

CANADIAN WEIGHTLIFTING FEDERATION HALTÉROPHILE CANADIENNE  
(CWFHC)

# 2018 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS



COMPETITION REGULATION

GENERAL INFORMATION

SCHEDULES, FORMS

DEADLINES

Halifax, Nova Scotia

January 20, 2018

# OFFICIAL INVITATION TO ALL CWFHC MEMBERS

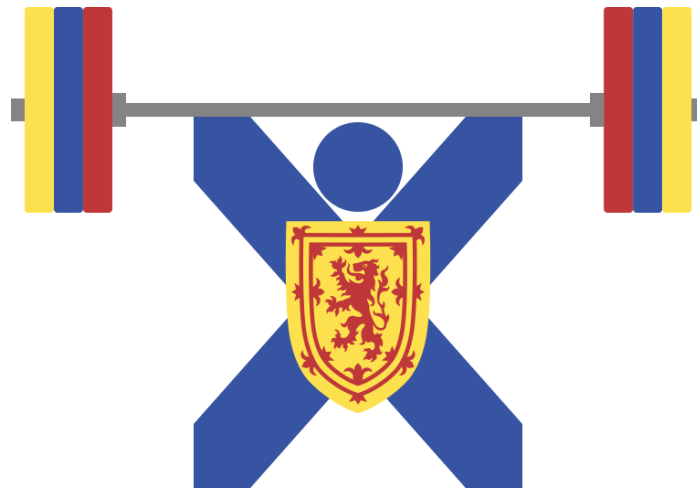
On behalf of the 2018 CJC Organizing Committee and the Nova Scotia Weightlifting Association, we are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2018 Canadian Junior Weightlifting Championships, to be held in Halifax on January 20, 2018.

All competition events will be held at the Halifax Convention Centre.

We wish your team the best of luck and hope you enjoy your stay in Halifax.

Jacob Glover  
President  
Nova Scotia Weightlifting Association

Augie Westhaver  
Event Chairperson  
2018 CJC Organizing Committee



[www.ccj2018cjc.ca](http://www.ccj2018cjc.ca)

1. TITLE: 2018 Canadian Junior Weightlifting Championships
2. DATE: Saturday, January 20, 2018
3. ORGANIZED BY: Nova Scotia Weightlifting Association
4. SANCTIONED BY: Canadian Weightlifting Federation Halt rophile Canadienne (CWFHC)
5. VENUE: Halifax Convention Centre  
1650 Argyle Street, Halifax, NS B3J 0E6
  1. Competition Site: Convention Hall C2 & C4
  2. Warm-up Room: Convention Hall C3
  3. Weigh-in Room: Convention Hall Office
  4. Doping Control: Room 105
  5. Secretariat of Competition: Room 101
  6. Technical Meeting: Delta Barrington - Sackville Room
  7. Officials Room: Room 102.
6. EVENTS
  1. Women: 48, 53, 58, 63, 69, 75, +75 kg
  2. Men: 56, 62, 69, 77, 85, 94, 105, +105 kg
7. MINIMUM THRESHOLD OF PERFORMANCE (MTP)

Participants in the CCJR-2018 must have achieved a total 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. This total must be achieved from September 1, 2017 to December 10, 2017 inclusive. The deadline for preliminary entries is December 12, 2017.

Men								
CAT.	56 kg	62 kg	69 kg	77 kg	85 kg	94 kg	105 kg	+105 kg
MTP	68 kg	75 kg	85 kg	95 kg	105 kg	115 kg	125 kg	132 kg
Women								
CAT.	48 kg	53 kg	58 kg	63 kg	69 kg	75 kg	+75 kg	
MTP	60 kg	66 kg	72 kg	78 kg	85 kg	92 kg	99 kg	

8. PARTICIPANTS' ELIGIBILITY:
  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
  - a citizen of Canada OR possesses a permanent resident status of Canada.
2. Coaches registered to participate in a national championship (Junior or Senior) by a P/T Weightlifting Association must be Level #2 NCCP.
  3. Coaches, team leaders and 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.
  4. All questions/concerns regarding eligibility must be addressed at the Technical Meeting. If requested, we encourage team leader(s) to be prepared to present copies of the permanent residence status of the athlete(s). After the Technical Meeting, eligibility of athlete(s) cannot be challenged.
  5. Open to athletes born in 1998-1999-2000-2001-2002-2003-2004 and 2005 incl. who are nominated by their respective P/T Weightlifting Association (age group 13 to 20 years old).
  6. There is a limit of two athletes per bodyweight category per team.

Team format:

Male - maximum six men;

Female - maximum four women.

Each P/T Weightlifting Association may enter up to **two** teams per gender and all athletes must be designated to teams; either the "A" or the "B" team.

Team designation is confirmed at the Technical Meeting and cannot be challenged.

Reminder - CWFHC Records Policy:

*"The CWFHC will recognize the best successful lift by a Canadian athlete in each bodyweight category for the Snatch, Clean & Jerk and Total."*

The maximum number of athletes participating at the Canadian Junior Championships 2018 is 75. This is an agreed upon amount due to the limit of the Organizing Committee.

## 9. ENTRIES

Only the CWFHC Provincial/Territorial Directors receive the Competition Regulation and Entry Forms.

1. Preliminary Team Entry Forms must be received by the organizing committee not later than **December 11, 2017**.
2. Final Team Entry Forms must be received by the organizing committee not later than **January 5, 2018**.
3. A single cheque to cover Entry Fees must accompany the Final Team Entry Form on **January 5, 2018**.
4. All forms must be sent to the Nova Scotia Weightlifting Association at the address below:

Nova Scotia Weightlifting Association  
5516 Spring Garden Rd. 4th Floor  
Halifax NS B3J 1G6

Email: [admin@nsweightlifting.ca](mailto:admin@nsweightlifting.ca)

## 10. COMPETITION RULES AND REGULATIONS

1. The competition will be governed by IWF Technical Rules (2017 TCRR).
  - The 20 kg rule will not be enforced.

REMINDER: P. 68 ARTICLE #15

*"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".*

## 11. EQUIPMENT

1. Competition: Eleiko certified 240 kg.
2. Warm-up: 8 Eleiko 190 kg.
3. Electronic scales will be used.

## 12. WAIVER

Each PA must ensure that the waiver/media release (provided separately) is signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the Technical Meeting. 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.

## 13. MEDICAL

This competition is subject to in-competition drug testing administered by the Canadian Centre for Ethics in Sport - CCES.

IN CANADA, ANTI-DOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT (CCES).

Telephone: (613) 521-3340 Fax: (613) 521-3134 1-800-672-7775

[www.cces.ca](http://www.cces.ca)

E-mail: [info@cces.ca](mailto:info@cces.ca)

Information on substances: [substances@cces.ca](mailto:substances@cces.ca)

All athletes participating in the competition can be tested.

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 or other similar products, anti-inflammatory, etc.) make sure they are allowed by the CCES. If you need to use a banned medication for a legitimate medical reason, you must apply to the CCES for a Therapeutic Use Exemption (TUE). When you are issued a TUE, you must bring the TUE document with you when you are tested.

A new Canadian anti-doping policy (CADP) came into force on January 1<sup>st</sup>, 2015. For more information:

<http://cces.ca/canadian-anti-doping-program>

The International Weightlifting Federation IWF has also adopted a new anti-doping policy under the new anti-doping policy World Anti-doping Agency WADA.

**REMEMBER: AS AN ATHLETE YOU ARE RESPONSIBLE FOR WHAT YOU INGEST.**

#### 14. AWARDS

1. Gold, Silver and Bronze medals will be awarded for the Total in each bodyweight category.
2. Best Athlete awards for men and women are determined by Sinclair points based on actual bodyweight of the athlete. Sinclair Coefficients 2017-2020 will be used.
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.

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.

## 15. ACCOMODATION

1. Team leaders or participants are responsible for contacting the official event accommodation, noted below and making their own arrangements.

A block of rooms has been reserved at:

Delta Barrington  
1875 Barrington St.  
Halifax NS B3J 3L6  
1-800-268-1133

The rate per night for athletes and coaches for a standard room with 2 double beds or 1 queen bed + sofa bed is \$109 plus 15 % HST and 2% marketing tax.

The rooms will be held at the price quoted until 12:00 pm **December 29<sup>th</sup>, 2017**. Above rate is available for 3 days, January 18-19 and 20 2018.

Reservations will be made by individual attendees directly with Marriot Reservations at 1-800-268-1133.

Check in is at 3:00 pm and check-out is at 11:00 am.

The Delta Barrington Hotel is located 500m from the Halifax Convention Centre competition site.

The Halifax International Airport (YHZ) is 40 km away.

## 16. TRANSPORTATION

Teams are responsible for their own transportation.

## 17. FINANCIAL CONDITIONS

1. Entry fee
  1. \$100 - all athletes, coaches, and team leaders.
  2. \$50 - referees and officials.
2. Team leaders are responsible for the collection of all fees from all team members/participants.
3. Team leaders must send one cheque **only** for the payment of all Entry Fees, plus Entry Forms.

Make cheque payable to:

Nova Scotia Weightlifting Association

Send To:

Nova Scotia Weightlifting Association  
5516 Spring Garden Rd. 4th Floor  
Halifax NS B3J 1G6

4. Payment for accommodations is arranged directly with the Delta Barrington.

#### 18. FINANCIAL RESPONSIBILITIES - ORGANIZING COMMITTEE

1. Collect from their participants and pay to the Organizing Committee, the designated fee for each participant.
2. Pay for their own accommodation, according to conditions stipulated in the accommodation information provided for the 2018 Canadian Junior Championships.

#### 19. FINANCIAL RESPONSIBILITIES - PROVINCIAL ASSOCIATION

1. P/T Weightlifting Associations participating in the 2018 Canadian Junior 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.
2. Select a Team Leader (who accompanies the team) or a Team Coordinator (who does not accompany the team) and notify the Organizing Committee who that person is.
3. Pay an additional fee to the CWFHC in the amount of \$60 per athlete participant.

#### 20. TECHNICAL OFFICIALS

1. 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.
2. Maximum of 2 nominations per P/T Weightlifting Association who enters athletes in the competition.
3. If selected Technical Officials are interested in upgrading their Officials Certification during the Championships, please indicate it on the Entry Form.
4. Each P/T is responsible for the expenses of their selected Technical Officials.
5. Please ensure the Technical Officials' email and mailing address is also noted in order for Organizing Committee to distribute the Technical Official schedule.
6. 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. The Jury, if appointed, is not a jury of appeal.

## 21. ACCREDITATION

1. A Technical Meeting will be held at the Delta Barrington Hotel, Friday, January 19, 2018 at 7:00 PM. The Technical Meeting will consist of the following:
  - Verification of eligibility of athletes, coaches, team leaders 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;
  - 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.

## 22. AFTER ARRIVAL / BEFORE COMPETITION

1. All athletes, coaches, team leaders and technical officials will be accredited at the Technical Meeting
2. A If required, team leaders will be provided the following information after the Technical Meeting:
  - Updated Start List;
  - Competition Schedule;
  - Technical Officials Schedule and Assignments.

## 23. DURING COMPETITION

Coaches will be provided Competition Protocol as soon as possible after each weigh-in.

## 24. AFTER THE COMPETITION

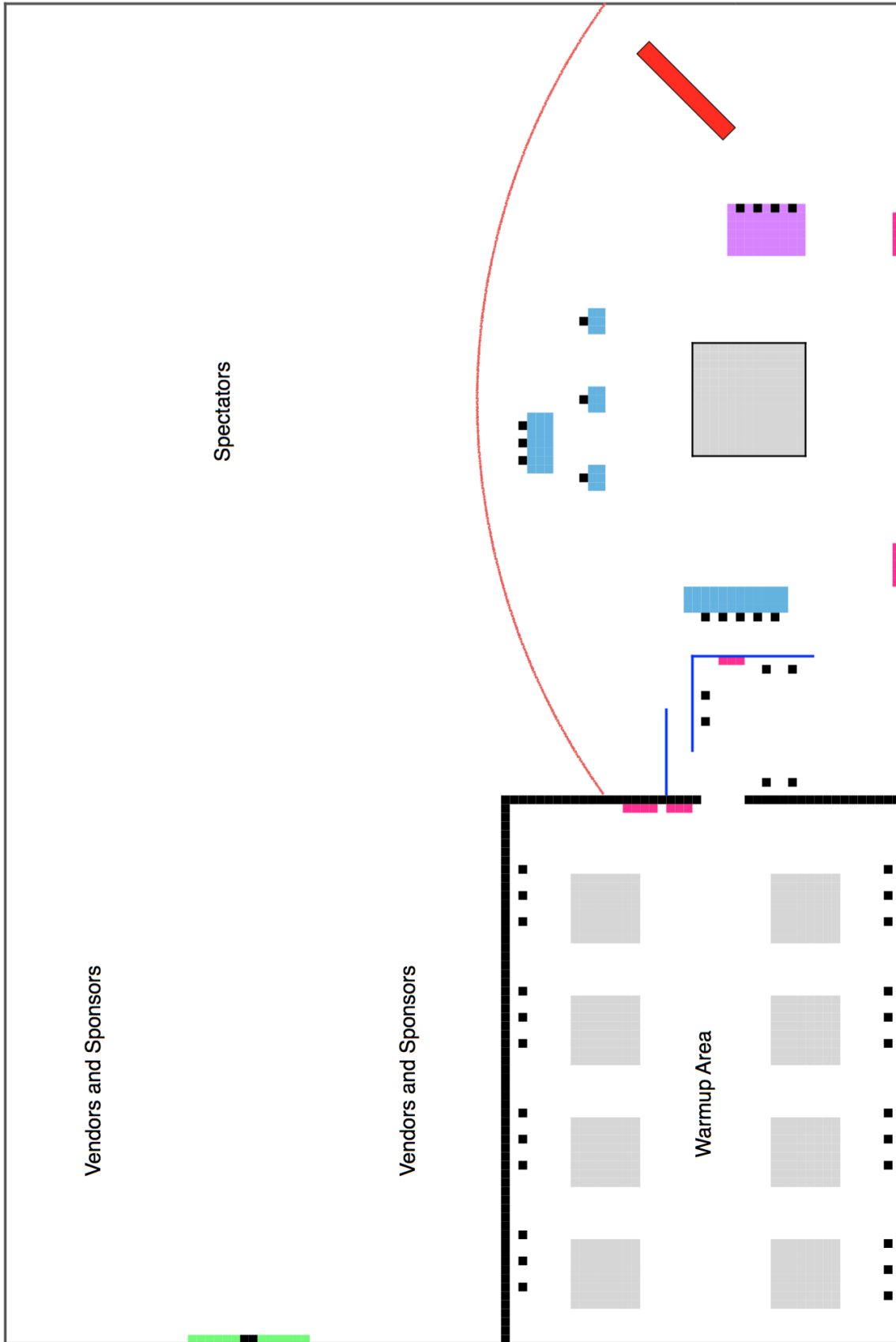
Team leaders will be provided the Results Package (either printed) at the Awards ceremonies.

This document is available at [CWFHC website](#) – home page.

## 25. SCHEDULE AND DEADLINES

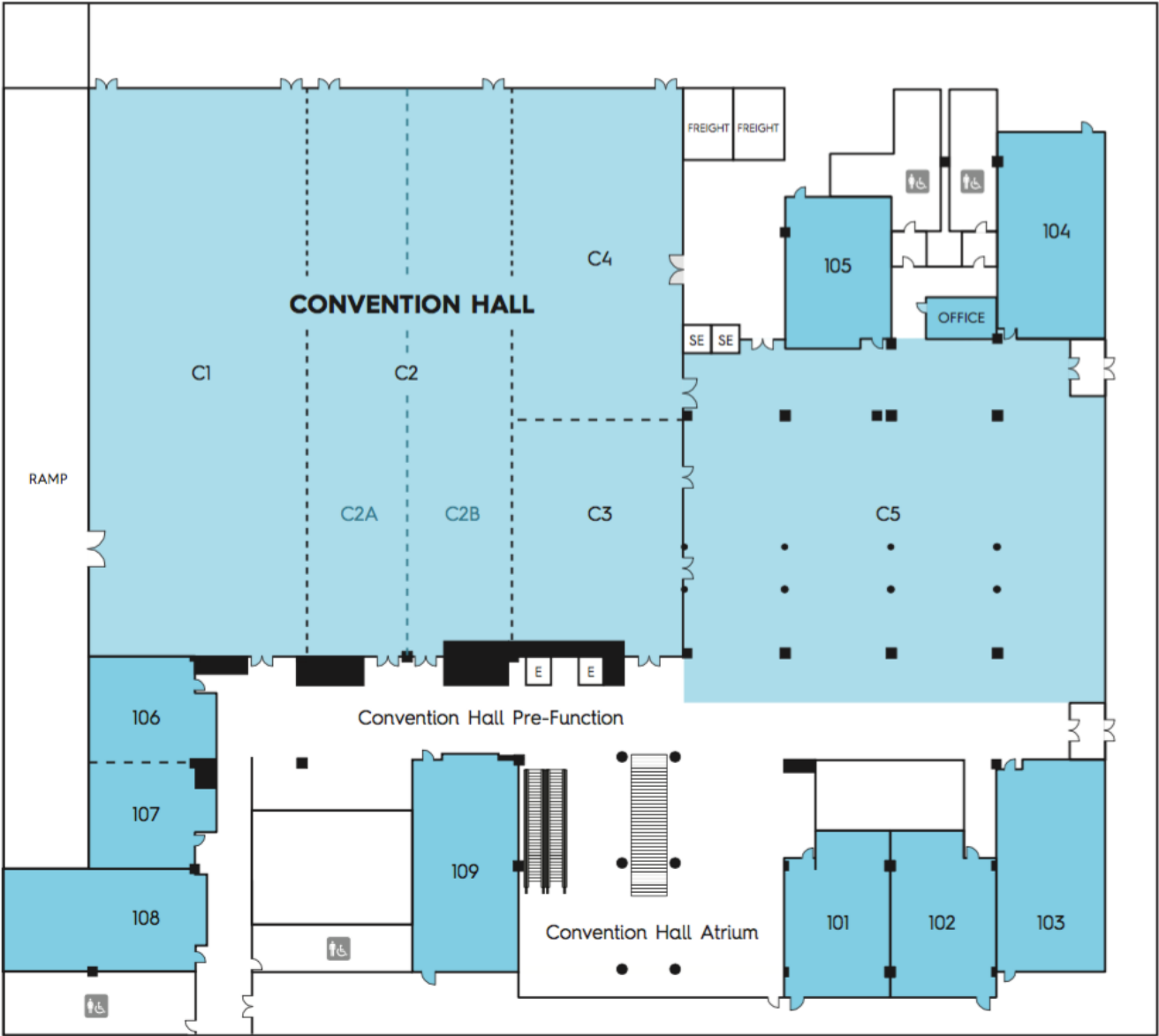
October 2017	Distribution of competition regulations
Monday - December 11, 2017	Preliminary Team Entries
Friday - December 29, 2017	Last day for booking hotel rooms at preferred rate
Friday - January 5, 2018	Final Team Entry Form and cheque sent to the Organizing Committee
Friday - January 19, 2018	All day arrival of participants
Saturday - January 20, 2018	Competition
Sunday - January 21, 2018	Departure

<b>COMPETITION PRELIMINARY SCHEDULE</b>				
SATURDAY, JANUARY 20, 2018				
Session	Categories		Weigh-In	Competition
1	Women	48, 53, 58	07:30	09:30
2	Women	63, 69, 75, +75	09:00	11:00
3	Men	56, 62, 69	11:00	13:00
4	Men	77, 85	12:30	14:30
5	Men	94, 105, +105	14:00	16:00
End of Competition at 18:00 - Awards Ceremony				
Note:	There will be no break between the Snatch and Clean & Jerk for groups with nine or more athletes.			



26. VENUE FLOOR PLAN (Preliminary)

MARKET STREET



ARGYLE STREET

## WAIVER AND RELEASE OF LIABILITY

In consideration of entering and participating in the 2018 Canadian Junior Weightlifting Championships (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 Nova Scotia Weightlifting Association 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 NOVA SCOTIA WEIGHTLIFTING ASSOCIATION, THE CANADIAN WEIGHTLIFTING FEDERATION HALTEROPHILE CANADIENNE, THE HALIFAX CONVENTION CENTRE, 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 \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) \_\_\_\_\_

## 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 Halterophile Canadienne's (CWFHC) and/or Nova Scotia Weightlifting Association's (NSWA) website, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by the CWFHC and/or the NSWA 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 \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) \_\_\_\_\_