



# **WEBINAR**

**RETURN TO EWF COMPETITIONS 2021  
COMPETITION RULES & REGULATION  
COMPETITION HEALTH & SAFETY**

**6TH FEBRUARY 14.00 (CET)**

# House Keeping

- How to access Translation
  - How to ask Questions
- 

## **Seminar Moderator**

Mr Colin Buckley

EWF Chairman Coaching, Research & Scientific Committee

President Weightlifting Ireland.





# ELEIKO LOTTERY FOR WEBINAR PARTICIPANTS



ANDREAS & ANDRÉN  
DIRECTOR OF SALES  
ELEIKO GROUP AB  
@weelap

## ELEIKO LEISURE AND PERFORMANCE LINE PRODUCTS



[andreas.andren@eleiko.com](mailto:andreas.andren@eleiko.com) – Code at end of Presentation

**ELEIKO**  
RAISE THE BAR





International  
Olympic  
Committee



INTERNATIONAL  
PARALYMPIC  
COMMITTEE

# THE PLAYBOOK INTERNATIONAL FEDERATIONS

Your guide to a safe  
and successful Games



February 2021

# MINIMISE PHYSICAL INTERACTION



Keep physical interaction with others to a minimum



Avoid physical contact including handshaking and hugs



Avoid close spaces and crowds where possible



Use Games transport according to your own specific Playbook. Do not use public transport unless given permission

# TEST – TRACE & ISOLATE

#1



Download  
Japans COCOA  
health reporting  
phone app

#2



Get tested and provide  
proof of negative result  
before you depart. You  
may have to test again  
when arriving

#3



Follow the  
restrictions that  
apply to your  
first 14 days in  
Japan

#4



If required for your role  
you may have regular  
screening for COVID  
during Games

#5



Get a test and isolate  
if you experience any  
symptoms or you  
have been told to

# Think Hygiene



Wash hands regularly and use hand sanitisers



Wear mask at all times , unless outside and two metres away from others



Cough into your mask, sleeve or elbow

#4

#5

#6



Support your athletes by clapping not singing or chanting



Avoid sharing items where possible or disinfect them



Ventilate rooms and common spaces for a minimum of 30 mins



**International  
Olympic  
Committee**



**INTERNATIONAL  
PARALYMPIC  
COMMITTEE**



**TOKYO 2020**



**TOKYO 2020  
PARALYMPIC GAMES**



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# *Seminar Agenda 14.00 – 16.00*

- **1. Introduction**
- **2. Seminar – Competition Weigh-in, Warm Up and Field of Play**

IWF Competition Rules & Regulations

COVID-19 Precautions

- **3. Panel - Questions & Answers**

Eleiko - Login details for free prizes



# *Welcome* - добро пожаловать - Bienvenidos

COVID-19 has changed the landscape for sport and Federations need to adapt to this changing environment.

The fundamental principle of the EWF during the COVID-19 pandemic is to protect and be protected at competition by wearing **masks, sanitising, distancing** and respecting the recommendations and protocols set by the local Government, the Host Federation and the IWF.

All persons should have the mutual responsibility to protect one another at all EWF competitions



# COVID-19 “Protect and be Protected”

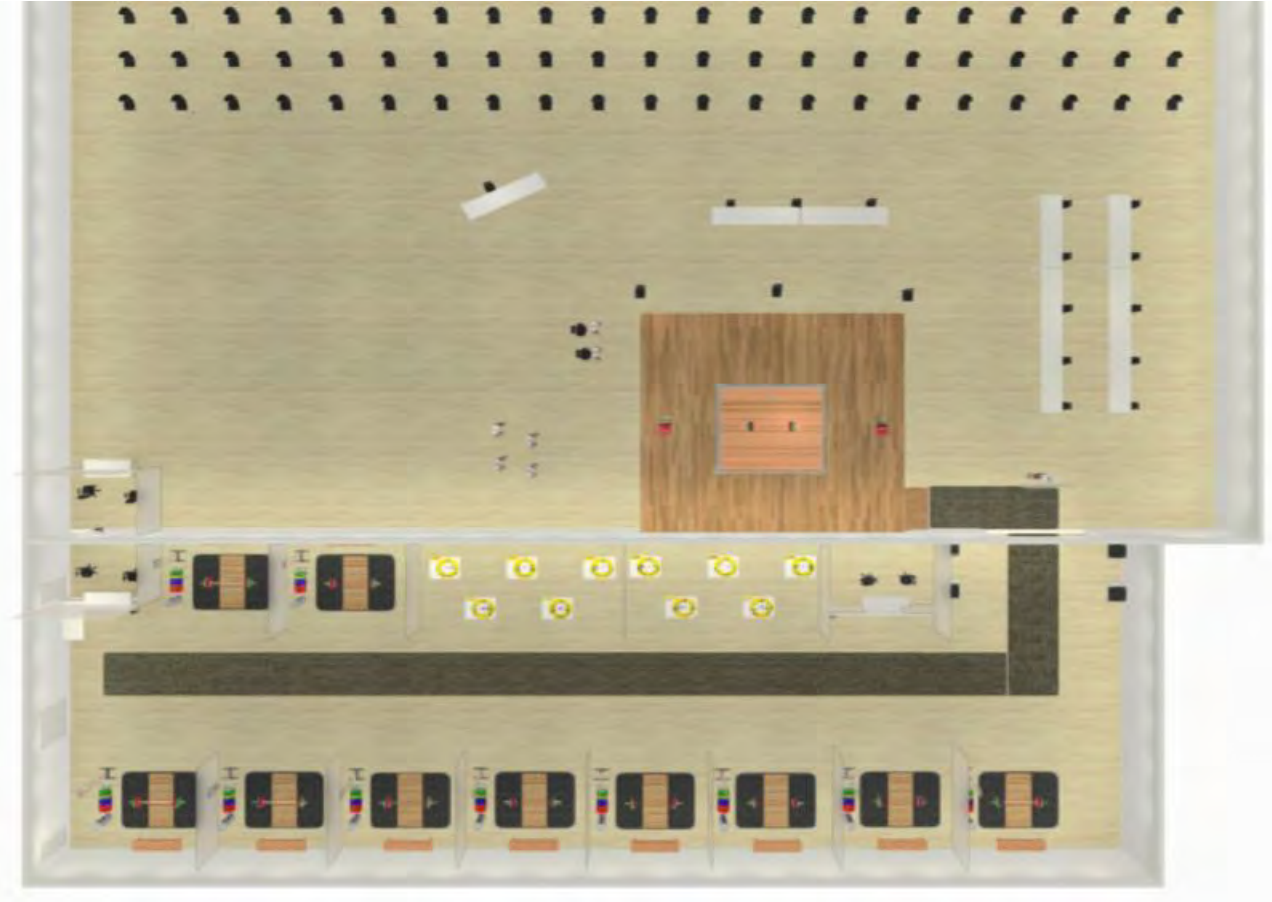
- **Mask** – 3 Layered surgical mask or equivalent without valves. Valves filter only the air inhaled from the environment to the lungs. They do not filter the exhaled air to the environment

<https://multimedia.3m.com/mws/media/17915000/comparison-ffp2-kn95-n95-filtering-facepiece-respirator-classes-tb.pdf>

- **Sanitiser** – Any liquid or gel that has sanitising properties approved by the host federation local government, preferably contactless dispensers
- **Social Distancing** – At least 1.5m distance between persons, where / whenever possible

# Sanitation Station – Temperature – Contact Tracing

*Officials – Coaches – Athletes*





# Host Federation – Event Management

## ***Host Federation Regulations***

*Local Government Policy - Personal Protection Equipment (PPE)*

*Arrival – Departure*

(Living Document and details may change)

*Officials and Teams may have to operate in “Team Pods” – “Group Bubbles”*

- ***Each person must use common sense in their behaviour***
- ***They must adhere to and respect the local Government instructions related to the COVID-19 pandemic, in particular, personal protection, barrier gestures and social distancing***

# Event Management Local Government Guidelines

## 1. Compulsory Protective Actions

General Measures – Behaviours - Personal Hygiene Measures (PPE)

## 2. Location Specific Measures

Airport Arrivals - Transport - Hotel – Accreditation - Transport to Training and Competition

Competition Venue - Minimum Sanitary Facilities - Communal Areas - Medical / Anti Doping

Athlete Rest Area – Officials Room - VIP Room - Return Transport to Hotel

## 3. Staff Specific Measures

Event COVID-19 Manager – Personnel / Staff – Delegations – Officials

## 4. Emergency Protocol for Positive COVID-19 PCR Tests / System Onset

Event COVID-19 Manager – Delegation COVID-19 Officer – Infected Person - Isolation

## 5. Contact Tracing – Officials and Delegation movements





# Be On Time Be Patient Be Polite

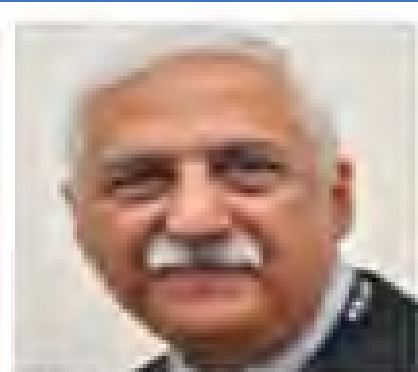
- Arrival
- Personal Protection – Distancing
- Airport
- Transport
- Hotel - Arrival
- Accreditation
- Socialising in public
- Training Hall
- Competition Venue







EWF President  
Dr Antonio Urso (ITA)



IWF Interim President  
Dr Mike Irani (GBR)



IWF Gen, Secretary  
Mohamed Jalood (IRQ)



EWF Gen. Secretary  
Dr Hasan Akkus (TUR)

# 1. EWF & IWF Information / Entries

# Seminar - EWF Competition

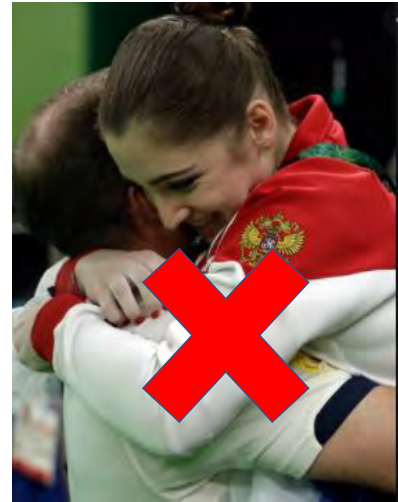
## **EWF Competition**

*Local Government Policy and Host Federation*

*IWF Rules & Regulations*

*Final Verification / Weigh in / Warm Up Room / Field of Play*

***Each person must use common sense in their behaviour and respect the instructions related to the COVID-19 pandemic.***





EWF Chairwoman  
Technical Committee  
Tina Beiter (DEN)



EWF Chairman  
Medical Committee  
Tryggve Duun (NOR)



EWF Chairman  
Coaching R&S Committee  
Colin Buckley (IRL)



IWF Chairwoman  
Athletes Commission  
Sarah Davis (GBR)

## 2. EWF Competition

# Selected Technical Officials (TOs)

## Technical Officials selected for future Championships

7 to 14 days before the start of the Championships all TOs must participate in a zoom meeting hosted by the Chairperson of TC.

- ✓ TCRR and modification
- ✓ The lifters (a kind of 'database')
- ✓ TOs safety (negative COVID-19-test, single rooms etc., face mask, gloves may be asked to be worn)



IWF Technical Committee Technical Guideline

## Final verification 6.2



# Verification of final entries 6.2

- 6.2.1 Prior to the Technical Congress / Conference, a Verification of Final Entries (VFE) Meeting shall be held chaired by the CD / TD.
- 6.2.2 A copy of each participating athlete's passport must be provided at the latest at the VFE Meeting by the relevant Team Official(s).
- 6.2.3 The VFE Meeting consists of each participating team receiving a Verification Form on which they are requested / eligible to do the following:
  - correct the spelling of the athletes' name
  - correct the athletes' date of birth
  - modify the athletes' bodyweight category
  - modify the athletes' Entry Total
- 6.2.4 Substitution of athletes will not be accepted.

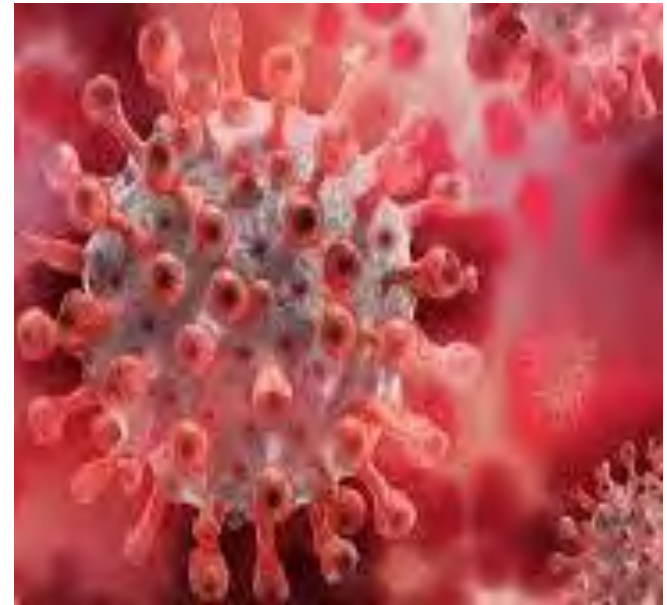
# Verification of final entries 6.2

- 6.2.5 Maximum ten (10) men and ten (10) women or equaling the number of categories on the program whichever is less, shall remain on the Verification Form with a maximum of two (2) athletes per bodyweight category, unless events of different age groups are held together. All additional athlete(s) must be deleted.
- 6.2.6 Once the Verification Form is verified, signed and returned the Entries are considered final.
- 6.2.7 Teams with no representation at the VFE Meeting must accept the information according to their submitted Final Entry Form as final and binding.



# Final Entry meeting

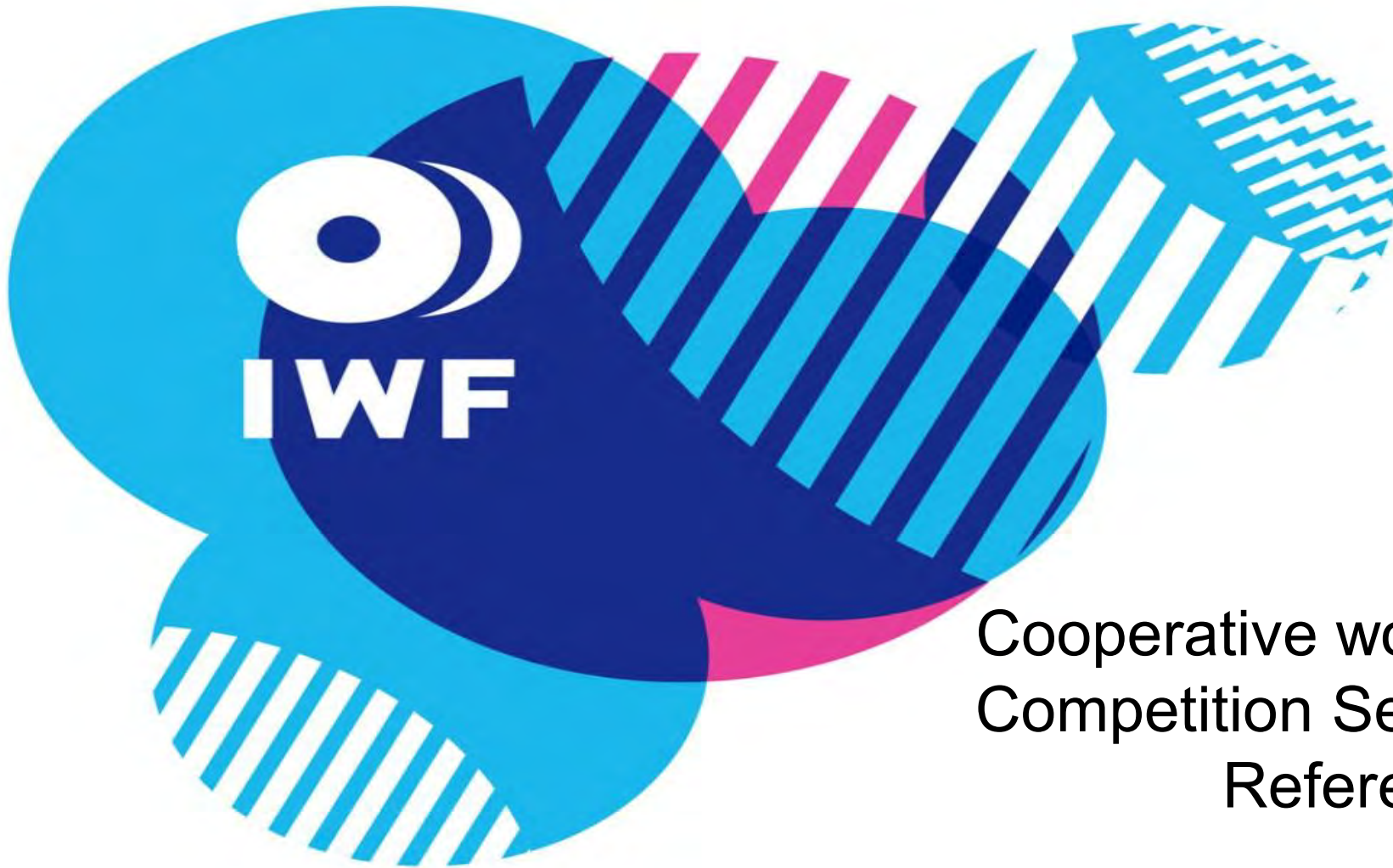
- **We try to make the meeting as short as possible**
  - Stay in the room as short time as possible
  - Paper documents to be filled in before you meet
- **Keep social distance**
  - Use face mask
  - Keep at least 1-2 meters to others if socialising
  - Do not sit close to each other
  - Do not shake hands or hug
  - Bring your own pen





IWF Technical Committee Technical Official Guideline

# 'Weigh-in'



Cooperative work between  
Competition Secretary and  
Referees

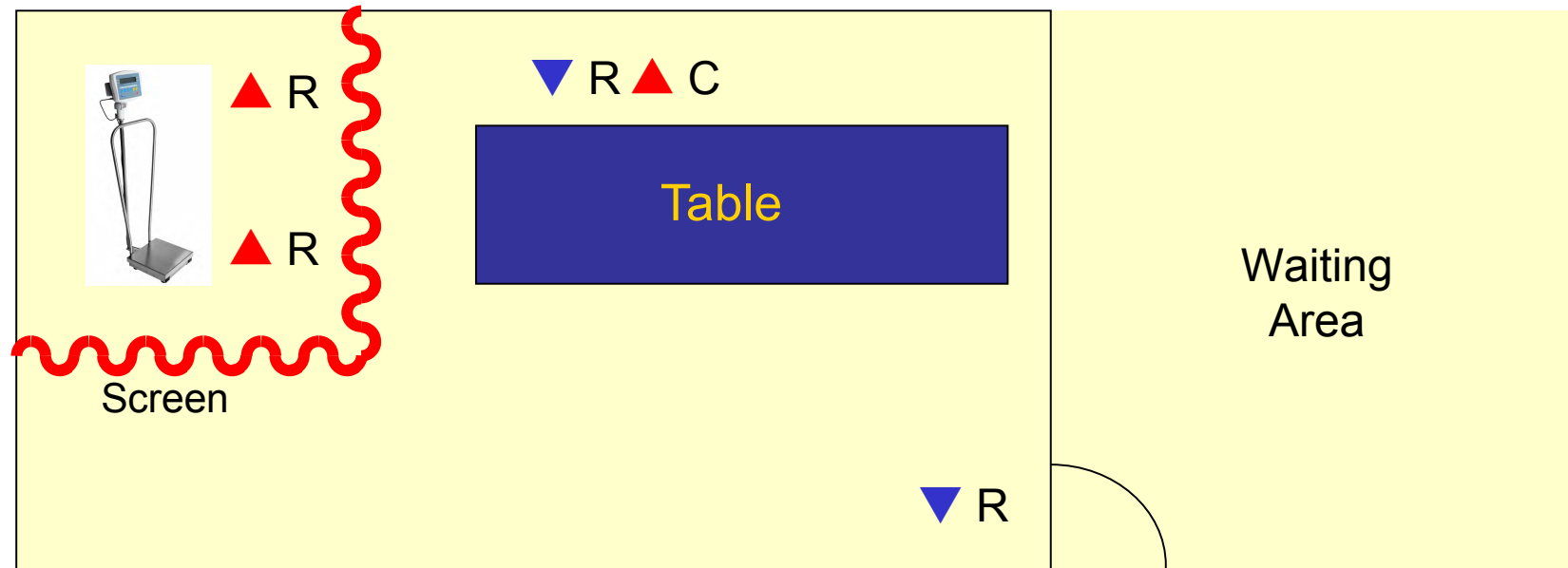


# Weigh-in Room layout

- Layout must enable **both male and female Referees work together**
- **Screen(s)** must be properly placed

**NOTE:** Proper hygienic conditions must be provided

Example, Women's Weigh-in



▼;Male ▲;Female R; Referee C; Competition Secretary

# Official scales: (Regulation to 3.3.4)

- **MUST be electronic;** with **display** and/or **printout** or both
- **Capacity;** weigh up to **200kg**
- **Precision;** **50g** minimum
- **Minimum 3 scale;** **Official, Test, Training venue**
- **Certification by local authorities;** within **3 months** from start of the Event
- **Olympic Games, YOG;** **Daily calibration**

# Items needed (Regulation to 6.4 #1)

- Official scale
- Tables and chairs; must be of sufficient numbers
- Stationary kit / supplies
- Start List; posted at the entrance
- Weigh-in List
- Athlete's Cards
- Start number bibs
- Safety pins; 4 pins per bib
- Team Officials Warm-up Passes
- Team Officials numbered stickers (optional)
- Athlete Passes (if required)
- Secure area and process to hold Athlete Accreditation Cards for Anti-Doping Control (if required)



# Sample: Start List

2013 IWF World Championships  
WROCLAW - POL 2013.10.16 - 2013.10.27

## START LIST Women 48kg A

Competition start: 20.10.2013 13:25

Weigh-in start: 11:25

	Lot number	Name	Born	Nation	Category	Entry Total
1	28	VALENCIA HERNANDEZ Caroli	08.02.1985	MEX	48	184
2	35	TAN Yayun	18.11.1992	CHN	48	200
3	57	MICHEL Anais	12.01.1988	FRA	48	171
4	91	DIACHENKO Iana	16.01.1990	UKR	48	177
5	93	MERCADO VILLARREAL Kathe	20.05.1990	COL	48	175
6	135	DO THI THU Hoai	06.09.1991	VIE	48	181
7	142	MOMOTOVA Galina	20.11.1984	KAZ	48	173
8	144	RYANG Chun Hwa	12.06.1991	PRK	48	188
9	199	KARPINSKA Marzena	19.02.1988	POL	48	185
10	280	SEGURA SEGURA Ana Iris	26.06.1991	COL	48	175

**President of Jury:** KUOPPALA Taisto FIN  
**Members of Jury:** RIMBOCK Katharina AUT ABDULLAH Al Jamal YEM RIMBOCK Karl GER  
ALVARADO D. MEX MONTERO David BRA  
**Center Referee:** ALAVERDYAN Pashik ARM  
**Referees:** 1. HANCOCK Mary GBR 3. MACNELL Don CAN  
**Chief Marshal:** NAZAROV Vahid AZE  
**Timekeeper:** WANOT Roman POL  
**Techn.contr.:** BAASANKHUU Gansukh MC CHINEN Reiko Kato JPN  
**Secretary:** GUCUYENER Suat TUR RADICELLO Aldo ITA  
**Doctors on duty:** Dr. KAMI Lesmoni TGA  
**Technical Director:** NAGY Robert  
**Competition Director:** ADAMFI Attila (HUN)

Record	Lift	Senior	Junior
WORLD	Snatch	98 YANG Lian CHN	95 WANG Mingjuan CHN
	Ci & Jerk	121 TAYLAN Nurcan TUR	118 WANG Mingjuan CHN
	Total	217 YANG Lian CHN	213 WANG Mingjuan CHN

Start List should be posted at the entrance of Weigh-in Room, so Athletes / Team Officials know the order of Weigh-in.



# Sample: Weigh-in List

Check

Names and DOBs and

Correct

If any missing(s)/mistake(s) accordingly, to the PASSPORT

Check

20kg Rule

Fill

BW and 1<sup>st</sup> attempts

TOs sign

to verify information



2013 IWF World Championships  
WROCLAW - POL 2013.10.16 - 2013.10.27

WEIGH-IN LIST Women 48kg A

Competition start: 20.10.2013 13:25

Loc	Name	Born	Nat	Ca	Total	BW	Snatch	C&J
1	VALENCIA HERNANDEZ Carolina	08.02.1985	MEX	48	184			
2	TAN Yanyun	18.11.1992	CHN	48	200			
3	MICHEL Anais	12.01.1988	FRA	48	171			
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7	MOMOTOVA Galina	20.11.1984	KAZ	48	173			
8	RYANG Chun Hwa	12.06.1991	PRK	48	188			
9	KARPINSKA Marzena	19.02.1988	POL	48	185			
	SEGURA SEGURA Ana	26.06.1991	ESP	48	177			

Center Referee: ALAVERDIAN Pasnik ARM

Referees: HANCOCK Mary GBR      MACNELL Don CAN

Reserve Referee: NAZAROV Vahid AZE

Secretariat: GUCUYENER Suat TUR      RADICELLO Aldo ITA



# Sample: Athlete's Card

Fill in Start Number

After all athletes have completed Weigh-in

Start no.	Name: VALENCIA HERNANDEZ Cardina			
	Nation: MEX	Birth date: 08.02.1985		
Lot no.	Category:	Body weight:	Signature:	Entry total:
28	48 A			184
Snatch				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-In:		Automatic Increment:		Automatic Increment:
		Declared Weight:		Declared Weight:
Sign:		Sign:		Sign:
1st Change		1st Change		1st Change
Sign:		Sign:		Sign:
2nd Change		2nd Change		2nd Change
Sign:		Sign:		Sign:

Start no.	Name: VALENCIA HERNANDEZ Cardina			
	Nation: MEX	Birth date: 08.02.1985		
Lot no.	Category:	Body weight:	Signature:	Entry total:
28	48 A			184
Clean & Jerk				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-In:		Automatic Increment:		Automatic Increment:
		Declared Weight:		Declared Weight:
Sign:		Sign:		Sign:
1st Change		1st Change		1st Change
Sign:		Sign:		Sign:
2nd Change		2nd Change		2nd Change
Sign:		Sign:		Sign:

Fill in bodyweight and Request signature

Please write the numbers clear so no mistakes

Ask for Snatch  
1<sup>st</sup> attempt & signature

Ask for Clean & Jerk  
1<sup>st</sup> attempt & signature



# Between Snatch and C&J

Start no.	Name:			
	Nation:		Birth date: / /	
Lot no.	Category:	Body weight:	Signature:	Entry total:
<b>3</b>	JPN	CHINEN Yuki		
		Clean & Jerk		29 07 1998
150	1st Attempt	55	2nd Attempt	RC
66	Declared Weight at the Weigh-in:	Automatic Increment:	3rd Attempt	280
			Declared Weight:	Declared Weight:
	<b>140</b>	Sign:	Sign:	
	<b>145</b>	1st Change	1st Change	1st Change
	RC	Sign:	Sign:	Sign:
	2nd Change	2nd Change	2nd Change	2nd Change
	Sign:	Sign:	Sign:	Sign:





# Sample: Warm-up Passes

- Change colour by session
- Must have strap !!

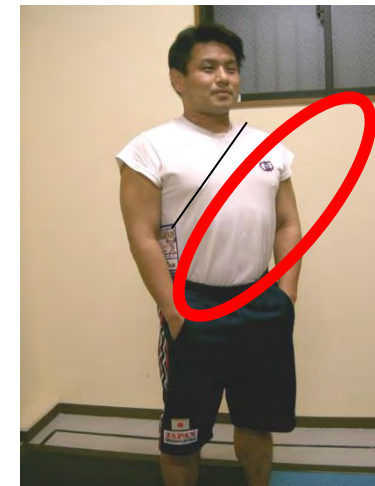
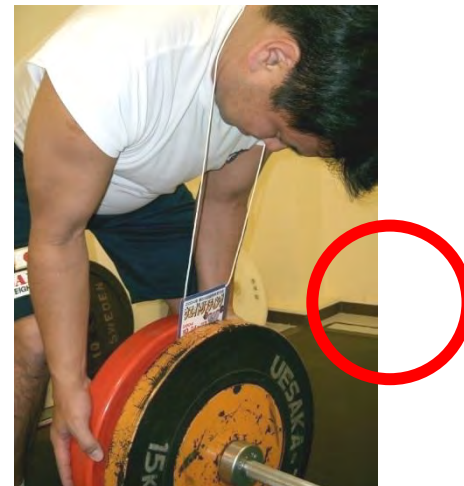


Good length for  
Technical Controllers

If without strap...



If strap is too long...



# Sample: Start Number Bib



- Min **100cm<sup>2</sup>** - Max **150cm<sup>2</sup>**
- Background and text; **any colour**
- Numbers must be **clearly visible**

(See Regulation to 3.3.5 for more detailed rules for bibs)

# Weigh-in Secretariat consists of:

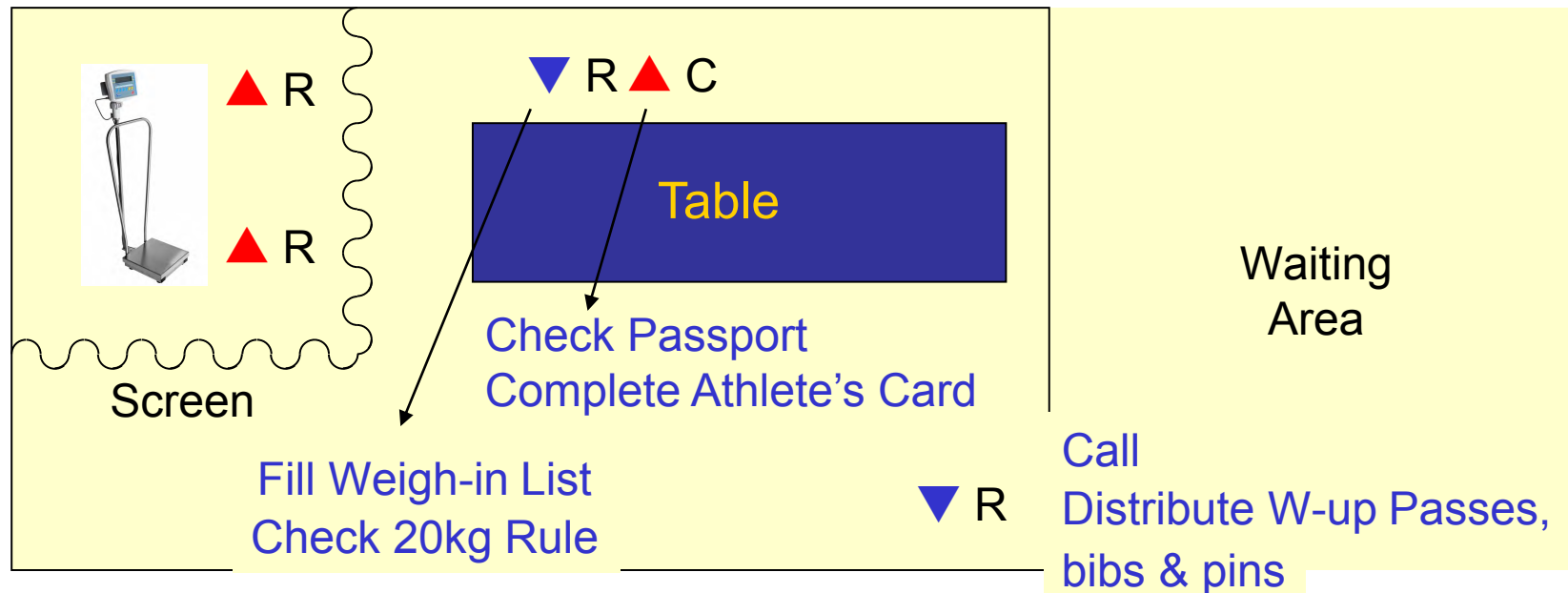
(Regulation to 6.4)

- Competition Secretary(s)
- On duty Referees
- Including Reserve Referee
- Assistant Competition Secretary(s) (optional)
- Weigh-in Official(s) (optional)
- Assistant Weigh-in Official(s) (optional)

# Never be absent !!

- Male Referees may have to work at Women's Weigh-in
- Female Referees have to work at Men's Weigh-in
- **Competition Secretary** decides **job assignments** before the Weigh-in starts.

Example, Women's Weigh-in



▼;Male ▲;Female R; Referee C; Competition Secretary





# Weigh-in procedure

- **Call Athletes** one at a time in accordance with the Start List (only 1 Team Official is allowed)
- **Check Athletes' FACE** by comparing with Passport / Accreditation (let him/her proceed to the scale once verified)
- **Check Athletes' FULL NAME** and **DATE OF BIRTH** by Passport / Accreditation
- **Weigh the Athlete**
- **Write** bodyweight on the **Athlete's Card** **Don't forget!**
- **Ask** his/her Team Official to write **1<sup>st</sup> attempts**
- **Check 20kg Rule**
- **Ask** Team Officials to **sign** for bodyweight and **1<sup>st</sup> attempts**
- **Write** down **bodyweight** and **1<sup>st</sup> attempts** onto the **Weigh-in list**
- **Give Warm-up Passes, Start Number bib** and **safety pins**



# At the end...

- Attending TO(s) to **fill Start Numbers** in **Weigh-in List** and **Athlete's Cards**
- All attending TOs to **compare data** (Start Number, BW, 1<sup>st</sup> attempts) written on the **Weigh-in List**, **Athlete's Cards**, and **printed/handwritten pieces of paper for bodyweight**
- All attending TOs to **sign** on the **Weigh-in List**
- If there is any undistributed bib, attending TO(s) **memo Athlete's Country/NOC and Name on the back of each bib** and **arrange the distribution** (attending TOs may distribute or let Technical Controllers do)
- Competition Secretary to **bring Weigh-in List and Athlete's Cards** to PC Operator

# Important remarks: Weigh-in List correction

- **Name and DOB**; Compare carefully between the original documents and Passport / Accreditation  
(Accreditation: subject only for Multisport Games)
- **Correct** if any mistake(s)/missing(s)
- **Full name** is needed
- **Family name(s) - all capital**, Given & middle name(s) - capital for the first letter
- **Family name(s) followed by** given name(s)  
(ex. SANCHEZ RIVERO Junior Antonio)
- **DOB**; important to distinguish individuals and verify the age group, written in **DD/MM/YYYY**



# During Weigh-in (Regulation to 6.4 #10, #12)

Completely undressed or in undergarments

**NOTE:** Must not wear socks

Athletes are entitled to;

- Wear jewelry, hair adornments and religious head gear
- But must **not** wear watches



**EWF**  
**Disposable**  
**Paper Towel**  
**On Scales**



# Weigh-in for athletes with Prosthetic Limb(s)

- Athletes must be weighed with the prosthetic limb(s). (Regulation to 6.4 Weigh-in #11)

**Bodyweight = Body + Prosthetic limb(s)**

- **NOTE:** Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift. (4.6.1)



**Not powered !!  
No energy storage !!**



# Important remarks:

## Warm-up Pass distribution

- One athlete – 3 passes
- Two athletes – 4 passes
- Any additional athlete – 2 passes per athlete  
(for combined categories / Events)

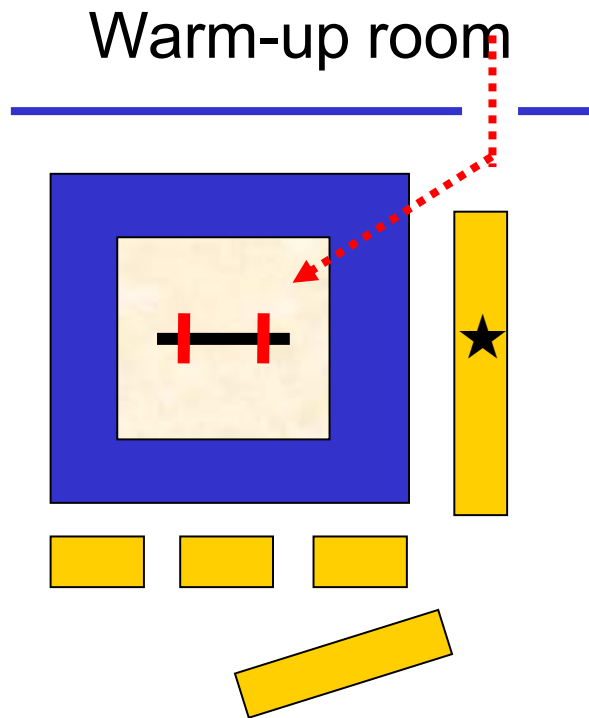
1 <sup>st</sup> athlete	→ 3
2 <sup>nd</sup> athlete	→ 1
3 <sup>rd</sup> athlete	→ 2
4 <sup>th</sup> athlete	→ 2

**NOTE:** These are the passes for Team Officials (Coach, Manager, Doctor, Masseur, Interpreter etc.). Athlete Passes can be issued, if required.



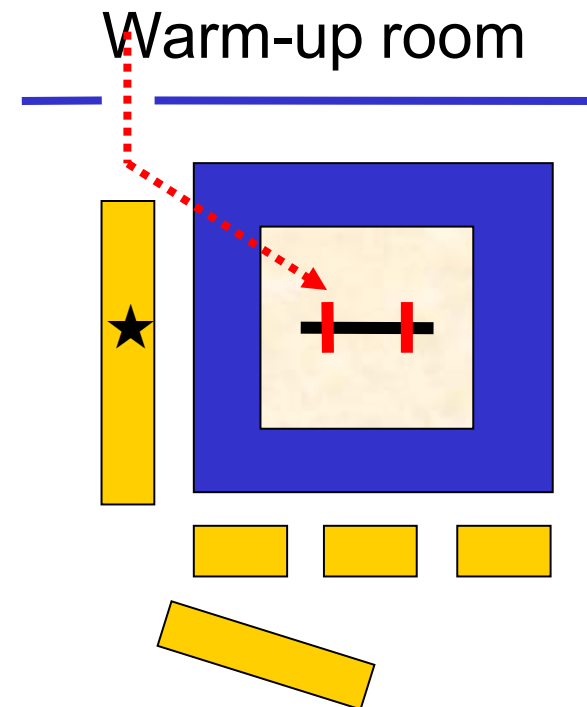
# Important remarks: Advise right or left side for bib

The side **depends on** the competition venue **layout**



Bibs: on the **left** side

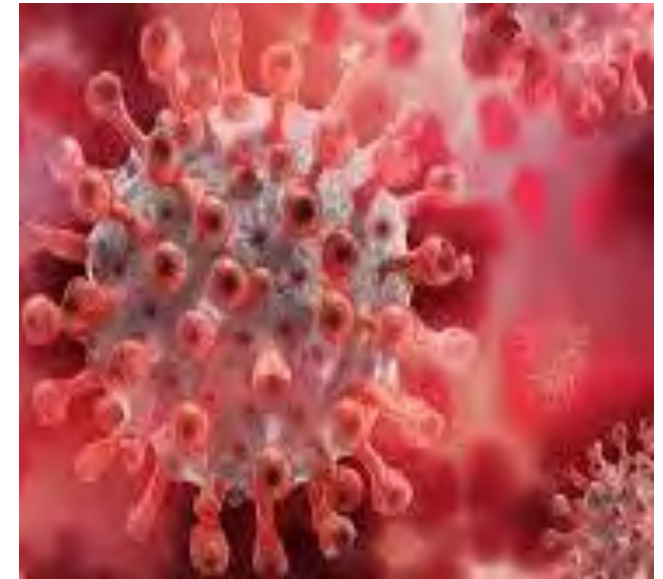
Competition  
Management  
Table



Bibs: on the **right** side

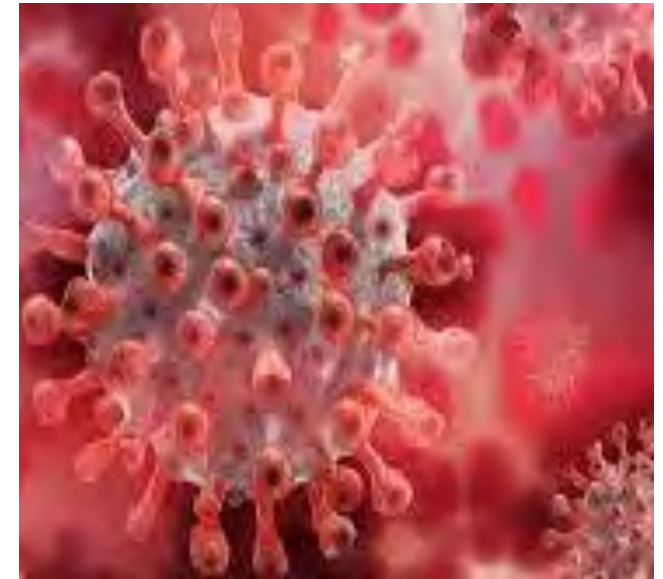
# Weigh-In. COVID-19

- **Wash hands and sanitise before entry**
- **Temperature may be recorded**
- **Keep social distance**
  - ✓ in the weigh-in queue – Marked on floor
  - ✓ In the weigh-in room
  - ✓ Use face mask
  - ✓ Do not shake hands or hug
- **Clothes and Equipment**
  - ✓ Undress most of the clothes outside the weigh in room
  - ✓ Have disposable paper towel on scales during weigh-in
  - ✓ Have your own pen



# Weigh-in. COVID-19

- The athlete will weigh-in standing on a paper disposable towel.
- The scale will be sanitised/disinfected after each athlete.
- The chair for the clothes will be sanitised/disinfected after each athlete.
- Coaches remember to bring Pen
- TOs will wear face mask
- The rooms must be sanitised/disinfected after each group



# Warm-up area 3.1.3



Cooperative  
work between  
Coaches and TOs





# Warm-up area 3.1.3

3.1.3.1 In order to prepare for competition, athletes must be provided with a warm-up area located in close proximity to the competition platform / stage relative to the venue layout. The warm-up area must be equipped with:

- an appropriate amount of numbered warm-up platforms (numbers start at one (1))

3.3.2.3 Training / warm-up platform:

- measures three hundred (300) cm wide
- measures two hundred fifty to three hundred (250-300) cm in length
- barbells, chalk, rosin, etc. in relation to the number of competing athletes
- loudspeakers connected with the Speaker's audio system
- real time scoreboard
- attempt board



# Warm-up area 3.1.3

- Display of official timing clock
- Live video feed of activity on the competition platform
- Tables for Marshals and Competition Doctor
- Water / refreshments
- Ice for injuries
- Other operational tables, as required
- Bathroom facilities (preferable)

**ONLY ACCESS WITH WARM-UP PASS FOR THE  
CATEGORY COMPETING**



BIB: <b>10</b>		
Ashgabat - TKM 01.11.2018 - 10.11.2018		
LOT: <b>498</b>	CATEGORY: <b>109 C</b>	DATE OF BIRTH: <b>27.07.1994</b>
B.WEIGHT: <b>105.80</b>	ENTRY TOTAL: <b>325</b>	SIGNATURE: [Signature]
<b>SNATCH</b>		
<b>1. Attempt</b>	<b>2. Attempt</b>	<b>3. Attempt</b>
Declared Weight at the Weigh-in: <b>137</b>	Automatic Increment: <b>138</b>	Automatic Increment:
Signature: [Signature]	Signature:	Signature:
Declared Weight:	Declared Weight:	Declared Weight:
Signature: [Signature]	Signature: [Signature]	Signature:
1st Change:	1st Change:	1st Change:
Signature: [Signature]	Signature: [Signature]	Signature:
2nd Change:	2nd Change:	2nd Change:
Signature: [Signature]	Signature: [Signature]	Signature:

Start N° <b>2</b>	EUROPEAN WEIGHTLIFTING JUNIOR and UNDER 23 CHAMPIONSHIPS EILAT (ISR) 04-10 DEC 2016				
<b>18 Women JU 63</b>					
Name:	[Redacted]				
Birth date <b>05/07/1997</b>	Lot N° <b>143</b>	Body Weight <b>61.82</b>	Sign <i>Xosafllm</i>	Entry total <b>165</b>	15/20 Rule <b>-15</b>
<b>SNATCH</b>					
<b>1st Attempt</b>		<b>2nd Attempt</b>		<b>3rd Attempt</b>	
Declared Weight at the Weigh-in: <b>65</b>	Automatic Increment: <b>71</b>	Declared Weight: <b>74</b>	Automatic Increment: <b>75</b>	Declared Weight: <b>77</b>	
Sign: <i>Xosafllm</i>	Sign:	Sign: [Signature]	Sign:	Sign: [Signature]	
<b>1st Change:</b> <b>70</b>	<b>1st Change:</b>		<b>1st Change:</b>		
Sign: <i>Xosafllm</i>	Sign:		Sign:		
<b>2nd Change:</b>	<b>2nd Change:</b>		<b>2nd Change:</b>		
Sign:	Sign:		Sign:		



Start number: 9

PATTAYA - THA 18.09.2019 - 27.09.2019

LOT <b>390</b>	CATEGORY <b>67 A</b>	DATE OF BIRTH <b>24.01.2001</b>
B. WEIGHT <b>66,85</b>	ENTRY TOTAL <b>325</b>	SIGNATURE: 

## SNATCH

1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in: <b>135</b> 	Automatic Weight: (Marshal only)	Automatic Weight: (Marshal only)
Signature: 	Declared Weight:	Declared Weight:
1st Change: <b>138</b>	1st Change:	1st Change:
Signature: 	Signature:	Signature:
2nd Change:	2nd Change:	2nd Change:
Signature:	Signature:	Signature:

Start N° 3

European Senior Championships  
Bucharest - ROMANIA 26th March - 1st April 2018

**28 Men SENIOR +105**

Name:

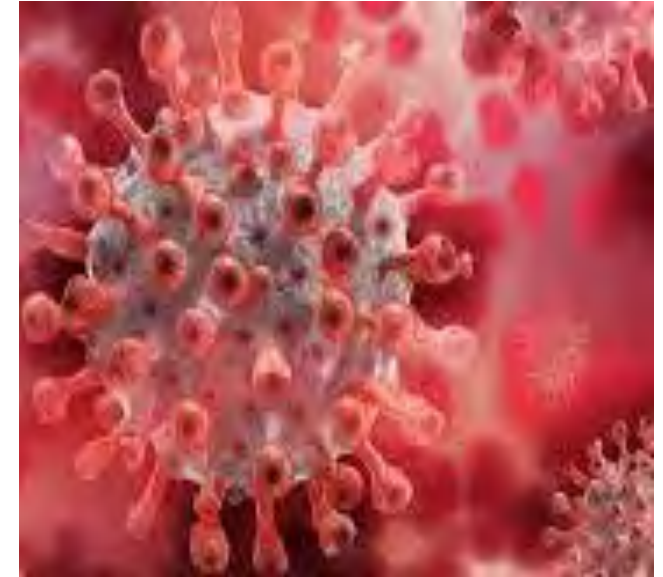
Birth date <b>13/12/1984</b>	Lot N° <b>178</b>	Body Weight <b>135.49</b>	Sign:	Entry total <b>421</b>	20 kg Rule <b>-19</b>
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## SNATCH

1st Attempt		2nd Attempt		3rd Attempt	
Declared Weight at the Weigh-in:	Automatic increment:	Declared Weight:	Automatic increment:	Declared Weight:	Automatic increment:
<b>185</b>		<b>192</b>		<b>194</b>	
Sign:	Sign:	Sign:	Sign:	Sign:	Sign:
1st Change:		1st Change:		1st Change:	
Sign:	Sign:	Sign:	Sign:	Sign:	Sign:
2nd Change:		2nd Change:		2nd Change:	
Sign:	Sign:	Sign:	Sign:	Sign:	Sign:

# Warm-up area. COVID-19

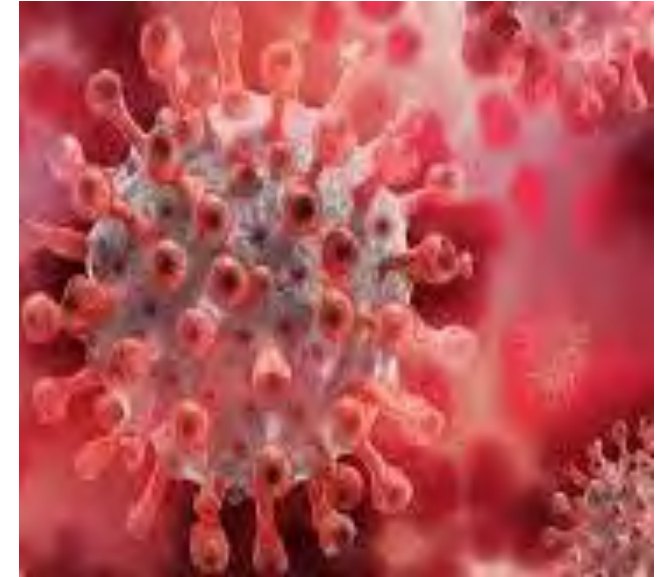
- **Keep Social Distance**
  - ✓ Coaches officials wear face mask
  - ✓ Athletes when not warming up on platform
  - ✓ Do not queue up in front of attempt board or scoreboard
  - ✓ More than one scoreboard in the warm up area  
(one per Platform or a minimum of two scoreboards in room)
  - ✓ Be on time to the chief marshal table
  - ✓ Keep your distance to other platforms , coaches and athletes
  - ✓ Do not shake hands or hug
- **Waiting for your next lift**
  - ✓ Sanitise/disinfect your hands
  - ✓ Go back to your own platform
  - ✓ Use your own chair and chalk





# Warm-up – TC . COVID-19

- When allowed to enter, guide the teams to their platforms
- Chalk and disinfection at every platform – make sure it's there
- Presentation of athletes will be from the athletes warm-up platform and not on the competition stage
- Keep an eye on the athletes regarding tape and costume



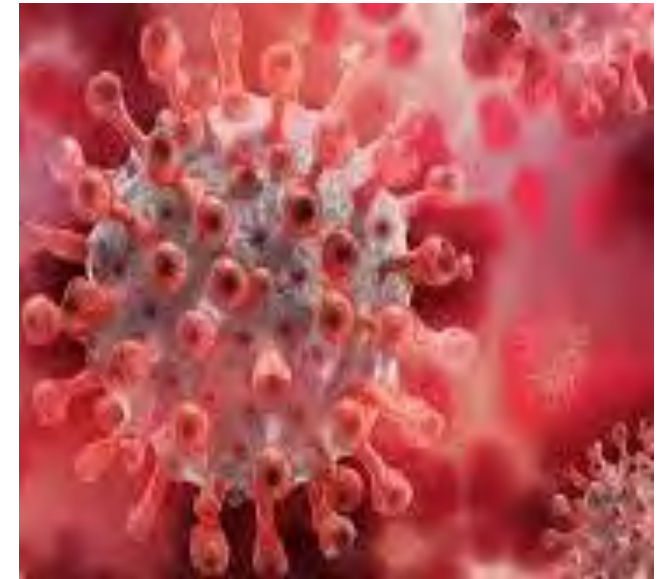
# Presentation of participants. COVID-19

- **The Athletes**

- ✓ Maybe via video from the warm up room
- ✓ From their own platform and wearing their teamjacket

- **The Officials**

- ✓ Video maybe from their working places / zones



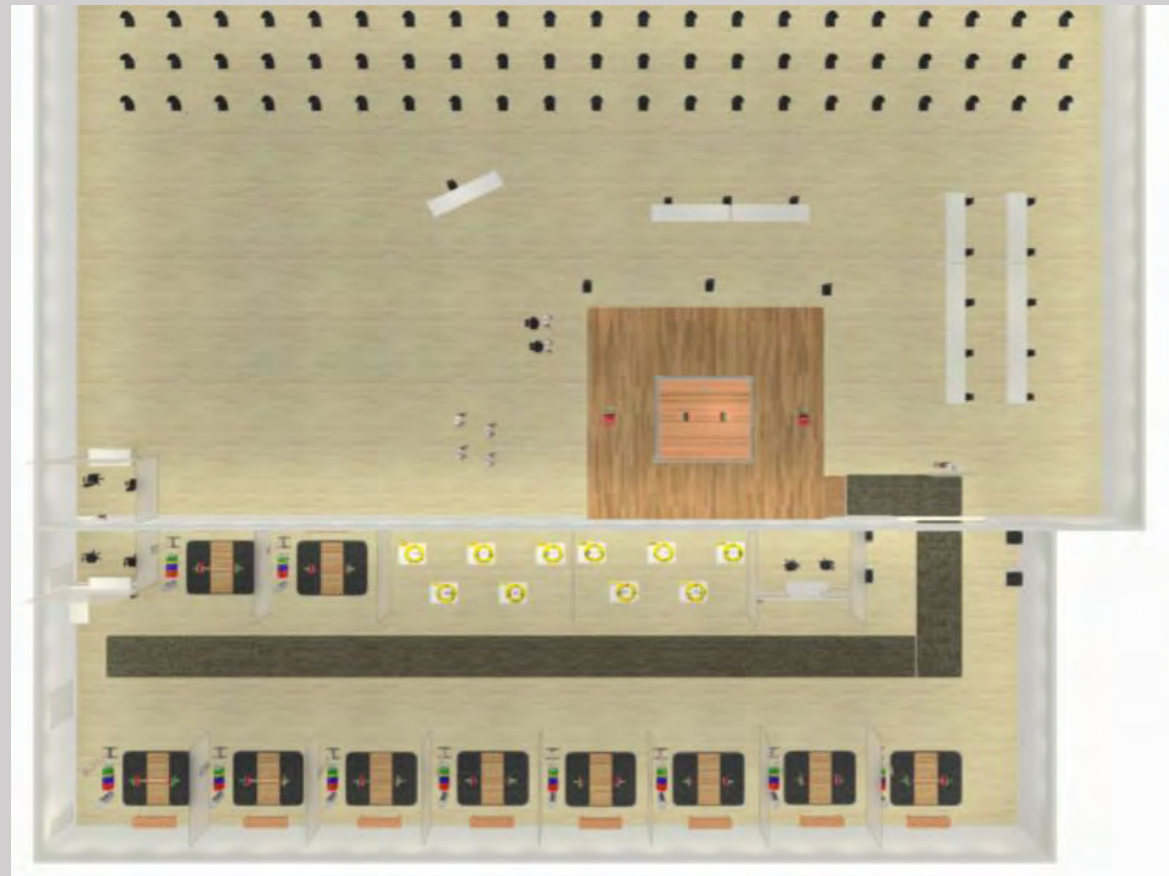
## Protect Yourself

*Face Mask – Hand Sanitiser – Distancing*

Vacate Room so it can be ventilated and be cleaned for next group

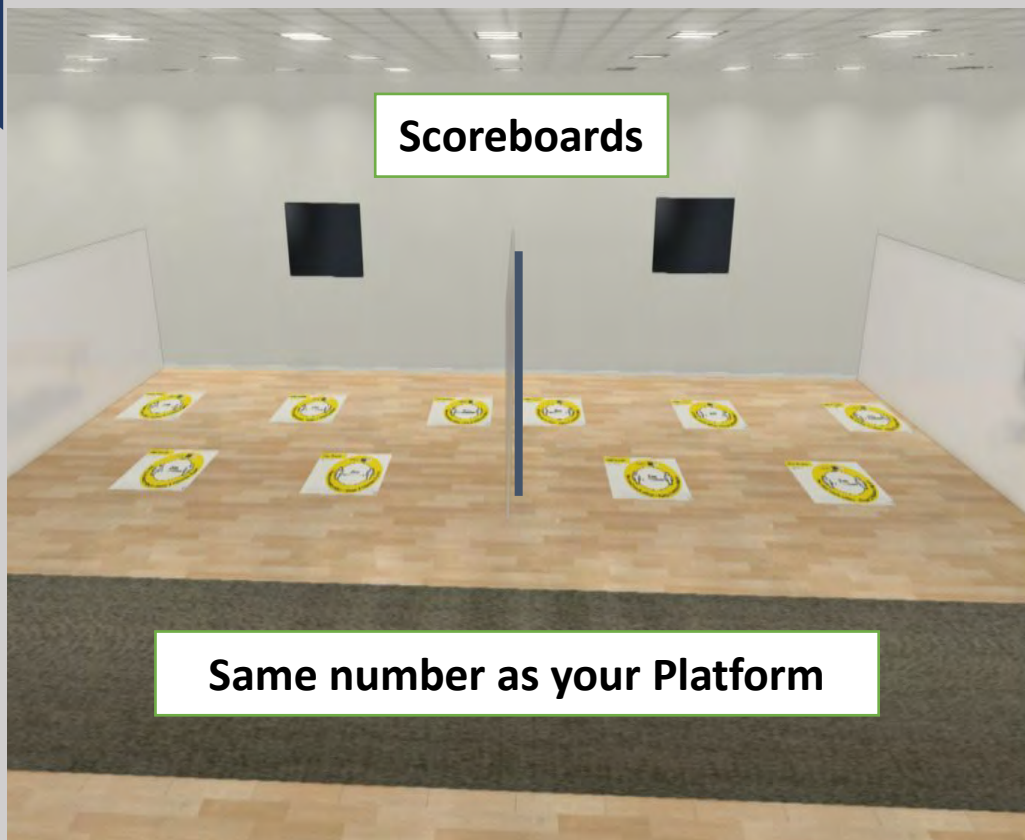


# Sanitising Station – Temperature – Contact Tracing *Officials, Coaches and Athletes*





# Warm up Room – Positioning, Patience, Polite *Officials, Coaches and Athletes*





IWF Technical Committee Technical Guideline

## Field of Play 3.1



# Field of Play 3.1

- FIELD OF PLAY (FOP)

For the sport of weightlifting the Field of Play (FOP) relates to the area of competition which contains the:

- 3.3.2.2 Competition platform and stage

- • square
- • measures four hundred (400) cm on each side
- • measures ten (10) cm in height

- Technical Officials' and Competition Management Tables
- Warm-up area

## 3.2 VENUE – ADDITIONAL SPACES

3.2.1 The following additional spaces must be provided at the competition venue:

- Doping Control Station
- Changing rooms with shower
- Athletes' Rest area
- Competition Management office(s)
- First Aid / Medical room
- IWF Meeting room
- IWF Offices (President, General Secretary and Secretariat)



- Press Centre
- Sauna – *May need to confirm with National Federation*
- Technical Officials' room
- Training area (may be at a different location, but preferably at the competition venue)
- VIP room
- Weigh-in room and Test Weigh-in room



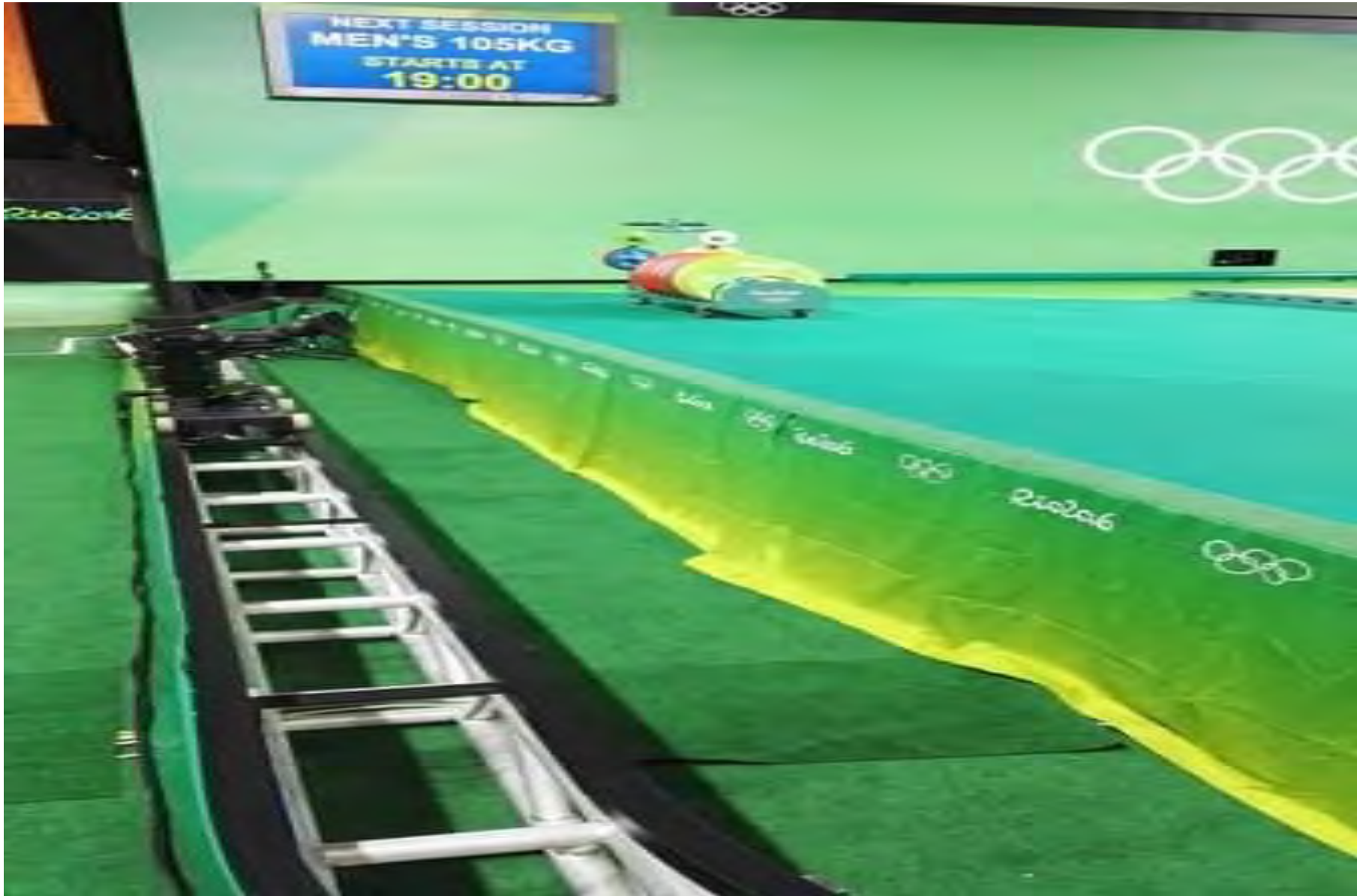
# Who are allowed in the FOP

- Technical officials incl. competition doctors
- Competition management
- Loaders
- Athlete announced
- Coaches in the 'Coach Zone'
- VIPs









# Victory ceremony

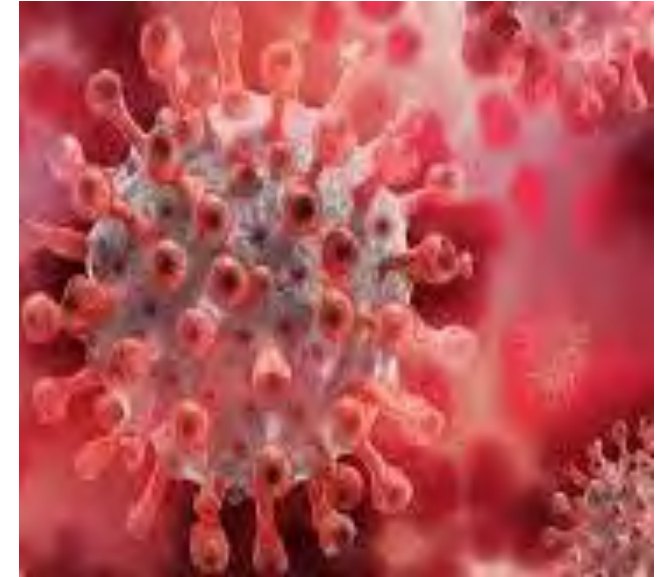
- **To be confirmed by organisers before competition**
- **Area sanitised before ceremony**
- **Safe Distancing**
- **Separated victory podiumplaces (2 – 1 – 3)**
- **No Handshaking or Celebration Hugging**





# Field of play. COVID-19

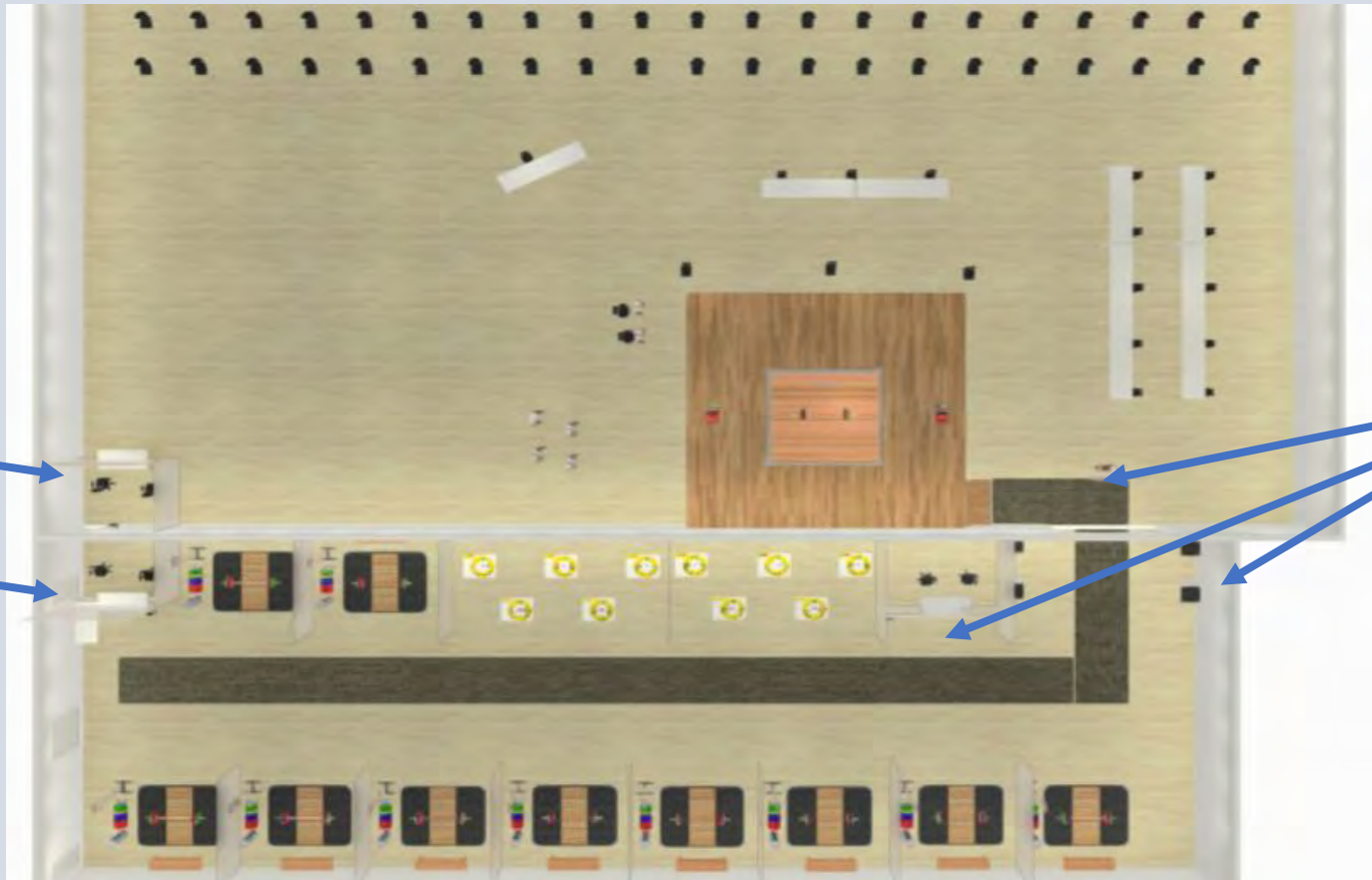
- **Coaches zone**
  - ✓ Coaches and TOs must wear face mask
  - ✓ Keep distance to others
  - ✓ MUST stay in the coaches area / zone
- **Loaders**
  - ✓ Wear gloves and face mask
  - ✓ Sanitise/disinfect the barbell when a new athlete on the platform
  - ✓ It will be nice to have two bars ready
  - ✓ Laminated loading chart
- **The tables and chairs**
  - ✓ To be with good distance where possible



# Entry to Field of play. COVID-19. *Officials, Coaches and Athletes*

T.O.  
COACH  
ATHLETE

Sanitise  
Stations



TECHNICAL OFFICIAL  
COACH  
ATHLETE

No Chalk  
On Time  
Respect Distance  
Patient  
Polite  
Stay in Zone



Q & A time





EWF Chairman  
Coaching R&S Committee  
Colin Buckley (IRL)



EWF Chairwoman  
Technical Committee  
Tina Beiter (DEN)



EWF Chairman  
Medical Committee  
Tryggve Duun (NOR)



IWF Chairwoman  
Athletes Commission  
Sarah Davis (GBR)



EWF Gen. Secretary  
Dr Hasan Akkus (TUR)

## Panel - Questions & Answers

# I.T. Technician, Russian & Spanish Translators

## *Thank you*



IWF  
I.T. Manager  
Zoltan Veres



Russia  
Alexandra Marchenko.



Gen, Secretary  
Spain  
Juan Lama Arenales





# ELEIKO LOTTERY FOR WEBINAR PARTICIPANTS

SEND AN E-MAIL TO: [andreas.andren@eleiko.com](mailto:andreas.andren@eleiko.com)

WITH A NOTE: WEBINAR LOTTERY

FIVE WINNERS WILL BE DRAWN AND EACH WINNER CAN SELECT THEIR FREE CHOICE OF ONE ELEIKO LEISURE AND PERFORMANCE LINE PRODUCT FROM THE ELEIKO ONLINE SHOP. TO BE SENT FREE TO THE WINNERS.

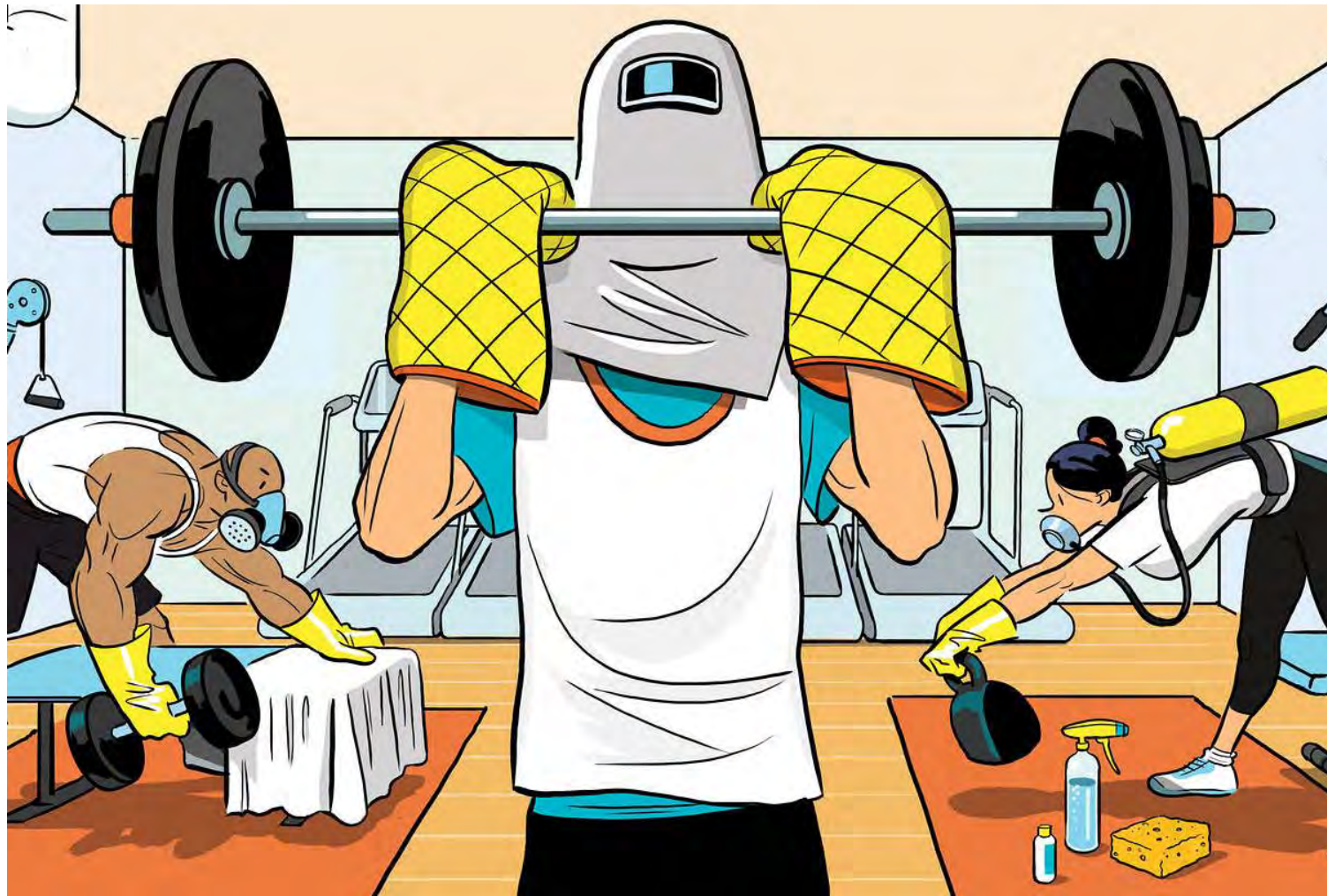


**ANDREAS ANDRÉN**  
DIRECTOR OF SALES  
ELEIKO GROUP AB  
Sweden

# ELEIKO

RAISE THE BAR





Wash your  
Hands

Keep your  
distance

Stay Safe











# **WEBINAR**

**RETURN TO EWF COMPETITIONS 2021  
COMPETITION RULES & REGULATION  
COMPETITION HEALTH & SAFETY**

**6TH FEBRUARY 14.00 (CET)**