



2021 CANADIAN JUNIOR ONLINE WEIGHTLIFTING CHAMPIONSHIP

COMPETITION REGULATION
GENERAL INFORMATION
SCHEDULES, FORMS
and DEADLINES - Revised
March 20-21, 2021

OFFICIAL INVITATION TO ALL CWFHC MEMBERS

The Organizing Committee is honoured to invite your athletes, coaches, technical officials, team staff and online spectators to participate in the 2021 Canadian Junior Online Weightlifting Championships.

This is a year like none of us has ever seen in our lifetimes, but life and lifting must go on. Many athletes across the country have found ways to continue their training, but it is not deemed safe (at the time of this organizing) for us to be in one room, with athletes sharing barbells. That doesn't diminish the desire to compete and a yearning for normalcy.

We have proposed that we all meet online, from the safety of our homes/gyms/wherever we can be safe and LIFT.

As this will be the first nationwide online meet in Canada, we must outline what this is and its limitations.

- This is an opportunity for Junior and Youth athletes to compete.
- It isn't the same as our previous National meets.
- As the athletes will be weighing in using an online method, each athlete is to weigh-in wearing their lifting suit.
- As we will all be watching the lifts from ONE perspective, there will be no Jury or means to Challenge.
- Records broken at this meet will not be recognized.

For this meet, we are asking a lot of our lifters. They will need to find a space to lift, a device to stream the lifts, a bar with bumpers and competition collars and also a digital scale.

We aren't asking them to book planes, hotels and find a way in these times to post qualifying totals. We have added medal opportunities for each of the lifts as well as the total. The price of the meet reflects the modified requests.

We wish your team the best of luck!

Richard Mason
Organizing Committee Chair/VP Admin CWFHC

2021 Canadian Junior Online Weightlifting Championship

1. **TITLE:** 2021 Canadian Junior ONLINE Weightlifting Championship

2. **DATE:** Saturday and Sunday, March 20-21, 2021

3. **ORGANIZED BY**

Canadian Weightlifting Federation Halt rophile Canadienne (CWFHC).

4. **SANCTIONED BY**

CWFHC

5. **COMPETITION VENUE**

Not applicable

6. **EVENTS**

6.1. Women: 45, 49, 55, 59, 64, 71, 76, 81, 87, 87+ kg

6.2. Men: 55, 61, 67, 73, 81, 89, 96, 102, 109, 109+ kg

7. **MINIMAL THRESHOLDS OF PERFORMANCE (MTP)**

Due to the COVID 19 Pandemic and the varying degrees of restrictions faced across the country, for the 2021 Championships there are NO minimum thresholds of Performance.

8. **PARTICIPANTS' ELIGIBILITY**

8.1. An athlete participating in a national competition must be:

- duly affiliated member of his/her P/T Weightlifting Association;
- a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association; and
- a citizen of Canada OR a permanent resident of Canada.

8.2. Technical officials registered to participate in a national championship (Junior or Senior) by a P/T Weightlifting Association must be:

- duly affiliated member of his/her P/T Weightlifting Association;
- a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association.

8.3. All questions/concerns regarding eligibility must be addressed at the Verification of Final Entries. If requested, we encourage a Provincial Representative to be prepared to present copies of the permanent residence status of the athlete(s). After the VFE Meeting, eligibility of athlete(s) cannot be challenged. The Verification of entries meeting will be held by Zoom on Friday March 19th in the

2021 Canadian Junior Online Weightlifting Championship

evening, where the athlete could move up or down in category.

- 8.4. Open to athletes born in 2001 - 2008 including who are nominated by their respective P/T Weightlifting Association (age group 13 to 20 years old).
- 8.5. There are two ways to enter this Competition: as an individual or as part of a Provincial Association entry. Provincial Association teams are limited to two(2) athletes per bodyweight category per team.

Team format:

- Male — maximum six (6) males
- Female — maximum six (6) females
- Each P/T Weightlifting Association may enter up to **two (2)** teams per gender and all athletes must be designated to teams (i.e., either the "A" or the "B" team).
- Team designation is confirmed at the Technical Meeting and cannot be challenged thereafter.

- 8.5.1. The CWFHC will recognize the best successful lift by an eligible athlete in each bodyweight category for the snatch, clean and jerk and total.

9. ENTRIES

- 9.1. Only the CWFHC Provincial/Territorial Directors receive the Team Entry Forms. Any eligible individual can request the form to enter.
- 9.2. Preliminary Team Entry Forms must be received by the organizing committee no later than January 30, 2021. Individual entrants (outside the PA Teams) have until January 30, 2021.
- 9.3. Final Entry Forms must be received by the organizing committee no later than **February 20, 2021**.
- 9.4. A single cheque to cover Entry Fees or payment by e-transfer must accompany the Final Entry Form due no later than February 20, 2021. E-transfer payments can be made to **dfriesen@cwfhc.ca**.
- 9.5. All forms and payment must be sent to the Organizing Committee at the address below:

CWFHC

**Attn: Deanne Friesen
221 Hawks Ridge Blvd.
Edmonton, AB T5S 0M1**

2021 Canadian Junior Online Weightlifting Championship

10. COMPETITION RULES AND REGULATIONS

10.1. The competition will be governed by the latest IWF Technical Rules IWF Handbook with modifications due to the VIRTUAL nature of the meet.

REMINDER: IWF – TCRR-2020 P. 69 Article #15 which states:

“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”.

10.2. Rule 6.6.5 (known as the 20 kg rule) will be enforced.

11. EQUIPMENT

11.1. It is the athlete's responsibility to locate and secure a suitable platform. Athletes are not required to lift on competition platform.

Competition barbell - IWF certified men's & women's bars, coloured bumper plates, and competition collars.

11.2. The athlete will provide a readable electronic scale. As part of the weigh in process each athlete will be asked to place 2 x 25kg plates on the scale to show its accuracy.

12. WAIVER / RELEASE

Each participant must ensure that the waiver/media release (provided separately) is signed by all participants and provided to Richard Mason via email (vpadmin@cwfhc.ca) prior to the Verification of Entries Meeting. Further, each participant 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.

13. DOPING CONTROL

- 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.
- Further information on the Canadian Anti-Doping Policy can be obtained from the CCES at telephone : (613) 521-3340 / 1-800-672-7775; www.cces.ca.
- It is important to remember that **CANNABIS IS PROHIBITED** in sport.
- Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: <http://cces.ca/athletezone>
- If you take supplements, drugs (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. When you obtain the TUE from the CCES, bring the document with you in the event

2021 Canadian Junior Online Weightlifting Championship

you are tested.

- The International Weightlifting Federation IWF has its own anti-doping policy in partnership with the World Antidoping Agency.
- Remember: each athlete is responsible for what he/she consumes

14. AWARDS

14.1. Gold, Silver and Bronze medals will be awarded for the Snatch, Clean & Jerk, and Total in each bodyweight category.

14.2. Best Athlete awards for men and women are determined by Sinclair points based on actual bodyweight of the athlete.

14.3. Team prizes will be awarded to the best teams for the men and women. There will be no combined 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 Sinclair points using the body weight category will be declared winner (see Note 12.2 in regards of Sinclair coefficients).

14.4. Zero in the Snatch does not eliminate athletes from the Championships. Athletes are allowed to continue in the Clean & Jerk, but do not receive points for the Total. Points are earned in Total only.

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

15. FINANCIAL CONDITIONS

15.1. Entry Fee:

\$100 per athlete

No fee will be charged for Technical Officials.

15.2. 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.

15.3. Provincial associations are responsible for the collection of all fees from all team

2021 Canadian Junior Online Weightlifting Championship

members/participants.

If paying by cheque, please make cheques payable to: CWFHC

Send to:

CWFHC
Attn: Deanne Friesen
221 Hawks Ridge Blvd.
Edmonton, AB T5S 0M1

16. FINANCIAL AND OTHER RESPONSIBILITIES — PROVINCES

- 16.1. Collect from participants and pay to the CWFHC, the designated fees for each participant.
- 16.2. 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.
- 16.3. P/T Weightlifting Associations participating in the 2021 Canadian Junior Online Championships do so at their own risk. P/T Weightlifting Associations must undertake the full moral and financial responsibility of their members participating, regarding their health and wellness and in the case of accidents or damages.
- 16.4. P/T Weightlifting Associations with participating teams are eligible to submit names of Technical Officials with Certified National level (Level III) or higher qualifications wishing to officiate at the Championships.
- 16.5. Unfortunately, there will be NO upgrading of Technical Officials during the Championships.
- 16.6. 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 Organizing Committee to distribute the Technical Official schedule.
- 16.7. The CWFHC Technical Delegate for these Championships will be nominated prior to the Championships. If the CWFHC Technical Delegate is unable to settle a technical dispute, the CWFHC Executive Committee shall act as final court of appeal.

17. TECHNICAL MEETING/VERIFICATION OF FINAL ENTRIES

- 17.1. Technical Meeting/VFE will be held Online Friday March 19, 2021 at 7:00 PM EST.
The Meeting will consist of the following:

2021 Canadian Junior Online Weightlifting Championship

- Verification of eligibility athletes and technical officials;
- Verification of Waiver from every participant;
- Verification of Final Entries into bodyweight categories;
- Final declaration of athletes to Team A or B, or No Team Affiliation
- Lot numbers will be made available; lot numbers are drawn prior to the Technical Meeting.
- Sessions and groups will be determined.
- Any other pertinent information.
- Following the above noted meeting, Technical Officials assignments will be determined.

17.2. If required, team leaders will be provided with the following information after the Technical Meeting:

- Updated Start List
- Competition Schedule
- Technical Officials schedule and assignments.

17.3.AFTER THE COMPETITION:

Team leaders will be provided the Results Package via email shortly after the Championships.

SCHEDULE AND DEADLINES

Date	Action
December 19, 2020	Distribution of Competition Regulations
January 30, 2021	Provincial Preliminary Team Entries Due
January 30, 2021	Individual Preliminary Entries Due
February 20, 2021	Final Entry Form with full payment received
March 19, 2021	Technical Meeting / VFE
March 20, 2021	Competition
March 21, 2021	Competition

2021 Canadian Junior Online Weightlifting Championship

COMPETITION <i>PRELIMINARY</i> SCHEDULE				
SATURDAY, MARCH 20, 2021 (all times EST)				
SESSION	CATEGORIES		WEIGH-IN	COMPETITION
1	Women	45, 49 kg	8:30 A.M.	10:30 A.M.
2	Women	55, 59 kg	10:00 A.M.	12:00 P.M.
3	Men	55, 61, 67 kg	12:00 P.M.	2:00 P.M.
4	Men	73, 81 kg	2:30 P.M.	4:30 P.M.
5	Men	89 kg	4:00 P.M.	6:00 P.M.
Sunday, MARCH 21, 2021 (all times EST)				
6	Men	96, 102 kg	8:30 A.M.	10:30 A.M.
7	Men	109, 109+ kg	10:00 A.M.	12:00 A.M.
8	Women	64 kg	12:00 P.M.	2:00 P.M.
9	Women	71,76 kg	2:30 P.M.	4:30 P.M.
10	Women	81, 87, 87+ kg	4:00 P.M.	6:00 P.M.

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 Junior 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 Haltérophile Canadienne and/or its 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, ITS 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 under the age of 18, Signature of Parent or Guardian: _____