

USAWA Video Committee working draft: Eligibility guidelines for video submissions of records

How to submit records via video: Follow USAWA online video submission standards AND weigh all plates, bars, equipment either immediately before or immediately after the lift. Weights/equipment may not leave the frame between lifting and weighing.

Record submissions are only in consideration for online submissions. Here are some proposals for when video submissions might be allowable for record:

1. **Previous Number of Meets:** Participants looking to set a record through video submission may be required to have a certain number of previous meet participations as a criterion. This demonstrates experience and consistency in competition.
2. **Previous In-Person Competition:** A condition may be that participants have competed in in-person competitions before being eligible to set a record via video submission. This ensures that the lifter is accustomed to the pressures and conditions of an in-person meet. This ensures that a judge(s) and/or their peers have a reasonable standard of expectation for the capability of the lifter.
3. **Qualified Judge:** You must be a USAWA certified Level 1 or Level 2 official in order for your video submission to be considered for a record. This ensures that the lift meets official standards and that the lifter is familiar with the rules of competition. The general rules of review still apply.
4. **Recommendation:** Participants may need to be recommended by their peers or by experienced lifters within the USAWA community. Recommendations could be based on consistent good sportsmanship and performance.
5. **Weigh all weights:** All weights including the barbell must be weighed using the above weigh-in standards. This must be performed as part of the 'lift video'.