



# Weightlifting **CANADA** Haltérophilie

## NATIONAL TEAM ELIGIBILITY PROCESS

*Events occurring May 1, 2022 to December 31, 2022*

Approved

V1 - October 12, 2021

V2 – March 1, 2022



The WCH Executive Committee approved this document on October 12, 2021. This document will be updated on an annual basis. The change to date will bring the cycle back to the calendar year where team selection criteria will be released in June along with AAP markers.

Reviewed and Approved By:

Craig Walker, President WCH

Jason MacLean, VP Technical WCH

Richard Mason, VP Administration WCH

Deanne Friesen, Secretary/Treasurer WCH



## CONTENTS

Purpose:.....	4
Philosophy on Team Canada Eligibility: .....	4
Standard Identification: .....	4
Exceptions:.....	5
Minimum Threshold of Performance (MTP).....	5
Qualifying to Represent Team Canada .....	6
Selection to a Team .....	7
Funding .....	8
Right of Amendment .....	8
International Team Qualification Periods.....	8
Senior Female Standards .....	9
Senior Male Standards.....	9
Junior Female Standards .....	11
Junior Male Standards .....	11
Youth Female Standards.....	13
Youth Male Standards .....	13



## PURPOSE:

The purpose of this document is to provide athletes, coaches and officials a step-by-step outline of qualifications to be eligible for selection to WCH's international teams and represent Team Canada. It is important to note for senior athletes, this document is limited to eligibility determination only and is not used ranking or funding criteria.

## PHILOSOPHY ON TEAM CANADA ELIGIBILITY:

WCH is committed to growing the sport of weightlifting across the country. To accomplish this goal, we believe that athletes must have reasonable opportunities to participate in Local, Regional, National, and International events as they improve their skills and abilities. This is aligned with the Long-Term Athlete Development protocol that was established for the sport of weightlifting.

Setting standards for achievement are paramount to this process as they provide athletes and coaches with clear expectations and guidelines about the required performance to be selected for events.

WCH takes the view that selection should reflect current performance and athlete potential while ensuring a competitive position at all international events.

## STANDARD IDENTIFICATION:

WCH is using the following criteria to establish standards for the respective weight classes and age categories:

### SENIOR

2022 Senior Standards are based on the 2021 standards, however based on feedback, they have been adjusted such that a lower weight class is not expected to exceed the total or a higher weight class in any situation.

### JUNIOR

Due to low participation rates at the Junior World Championship as well as a lack of international competitions where Junior athletes had an opportunity to complete, the Junior standards will remain unchanged this year.

### YOUTH

Due to low participation rates at the Youth World Championship as well as a lack of international competitions where Youth athletes had an opportunity to complete, the Youth standards will remain unchanged this year.



## EXCEPTIONS:

WCH reserves the right to adjust standards where the results used for calculation have a clear outlier that significantly impacts the calculated averaged. Any adjustments will be noted in the document that is released annually. The intent behind making the adjustment is to ensure Canadian athletes are not penalized for a single result within their designated weight category, thus providing them with fair opportunities to compete.

## MINIMUM THRESHOLD OF PERFORMANCE (MTP)

Selecting athletes for various levels of competition requires multiple considerations. Primary consideration will be given to athletes seeking to qualify for the Olympics, Commonwealth Games, and/or Pan American Games. The philosophy for all other decisions will be based on athlete performance relative to the standards, with minimum thresholds of performance required for certain levels of competitions. Each year, the Minimum Threshold for Performance will be set for the following three categories of events:

### WORLD AND CONTINENTAL CHAMPIONSHIPS (ELITE LEVEL)

- IWF World Championships
- IWF Junior World Championships
- IWF Youth World Championships
- Pan American Games
- Commonwealth Games

### MULTI-SPORT GAMES AND IWF GRAND PRIX (INTERNATIONAL LEVEL 2)

- Pan American Championships
- Junior Pan American Championships
- Youth Pan American Championships
- Youth, Junior and Senior Commonwealth Championships
- FISU World University Games

### OTHER INTERNATIONAL COMPETITIONS (INTERNATIONAL LEVEL 1)

- American Open Series
- FISU World University Championships



- Various Invitational events as available from time to time

There are various events held annually at the local, regional, and international levels. Many of these events have standards set that are outside of WCH's control. Where a competition has established standards that exceed those established by the WCH, the competition standards will prevail. Where athletes wish to compete at an international event not listed above, WCH will determine which qualification level will apply based on the information available at the time.

**Rules for Major Games Selection – i.e. Olympic Games, Pan American Games, Commonwealth Games: Where the qualification standards established for a Major Games differ from WCH's qualification standards, the standards for the Major Games will prevail. Notwithstanding the qualification standards established for the Major Games, no athlete may represent Team Canada at a Major Games unless they meet the International Level 1 standard.**

**Minimum Threshold of Performance for National Championships will be established at the same time as the standards included within this document and will be published on the website for public viewing.**

#### QUALIFYING TO REPRESENT TEAM CANADA

To be considered for an international team you must meet the following minimum requirements:

---

YOU MUST BE A CITIZEN OF CANADA OR A LANDED IMMIGRANT AND RESIDE IN CANADA FOR THE PAST 12 MONTHS

If dual citizenship is held, your sport nationality must be registered as Canada with the IWF or other applicable body, at the time of the final qualification event. Exceptions may be made to the residency requirement for students studying abroad.

---

YOU MUST HAVE A VALID CANADIAN PASSPORT

An athlete must possess a Canadian Passport with an expiration date no less than 6 months after the end of competition, or the entry requirement of the host nation, whichever is greater.

---

DOPING POOL REGISTRATION AND PROGRAM ADHERENCE

You must be registered in the ADAMS system with Whereabouts completed for the required period prior to the competition through to the final day of the competition. The required period for most international competitions is two months. For world championship events and major games, the period is three months.

Athletes under a provisional suspension for violations of the WADA Code and/or the Canadian Anti-Doping Program are not eligible for nomination or selection to Team Canada by WCH.



---

## YOU MUST BE THE CORRECT AGE FOR THE COMPETITION

The IWF recognizes four (4) age groups:

Youth: 13-17 years of age

Junior: 15-20 years of age

Senior: 15+ years of age

Masters: 35+ years of age

All groups are calculated based on participant's age on December 31 of the year the competition takes place.

---

## MEMBERSHIP

Athletes must be current members of a PSO and in good standing to compete.

---

## ACTIVE COMPETITOR

Athletes must be actively training and must compete at least once during the qualification period at a meet subject to doping controls. Athletes must sign and abide by the National Team Athlete Agreement as issued by WCH.

## SELECTION TO A TEAM

WCH will select, by name, at the end of the qualifying window for any event, the maximum number of athletes per gender permitted by the Organizing Committee (generally limited by the IWF rules to ten (10) athletes per gender).

The athlete with the highest % of the Standard for each weight category, provided they meet the minimum threshold of performance, will be named to the team.

Additional athletes will be named to the team based on % of standard across each weight category, with a maximum of two (2) per IWF bodyweight category.

A further 2 athletes who have the highest % of the standard will be named as reserve athletes. One reserve may be the "3<sup>rd</sup>" in the bodyweight category and a second who has the highest % standard score regardless of bodyweight category. If invites are declined, CWFHC will proceed down in order of % standard until either 10 athletes (or the maximum permitted for the competition, whichever is greater) have been named or all athletes meeting the MTP have been identified.



In the event an athlete meets the MTP in more than one bodyweight category, the highest individual % of standard by weight category will be considered, unless the athlete declares that they wish to use the lower % of standard for the other weight category.

In the event an athlete who qualifies wishes to change to a higher bodyweight category, they may do so provided that their total is not less than another athlete in that category and there are not already TWO athletes selected in that category.

In the event that % Standard scores are tied, the athlete that achieved the total first during that qualifying period will be selected. This aligns with the IWF rules for breaking ties in a competition.

## FUNDING

WCH will prepare an annual budget outlining available funding for athletes. It is our desire to fund the top 2 athletes in both male and female categories directly from our Sport Canada and/or Canadian Olympic Committee eligible athlete funding blocks when a Team Canada delegation is being sent to a competition. Due to funding constraints this may not be possible. Athletes may, however, choose to attend the competition that they have been selected for at their own expense. At a minimum, the WCH will attempt to fund the Junior and Senior World Championships

## RIGHT OF AMENDMENT

WCH reserves the right to change the rules if the IWF or IOC changes any applicable rules. WCH will notify athletes and coaches promptly of any such changes.

## INTERNATIONAL TEAM QUALIFICATION PERIODS

Qualification Periods for International events will be based on competition dates. The following table identifies the qualification periods for each type of competition (i.e. International 1, 2, Elite) as well as the minimum amount of notice for Team selection.

Competition Level	Qualification Period	Team Selection Notification
International 1 and International 2	8 months prior to team selection cutoff	45 Days prior to competition date
Elite	6 months prior to team selection cutoff	60 Days prior to competition date

Due to the lack of certainty around competitions due to COVID 19, changes may be made to the qualification periods based on athlete access to qualifying competitions.





# 2022 SENIOR STANDARDS

## SENIOR FEMALE STANDARDS

Weight Class	Standard	Comment
45	166	
49	197	
55	213	
59	229	
64	240	
71	246	Adjusted from 230 based on requirement not to be lower than weight class below
76	252	
81	254	Adjusted from 245 based on requirement not to be lower than weight class below
87	255	
87+	275	

## SENIOR MALE STANDARDS

Weight Class	Standard	Comment
55	265	
61	299	
67	324	
73	345	
81	363	
89	370	
96	393	
102	396	Adjusted from 389 based on requirement not to be lower than weight class below
109	400	
109+	425	



# SENIOR MINIMUM THRESHOLD OF PERFORMANCE

## FEMALE

	International 1 78%	International 2 82%	Elite 85%	Standard
45	130	137	142	166
49	154	162	168	197
55	167	175	182	213
59	179	188	195	229
64	188	197	204	240
71	192	202	210	246
76	197	207	215	252
81	198	209	216	254
87	199	210	217	255
87+	215	226	234	275

## MALE

	International 1 78%	International 2 82%	Elite 85%	Standard
55	207	218	226	265
61	234	246	255	299
67	253	266	276	324
73	270	283	294	345
81	284	298	309	363
89	289	304	315	370
96	307	323	335	393
102	309	325	337	396
109	312	329	340	400
109+	332	349	362	425



# 2022 JUNIOR STANDARDS

## JUNIOR FEMALE STANDARDS

Weight Class	Standard	Comment
45	160	
49	176	
55	197	
59	200	
64	213	
71	216	
76	217	
81	220	
87	225	
87+	247	

## JUNIOR MALE STANDARDS

Weight Class	Standard	Comment
55	234	
61	268	
67	302	
73	319	
81	343	
89	346	
96	351	
102	352	
109	359	
109+	389	



# JUNIOR MINIMUM THRESHOLD OF PERFORMANCE

## FEMALE

	International 1 78%	International 2 82%	Elite 85%	Standard
45	125	132	136	160
49	138	145	150	176
55	154	162	168	197
59	157	164	170	200
64	167	175	182	213
71	169	178	184	216
76	170	179	185	217
81	172	180	188	220
87	176	185	192	225
87+	193	203	210	247

## MALE

	International 1 78%	International 2 82%	Elite 85%	Standard
55	183	192	199	234
61	210	220	228	268
67	236	248	257	302
73	249	262	272	319
81	268	282	292	343
89	270	284	295	346
96	274	288	299	351
102	275	289	300	352
109	281	295	306	359
109+	304	319	331	389



# 2022 YOUTH STANDARDS

## YOUTH FEMALE STANDARDS

Weight Class	Standard	Comment
40	117	
45	138	
49	161	
55	173	
59	185	
64	195	
71	196	
76	200	
81	202	
81+	208	

## YOUTH MALE STANDARDS

Weight Class	Standard	Comment
49	185	
55	224	
61	247	
67	274	
73	276	
81	284	
89	297	
96	325	
102	301	
102+	322	



# YOUTH MINIMUM THRESHOLD OF PERFORMANCE

## FEMALE

	International 1 78%	International 2 82%	Elite 85%	Standard
40	92	96	100	117
45	108	114	118	138
49	126	133	137	161
55	135	142	148	173
59	145	152	158	185
64	153	160	166	195
71	154	161	167	196
76	157	164	171	200
81	158	166	172	202
81+	163	171	177	208

## MALE

	International 1 78%	International 2 82%	Elite 85%	Standard
49	145	152	158	185
55	175	184	191	224
61	193	203	210	247
67	214	225	233	274
73	216	227	235	276
81	222	233	242	284
89	232	244	253	297
96	254	267	277	325
102	235	247	256	301
102+	252	265	274	322

