



**ATHLETE ASSISTANCE PROGRAM  
(AAP)  
ELIGIBILITY CRITERIA**

**March 2022**

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## 1. ATHELETE ASSISTANCE PROGRAM (AAP)

The purpose of this document is to outline the mechanism that allows Canadian weightlifters to qualify for the Sport Canada Athlete Assistance Program (AAP). Weightlifting Canada Haltérophilie (WCH) provides the technical assistance to Sport Canada for the carding approval process by providing nominations that are in accordance with the approved carding criteria. Sport Canada approves or rejects the candidature submitted. Funding for National Team Programs in Canada is largely focused on generating podium performances at international events, **with the Olympic Games being a primary focus**. Our Markers are calculated based on the most recent world championship results (**December 2021**), to align with that philosophy. For more information on the AAP program, please consult the Sport Canada website: <https://www.canada.ca/en/canadian-heritage/services/funding/athleteassistance.html>

### 1.1 AAP PROGRAM DESCRIPTION

The AAP is a federal government grant program that provides direct financial assistance to Canadian high-performance athletes and is one of three Sport Canada programs designed to assist in the development of high-performance sport. In particular, the AAP complements Sport Canada's Sport Support Program, which provides support to National Sport Organizations (NSOs) and Canadian Sport Centres for activities such as National Team training and competition, coach salaries and the provision of sport science and sport medicine services.

The AAP contributes toward improved Canadian performances at major international sporting events such as the Olympic/Paralympic Games and World Championships. The AAP recognizes the commitment that athletes make to the National Team training and competitive programs provided by their NSO and seeks to relieve some of the financial pressures associated with preparing for and participating in international sport. The AAP financial assistance provides support to athletes in the form of a living and training allowance, plus tuition and supplementary AAP support. The living and training allowance is intended to offset some, but not all, of the living and training expenses athletes incur as a result of their involvement in high-performance sport, while tuition support is intended to help athletes obtain a post-secondary level education. The AAP is the only Sport Canada program that provides direct financial support to athletes.

Eligible Athletes who are approved for funding and are financially supported through the AAP are referred to as carded athletes. AAP support is also known as carding.

The AAP has three kinds of cards:

- Senior International Cards (SR1 (1<sup>st</sup> year) and SR2 Cards (2<sup>nd</sup> year))
  - Athletes who meet the International Criteria are eligible to be nominated by their NSO for two consecutive years; the first-year card is referred to as SR1; the second, SR2. Eligibility for an SR2 card is contingent on the athlete maintaining a training and competitive program approved by the NSO, on being re-nominated by the NSO, on signing an Athlete/NSO Agreement and completing an AAP Application Form for that year.
- Senior National Cards (SR and C1 Cards)
  - National Criteria identify athletes who have the potential to achieve International Criteria. Senior cards based on National Criteria are normally awarded for one year and are referred to as SR Cards. Cards for athletes who meet the National Criteria for the first time are referred to as C1 Cards.
  - An athlete is normally expected to improve each year to maintain a Senior Card based on the national criteria.

- C1 carded athletes are funded at the development card level in the first year they meet the National Criteria for a Senior Card, even if they have been previously carded at the development (D) level
- Development Cards (D Cards)
  - Due to the low number of cards available, WCH does not nominate individuals for Developmental Cards.

## 1.2 MINIMUM REQUIREMENTS FOR ATHLETES TO BE ELIGIBLE FOR THE AAP

- Athletes must have availability and commitment to represent Canada in major international competitions, including World Championships, Olympic Games (OG) and Paralympic Games; participation in preparatory and annual training programs; and adherence to their Athletes/WCH agreement.
- The athlete must be a Canadian citizen or PERMANENT RESIDENT OF CANADA on the date of the beginning of the carding cycle, and the athlete shall have been a legal resident in Canada (student status, refugee status, work visa or permanent resident) for a minimum period of one year before being considered for AAP support.
- The athlete, under the eligibility requirements of the International Weightlifting Federation (IWF) as it pertains to citizenship, must currently be eligible to represent Canada at major international events, including World Championships.
- Athletes and their coaches must be members in good standing with a Provincial Weightlifting Association that is a member in good standing with WCH.

## 1.3 DOPING VIOLATIONS

Athletes must respect and comply with the Canadian Policy against Doping in Sport, as well as the Canadian Anti-Doping Program of the Canadian Center for Ethics in Sport (CCES), as a condition of funding under AAP. Athletes under a provisional suspension for violations of the WADA Code and/or the Canadian Anti-Doping Program may not be eligible for carding or may have their carding status revoked.

For more information on sanctions related to anti-doping, refer to section 12 of the Sport Canada's AAP Policies and Procedures:

<https://www.canada.ca/en/Canadian-heritage/services/funding/athleteassistance/policies-procedures.htm1#a13>

## 1.4 GENERAL INFORMATION

- On an annual basis, Sport Canada reviews the carding quotas for all sports. This may impact the number of cards allocated to weightlifting for any given year. We are committed to allocating all funding provided through the AAP program.
- The qualification period will extend over one calendar year every year (from January 1 to December 31) and the carding will be allocated for twelve (12) months, from January 1 to December 31.
- The attribution of cards will be done regardless of athlete gender (combined ranking men & women). However, a minimum of one athlete from each gender will be nominated for carding support, provided there is at least one athlete from each gender that meets the carding criteria.
- There will be a maximum of two (2) athletes nominated for senior cards (SR1, SR2, SR & C1), in each weight class.

- An athlete must compete in an AAP qualifying competition in each bodyweight category for which they wish to be considered for the AAP.
- To be nominated, the athlete must meet the senior international criteria or the senior national criteria as described in the following sections.
- Appeals of an NSO's AAP nomination/re-nomination decision or of a NSO's recommendation to withdraw carding may be pursued only through the NSO's review process, which includes an application to the Sport Dispute Resolution Center of Canada (SCRCC). Appeals of AAP Decision made under Section 6. (Applications for and Approval of Cards) or Section 11 (Withdrawal of Carding Status) may be pursued through the AAP Policies, Procedures document found [HERE](#)

## 2. CONDITIONS FOR CARDING

The top ranked athletes from the list of eligible competitions will be considered for carding.

WCH will use the following procedure to identify the athletes eligible for consideration:

- For ranking and selection purposes, athlete rankings will be based on the highest total achieved from the list of qualifying events (Section 2.7), expressed as a percentage of the 2022 AAP Senior Markers (see appendix A), calculated to three decimal places.
- Rankings will be published in descending order from highest to lowest regardless of gender.

To be considered for nomination, athletes must achieve a minimum of 85% of the 2022 AAP Senior Marker.

If an athlete qualifies for carding in two bodyweight categories, WCH will use the latest performance which qualifies the athlete for carding to establish the category of the athlete. For example, if an athlete competed in one weight class in period one (January to June), and a different weight class in period two (July to December), the most recent performance will be used toward the calculation of ranking for AAP carding. Even if the higher total/ranking was achieved in the first period (January to June), the most recent performance (if done in a different weight class), will be used for ranking.

**NOTE: In Olympic Games years only (ie. Paris 2024, LA 2028 etc), athletes competing in designated Olympic Weight Classes will be considered a priority for all AAP carding. For example, if an athlete in a Non-Olympic Weight Class has a higher-ranking marker (ie 92%), than an athlete in a designated Olympic Weight Class (ie. 90%), the athlete who is in the Olympic Weight Class will be given priority for carding in that Olympic year.**

**If there are AAP Cards left over following the prioritizing of all Men's and Women's Olympic Weight Classes, Non-Olympic Weight Classes will then be given secondary priority for carding.**

In case of a tie in the same category, WCH will determine the athletes' ranking based on their respective second-best results across all qualifying competitions in 2022.

### 2.1 SENIOR INTERNATIONAL CARD (SR1/SR2):

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ATHLETES MUST ATTAIN THE FOLLOWING SPORT CANADA INTERNATIONAL CRITERIA TO BE ELIGIBLE FOR THE SENIOR INTERNATIONAL CARD (SR1/SR2):

- Athletes must place in the top 8 **and** top half (1/2) in their category at the 2022 Senior World Championships. Further, the athlete must place in the top 8 and top half (1/2) in a designated Olympic Games Weight Class in any given year to be eligible for a SR1 / SR2 Card.
- Athletes who meet international criteria may be recommended by WCH for two consecutive years. For the second-year, athletes must continue to meet the conditions described above. Athletes should be continuously trying to improve their results with podium finishes at major events being a primary measure of success.
- Qualified athletes must also:
  - Be recommended by WCH
  - Ensure that a competition and training program approved by Sport Canada and WCH is followed
  - Sign the Athlete/ WCH agreement and complete an AAP form for the year concerned.

## 2.2 SENIOR NATIONAL CARD (SR/C1):

### ATHLETES MUST ATTAIN THE FOLLOWING APPROVED CRITERIA TO BE ELIGIBLE FOR THE SENIOR NATIONAL CARD (SR/C1):

To be considered for nomination, athletes must achieve a minimum of 85% of the 2022 AAP Senior Marker at least once during the carding cycle. The athlete must compete at least once in each of the qualifying periods at one of the named competitions in Section 2.7.

Qualified athletes must also:

- Be recommended by WCH
- Ensure that a competition and training program approved by Sport Canada and WCH is followed
- Sign the Athlete/ WCH agreement and complete an AAP form for the year concerned.

*Athletes who are nominated and approved under the Senior National Card program for the first time will receive a C1 card, unless that athlete has competed at the most recent Senior World Championships, in which case they would be nominated for an SR card.*

## 2.3 NUMBER OF YEARS FOR THE SENIOR NATIONAL CARD

Athletes who have reached the IWF senior age may hold a senior national card (SR/C1) for a maximum of 6 years. Athletes are expected to consistently demonstrate an improvement toward the required performances to obtain a senior international card each year.

To be eligible for a 7<sup>th</sup> year or more at this level, the athlete must meet the national Senior criteria and must place in the first half (top half) of her or his category at the Senior World Championships. The athlete must demonstrate an improvement toward the required performances to obtain a senior international card and be recommended by WCH.

To determine if the athlete has finished in the top half, the results of all athletes in her or his category will be calculated. For example, if 21 athletes have achieved a total in the category, the athlete must place 10<sup>th</sup> or better in that category.

If an athlete does not participate or does not achieve the required rank at the Senior World Championships, the athlete must attain or exceed the minimum of 90% of the applicable AAP Senior Markers in all qualifying competitions.

The number of years carded at senior national level (SR/C1) when the athlete is of IWF junior age will not count in the 6-year maximum period referred to in 2.3.1.

#### 2.4 PRIORITY IN THE ALLOCATION OF CARDS:

Athletes will be nominated in the following priority for AAP Carding:

1. SR1 athletes in order of highest % of the Senior Marker.
2. SR2 athletes in order of highest % of the Senior Marker.
3. SR2 athletes who meet the “failure to meet renewal criteria for health-related reasons” in Section 2.5.
4. SR/C1 athletes in order of highest % of Senior Marker (regardless of Weight Class). Please note, this applies in non-Olympic years only. Please refer to Section 2 regarding priority ranking for AAP Carding leading into Olympic years.

AAP Cards will be allocated up to the maximum allowable budget provided by Sport Canada.

#### 2.5 FAILURE TO MEET RENEWAL CRITERIA FOR HEALTH-RELATED REASONS

An SR1 carded athlete who at the end of the carding cycle has not achieved the standard required for the renewal of carding at SR2 status because of strictly and solely health-related reasons may be considered for re-nomination for the upcoming year provided the following conditions are met:

- the athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy or is continuing a rehabilitation program approved by WCH;
- In the view of WCH, the athlete’s failure to attain the applicable carding standards is strictly related to the injury, illness or pregnancy;
- WCH, based on its technical judgement and that of a WCH team physician or equivalent, indicates in writing to Sport Canada the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period;
- The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.

#### 2.6 ATHLETES INJURED AT THE TIME OF THE NOMINATION TO SPORT CANADA

Athletes who are injured and unable to compete must notify the VP Technical and the High-Performance Manager within a reasonable period of time. If the VP Technical and High-Performance Manager has not been made aware of the injury, the nomination to Sport Canada may be withdrawn.

An eligible athlete who is injured at the time of the nomination to Sport Canada’s AAP, and who has not competed in a sanctioned event within the last three months of the carding cycle, will be put on hold with respect to carding. In this situation, the athlete will have until March 1<sup>st</sup> of the following year to participate in a sanctioned event (subject to doping control) and achieve 85% of the 2022 Senior Markers or better than his/her best performance established within the qualification period, following which the card may be released to the athlete.

If this condition has not been met, the athlete will no longer be eligible for nomination to the AAP. It is the responsibility of the athlete to meet the conditions even if there is no reminder by WCH.

## 2.7 CONDITIONS TO OBTAIN AND MAINTAIN CARDING STATUS

The athlete will have to participate at the Canadian Senior Championships of the carding period.\*

Athletes must compete in at least two (2) international competitions where one is between January and June, and the other is between July and December. The qualifying competitions will include the following:

### **PERIOD ONE (January 1 to June 30, 2022)**

- 2022 Canadian Invitational
- 2022 Senior and Junior Canadian Championships
- 2022 Junior World Championships

### **PERIOD TWO (July 1 to December 31, 2022)**

- 2022 Commonwealth Games
- 2022 Pan American Championships (Junior and Senior)
- 2022 Senior World Championships
- 2022 North American Open (Calgary, Alberta)
- 2022 Junior and Senior Provincial Championships

Each athlete is responsible to ensure that they are eligible to participate in, and that they qualify for, these qualifying competitions. Athletes must also submit training plans per the criteria outlined in Appendix B

If these conditions are not met, WCH may recommend to Sport Canada the withdrawal of the athlete's card status.

\* If a designated competition takes place within 30 days of the Canadian Senior Championships, the athlete will have the option of competing in either the Canadian Senior Championships or their designated competition.



## APPENDIX A- AAP MARKERS

Markers have been calculated using the results from the 2021 Senior World Championships. Where the average total at a higher body weight is less than the immediately preceding body weight an adjustment has been made. Those totals have been marked with an \*

Senior Men	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	109kg	109+kg
100% Marker	245.083	270.917	306.667	320.917	353.167	361.333	380.500	382.000*	383.000*	428.583

Senior Women	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	87kg	87+kg
100% Marker	156.444	160.833	193.500	208.917	211.333	227.000	228.000*	229.000*	230.167	251.000

## APPENDIX B TRAINING PLANS

The athlete must provide to the VP Technical and the High-Performance Manager an electronic copy of their annual training plan. This plan will include the following:

- monthly training plan for the carding period, with monthly reports to follow by email
- any adjustments made in case of injury or adjustments required because the athlete is unable to compete
- list of anticipated competitions

These documents must accompany the signed WCH Athlete Agreement. The athlete's coach must sign the monthly training report (Monthly Athlete Monitoring Form – WCH).

WCH will conduct ongoing and mid-season reviews of individual athlete plans and will confirm the athlete's commitment to the originally approved training and competition plan. If at any time during the AAP carding cycle an athlete does not provide the required training report by the dates indicated below or does not meet the minimum training and competition expectations as described in the WCH Athlete Agreement, WCH may take the following measures:

- 1) First breach of commitment: a written warning by the WCH President or the VP Technical, with an e-mail sent to the coach. The warning will explain to the athlete what is wrong, how to rectify the situation, and the timelines to do so (typically within 2 weeks of delivery of the written warning).
- 2) Second breach of commitment or non-compliance the 1<sup>st</sup> warning: a second written warning. The second written warning will include what is wrong, how to rectify the situation, the timelines to do so typically within 2 weeks of delivery of the written warning). The written warning will also indicate the implications for not complying with the first warning. A copy of the written warning must be sent to the coach.
- 3) Non-compliance with second written warning: a final written warning. The final written warning will indicate that if within the 2 weeks of delivery of the final written warning the athlete does not comply with the requirements, the WCH will recommend to Sport Canada the withdrawal of the athlete's carding status. The WCH must send a copy of the final written warning to the athlete's coach.

All warnings, including verbal, will be documented in the athlete's file at WCH.