



## 2024 CANADIAN YOUTH NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

### COMPETITION REGULATIONS

#### 1. DATE

December 8 to 22, 2024

#### 2. COMPETITION VENUE

The objective of the competition is to provide a safe competition opportunity for youth athletes training at home or their club without the need to travel for the competition. Where possible, provinces are encouraged to arrange for a central location on a single day for their athletes to compete their competition.

Therefore, athletes can compete at **HOME** (e.g., garage) or, where permitted, at your **TRAINING FACILITY** (e.g., local club or gym, etc.). Youth athletes must have adult supervision during the time they are recording their lifts for the event.

#### 3. TERMS AND CONDITIONS OF PARTICIPATION

The 1<sup>st</sup> Canadian Youth Weightlifting Championships is an official national weightlifting competition. All youth athletes who are members in good standing with their Provincial / Territorial Sport Organization (“PTSO”) are eligible to participate.

**All athletes and individuals providing support for an athlete during the time they are participating in the event must complete safe sport training at the following link [www.sportconsent.ca](http://www.sportconsent.ca)**

#### 4. FINANCIAL CONDITIONS

The registration fee is \$60/entrant.

#### 5. COMPETITION REGULATION

The event will follow the IWF Technical and Competition Rules & Regulations (TCRR), with the following exceptions:

- No competition platform required. While a 4m x 4m or less competition platform or a flat 4m x 4m or less space marked with taped is preferred, a smaller lifting area with the boundaries clearly marked is okay. The background for the lifting space should be completely unbranded.
- Special rules for weigh-ins, as described below, will be in effect.
- Video results will be submitted to WCH through an electronic platform for evaluation by appointed Technical Officials.
- Certain exceptions to Competition-certified equipment permitted (see section 9 below)
- Composition of Technical Officials involved, as described below
- Athletes will be responsible to ensure they complete their lifts to the point where a “down signal” would be received as there will be no live technical officials viewing the individual lifts.
- Athletes must wear the standard weightlifting costume and sport footwear (see [IWF TCRR 4](#)).

## 6. DOPING CONTROL

This competition is covered by the Canadian Anti-Doping Program.

## 7. EVENT CATEGORIES

MEN: 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

WOMEN: 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

## 9. SPORT EQUIPMENT

- Scale: digital calibrated scale in kilograms
- Platform: A 4m x 4m or less competition platform or a flat 4m x 4m space marked with taped is preferred. A rubber platform with the 4m x 4m or less area clearly marked in tape is acceptable. The background for the lifting space must be completely unbranded. A smaller platform with clearly marked boundaries is acceptable, but the size should be no less than 3m x 2.5m.
- Bumper Plates: Bumper plates must be colour-coded and in kg. Colour-coded bumper plates in pounds cannot be used for this event. [See IWF regs]
- Collars: Collars must be 2.5kg steel collars. 2.5kg training collars are acceptable.
- Barbells:
  - Women’s: 15k barbell; any brand, whether training or competition
  - Men’s: 20kg barbell; any brand, whether training or competition

## 10. AWARDS

- Medals  
Gold, silver, and bronze virtual medals will be awarded in the Total in each bodyweight category.
- Certificates of Participation  
All participating athletes will receive an official certificate after the event.
- Best Lifter Awards  
WCH will award a prize for the best male and best female lifter in the event.

## 11. PROCEEDINGS OF THE EVENT

### (a) ENTRIES

Athletes are requested to confirm their participation by November 30, 2024 by submitting the form and paying the registration fee found at the following link.

[COMPETITION ENTRY FORM](#)

(b) WEIGH-IN

- (i) All athletes must weigh-in wearing a singlet in accordance with the TCRR.
- (ii) All athletes are required to weigh in using a digital scale with kilograms displayed. The weigh-in must be recorded.
- (iii) During the weigh-in, you must place a 25kg plate on the scale to show its accuracy and record it. Please test your scale before the weigh-in.
- (iv) The weigh-in must take place no more than two hours and no less than one hour before the athlete's first attempt.

(c) OFFICIAL LIFTS

- (i) The first attempt must take place no more than two hours after the athlete weighs in.
- (ii) The athlete may take a maximum of two minutes between each attempt.
- (iii) Athletes are strongly encouraged to take a ten (10) minute break (including the modification period in the last two (2) minutes) after the Snatch portion to allow themselves to warm up for the Clean & Jerk.

(d) TECHNICAL OFFICIALS

- (i) Video of each attempt submitted by the athlete will be reviewed by 3 appointed Technical Officials, one of whom will be a Level 1 International Technical Official.
- (ii) There is no jury review of the lifts. The decision of the 3-person TO panel is final.
- (iii) The TO review of the lifts will take place no later than December 31, 2024
- (iv) Results will be tabulated by December 31st and published on or before January 4, 2025

**12. TECHNICAL REQUIREMENTS**

- Good quality camera shall be used (preferably HD).
- Camera shall be located directly in front of the athlete.
- Camera shall be located 3~4 meters from the athletes' start position at ~1 meter height ensuring that the athlete and the barbell are fully visible in the complete / finishing position.

**13. SUBMISSION OF RESULTS**

Details on submission requirements will be provided to those that register. We will be using an electronic platform for results submission.

**14. INSURANCE**

All participating clubs and PTSOs must undertake full moral and financial responsibility of their registered athletes regarding their health and wellness and in case of accidents or damages.

**15. TIMELINE**

<b>Entries</b>	November 30, 2024
<b>Participant List</b>	December 6, 2024
<b>Competition</b>	December 8-22, 2024
<b>Review of Lifts</b>	December 23-December 31, 2024
<b>Publication of Results</b>	January 4, 2025