



## World Para Powerlifting

Raise The Bar Together: Online World Cup Series  
Competition #4 Invitation

July 2020

## Version History

Version	Date	Comments
1.0	2020-03-31	Initial document creation and distribution.
2.0	2020-05-04	Series launch and further clarifications added.
2.1	2020-06-03	Additions/clarifications made to eligibility of athletes and Series points; highlighted in <b>blue text</b> .
2.2	2020-07-07	Revisions made to eligibility Series points; addition of Team Results and Rankings; highlighted in <b>red text</b> .

## Introduction

After the successful launch of the first online competition, Raise The Bar Together, in April 2020, in an effort to encourage athletes to continue to train and keep motivated while staying at home, World Para Powerlifting (“WPPO”) has now turned the competition into a series of multiple competitions to give athletes more chance to compete online!

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 ranking 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>	<p><b>Competition Period:</b> 13 July-9 August  <b>Final Submission Deadline:</b> 9 August at 11:59 PM CET  <b>Technical Official Judgement Period:</b> 10-16 August  <b>Results and Ranking Publish Date:</b> 1 September  <b>Follow WPPO social media for a special announcement about the competition!</b></p>
<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>▪ Athletes who are licensed for the 2020 competition season and classified as “Confirmed” or “Review” are eligible to compete.</li> <li>▪ Athletes who are licenced for 2020 with the status “New” are eligible to compete “out of competition”.</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>	<p>The following events will be offered:</p> <ul style="list-style-type: none"> <li>▪ Women’s Combined (by AH formula)</li> <li>▪ Men’s Combined (by AH formula)</li> </ul> <p>The competition will be considered viable if more than two (2) athletes register per event.</p>
<b>Results and Rankings</b>	<ul style="list-style-type: none"> <li>▪ Final Results and Rankings will be published by AH score by event.</li> <li>▪ No records will be recognised.</li> <li>▪ No ranking will be allocated to athletes who have not been classified internationally. 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 recognised competition or achievement of a minimum qualification standard.</li> </ul>
<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>

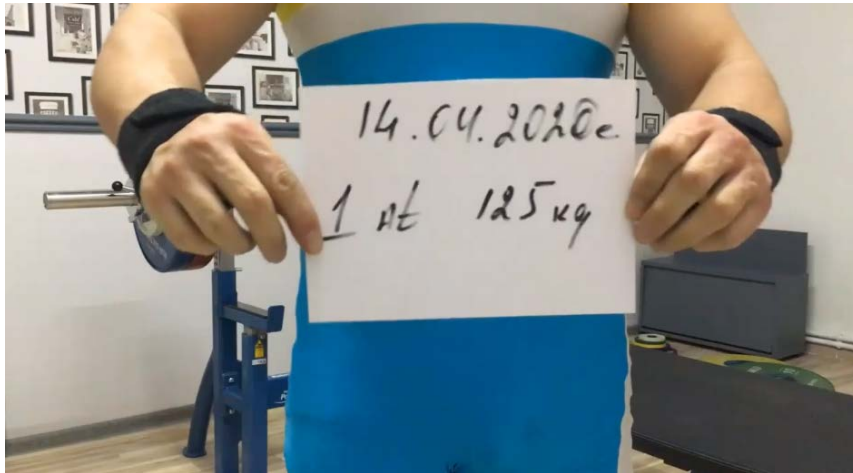
## Rules

- **Number of Attempts:** An athlete can submit up to **four (4)** lift attempts anytime during the competition period but must always submit this with their weigh-in for that day.
- **Power Lifts:** A fourth attempt may be submitted as a Power Lift. It is eligible to count for the final results.
- **Uniform:** An athlete's personal costume and equipment must comply with the Technical Rules and Regulations (e.g., wearing of an approved competition singlet).
- **Add-ons:** Bodyweight add-ons will not be applied to the athlete's bodyweight. The athlete's submitted bodyweight should not include any add-ons.
- **Equipment:** Best endeavours should be made to use approved WPP0 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.
- **Technical Officials:** Level 1 and 2 Technical Officials 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.
- **Technical Challenges:** Will not be permitted.
- **Competition Ranking List and Results:** Following the end of the Judgement Period, the Results and Rankings will be posted.
  - The final individual rank/result will be calculated by the best AH Formula Score of the best "Good Lift" completed (heaviest weight lifted).
    - If two (2) or more athletes achieve the same AH score, then the respective rank will be shared.

## 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;
  - camera view is horizontal/landscape format;

- 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.
- For safety reason there should be at least one person helping, following the bar.



*Example timestamp proof*



*Example camera recording view*

## Series Results and Ranking

- Throughout the Online World Cup Series, athletes will accrue Series Points for their participation and results, as per the table listed below.
  - The Series Points allocation system may vary from one competition to another.
- The winner of the Online World Cup Series is the athlete with the highest number of Series Points.

Element	Point Allocation				Notes
	Competition #1	Competition #2	Competition #3	Competition #4	
Participation	5	5	5	5	By submitting a valid and participating in an Online Competition.
“Early bird” participation	-	-	-	1	30 first athletes to submit at least 1 valid video
“Rookie” participation	-	-	-	2	New participant
Good Lift	2	2	2	2	For each Good Lift.
No Lift	-1	-1	-1	-1	For each No Lift.
“3 for 3”	4	4	4	4	If 3 “Good Lifts” are made within attempt 1, 2 and 3
Power Lift Multiplier	-	-	x 2	x 2	If a “Good Lift”, the number of Good Lift points are multiplied by this amount.
Participation Multiplier	-	x 1.5	x 3	x 1.5	By participating in consecutive Online Competitions, points will be multiplied by this amount.
Competition Ranking 1	25	25	Roulette system:	30	By earning the respective

Competition Ranking 2	22	22	Ranking points will be distributed using a random draw for the 10 best ranked athletes	26	competition ranking from 1 <sup>st</sup> to 10 <sup>th</sup> , based on best AH Formula score.
Competition Ranking 3	20	20		22	
Competition Ranking 4	18	18		18	
Competition Ranking 5	16	16		16	
Competition Ranking 6	14	14		14	
Competition Ranking 7	12	12		12	
Competition Ranking 8	10	10		10	
Competition Ranking 9	8	8		8	
Competition Ranking 10	6	6		6	

## Team Results and Ranking

- During the Online World Cup Series Competition #4, athletes will accrue Team Points for their participation and results, as per the table listed below.
  - The Competition Ranking Points will be calculated from each country's top three (3) men and top three (3) women.
- The winner of the Team Competition is the country with the highest number of Team Points.

Element	Point Allocation	Notes
	Competition #4	
Participation	5	By submitting a valid and participating in an Online Competition.
"Early bird" participation	1	30 first athletes to submit at least 1 valid video
Rookie	2	New participant
Good Lift	2	For each Good Lift.
No Lift	-1	For each No Lift.

Competition Ranking 1	30	By earning the respective competition ranking from 1 <sup>st</sup> to 10 <sup>th</sup> , based on best AH Formula score.
Competition Ranking 2	26	
Competition Ranking 3	22	
Competition Ranking 4	18	
Competition Ranking 5	16	
Competition Ranking 6	14	
Competition Ranking 7	12	
Competition Ranking 8	10	
Competition Ranking 9	8	
Competition Ranking 10	6	

## 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 communication, education and development related activities through WPPO's Dartfish.tv channel, and may be uploaded and accessed publicly (at WPPO's discretion).



## Resources

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