

USAWA Video Committee working draft: Video submission standards

These proposed guidelines are intended to be used for remote participation in meets (at the discretion of the meet director) and for record submissions as detailed in the record submission guidelines. Note that record submissions have extra requirements beyond what is detailed here.

You will need:

- Digital scale, discussed below.
- Another device to show time on time.is
 - Alternatively an app such as 'time stamp camera' app may be used if the lifter only has access to one device.

Weigh-in video:

1. **Digital Scale:** The use of a digital scale is required for accurate weight measurement. If the scale is not a standard weight, it should be calibrated and approved for use.
 - A 'postal' scale is recommended. These have a durable top and an extension for digital readout.
 - Here is an example from Amazon by AccuTeck, costing \$45.00.
https://www.amazon.com/gp/product/B00LPUZP1I/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1



2. **Verifiable Scale:** The digital scale used should be of a verifiable and approved type to prevent disputes.
3. **Weighing Attire:** Participants should weigh in wearing clothing which meets the USAWA attire guideline.
 - A 1-2 pound concession is proposed for clothing as lifters are expected to weigh in clothed.
4. **Time Stamp:** The video should clearly display a timestamp to confirm the date and time of the weigh-in.

- Show time on time.is or other similar app. Hold the device up to the camera long enough so that time and date can be read clearly and so that viewers can see the seconds tick by (ie not a screenshot).
 - Alternatively an app such as 'time stamp camera' app may be used if the lifter only has access to one device.
5. **Zero Verification:** Weigh-ins should include a step to show the scale's reading at zero before the weigh-in.
 6. **Clear Identification:** The participant and scale must be in full frame. The participant should state their name and the date at the start of the video.
 7. **Calibration:** Weigh a 45 pound plate (or similar). Show the label on the plate. Show that the scale reads the appropriate weight.
 8. **Weigh yourself.**

Lift video

1. **Time Stamp:** Similar to the weigh-in, the video must include a time stamp to verify the date and time of the lift.
2. **Lifter and Weights in Full Frame:** The lifter and all weights involved in the lift must remain in full frame throughout the video.
3. **Weight Plates Count:** All weight plates used in the lift should be counted and shown in the video.
4. **Plates Facing Outward:** Weight plates should be positioned with their labels facing outward for clear identification. If several large plates are loaded, the first should be positioned with label facing inward, so that it can also be read.
5. **Code Word Display [Optional]:** If a codeword is required, it should be visibly displayed during the lift to prevent any unauthorized or pre-recorded submissions.
6. **Verification Methods [Optional]:** Two methods of verification, such as the codeword and a time stamp, could be used to confirm the authenticity of the lift.
7. **Multiple Submissions:** If the lifts are submitted as multiple videos, each video must include a time stamp to link them.
8. **Multiple Attempts:** Submit only the best attempt of each lift. If a lift is in question, multiple attempts are acceptable. Further discretion is left to the head judge of the competition.
9. **Video Angle:** The angle of the video should be based on the respective lift. As a general rule, the camera may be placed at hip height and 45 degree angle from the front of the lifter. Lifters are highly encouraged to consider the angle of their lift prior to the meet.

Weigh-In Process: **[Make a script/ play-by-play?]**

Lift Considerations: **[Make a script/ play-by-play?]**