

Pros of Video Submissions	Cons of Video Submissions
1. Increased meet attendance	1. Use of video editing and camera angles to obscure success/failure criteria
2. Accessibility for those who struggle to attend in-person meets	2. Concerns about judging integrity
3. Ability to make record books more authoritative by not excluding strong lifters who are unable to travel	3. Contestation of submitted videos
4. Opportunity to showcase proof for odd lifts and world records	4. Concerns about attendance in-person with availability of video submissions
5. Attraction of individuals from online platforms to apply for records	5. Enforcement of rules and setting records
6. Potential to grow the sport	6. Visibility of videos by other members or competitors
7. Provides flexibility in the time frames for competitions	7. Visibility of videos by other members or competitors
8. Potential for creating a stand-alone competition series for video submissions	8. Risk of inappropriate content from the internet
9. Consideration of weighing weights and eligibility as criteria for allowing records	9. Time commitment for judging and potential for additional attempts, encouraging cheating
10. Increased availability of video examples for referee training	

Concerns	Responses
1. Use of video editing to obscure criteria	<ul style="list-style-type: none"> ● Our guidelines offer several degrees of strictness that are intended to mitigate the use of technology to obscure a lift.
2. Integrity of judging	<ul style="list-style-type: none"> ● Videos available to other members. ● Maintain qualified and trained judges.
3. Contestation of submitted videos	<ul style="list-style-type: none"> ● Videos available to other members. ● Establish clear appeal and review procedures.
4. Attendance in-person with availability of video submissions	<ul style="list-style-type: none"> ● Encourage in-person participation and create engaging events. ● Video Submissions have their own trade-offs.
5. Enforcement of rules and setting records	<ul style="list-style-type: none"> ● Judges will enforce rules to the same standards of an in-person meet in addition to the video guidelines. ● Lifters may 'qualify' for video submissions ● Other barriers to entry and criteria for records
6. Visibility of videos by other members or competitors	<ul style="list-style-type: none"> ● Consider sharing videos online. ● Alternately, videos may be available on request, etc. ● Implement privacy and security measures if necessary.
7. Inappropriate content from the internet	<ul style="list-style-type: none"> ● Monitor submissions for inappropriate content.
8. Time commitment for judging	<ul style="list-style-type: none"> ● Create manageable judging schedules. Consider a limit to the number of lifts, or total submissions. ● Only the final attempt should be submitted for judging.
9. Potential for additional attempts	<ul style="list-style-type: none"> ● Potential to implement limits or monitor time stamps. ● Given the nature of our competitions, the lack of ability to monitor the number of attempts is not considered sufficient to discourage online

	submissions.
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