



2023 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION RULES
GENERAL INFORMATION
SCHEDULES, FORMS
TIME

La Prairie, Quebec

3-4 June 2023

OFFICIAL INVITATION TO ALL PARTICIPANTS

Dear friends,

On behalf of the Québec weightlifting federation, the Gros-Bill Weightlifting Club and the École de La Magdeleine, we would like to invite you to participate in the 2023 Canadian Junior Weightlifting Championships. We are proud to welcome back the best junior athletes, coaches, officials, spectators, and volunteers from across the country. We wish everyone the best of luck in your preparations and hope you enjoy the experience at La Prairie. We are already hard at work to offer you a quality championship!

We wish your team the best of luck and hope you enjoy your stay in La Prairie and the greater Montreal area!

Jean-François Roy
President of the FHQ

Jocelyn Bilodeau,
President of the Club Gros-Bill



REGULATIONS

1.COMPETITION TITLE

The competition is the 2023 Canadian Junior Weightlifting Championships (the "Competition").

2.COMPETITION DATES

3-4 June 2023

3.ORGANISERS

The official Local organizing committee (LOC) for the 2023 Junior National Weightlifting Championships is the la Fédération d'Haltérophilie du Québec (FHQ), the Gros-Bill Weightlifting Club and Weightlifting Canada Haltérophilie (WCH).

4.SANCTIONING BODY

WCH

5. COMPETITION LOCATION

- | | |
|---|---|
| 5.1 Competition site | La Magdeleine School Gymnasium, La Prairie, Qc,
1100 Taschereau Blvd. Enter via Boul. Ste-Josée. |
| 5.2 Competition Area | Gymnasiums 663-664 |
| 5.3 Warm-up area | Leonard Bilodeau Room |
| 5.4 Weigh-in | Waiting area (Cloakroom F) and Palestra weigh-in 673.
Women's (D) and Men's (C) Change Rooms |
| 5.5 Doping control | Changing rooms E (Toilet included) |
| 5.6 Local Volunteers and Officials | #630 |
| 5.7 Local Technical Meeting | #330 |
| 5.8 Rest room for Palestra athletes #671 through locker room B | |

- All rooms can be modified by the LOC.

6. Categories

- | | |
|-------------------|---|
| 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. QUALIFICATION TOTALS

WOMEN									
45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg
80	88	99	100	107	108	109	110	113	124

MEN									
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109kg	+109 kg
117	134	151	160	172	173	176	177	180	195

8. PARTICIPANTS

ELIGIBILITY

8.1 Athletes competing in a national competition must be:

- a duly affiliated member of their provincial/territorial weightlifting association ("PSO");
- member in good standing (not currently sanctioned) of its PSO;
- an athlete who is not currently suspended by WCH, IWF or, in the case of a violation of the Canadian Anti-Doping Program ("CADP"), suspended by another CADP Signatory;
- a Canadian citizen OR a person with permanent residence in Canada.
- An athlete born between 2003 and 2010 inclusive.
- The athlete must have met the minimum standards of his/her category **between September 1, 2022 and May 7, 2023.**

8.2 Coaches registered by their PSO to participate in the competition must be certified at the NCCP Competition-Development level (provisional or full certification) or at the previous NCCP Level 2. PSOs may bring coaches who are not yet fully certified NCCP Competition-Development if these coaches are evaluated for Competition-Development certification at the competition. PSOs may also bring in a development coach who is not yet fully certified in Competition-Development with the prior written consent of WCH. Where WCH gives consent, the Development Coach must work under the direct supervision of a fully certified Competition-Development Coach.

8.3 Coaches, team leaders and referees registered to participate in the competition by their respective PSOs must:

- be duly affiliated members of their respective PSO's;
- be members in good standing (not currently sanctioned) of their respective PSOs or WCH;
- obtain Respect in Sport certification by **May 26, 2023**. Individuals who have already achieved Respect in Sport certification do not need to repeat the course; and
- Have signed the Office of the Sport Integrity Commission consent form.

- 8.4** Any questions regarding eligibility should be addressed at the June 2, 2023, Technical Meeting. We encourage team leaders to provide WCH with copies of proof of citizenship or permanent residency status of team members in advance and, if necessary, to bring these documents to the technical meeting. The eligibility of athletes cannot be challenged after the technical meeting.
- 8.5** The Competition is open to all Qualified Athletes nominated by their respective PSOs who meet the qualification standard by the Qualification Deadline as well as the eligibility criteria set out in Section 8.1 above. The standards must have been met during a competition sanctioned by its PSO. Regional, inter-regional, provincial, or higher-level competitions are valid. Online competitions are also valid.
- 8.6** The respective PSOs may nominate 3 additional women and 3 men who have not reached the qualification standard ("Wildcard Athletes"). Wildcard Athletes must still have competed in their province. In addition, Wildcard Athletes must be identified by their PSO during preliminary and final registration for the competition.

9.REGISTRATION

Provincial Directors will receive competition registration forms.

- 9.1 Team Preliminary Registration Form** - The Team Preliminary Registration Form must be *received* by the FHQ no later than **May 15, 2023**, at midnight (MST).
- 9.2 Final Team Registration Form** - The final team registration form must be *received* by the FHQ no later than **midnight on May 23, 2023**.
- 9.3 Payment of Fees** - Only one payment to cover all team registration fees for each PSO must be *received* by the FHQ no later than midnight on **May 23, 2023**.
- 9.4 Registration Lists** - The registration list will be distributed by the FHW to PSO Team Leaders as soon as it is available.

10.COMPETITION RULES AND REGULATIONS:

The 2020 IWF Competition Rules and Technical Regulations will govern the competition, subject to the following exceptions:

- 10.1** Regulations 6.4 Weighing: "Athletes may be weighed either fully unclothed or in underwear (items of the athlete's outfit: suit, singlet, shorts and T-shirt are not considered underwear. Athletes must not wear shoes, socks, or any other footwear during the weigh-in."

EXCEPTION: Athletes aged 18 and under must present themselves for the weigh-in in a singlet. The weight of each athlete under the age of 18 will be reduced by 300 grams. This will be applied uniformly for all athletes aged 18 and under.

11.EQUIPMENT

11.1 Competition Area

Competition platform: 4 meters X 4 meters wooden platform.

Bars/Competition Weight: Eleiko set for men and women certified by the IWF.

Referee Light: FHQ System

Scoreboard: 10'X10' screen with projectors OR 2 65" TV screen placed near the bleachers (TBC)

NEC Table (Name, Test, Charge and Chrono): 65" TV screen placed at the back of the tray.

Spectators: 4 stands that can hold 40 to 50 people each + 100 chairs. (Maximum capacity of 300 people)

11.2 Warm-up zone

Warm-up area:	Salle Léonard Bilodeau
Warm-up platforms:	13 platforms
Warm-up/weight bars:	Eleiko, Rogue, Werk-san
Scoreboard and Chrono:	65" TV screen
View of the competition board:	65" TV screen
Water available:	yes

11.3 Weighing Area

Scale: Electronic and calibrated before the competition

12.RESULTS PACKAGE

Sent electronically

13.DOPING CONTROL

This competition is subject to Subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). All athletes and coaches are strongly encouraged to familiarize themselves with the applicable rules and procedures.

For more information, visit: <https://www.cces.ca/fr/antidopage>

14. AWARDS:

- 14.1** Gold, silver and bronze medals will be awarded for the "Snatch", "Clean and Jerk" and "Total" in each weight category.
- 14.2** Best Athlete Awards (Men and Women): Awarded at the end of the event, based on the Sinclair formula (calculated on exact body weight).
- 14.3** A reward will be awarded to the best Men and Women teams. The format of the teams will be communicated to you later.

15.ACCOMMODATION

1)Brossard Hotel, 7365 Boul. Marie-Victorin, Brossard, 7 minutes by car from the competition site.

www.hotelbrossard.com

Tel: 1-877-890-1008

2)Best Western Brossard, 7746 Boul. Taschereau, Brossard, 10 minutes by car from the site.

www.bestwestern.com

Phone :450-466-6756

3)Quality Inn & Suites, 6680 Boul.Taschereau, Brossard, 11minutes by car from the site.

Phone :450-671-7213

4)ALT Hotel, Quartier Dix30, 6500 Boul Rome, Brossard, 14-minute drive from the site.

Phone :450-443-1030

5)Econo lodge, 8350 Boul. Taschereau, Brossard, 11-minute drive from the site.

Phone :450-466-2186

6)Comfort Inn South, 7863 Boul. Taschereau, Brossard, 11-minute drive from the site.

Phone :450-678-9350

15.1 Booking deadline

No deadline, but book early to guarantee rooms.

16. TRANSPORTATION OF TEAM MEMBERS AND DELEGATES

Each PSO is responsible for transporting its team members to accommodation and competition venues.

17. FINANCIAL CONDITIONS:

17.1Registration Fees:

PSOs will collect from members of their delegation and then pay the FHQ the designated fees by making a bank transfer for each member of the delegation participating in competition before June 2, 2023.

The listed expenses are:

- Registration fee of \$125/athlete
- WCH sanction fee of \$60/athlete
- **Total \$185/athlete**
- Registration fee of \$50 / coach, and/or team leader

Here is the FHQ's banking information to proceed with the payment:

Transit: 30015

Institution: 815

Account: 2050508

The FHQ will make a one-time payment covering the sanctioning fee to WCH upon receipt of PSO payments.

17.2 Collection: PSOs are responsible for collecting all fees from their participants.

17.3 Accommodation: The PSOs will pay for their own accommodation, according to the conditions stipulated in the Competition Rules applicable to the competition.

17.4 Liability: Each PSO participating in the Competition does so at its own risk and that of its individual members. PSOs must assume full moral and financial responsibility for their participating members, with respect to their health and in the event of accidents or damage. Participants who do not complete and sign the competition liability waiver will not be allowed to participate in the event.

18. LOC RESPONSIBILITIES

18.1 Offers participants the option of reasonably priced accommodation in the hotel disputes mentioned in Section 15 above, access to competitions, and participation in official meetings, training and other usual technical services for all participants.

18.2 Provides, free of charge, the facilities for the technical meeting.

18.3 Make available to the technical organisation all facilities (equipment, hall, rooms with adequate furniture, technical staff, first aid, etc.) for the competition, free of charge, in accordance with the applicable WCH regulations.

18.4 Provides, free of charge, the Best Athlete Awards.

19.ATHLETE RESPONSIBILITIES

19.1 Each PSO shall ensure that the liability/media release (provided separately) is signed by all participants (athletes, coaches, and team leaders) and submitted to the FHQ prior to the Technical Meeting. In addition, each PCHO must ensure that a parent/guardian signs the liability/media release for all minor participants (under the age of 18 on the date of signing the document). Without this signed document, participants will not be allowed to participate in the competition.

<p>IN CANADA, DOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.</p>
<p>Telephone: (613) 521-3340 Fax: (613) 521-3134 1-800-672-7775</p> <p>www.cces.ca</p>
<p>Email: info@cces.ca</p>
<p>Substance information: substances@cces.ca</p>
<p>All athletes participating in the competition can be tested as it is a competition subject to doping control.</p>
<p>Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and regulations. For more information, see: http://www.cces.ca/en/antidoping</p>
<p>If you are taking supplements, medications (Ritalin or other similar products, anti-inflammatories, etc.), make sure they are allowed by the WADA Code. If you need to use a prohibited drug for a legitimate medical reason, you must apply for a Therapeutic Use Exemption ("TUE") from the CCES. When you get this therapeutic exemption from the CCES - TUE, bring the document with you when you can be tested.</p>
<p>Authorization of use for therapeutic exemption: tue-aut@cces.ca</p>
<p>The 2021 Canadian Anti-Doping Policy came into effect on January 1st 2021 and is updated regularly. For more information, see https://cces.ca/fr/programme-canadien-antidopage</p>
<p>The International Weightlifting Federation (IWF) also updates its anti-doping rules from time to time. For more details on the IWF Anti-Doping Program, please visit https://iwf.sport/.</p>
<p>REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME</p>

21. ACCREDITATION

Accreditation will take place at the technical meeting.

22. OFFICIATING

22.1 Host Province Obligations: To appoint an appropriate Competition Secretary and assistants to ensure the smooth running of the competition, including verification of the final nomination of athletes in the categories at the Technical Meeting.

22.2 Obligations of Participating PSOs: Each PSO must, through all registration forms, submit the names of their national or higher-level referees who wish to officiate at the championships before **May 6, 2023** (4 weeks prior to competition). PSOs are **not** limited to sending two technical officials. The FHQ will provide WCH with a list of qualified officials by **May 20, 2023**. A mailing or email address is required for communication of referee assignments during the competition.

If any of these referees wish to participate in the promotion, this must be indicated on the registration form.

Each PSO is responsible for paying all travel, accommodation, meal, and registration expenses of their selected officials in accordance with their respective provincial policies.

22.3 WCH Obligations – The WCH Technical Representative will resolve any technical disputes arising during the Competition. If the technical delegate is unsure of the rules or if this person is unable to decide, the members of the WCH Board of Directors will act in his or her place.

23 In consideration of the acceptance of this registration, all participants hereby waive and release for themselves, their heirs, executors, and administrators all rights and claims for damages they may have against WCH, the Fédération d’Haltérophilie du Québec (FHQ), the Club d’Haltérophilie Gros-Bill, and its directors, staff and volunteers, and any competition sponsors, for any injuries they may have suffered or have sustained during the competition. All PSOs certify that all their respective entrants have agreed to these terms as a result of their participation in the competition, including that persons under the age of majority (18 years of age) have parental or guardian permission to participate. Completion of the attached Waiver and Release document is a condition of participation in the Competition.

GENERAL INFORMATION

1. LOCAL ORGANIZING COMMITTEE (COL) STAFF:

- 1.1 Chair of the event: Jocelyn Bilodeau
Email: jocebilodeau@hotmail.com

2. TECHNICAL MEETING

- 2.1 The technical meeting will take place on **June 2 at 18:00** in room #330 under the direction of the WCH delegate.
- 2.2 The Competition Director/Secretary will verify the final entries in the categories.
- 2.3 Verification of the release form for all participants (athletes + coaches + team leaders)
- 2.4 The WCH delegate will assist the Competition Director in designating all LOC technical officials (speakers, timekeepers) for the sessions.

3. FOOD AND REFRESHMENTS

Food will be provided to officials in Room #630.

Water and coffee will be provided to athletes, coaches, and officials.

Within a 5-minute walk of the competition venue are the following restaurants:

- Tim Hortons
- Thai Express
- Sushi shop
- Petinos (Lunch and Dinner)
- Pizzeria
- A&W
- An IGA grocery store
- Subway

SCHEDULE AND DEADLINES

	<u>Date</u>
1) Start of the qualification period	1 September 2022
2) Distribution of Competition Rules	March 2023
3) Last day of the qualification period	May 7, 2023
4) Preliminary list of registrations sent to the FHQ (ct@fedhaltero.qc.ca)	May 15, 2023
5) Final team registration form and payment received by the FHQ	May 23, 2023

Preliminary Schedule of the competition **Subject to change**

Saturday, June 17

Session	M/F	Category	Weigh-in:	Start:
1	M	55-61kg	8 am	10am
2	F	45-49kg	10 am	12:00
3	M	67kg	12:00	2pm
4	F	55-59Kg	2pm	4pm
5	M	73kg	4pm	6pm

End of competitions: 20:00

Sunday, June 18

Session	M/F	Category	Weigh-in:	Start:
1	F	64kg	8am	10pm
2	M	81-89kg	10am	12:00
3	F	71-76kg	12:00	2pm
4	F	81-87-87+	2pm	4pm
5	M	96-102-109- 109+	4pm	6pm

End of competitions: 20:00

After each session, there will be a formal medal ceremony.

For each group of 9 athletes or less, there will be a 10-minute break between the snatch and the clean and jerk.

For each group of 10 or more athletes, there will be no break between the two movements.

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING. Completed waivers must be returned with registration or prior to attending the Organizer’s event: **2023 Canadian Junior Weightlifting Championships** (the “Event”).

By signing below, the Participant (named below) and/or the Participant’s Guardian represents that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
3. Follows government-recommended guidelines in respect of COVID-19, if in place, and will do so to the best of the Participant’s ability during the Event.

In addition, by signing below the Participant and/or the Participant’s Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of Weightlifting Canada Haltérophilie, its partners, sponsors, agents, affiliates (including the Fédération d’Haltérophilie du Quebec and Gros-Bill Weightlifting Club), directors, employees, officer, therapists, or volunteers (together, the “**Organization**”); and negligence or omission of the Organization (collectively, the “**Risks**”).

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant’s Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____
the “**Participant**”

Date of Birth: _____
(mm/dd/yyyy)

Print Name: _____
The “**Guardian**” (if Participant is a minor)

Signature: _____
Participant or Guardian for minor

Date: _____
(mm/dd/yyyy)

MEDIA CONSENT AND RELEASE FORM

I, _____ acknowledge that videos and images from the competition may be used on, but not limited to, the Weightlifting Canada Haltérophilie ("WCH") website and/or social media accounts, in newsletters and publications and distributed to members. I further acknowledge that my image may be used by WCH and/or the Fédération d'Haltérophilie du Québec to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in publications unless express consent is given. I also understand that my consent may be withdrawn at any time in writing to the WCH Board of Directors. I give this consent voluntarily.

NAME: _____

DATE: _____

SIGNATURE OF PARENT OR GUARDIAN (for participants under 18 years of age):
