



# 2022 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATION  
GENERAL INFORMATION  
SCHEDULES, FORMS  
DEADLINES

LA PRAIRIE, QC  
JUNE 4-5, 2022

# OFFICIAL INVITATIONS TO ALL PARTICIPANTS

Dear Friends,

On behalf of the Fédération d'haltérophilie du Québec, the Club Gros-Bill, and the La Magdeleine High School from La Prairie, we would like to welcome your participation in the 2022 Junior Canadian Weightlifting Championships. We are proud to host the top Junior Athletes, Coaches, Officials, Spectators and Volunteers from across the country in this new concept of Junior Nationals. We hope that this change of competition concept (Not just team concept) will help the growth of Canadian Weightlifting future to our community.

We wish everyone the best of luck in your preparations and hope you enjoy the experience in La Prairie.

The Montréal area is very nice in June, so don't hesitate to stay a little bit longer!

Jean-François Roy  
President of the FHQ

Jocelyn Bilodeau  
President – Club Gros-Bill



# REGULATIONS

## 1. COMPETITION TITLE

The competition is the 2022 Canadian Junior Weightlifting Championships (the “Competition”).

## 2. COMPETITION DATES

June 4-5, 2022.

## 3. ORGANISERS

Fédération d’Haltérophilie du Québec (FHQ), the Club Gros-Bill, and Weightlifting Canada Haltérophilie (“WCH”). The 2022 Canadian Junior Championships Organizing Committee is the official Local Organizing Committee (the “LOC”) of the competition.

## 4. SANCTIONING BODY

WCH

## 5. COMPETITION VENUE

- |                                |  |
|--------------------------------|--|
| <b>5.1 Competition Site</b>    | Gymnasium of La Magdeleine High School, 1100 Boul. Taschereau, La Prairie. Enter by Boul. Ste-Josée. |
| <b>5.2 Warm-up area</b>        | Salle Léonard-Bilodeau Room.   |
| <b>5.4 Weigh-in</b>            | Dressing room F (Waiting area), Gym #673 (Weigh-in)  |
| <b>5.5 Changing rooms</b>      | Dressing Room D (Women) and Dressing Room C (Men)  |
| <b>5.6 Anti-Doping control</b> | Dressing Room E (with toilets included)  |
| <b>5.7 Officials</b>           | Room #630  |
| <b>5.8 Technical meeting</b>   | Room #330  |
| <b>5.9 Athletes rest room</b>  | Dressing room A and Gym #671   |

- All rooms subject to change by the LOC.

## 6. EVENTS

**6.1 Women:** 45, 49, 55, 59, 64, 71, 76, 81, 87, +87 kg categories.

**6.2 Men:** 55, 61, 67, 73, 81, 89, 96, 102, 109, +109 kg categories.

## 7. QUALIFYING 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 An athlete participating in a national competition must be:

- a duly affiliated member of his/her Provincial/Territorial weightlifting association (“PSO”);
- a member in good standing (not currently being sanctioned) with his/her PSO;
- an athlete not currently suspended by WCH, the IWF, or, in the case of Canadian Anti-Doping Program (“CADP”) violations, an athlete suspended by another signatory to the CADP
- a Canadian Citizen of Canada OR person possessing permanent resident status in Canada
- Athletes born between 2002 and 2009 inclusive.

8.2 Coaches registered to participate in the Competition by their PSO must be certified as NCCP Competition Development level (provisional or full certification) or the previous NCCP Level 2. PSOs may bring coaches who are not yet fully certified as NCCP Competition Development if those coaches are being evaluated for Competition Development Certification at the Competition. PSOs may also bring a development coach who is not yet fully certified as Competition Development with the prior written consent of WCH. Where WCH provides such consent, the development coach must be working 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 PSO must:

- be duly affiliated members of their respective PSO
- be members in good standing (not currently being sanctioned) with their respective PSO

- complete Respect in Sport certification by **May 28, 2022**. Please contact [cwalker@cwfhc.ca](mailto:cwalker@cwfhc.ca) for details on course registration. Individuals who have already completed Respect in Sport certification do not need to repeat the course.

**8.4** Any questions about eligibility should be addressed at the Technical Meeting on June 3rd, 2022. We encourage team leaders to provide WCH copies of team members' proof of citizenship or permanent resident status in advance and, if necessary, to bring such documentation 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 qualifying standard before the qualification deadline as well as the eligibility criteria set out in section 8.1 above. The standards must be achieved in a competition sanctioned by a PSOs, whether regional, inter-regional or provincial level or higher. Online competitions are also valid.

**8.6** The respective PSOs may nominate an additional 3 women and 3 men born between 2002 and 2009 who have not reached the qualifying standard ("Wildcard Athletes"). Please identify any Wildcard Athletes on your Preliminary and Final Entry Forms.

## **9. ENTRIES**

Only the provincial directors receive Entry Forms from WCH.

**9.1 Preliminary Team Entry Form** – The Preliminary Team Entry form must be *received* by the FHQ no later than midnight (MST) on **May 8, 2022**.

**9.2 Final Team Entry Form** - The Final Team Entry Form must be *received* by the FHQ no later than midnight on **May 21, 2022**.

**9.3 Payment of Fees** - A single Bank transfer to cover all Team Entry Fees (including the WCH sanction fee) for each PSO must be *received* by **the FHQ** not later than midnight on **May 21, 2022**.

**9.4 Entry Lists** - The Entry List will be distributed by the FHQ/LOC to the PSO Team Leaders as soon as it becomes available.

## **10. COMPETITION RULES & REGULATION:**

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

**10.1** Regulation to 6.4 Weigh-In: "Athletes may be weighted in either completely undressed or in undergarments (articles of the athlete outfit: costume, unitard, shorts and T-shirt are not considered as undergarment. Athletes must not wear shoes or socks or any other footwear during weigh-in." **EXCEPTION: Athletes aged 18 or under must weigh-in in their singlet.** The singlet will be assigned a value of 0.3kg.

## 11. EQUIPMENT

### 11.1 Competition area

Competition platform:	Regulation - 4 square metres
Competition bars/weights:	IWF-Certified Eleiko Men's & Women's sets
Referee Results Light System:	FHQ system
Scoreboard:	10'x10' screen with projector OR 2 65" TV screen near the crowd TBC
Name of lifter, Attempt, Clock board:	65" TV Screen behind the platform
Spectators:	4 bleachers (capacity of 40 to 50 spectators each) + 100 chairs. Total capacity: 300 spectators.

### 11.2 Warm-up area

Warm-up area:	Salle Léonard Bilodeau
Warm-up platforms:	10 platforms
Warm-up bars/weights:	Eleiko, Rogue, Werk-San
Scoreboard and Clock:	65" TV screen
Competition Platform Live View:	65" TV Screen
Water:	Yes

### 11.3 Weigh-in Area

Scale:	Electronic
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12. **Results Package** Will be sent electronically

## 13. **DOPING CONTROL**

This competition is subject to doping control 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: <http://www.cces.ca/en/antidoping>

## 14. AWARDS:

14.1 Gold, Silver and Bronze medals will be awarded for the "Snatch", "Clean & Jerk" plus "Total" in each weight category.

14.2 Best Athletes Awards (Male – Female): Awarded at the conclusion of the event, based on the Sinclair formula (calculated on exact bodyweight).

14.3 Awards will be given to the best men's and women's teams. The format of the team competition will be finalized soon.

## 15. ACCOMMODATIONS

1) Hôtel Brossard, 7365 Boul. Marie-Victorin, Brossard. (7-minute drive from La Magdeleine High School)

[www.hotelbrossard.com](http://www.hotelbrossard.com)

Tél:514-890-1000

Fax:514-890-6000

2)Best Western Brossard, 7746 Boul. Taschereau, Brossard. (10-minute drive from the venue)

[www.bestwestern.com](http://www.bestwestern.com)

Tél:450-466-6756

3)Quality Inn & Suites, 6680 Boul. Taschereau, Brossard. (11-minute drive from the venue)

Tél:450-671-7213

4)Hôtel ALT, Quartier Dix30, 6500 Boul. Rome, Brossard. (14-minute drive from the venue)

Tél:450-443-1030

5)Econo Lodge, 8350 Boul. Taschereau, Brossard. (10-minute drive from the venue)

Tél:450-466-2186

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

Tél:450-678-9350

### **15.1 Reservation Deadline**

No deadline, but book early to guarantee rooms

## 16. TRANSPORTATION FOR TEAM MEMBERS AND DELEGATES

Each PSO is responsible for the transportation of its team members to the Accommodations and Competition.

## 17. FINANCIAL CONDITIONS:

### **17.1 Entry Fees:**

The PSOs will collect from their delegation members and subsequently pay to the FHQ the designated fees by Bank transfer for each participating delegation member by **May 21, 2022**. Here is the bank transfer information :

# Transit: 30015

# Institution: 815

#Folio: 2050508

The designated fees are:

- Entry Fee of \$125/athlete, coach, and/or team leader
- Entry Fee of \$50/technical official
- WCH Sanction Fee of \$60/athlete

FHQ shall make a single payment covering the WCH Sanction Fees to WCH upon receipt of payments from the PSOs.

**17.2 Collection:** PSOs are responsible for collection of all fees from their respective participants.

**17.3 Accommodations:** The PSOs will pay for their own accommodations, according to conditions stipulated in the Competition Regulations for the Competition.

**17.4 Liability:** Each PSO participating in the Competition does so at its own and its individual members' risk. The PSOs must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages. Participants who do not complete and sign the Competition Waiver will not be permitted to participate in the Event.

## **18. FINANCIAL RESPONSIBILITIES – Local Organizing Committee (LOC)**

**18.1** Offers the participants the option of reasonably priced accommodation option at La Magdeleine High School, access to the 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** Provides, free of charge, the technical organization at all facilities (equipment, hall, rooms with adequate furnishing, technical staff, first aid, etc.) for the Competition, as required by the applicable WCH rules.

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

## **19. RESPONSIBILITIES OF ATHLETES**

**19.1** Each PSO must ensure that the waiver and media releases (provided separately) are signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the Technical Meeting. Further, each PSO 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.



<p>IN CANADA, ANTIDOPING 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><a href="http://www.cces.ca">www.cces.ca</a></p>
<p>E-mail: <a href="mailto:info@cces.ca">info@cces.ca</a></p>
<p>Information on substances: <a href="mailto:substances@cces.ca">substances@cces.ca</a></p>
<p>All athletes participating in the competition can be tested because it is a competition subject to doping control.</p>
<p>Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: <a href="http://www.cces.ca/en/antidoping">http://www.cces.ca/en/antidoping</a></p>
<p>If you take supplements, drugs (Ritalin or other similar products, anti-inflammatories, etc.), make sure they are allowed by the WADA Code. If you need to use a banned medication for a legitimate medical reason, you must apply for a Therapeutic Use Exemption (“TUE”) from the CCES. When you get this therapeutic exemption of the CCES - TUE, bring the document with you when you can be tested.</p>
<p>Authorization to use for therapeutic exemption: <a href="mailto:tue-aut@cces.ca">tue-aut@cces.ca</a></p>
<p>The 2021 Canadian Anti-doping Policy came into force on January 1<sup>st</sup>, 2021 and will be updated for 2022. For more information, see: <a href="https://cces.ca/canadian-anti-doping-program">https://cces.ca/canadian-anti-doping-program</a></p>
<p>The International Weightlifting Federation IWF also updates its anti-doping rules from time to time. For details on the IWF Anti-Doping Program, please visit <a href="https://iwf.sport/">https://iwf.sport/</a></p>
<p><b>REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME</b></p>

## 21. ACCREDITATION

Accreditation will take place at the Technical Meeting.

## 22. OFFICIATING

**22.1** Duties of the Host Province – appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Technical Meeting.

**22.2** Duties of the Participating PSOs – Each PSO shall, via all Entry Forms, submit the names of their National level or higher referees that want to officiate at the Championships by May 8, 2022 (4 weeks before the Competition). PSOs are *not* limited

to sending just two technical officials. The LOC will forward a list of qualified officials to WCH by May 15, 2022. A mailing or email address is required for communication of the referee assignments at the Competition.

If any such referee desires to sit for promotion, please indicate this on the Entry Form.

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

**22.3 Duties of WCH** – The WCH Technical Delegate will settle any technical disputes that arise during the Competition. If the Technical Delegate is unsure of the rule, or is unable to render a decision, the WCH Board members will act in his or her stead.

**23** In consideration of the acceptance of this entry, all participants hereby waive and release for themselves, their heirs, their executors and their administrators any and all rights and claims for damages they may have against WCH, Fédération d’Haltérophilie du Québec, and Club Gros-Bill and their respective directors, employees, and volunteers, and any sponsors of the competition, for any injuries they may suffer or may have suffered at the Competition. All PSOs certify that all of their respective participants have agreed to these conditions as a consequence of entering the competition, including the fact that those under the age of majority (18 years) have parental or guardian permission to participate.

## **GENERAL INFORMATION**

### **1. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:**

- 1.1 Event Chairperson: Jocelyn Bilodeau  
E-mail: jocebilodeau@hotmail.com

### **2. TECHNICAL MEETING**

- 2.1 The Technical Meeting will take place Friday, June 3rd at 6:00 pm at Room #330 under the direction of the WCH delegate.
- 2.2 The Competition Director/Secretary will verify the final entries into the categories.
- 2.3 Verification of the Waiver form from all participants (athl. + coaches + TL)
- 2.4 The WCH delegate will assist the Competition Director in assigning all LOC Technical Officials (speakers, timekeepers) for the sessions.

### **3. FOOD (Meal's planning) & REFRESHMENTS**

Food will be provided for officials at Room #630.

Coffee and water will be provided to coach and athletes on the competition area.

At least of 5 minutes walks of the venue, you can find these restaurants

- Tim Hortons
- Chez Ginette (burgers and good poutine)
- Thai express
- Petinos (Breakfast and lunch restaurants)
- Pizzeria
- A&W
- Grocery store Métro

# SCHEDULE & DEADLINES

	<u>Date</u>
1) Beginning of Qualifying Period	September 1st, 2021
2) Distribution of competition regulations	
3) Last Day of Qualifying Period	May 1st, 2022
4) Preliminary List of entries sent to the FHQ	May 8, 2022
5) Final Team Entry Form and payment received by FHQ	May 21, 2022
6) Last day for booking rooms at preferred rates	n/a

## Preliminary Schedule (Subject to change) Saturday June 4

session	Gender	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 competition: 8 pm

## Sunday June 5

session	gender	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 competition: 8pm

After each session, awards will be presented.  
For each group of 9 athletes or less, there will be a 10-minute break between snatch and clean and jerk.  
There will be no break between snatch and clean and jerk for each group of 10 athletes and more.

**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: **2022 Canadian Junior Weightlifting Championships** (the “**Event**”).

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

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. 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;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Follows government-recommended guidelines in respect of COVID-19, including practicing physical distancing, 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 Québec and Club Gros-Bill), 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:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
the “**Participant**” (mm/dd/yyyy)

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Participant or Guardian for minor (mm/dd/yyyy)

## 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 Weightlifting Canada Haltérophilie (“WCH”) website and/or social media accounts, in newsletters and publications as well as 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 any publications unless express consent is given. I also understand that my consent can 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 the age of 18):

\_\_\_\_\_