



**Announcement**  
**GERMAN WEIGHTLIFTING OPEN 2024**  
**for Men and Women (Senior)**  
**June 21 and 22, 2024**  
**Leimen, Germany**

**Make your call!**  
**Compete in the training center of the German National Team!**  
**Do not miss this opportunity!**  
**PRs guaranteed!**

<b>WHO?</b>	German Weightlifting for the Weightlifting Community
<b>WHAT?</b>	The German Weightlifting Open is the summer event of the German Weightlifting Federation (BVDG). The competition pursues a holistic approach by bringing together performance-orientated sport with ambitious amateur sport and is also open to alternative approaches to weightlifting (e.g. CrossFit, Functional Fitness) and international lifters.
<b>WHEN?</b>	Friday, June 21 and Saturday, June 22
<b>WHERE?</b>	<b>Headquarter German Weightlifting</b> Badener Platz 6, 69181 Leimen, Germany

**Competition A: Individual Competition for Men and Women (Senior):**

Olympic Weightlifting (Snatch and Clean & Jerk) based on the regulations of the BVDG.

**Competition B: Team Competition for clubs:**

A team consists of six lifters, of which the best five are scored. The prerequisite is that five lifters compete. Relative scoring will be applied. The sports regulations of the BVDG apply in conjunction with the other regulations.



### Eligibility to participate:

#### Year of birth

Men and Women **2008 and older**

The prerequisite for participation is that you **enjoy weightlifting!**

A BVDG starting book including a valid annual licence **is not** a prerequisite for participation. At the German Weightlifting Open (GWL Open) athletes without club affiliation and international lifters can also compete. For athletes without a club affiliation, an anti-doping instruction must be carried out after registration. We will contact you immediately after registration. International athletes without BVDG club affiliation require an approval of the achievement of the qualifying standards in the Total as well as an anti-doping certificate from their respective national federation. The documents must be presented on the day of competition at the latest.

Juniors will compete in the respective senior classes and will not be ranked in separate classes, but the best juniors in terms of relative points will be honoured at the end of the competition.

### Qualifying Standards:

Competitors must fulfill the qualifying standards in the Total for their weight class.

To ensure a reliable schedule, it is **not possible to change to another weight class after the official registration!**

Weightlifters born in 2008 or earlier who have achieved the following minimum standards in the period from 01.08.2023 - 12.06.2024 are eligible to compete:

Men		Women	
Weight Class	Total	Weight Class	Total
-55 kg	120,0 kg	-45 kg	68,0 kg
-61 kg	144,0 kg	-49 kg	71,0 kg
-67 kg	164,0 kg	-55 kg	79,0 kg
-73 kg	181,0 kg	-59 kg	87,0 kg
-81 kg	211,0 kg	-64 kg	99,0 kg
-89 kg	218,0 kg	-71 kg	114,0 kg
-96 kg	230,0 kg	-76 kg	121,0 kg
-102 kg	239,0 kg	-81 kg	126,0 kg
-109 kg	248,0 kg	-87 kg	131,0 kg
+109 kg	255,0 kg	+87 kg	135,0 kg



Lifters without a club affiliation and international lifters without an affiliation to a national federation prove that they fulfil the standards by submitting three video documents: 1<sup>st</sup> Weigh-in, 2<sup>nd</sup> performance in the snatch, 3<sup>rd</sup> performance in the clean and jerk.

Ad 1.

To maintain intimacy on the video created, athletes can weigh themselves in clothing in accordance with the rules of the International Weightlifting Federation (IWF). If an athlete is over the limit of the targeted weight class, 250 grams can be deducted from the weight shown on the scales. Example 1: If an athlete weighs 55.10kg, he/she enters the 55kg class ( $55.10 - 0.250 = 54.85\text{kg}$ ). Example 2: If an athlete weighs 89.30kg, he/she enters the 96kg class ( $89.30 - 0.25 = 89.05\text{kg}$ ). The identity of the athlete must be clearly recognisable in the video by means of an identification document. The weighing process must be clear, visible, and traceable. The date must also be recognisable.

Ad 2. und 3.

Barbell weight and disc weight must be recognisable. The athlete must be clearly identifiable and wears sportswear. The lift must be clearly visible from the moment the athlete steps onto the platform until the barbell is dropped. The date is identical to that of the scale.

All three videos will be judged by a judge holding an official licence.

The video files must be sent to one of the following two e-mail addresses, e.g. via Wetransfer or another service platform:

[nowara@bvdg-online.de](mailto:nowara@bvdg-online.de) or

[rieger@bvdg-online.de](mailto:rieger@bvdg-online.de)

All videos will be deleted after competition.

### **Registrations:**

Entries must be submitted by **June 12 2024**, stating the name, club (optional), weight class and the Total achieved, to the following e-mail address:

**[info@bvdg-online.de](mailto:info@bvdg-online.de)**

Late entries can only be considered if they are sent by e-mail to the above address at least eight days before the competition. (First come – First serve!)

### **Fees:**

The entry fee per registered athlete are as follows:

60€ for BVDG club members,



80€ without BVDG club membership.

The entry fee per team is 80€. The late entry fee is 10€ plus for each category. The entry fee must be transferred to the following account by June, 12 2024: PayPal account [info@bvdg-online.de](mailto:info@bvdg-online.de). Alternatively, the entry fee can be paid in cash on site.

### **Competition Directors:**

Gregor Nowara, Competition Manager

Professor Dr. Thomas Rieger, Vice President German Weightlifting

### **Organisation:**

Team of German Weightlifting

### **Timetable:**

The provisional schedule will be announced on the website <https://german-weightlifting.de> after the registration closing date.

### **Referees:**

Will be appointed by the Technical and Refereeing Officer GW Karl Rimböck.

### **Media Coverage:**

A livestream will be provided. Further information will follow on the communication channels of German Weightlifting (Website, Instagram).

### **Auszeichnungen:**

The first three places in each weight category receive medals and certificates. The three relative best in men, women, juniors, juniors and clubs will receive trophies. As the official equipment partner of German Weightlifting, Eleiko will provide a women's and a men's training barbell. The dumbbells will be raffled off among the registered participants on June, 22. The prerequisite is the completion of a valid Total in the competition. It is therefore worth staying until the end of the competition. Further attractive prizes are planned. Information on this will follow on the communication channels of German Weightlifting (Website, Instagram).

### **General Information:**

Participation at the GERMAN WEIGHTLIFTING OPEN is at your own risk. Any liability of the association and its auxiliary persons for personal injury or damage to property is excluded, except in cases of intent or gross negligence.