, the bodyweight will be converted kg and rounded up to the nearest tenth.
  - Submission must be made without any bodyweight add-ons.

- During the lift attempt, the submission must be filmed from the Left Side Referee position (outlined in the image below) following these principles:
  - camera set approximately 2.5 metres in distance from the corner end of the bench;
  - camera set approximately 1.2 metres in height from the ground;
  - camera view is stable (no movement) and the view never obstructed;
  - the lift attempt must be filmed from when the athlete (with or without support from a spotter) takes the bar out of the racks, completes their lift attempt, and again until the bar is placed back into the racks;
  - at the end of the submission, proof of the weight on the bar must be shown through recording the bar and discs with the weight.
    - Submissions can be made in either kgs or lbs; however, if lbs, the bodyweight will be converted kg and rounded down to the nearest one.



*Example timestamp proof*



*Example camera recording view*

## Additional Notes

- As this is an unofficial online competition, it's asked that athletes compete with honesty and integrity, and respect their fellow athletes when sending in submissions.
- Most importantly, please ensure athletes are lifting safely, not endangering themselves or anybody else and continuing to appropriately follow the respective government's advice regarding the COVID-19 outbreak.

- In lieu of an entry fee, WPPO encourages, if you have the means, to make a small contribution to your local club or humanitarian aid organisation to help offset the unrecoverable costs for these organisations disrupted by the pandemic.
- Please note that athletes' personal data will be temporarily stored for registration and purposes of the competition.
- Personal data such as the athlete's name, year of birth, SDMS number, submitted bodyweight and lift attempts will be listed publicly on the results and ranking Lists.
- Submitted videos will be used only for the competition as well as education and development related activities through WPPO's Dartfish.tv channel, and may be uploaded and accessed publicly (at WPPO's discretion).

## Resources

- Online Competition Hub (Link to Entry Form, Dartfish Video Collection, Results and Ranking Lists): <http://tiny.cc/wppo-online-comp-hub>
- Competition Entry Form: <http://tiny.cc/wppo-online-comp>
- AH Calculator: <http://tiny.cc/wppo-ahcalc>
- Questions or Concerns: [info@worldparapowerlifting.org](mailto:info@worldparapowerlifting.org)

## Version History

Version	Date	Comment
1.0	2020-03-31	Initial document creation and distribution.