



Weightlifting **CANADA** Haltérophilie

NATIONAL TEAM ELIGIBILITY PROCESS

Events occurring July 1, 2023 to June 30, 2025

Approved January 29, 2023

Version 1.1 (updated Competition Calendar Feb 9, 2023)

Version 1.2 (updated Next Gen Age for next Olympic quad, extended document validity date to June 30, 2025) June 10, 2024



The WCH Board of Directors approved this document on January 29, 2023. This document will be updated on an annual basis.

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Markers have been recommended by the High Performance Committee. Members include:

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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.

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 Markers 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.

MARKER IDENTIFICATION:

2023/2024 Markers were recommended to the Board of Directors by the high performance committee and are based on the results from the 2022 Senior World Championships with adjustments for non-olympic weight category results validated with the Sinclair formula. For more details on the rationale, please contact mread@cwfhc.ca

EXCEPTIONS:

WCH reserves the right to adjust markers where the results used for calculation have a clear outlier that significantly impacts the calculated average. 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 when there are mandatory events required for qualification. The philosophy for all other decisions will be based on athlete performance relative to the markers, 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

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

- Senior Pan American Championships
- Junior Pan American Championships
- Youth Pan American Championships
- IWF Grand Prix Events
- World Cup Events

OTHER INTERNATIONAL COMPETITIONS (INTERNATIONAL LEVEL 1)

- Youth, Junior and Senior Commonwealth Championships
- 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 differ from 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 PERMANENT RESIDENT 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. Residency will be determined using CRA rules that require a minimum of 183 overnight stays in Canada during the past 365 days.

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

Senior athletes must be registered in the ADAMS system for a minimum of 6 months before the competition. All athletes, regardless of age must have 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. 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) provided they have met the required minimum threshold of performance in one of the qualifying events identified at the end of this document. WCH will only select athletes from those listed on the preliminary entry list for a given competition unless the entry rules allow otherwise.

10 athletes with the highest % of the marker from a qualifying competition, provided they meet the minimum threshold of performance, will be named to the team, with a maximum of two (2) per IWF bodyweight category.

A further 2 athletes who have the highest % of the marker will be named as reserve athletes. One reserve may be the “3rd” in the bodyweight category and a second who has the highest % Marker score regardless of bodyweight category. If invites are declined, WCH will proceed down in order of % Marker 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.

Athletes must declare their intended bodyweight category during the expression of interest phase of the process. Initial ranking will be based on the declared bodyweight category. An athlete may not declare a bodyweight category lower than the category where the entry total was achieved.

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. For greater clarity, if an athlete wishes to change their declared bodyweight category to a higher category, they will be ranked according to the marker in the newly declared category.

In the event that % Marker 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.

READINESS TO COMPETE

Once an athlete has been named and has accepted a spot on an international team it is expected that they demonstrate their readiness to compete 4 weeks prior to the competition. Athletes will



be required to send videos (with proof of date) of the snatch and clean and jerk demonstrating they are able to make at least 90% of their qualifying total for the competition. Should an athlete fail to meet this criterion, they will be removed from the team and any costs borne by WCH with respect to competition fees, will be the responsibility of the athlete to repay.

The time period from athlete acceptance of a spot on an international team to the athlete's competition date is called the "Preparation Period". During the Preparation Period, any time a sickness or injury occurs, it must be reported to the High-Performance Manager. Should any unreported illness or injury not be reported, it cannot be used as a reason not to meet the 90% requirement defined above. Where an injury or illness has been reported, WCH may provide an additional 7 days to demonstrate readiness to compete. This reporting obligation does not replace and is in addition to any obligation an athlete may have to report an injury or illness under any other agreement with WCH, Sport Canada, Own the Podium, or the Canadian Olympic Committee.

ELITE ATHLETE INJURY WAIVER

A senior elite athlete is able to apply for an injury waiver for the purposes of Olympic qualification to appear in a mandatory Olympic qualification event only. A waiver should be applied by contacting the High-Performance Manager and supported by medical documentation that indicates the athlete is unable to participate in the event; however, the athlete is expected to be able to return to competition prior to the next required competition date.

FUNDING

WCH will determine funding for eligible athletes. Due to funding constraints, it may not be possible to provide funding for all competitions. 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. Athletes receiving funding from Own the Podium will not receive "top up" funding for events over and above the funding received from Own the Podium.

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.



SENIOR MARKERS AND MINIMUM THRESHOLD OF PERFORMANCE

WOMEN

	International 1 79%	International 2 82%	Next Gen Elite 85%	Senior Elite 88%	Marker
45	139	145	150	155	176
49	150	155	161	167	189
55	162	169	175	181	205
59	171	178	184	191	216
64	180	187	193	200	227
71	190	197	204	212	240
76	197	205	212	220	249
81	203	211	219	227	257
87	210	218	226	234	265
87+	221	229	238	246	279

MEN

	International 1 79%	International 2 82%	Next Gen Elite 85%	Elite 88%	Marker
55	217	225	233	242	274
61	234	243	252	261	296
67	250	260	269	279	316
73	264	274	284	294	334
81	281	292	302	313	355
89	295	306	318	329	373
96	305	317	329	340	386
102	313	325	337	349	396
109	321	333	346	358	406
109+	337	350	363	375	426

Next gen refers to athletes born in 2002 or after



JUNIOR MARKERS AND MINIMUM THRESHOLD OF PERFORMANCE

WOMEN

	International 1 73%	International 2 76%	Elite 80%
45	129	134	141
49	138	144	152
55	150	156	164
59	158	165	173
64	166	173	182
71	176	183	192
76	182	190	200
81	188	196	206
87	194	202	212
87+	204	213	224

MEN

	International 1 73%	International 2 76%	Elite 80%
55	201	209	220
61	217	225	237
67	231	241	253
73	244	254	268
81	260	270	284
89	273	284	299
96	282	294	309
102	290	301	317
109	297	309	325
109+	311	324	341



YOUTH MARKERS AND MINIMUM THRESHOLD OF PERFORMANCE

WOMEN

	International 1 66%	International 2 69%	Elite 72%
40	105	110	115
45	117	122	127
49	125	131	137
55	136	142	148
59	143	150	156
64	150	157	164
71	159	166	173
76	165	172	180
81	170	178	186
81+	175	183	191

MEN

	International 1 66%	International 2 69%	Elite 72%
49	166	174	181
55	181	190	198
61	196	205	214
67	209	219	228
73	221	231	241
81	235	245	256
89	247	258	269
96	255	267	278
102	262	274	286
102+	268	281	293



INTERNATIONAL TEAM QUALIFYING COMPETITIONS

Please refer to the website for most current information on qualifying competitions.

<https://weightliftingcanada.ca/resources/qualifying-standards-for-international-events/>

