Welcome to the Virtual Weightlifting Simulation Course! A starter guide is all listed below in the bullet points with everything you need to know. You will have 10 minutes before the first round starts. Please don't hesitate if you have any questions!

- The results from this software are based on Sinclair per category. This will make it more difficult for coaches to be able to choose the right weights at the right time.
- We will provide 10 random lifters and in round one, each coach chooses one lifter and in the chat section you choose which lifter you want.
- If you want to change the weight of your lifter, you would write the lot number followed by an equal sign followed by the weight change. For example, "7=54kg" where 7 is the lot number of your lifter. This is how it is usually done in big competitions where the marshal passes on the message to the MC to change the weights so they don't use names.
- In a real competition, every lifter has one minute and if they follow themselves they will have 2 minutes. With the simulator, you cannot change the weights if there is less than 30 seconds remaining. The software also automatically randomly will decide whether the lift is successful or not.
- If your lifter drops their weight the simulator will keep the weight the same and not increase it. However, if the lift is successful, 1kg will be added to the next attempt which does not count as your first change. You are only allowed 2 weight changes per attempts.
- To save time and you are happy with the weight, say the lifters lot number and "go" so the simulator will randomly decide whether the lift is successful or not. However, if you do not say this, when there is less than 30 seconds remaining and you cannot change the weight, it will be automatically lifted.
- These 10 lifters are in different categories and different starting lists but the simulator is adjusted so that all the lifters have very close Sinclair's so please do not do unrealistic weight jumps such as a 5kg increase per attempt.
- In the second round, you will have 2 lifters each, this would make it harder to calculate and make decisions.
- In round 3, you will have 2 lifters however the time will be decreased to 40 seconds so you would have to make your decisions quicker.
- There will be a 10 minute break between the Snatch and Clean and Jerk to think about your strategies and to see the other lifters' starting lifts for the Clean and Jerk and using a Sinclair app through your phone or the [IWF website](#) (please check the link)
- When your lifter is first up to lift, decisions are very hard to make as you do not know what will happen in the upcoming lifts, so we recommend that you don't choose the lifter who is lifting first in round 1 so the simulator will play for this lifter. The strongest lifter should also not be chosen as there will not be much competition to play around with the weights lifted and to challenge yourself for coaching as your lifter will be following themselves.
- After each round, the head coach will provide you with feedback about the good and bad decisions that were made and what the reasons were. These will all be sent in the chat.
- The breaks between the rounds will be 10 minutes unless everyone agrees for it to start either quicker or later.
- When the session is finished and you have any more questions, I will be happy to answer them and also if you need any more advice.

Check this **[link](#)** to see an example of what will happen in the course.