

# 2021 VIRTUAL CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATIONS

GENERAL INFORMATION

SCHEDULES, FORMS

and DEADLINES

July 9 - 11, 2021

Dear Friends,

On behalf of the Ontario Weightlifting Association, we are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2021 Canadian Senior Weightlifting Championships, held virtually for the first time in Canadian history, from July 9 -11, 2021.

We wish your team the best of luck and hope this event provides motivation and excitement until we can compete together in future.

Ontario Weightlifting Association

Canadian Senior Weightlifting Championships				
Section	Page			
Competition Details	4			
Qualifying Standards / Minimum Threshold of Performance	<u>5</u>			
Eligibility	<u>6</u>			
Entry Fees, Entry Forms & Deadlines	<u>7</u>			
Awards	<u>8</u>			
Responsibilities of Provincial Associations and Organizing Committee	<u>9</u>			
Preliminary Schedule	<u>12</u>			
Online Format - Competition Technical Rules & Regulations	<u>13</u>			
Waiver and Anti-Doping Form	<u>17</u>			

# REGULATIONS

# **PREAMBLE:**

The OWA recognizes that athletes, coaches and clubs have endured a long and uncertain period of preparation for this competition season. We hope that this event can provide an element of familiarity and excitement for qualified athletes. The objectives of this competition include:

- An opportunity for CWFHC-affiliated provincial associations to register athletes who have achieved the qualification standards.
- To offer eligible athletes an opportunity to perform at a national level of competition.
- Provide the organizing committee the opportunity to host an entertaining event that allows participants to perform in a safe environment.
- Provide a qualifying opportunity toward international competitions as determined by the CWFHC.

# **<u>1. COMPETITION TITLE :</u>**

2021 Canadian Senior Weightlifting Championships (CCSR-2021) (the "Competition").

# **2. COMPETITION DATES :**

July 10 - 11, 2021. Additional sessions may be added on Friday, July 9, 2021 depending on the total number of entries received.

# 3. ORGANISERS :

The Ontario Weightlifting Association, approved by CWFHC. OWA e-mail : competition@onweightlifting.ca

# **<u>4. SANCTIONING BODY :</u>**

Canadian Weightlifting Federation Halterophile Canadienne ("CWFHC").

# **<u>5. COMPETITION VENUE :</u>**

This event will be held online. Provincial bodies are to ensure that athletes have access to suitable competition equipment and space that meets the standards outlined in this document.

# <u>6. EVENTS :</u>

Women (10): 45, 49, 55, 59, 64, 71, 76, 81, 87, 87+ kg

Men (10): 55, 61, 67, 73, 81, 89, 96, 102, 109, 109+ kg

# 7. MINIMUM THRESHOLDS OF PERFORMANCE (MTP):

**WOMENS - Categories/Standards for Canadian Senior Championships** (all standards and categories in kilograms)

Category	F45	F49	F55	F59	F64	F71	F76	F81	F87	F87+
Qualifying Standard	116	138	149	160	168	161	176	172	179	193

**MENS - Categories/Standards for Canadian Senior Championships** (all standards and categories in kilograms)

Category	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Qualifying Standard	186	209	227	242	254	259	275	272	280	298

# **8. ENTRY TOTAL :**

1. Athletes are expected to submit, as their entry total, the total that they achieved in a competition sanctioned by the provincial association in which he or she is a member in good standing, or at a higher caliber competition.

2. In the event of an injury, an athlete may submit an entry total lower than the qualification total that they achieved. Any submitted entry total must at least be the minimum qualifying standard for the Canadian Senior Championships as set out by the CWFHC.

3. Athletes are not permitted to submit an entry total higher than the total achieved in qualification.

4. If an athlete qualifies in two bodyweight categories, the same rules apply. Athletes must submit, as their entry total, the total that they achieved in qualification (or lower, as set out above) in the category that they intend to compete in.

# **<u>9. BODYWEIGHT CATEGORY :</u>**

1. Athletes may move up to a higher bodyweight category as long as they have met the minimum qualifying standard.

2. Provincial Associations, on behalf of athletes, must declare a change in bodyweight category no later than the Verification Meeting on July 8, 2021.

3. Athletes may NOT move bodyweight categories on the day of competition. Athletes who fail to make their declared weight class within the hour of their weigh-in will NOT be eligible to compete.

# **<u>10. PARTICIPANTS</u>**:

# **10.1** ELIGIBILITY:

The Competition is open to all qualified athletes nominated by their respective provincial or territorial associations who meet the qualifying standard.

An athlete participating in a national competition must be:

1. A duly affiliated member of his/her Provincial/Territorial (P/T) weightlifting association ("PA"), in good standing; *and* 

2. a Canadian Citizen OR person possessing permanent resident status in Canada.

Coaches and technical officials registered to participate in the Competition by their respective PA weightlifting association must be:

1. duly affiliated members of their respective PA, in good standing.

Any questions about eligibility should be addressed at the Verification of Entries meeting on July 8, 2021. We encourage team leaders to bring copies of team members' proof of citizenship or permanent resident status in case it is requested. The eligibility of athletes cannot be challenged after the Verification of Entries.

### **10.2** NON-QUALIFIED ATHLETES:

Should the total number of athletes allow, the respective PAs may nominate an additional 4 athletes who have not reached the qualifying standard, as long as they are 24 years of age or under (calculated in the calendar year of the athlete's birthday, 2021; i.e. athletes born 1997 or later).

NOTE: Non-qualified athletes may not compete more than two times at the Canadian Senior Weightlifting Championships. Athletes must achieve the standard to compete at the Canadian Senior Weightlifting Championships after two years as a non-qualified athlete.

# **<u>11. ENTRIES & PAYMENTS :</u>**

Entry Forms for all athletes must be submitted by an athlete's respective Provincial Association on their behalf.

**Preliminary Team Entry Form** – The Preliminary Team Entry form must be received by the OWA no later than midnight on June 11, 2021.

**Final Team Entry Form -** The Final Team Entry Form, and all relevant payments, must be *received* by the OWA no later than midnight on June 18, 2021.

# **11.1** ENTRY FORMS:

Entry forms (both preliminary and final) should be sent to the email below:

Amanda Braddock, Competition Administrator email: competition@onweightlifting.ca

Do not send payment to the above address. E-transfers should be made only to the VP Finance email address below.

### **12. FINANCIAL CONDITIONS:**

**12.1** ENTRY FEES:

\$85 per athlete There is no fee for Technical Officials, coaches, or team leads.

In addition to athlete entry fees, each PA is also responsible for the registration fee payable to CWFHC. For this competition, the fee will be \$60 per athlete.

### Nominated Technical Officials

• Every Province must nominate one Technical Official to be available for one day of the event.

• Every fifth athlete registered by a Province requires one (1) additional Technical Official for one day of duty.

### **12.2** COLLECTION:

Provincial associations are responsible for collection of all fees from their respective P/T participants.

### Payments

Deadline: Must be received by June 18, 2021

Pay to: Ontario Weightlifting Association % VP Finance, George Vlahos

Method: e-transfer to vpfinance@onweightlifting.ca

Send with: Final Team Entry Form

# **12. 3** PAYMENT OF FEES:

A payment by e-transfer to cover all Team Entry Fees for each P/T association must be received by the OWA no later than midnight on June 18, 2021.

# PAYMENT ONLY:

E-transfers should be sent to the address below:

Ontario Weightlifting Association % George Vlahos, VP Finance

• e-mail: <u>vpfinance@onweightlifting.ca</u>

# **<u>13. AWARDS :</u>**

Gold, silver and bronze medals will be awarded for the "Total" only in each bodyweight category.

Best Athletes Awards, Male and Female, based on the Sinclair formula (calculated on exact bodyweight).

Team awards will be provided to the best Male and Female teams. There will be <u>no combined</u> team prizes. Team awards are based on IWF scoring for the Total.

# In case of a tie:

- (a) The team with the largest number of first place totals shall be declared the winner;
- (b) If still tied, the team with the largest number of second place totals shall be declared the winner;
- (c) If still tied, the team with the most total top-of-class Sinclair points will be declared the winner.

Athletes who do not achieve a total cannot contribute to Team Points. Points are earned in Total only.

Awards will be shipped to the P/T Weightlifting Association for distribution among the award winners.

# 14. <u>ACCOMMODATION</u> & <u>TRANSPORTATION</u> :

As this event is entirely virtual, athletes are responsible for their own transportation and accommodation to a suitable competition venue, if required.

# 15. FINANCIAL AND OTHER RESPONSIBILITIES :

Provincial/Territorial Associations (PAs)

- The PAs will collect from their delegation members and subsequently pay the designated fees for each participating athlete by **June 18, 2021**. Those delegates who do not participate in the Canadian Championships do not pay this entry fee.
- Each PA is also responsible for the registration fee payable to CWFHC. For this competition, the fee will be \$60 per athlete.
- Each PA participating in the Competition does so at its own and its individual members' risk. The provincial and territorial associations must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages.
- Ensure waiver/media release (provided at the end of these Regulations) is signed by all participants. Further, ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the event.
- Each P/T is responsible for the expenses of their selected Technical Officials. Please ensure the Technical Officials' email and mailing address is also noted in order for the Organizing Committee to distribute the Technical Official schedule.
- The preliminary registration form provided by the PA will contain athlete names, email addresses, category, total and date of the competition in which the total was achieved. Providing the name, mailing address, and email of the athlete to the CWFHC / LOC indicates that the athlete authorizes CWFHC to provide the name, phone number, mailing address, and email to the CCES. All athlete participants in the competition are required to enter the CCES National Athlete Pool and must complete and sign the attached National Athlete Pool Contract.

# Athletes

- Each athlete who wishes to participate in the Competition authorizes, by his or her registration in the Competition, the director of the PA of which he/she is a member to provide his/her contact particulars to the CWFHC, which the CWFHC will provide to the CCES. This is a requirement under the Canadian Anti-Doping Policy CADP.
- The CCES, through the CWFHC, will provide to the athlete instructions to complete an online anti-doping course. The athlete must complete the online course before July 2, 2021 (TBC). Athletes must inform their Provincial Association of course completion.
- Each PA must ensure that the waiver/media release (provided separately) is signed by all

athletes and provided to the OWA prior to the verification of entries. Please send all waivers as a single PDF document. Further, each PA must ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the Competition.

# 16. OFFICIATING :

- Duties of the Host Province appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Verification of Entries.
- Duties of the participating provinces shall, via all Entry Forms, submit the names of their National level or higher referees that want to officiate at the Championships by June 11, 2021. The LOC will forward a list of qualified officials to the CWFHC by June 18, 2021. A mailing or email address is required for communication of the referee assignments at the Competition.

# A meeting for Technical Officials will be held on July 8, 2021 at 7pm - 8pm EDT.

Due to the virtual nature of this event, there will be no promotion or upgrading of Technical Official certifications.

# **<u>17. PRACTICAL EVALUATION FOR COACHES – COMPETITION DEVELOPMENT :</u>**

Coaches who wish to be evaluated for *Provisional Certification* at the Competition Development level at this event should contact their PA direction for coordination with the National Coaches' Committee. The usual \$100.00 fee per evaluation will apply. Coaches who achieve Provisional Certification will still be required to undergo an in-person evaluation at a later date for full certification as Competition Development coaches.

# SCHEDULE AND DEADLINES

Date	Action
June 2, 2021	Distribution of Competition Regulations
June 11, 2021	Provincial Preliminary Team Entries Due
June 11, 2021	Technical Official nominations due by Provincial Associations
June 18, 2021	Final Athlete Entry Form with full payment received
July 8, 2021	Technical Meeting / Verification of Final Entries
July 10, 2021	Competition
July 11, 2021	Competition

COMPETITION PRELIMINARY SCHEDULE						
	SATURDAY, July 10, 2021 (all times EDT)					
SESSION	CATEGORIES		WEIGH-IN	COMPETITION		
1	Female	45, 49, 55 kg	8:30 A.M.	10:30 A.M.		
2	Male	55, 61, 67 kg	10:30 A.M.	12:30 P.M.		
3	Female	59, 64kg	12:30 P.M.	2:30 P.M.		
4	Male	73, 81 kg	2:30 P.M.	4:30 P.M.		
5	Female	71, 76kg	4:30 P.M.	6:30 P.M.		
	Sunday, July 11, 2021 (all times EDT)					
6	Male	89 kg	9:00 A.M.	11:00 A.M.		
7	Female	81, 87, 87+ kg	11:00 A.M.	1:00 P.M.		
8	Male	96, 102 kg	1:00 P.M.	3:00 P.M.		
9	Male	109, 109+ kg	3:00 P.M.	5:00 P.M.		

In the case that 100 or more entries are received by the Final Entry deadline, a session may be scheduled for Friday July 9, 2021. The preliminary schedule and registered athletes will be updated after the Preliminary Entry deadline on June 11, 2021 and again after the Final Entry deadline on June 18, 2021.

The FINAL schedule will be released after the Verification of Final Entries on Thursday July 8 from 8pm - 9pm EDT.

When 9 athletes or more are in a session, there will be no break between Snatch and Clean and Jerk.

# **2021 CANADIAN SENIOR CHAMPIONSHIPS - ONLINE** COMPETITION RULES, REGULATIONS & EXCEPTIONS

The competition will follow the IWF Technical Rules and Regulations (available here) wherever possible.

### **COMPETITION SCHEDULE**

- 1. Weigh-in will begin 2 hours prior to competition start.
- 2. Athlete introductions will take place 10 minutes before session start time.
- 3. Session start list will be provided shortly after the conclusion of weigh-ins, by upload to a shared drive available before the competition.

### LOADING & TIMING

- 1. Clock will begin immediately once the athlete is in view and the weight is verified.
- 2. Prior to each attempt, the athlete must turn the loaded barbell 45° to the camera so the officials can verify the weight on the bar, when weight is in question the coach should describe the loaded weight for the officials.
- 3. Athletes are expected to have their next weight loaded before they are called. It is recommended to have someone loading for the athlete.
- 4. Athletes following themselves are given 2 minutes to begin their next attempt. This 2-minute clock begins as soon as the automatic increase is declared. The clock will pause after a change has been declared until the marshal enters the change. No additional time will be provided for loading the bar.
- 5. If the camera connection is lost, no additional allowance of time will be provided for the athlete.
- 6. If an athlete misses an attempt due to connection issues, the athlete will be timed out and an additional lift will not be provided.

### DOWN SIGNAL

- 1. No official down signal will be given.
- 2. The athlete at his/her own discretion decides if the lift is complete according to the rules.
- 3. The athlete must lower the barbell in front of the body releasing his/her grip on the barbell only after it has passed the level of the shoulders.
- 4. Officials may turn down a lift at their discretion if they determine that the athlete was not motionless or in the correct position prior to lowering the barbell.
- 5. Touching the bar with the feet remains an incorrect lift and the lifter's attempt will be considered incomplete.

### EXCEPTIONS TO IWF TCRR

- 1. Athletes having no valid lifts in the snatch will be permitted to continue in the clean and jerk.
- 2. No competition platform is required; however, the field of play must be taped out. Field of play may not extend beyond 4m x 4m.
- 3. Equipment allowances will be provided for this qualifier; see **Equipment** below.

# **TECHNICAL REQUIREMENTS & SETUP**

### <u>ZOOM</u>

- 1. It is recommended that all platform-facing laptops have the Zoom application (Zoom Client for Meetings, <u>available here</u>) downloaded.
- 2. For both weigh-in and competition platform, please ensure that your Zoom "name" is your name as listed on the startlist. For clubs with multiple lifters using the same screen for weigh in or competition in the same session, please set your Zoom name to the club name.

### PLATFORM-FACING CAMERA

- 1. A laptop or camera phone running the Zoom screen must be centered and raised off the floor, at a sufficient distance from the platform to show the athlete clearly at extension overhead in the jerk. The entire barbell must be visible throughout the lift. The camera or laptop cannot be placed at ground level and must be raised.
- 2. It is recommended that the platform-facing laptop utilize a wired connection directly to the router.
- 3. In some cases, using a smartphone device connected to a wireless cellular network (wifi) can incur a long-distance phone charge or data charge. Check your wifi connection carefully.
- 4. Ensure all devices are fully charged or connected to a power source before the event.

# EQUIPMENT

### BARBELL, PLATES & COLLARS

- 1. All attempts must be loaded to IWF competition standard the only exception to IWF standard will be the allowance of spring collars and 2.5kg plates in place of competition 2.5kg collars, if necessary. Athletes must ensure they will have access to all equipment necessary for planned competition loading.
- Competition barbell and competition plates may be any brand, but must be measured in kilograms. Black bumper plates in kilograms are acceptable but must be taped along the outside rim with their respective IWF colours and will be confirmed during weigh-in. The athlete is responsible for mentioning the equipment check to weigh-in officials.

### **PLATFORM**

- 1. The competition platform may be a wooden or rubber area of 4m x 4m or smaller. This area must be clearly marked with tape. Athletes lifting on a platform smaller than 4m x 4m must remain inside the marked area for a successful attempt.
- 2. Any window or light source behind the platform must be completely blocked or covered to prevent glare.

### <u>OUTFIT</u>

1. Athletes must follow IWF guidelines for attire. A competition singlet must be worn by all lifters.

### WEIGH-IN

1. The athlete or competition club host will provide a readable electronic scale.

- 2. The scale must be set on a flat, level non-carpeted surface.
- 3. Ensure the scale is located in a room with good wifi strength or is conducted on a computer connected to a router. It is recommended that athletes have someone assist them during the weigh-in.
- 4. Athletes are requested to log in to the call a minimum of 15 minutes before the start of weigh-ins
- 5. Athletes will be placed in the Zoom Waiting Room until admitted into the call by Lot number.
- 6. Athletes 18 & older will be expected to show photo ID as proof of identity during the call.

# During weigh-in, athletes MUST wear a SINGLET at all times with socks, shoes and wristwatches removed. Athletes WILL NOT be permitted to weigh-in without a singlet. Any athlete not following attire guidelines during weigh-ins will be disqualified.

- 7. A 0.3kg allowance will be provided for the weight of the singlet (for example, a 64kg athlete will be permitted to weigh-in at up to 64.3kg).
- 8. For clarity, this allowance will also apply to the lower end of the next weight class. (i.e, a 71kg athlete would weigh in, wearing singlet, between 64.4kg and 71.3kg).
- 9. As per <u>IWF TCRR-2020, 6.4.14</u>: An athlete who is within the weight of the bodyweight category in which he / she is officially entered is weighed only once. An athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary in order to make the bodyweight category.
- 10. As per <u>IWF TCRR-2020, 6.4.15</u>: An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he / she is officially entered, is excluded from the competition of the Event.

### Scale Calibration

- 11. The scale will be calibrated with a single plate of 20kg or more. The plate must be within 0.3kg tolerance. **Check your equipment before the event.**
- 12. The athlete will be asked to show the scale at 0.0, place the plate on the scale, then show the scale with the weight displayed.
- 13. During the weigh-in process, the athlete will be asked to show the scale at 0.0, step on the scale, then show the scale with the bodyweight displayed.
- 14. The athlete will then type their opening attempts into the chat box, set to Everyone, and verbally declare openers to the weigh-in official.
- 15. The weigh-in official will then repeat the athlete's bodyweight and opening attempts back to the athlete for confirmation.

### TECHNICAL OFFICIALS MEETING

A Technical Meeting for Officials will be held on Thursday, July 8, from 7pm - 8pm EDT to check internet connectivity and cover competition flow.

### VERIFICATION MEETING: Athletes & Coaches

The Verification of Entries Meeting is recommended for all athletes and coaches, and will be held on Thursday, July 8, from 8pm - 9pm EDT covering competition flow and other event details. **This will be the FINAL opportunity for athletes to change bodyweight categories.** 

### **DOPING CONTROL**

- 1. This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). Accordingly, any athlete participating in this event is subject to testing.
- 2. Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: <a href="http://cces.ca/athletezone">http://cces.ca/athletezone</a>.
- 3. If you take supplements, drugs (e.g., Ritalin, Concerta or other similar products, anti-inflammatory, etc.) make sure they are allowed by the CCES. In case you need to use a banned medication for a legitimate medical reason (therapeutic use exemption or TUE), you must make the request directly with the CCES.
- 4. Please note that cannabis is prohibited in competition and traces detected in an athlete's sample can cause a positive test. More information can be found on the CCES website <u>here</u>.

### **RECORDS & QUALIFICATIONS**

1. No Canadian records can be set at this event.

# **OPPORTUNITY - COMMENTARY DURING CANADIAN SENIOR CHAMPIONSHIPS**

This year the Canadian Senior National Championships will be hosted virtually. The event will be live streamed on multiple platforms simultaneously. The streaming team is looking for one or two passionate, articulate individuals to assist with live commentary at this year's Senior National Championships on July 10-11, 2021. An ideal candidate should have knowledge of domestic sport statistics and insightful facts on our athletes. This requires up to date research on current records and other related data. This is a paid position. If interested please get in touch with Joshua Delgado **by June 11th, 2021** at j.delgado07@gmail.com

#### WAIVER AND RELEASE OF LIABILITY

### This form must be completed by all athletes, coaches and technical officials

In consideration of entering and participating in the 2021 Canadian Senior Online Weightlifting Championship (the "Competition") and any and all activities related to the Competition, the undersigned acknowledges and agrees that:

The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation.

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the Canadian Weightlifting Federation Halterophile Canadienne, the Ontario Weightlifting Association, and/or their officials immediately;

I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE CANADIAN WEIGHTLIFTING FEDERATION HALTEROPHILE CANADIENNE, THE ONTARIO WEIGHTLIFTING ASSOCIATION, THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name:	_ Date:				
Signature:	Witness:				
If Participant is a under the age of 18, Signature of Parent or Guardian:					

### MEDIA CONSENT AND RELEASE FORM

I, \_\_\_\_\_\_, hereby consent to the collection and use of my personal images by photography or video recording without any compensation whatsoever. I acknowledge these may be used on, but not limited to, the Canadian Weightlifting Federation Haltérophile Canadienne's (CWFHC) website, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by the CWFHC to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time in writing to the CWFHC Executive Committee. I give this consent voluntarily.

NAME:	DATE:	
SIGNATURE:	WITNESS: _	
If Participant is a unde	r the age of 18, Signature of Parent or Guardian: _	

#### 2021 CCSR - Competition Regulations

#### 2021-2022 NATIONAL ATHLETE POOL - NAP

#### ATHLETE CONTRACT

CONTRACT BETWEEN:

### Canadian Weightlifting Federation Haltérophile Canadienne ("CWFHC") - and

\_\_\_\_\_ ("Athlete")

The undersigned Athlete expressly agrees to the following:

1. I understand that my national sport organization, the CWFHC, has adopted the <u>2021</u> <u>Canadian Anti-Doping Program (CADP)</u>. I specifically agree that as a member of the National Athlete Pool (NAP) in my sport I am subject to the CADP and accordingly shall be bound by all the anti-doping rules and responsibilities contained in the CADP.

2. I agree that I have been educated regarding the anti-doping rules and regulations contained in the CADP.

3. I acknowledge that information, including personal information about me, can be shared between anti-doping organizations for anti-doping purposes and such information will be used only in a fashion that is fully consistent with the limitations and restrictions contained in the World Anti-Doping Agency's International Standard for the Protection of Privacy and Personal Information.

4. With the understanding that any disclosure is for the sole purpose of assisting the CCES in enforcement of the CADP, I consent to having police and law enforcement agencies, border services agencies, Sport Organizations of which I am a member and sporting clubs and athletic associations to which I belong, in Canada and elsewhere, disclose to the CCES information in their possession relating to me that is directly relevant to potential anti-doping rule violations contained in the CADP that may be asserted against me.

Date: \_\_\_\_\_, 2021

 Athlete name (printed)
 Athlete signature

 Street Address
 City
 Prov.
 Postal Code

 (\_\_\_)
 Phone
 E-mail
 Birthdate (dd/mm/yy)

Parent/Guardian Name (if athlete under 18) Parent/Guardian Signature (if athlete under 18

Once completed, send this waiver to your Provincial Association representative for submission to the Organizing Committee.