

Canadian Weightlifting Federation
Federation Haltérophilie Canadienne

Technical Officials' Examination
Level 3 Exam
2019
Answers

Reference: IWF TCRR 2019
September 2023

Scoring: one point is awarded for each correct answer, unless otherwise noted.

1. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

55, 61, 67, 73, 81, 89, 96, 102, 109 and +109 (TCRR 1.2.1)

2. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

45, 49, 55, 59, 64, 71, 76, 81, 87 and +87 (TCRR 1.2.2)

3. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

A. Youth 13-17

B. Junior 15-20

E. Senior 15+ (TCRR 1.1.2)

(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

4. **A.** Two athletes per Member Federation can be entered in a bodyweight category (TCRR 1.2.7)

5. **A.** As soon as the athlete becomes motionless in all parts of the body. (TCRR 2.2.1 and 2.3.2)

6. **B.** If the athlete lifts the barbell off the platform and replaces it on the platform, he/she can try the lift again unless the barbell has reached the height of the knees. (TCRR 2.4.2)

7. **B.** is permitted (TCRR 2.4.1)

8. **B.** the bar has passed the level of the shoulders (TCRR 2.4.3)

9. **A.** report it to all on duty Referees and the Jury prior to the start of the competition (TCRR 2.4.4)

10. **C.** is ordered to remove it immediately. If during the removal the clock is running for the athlete, the clock remains running. (TCRR 2.4.7)

11. **B.** False (TCRR 2.5.1.11)

12. **B.** is an incorrect movement (TCRR 2.5.1.3)

13. **B.** Is an incorrect movement (TCRR 2.5.1.4)

14. **B.** is an incorrect movement (TCRR 2.5.1.5)

15. **B.** An attempt is invalid if the athlete comes near the edge of the platform, the shoes

hang over the edge of the platform without touching the outside area, before the complete execution of the lift. (TCRR 2.5.1.6)

16. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

A. The athlete may assist their recovery by swinging or rocking their body while in the squat position (TCRR 2.4.5)

C. Must finish with the feet on the same line and parallel to the plane of the trunk and the barbell (TCRR 2.6.2)

D. May recover in his/her own time (TCRR 2.3.1)

17. **D.** There is no rule restricting contact between the head and the bar.

18. **A.** Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement in the clean. (TCRR 2.5.3.2)

19. **D.** all of the above (2.3.2)

20. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

Men's bar	20 kg (TCRR 3.3.3.3)
Women's bar	15 kg (TCRR 3.3.3.4)
One (1) Collar	2.5 kg (TCRR 3.3.3.8)

21. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

25kg red	20kg blue	15kg yellow
10kg green	5.0kg white	2.5kg red
2.0kg blue	1.5kg yellow	1.0kg green
0.5kg white		

(TCRR 3.3.3.6)

22. **B.** False (TCRR 3.3.3.11)

23. **A.** 400 centimetres (TCRR 3.3.2.2)

24. **B.** must be 10 cm high (TCRR 3.3.2.2)

25. **C.** is placed on a stand in front of the competition platform (Regulation to TCRR 3.3.6.1)

26. **B.** two of the three Referees give an identical decision, "Good Lift" or "No Lift" (TCRR 3.3.6.5)

27. **C.** referees have three seconds to reverse their decision (TCRR 3.3.6.9)

28. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

Failing to replace the complete barbell on the competition platform (TCRR 2.5.1.8).
Dropping the barbell from above the shoulders (TCRR 2.5.1.7)
Not lowering the barbell in front of the body (TCRR 2.4.3).

29. **A.** Must raise the small flag provided to them to indicate a change in decision (TCRR 3.3.6.9)
30. **B.** For a minimum of three (3) seconds. (TCRR 3.3.6.8)
31. **B.** Centre referee (TCRR 3.3.6.10)
32. **B.** President of the Jury and/or Competition Director/TD must sign the Protocol form (TCRR 3.4.7.1)
33. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*
 - A.** must be one piece
 - C.** may be of any color
 - D.** must not cover the elbows
 - F.** must be collarless (TCRR 4.2.1)
34. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*
 - B.** must be tight fitting
 - C.** must be collarless
 - E.** may be of any one color
 - F.** no pattern or design permitted (TCRR 4.7.1)
35. **C.** twelve (12) cm (TCRR 4.4.2)
36. **A.** True (TCRR 4.5.1.3)
37. **A.** True (TCRR 4.5.1.6)
38. **A.** True (TCRR 4.5.2.2)
39. **B.** Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). (TCRR 4.5.3.5)
40. **A.** True (TCRR 4.6.2)
41. **A.** True (TCRR 4.6.3)
42. **A.** not be powered (TCRR 10.3)
43. **B.** 18 (TCRR 6.3.2)
44. **C.** entry totals (TCRR 6.3.2)

45. **B.** The lifters' lot numbers are random but their start numbers are assigned in order of their lot numbers. (Regulation to TCRR 6.4)
46. **A.** one (1) hour (TCRR 6.4.1)
47. **B.** according to the progression of their lot number (Regulation to TCRR 6.4)
48. **C.** the athlete must start at least with 100kg in the Clean & Jerk competition (TCRR 6.6.5).
49. **B.** only two changes of weight are allowed, excluding the automatic increment (TCRR 6.6.12)
50. **A.** Athletes or their coach cannot decrease the weight of the barbell once the announced weight is loaded on the barbell and the clock has started. (TCRR 6.6.10)
51. **A.** Athletes or their coach cannot change their decision to withdraw from competition once it is noted and signed on the athlete's card. (TCRR 6.6.14)
52. **A.** the weight of the barbell, the number of the attempt, the sequence/order of the previous attempt(s) and the start number of the competitor (TCRR 6.6.6)
53. **B.** the athlete who reached the result with the lower attempt number total is ranked above the other athlete(s) (TCRR 6.8.2)
54. The Jury (TCRR 7.5.1)
55. Technical Controller (TCRR 7.8.5)
56. Technical Controller (TCRR 7.8.4)
57. Technical Controller (TCRR 7.8.3)
58. **C.** To examine and collate any information required for the efficient running of the competition and dispersing any required signed information (TCRR 7.11.1)
59. **C.** commenting on why a lift was declared "no lift" (TCRR 7.12.1)
60. **B.** Dark blue jacket, white shirt, IWF tie/scarf, dark blue trousers /skirt and the IWF metal badge on the left lapel of the jacket (TCRR 7.2.3)
61. **A.** the President of the Jury may authorize that Referees can remove their jacket and/or tie/scarf (TCRR 7.2.3)
62. **C.** the Jury can call the Referees to the Jury table (TCRR 7.5.7)
63. **A.** All members of a Jury must be International Category 1 Referees (TCRR 7.5.2)
64. **C.** the Jury, by unanimous vote, may replace any Referee whose decisions prove him/her to be incompetent (TCRR 7.5.5)

- 65. **A.** the Technical Official is allowed to explain his/her decision (TCRR 7.5.6)
- 66. **C.** The Jury has the power to reverse a decision when the Referees' decision has been judged unanimously by the Jury to be technically incorrect (7.5.7)
- 67. **C.** 400 centimeters from the front edge of the platform (TCRR 3.1.2.2)
- 68. **B.** the Timekeeper must stop the clock after the bar leaves the platform, restarts the clock if the barbell does not reach the height of the athlete's knees (TCRR 7.10.5, 7.10.6)
- 69. **B.** the clock is stopped while the weight is changed and after the change has been completed, the clock continues to run until the end of the allocated time (TCRR 6.6.13)
- 70. **B.** one (1) kg (TCRR 8.1)

Scoring

Q1, Q2, Q3, Q16, Q20, Q21, Q28, Q33, and Q34: 2 points for a complete answer, 1 point for 1 mistake, 0 points for 2 mistakes or more.

Other questions: 1 point for each question.

Your percentage = (your points/79) x 100