

**Canadian Weightlifting Federation
Haltérophilie Canadienne**

**Technical Officials Examination
Level 4 Exam
2019**

NAME: _____

SCORE: _____

DATE: _____

Reference: IWF TCRR 2019

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

1. What are the 10 bodyweight categories for Men (Juniors and Seniors)?
(Two points for a complete answer, 1 point for 1 mistake, 0 point otherwise)
 1. _____ kg category
 2. _____ kg category
 3. _____ kg category
 4. _____ kg category
 5. _____ kg category
 6. _____ kg category
 7. _____ kg category
 8. _____ kg category
 9. _____ kg category
 10. _____ kg category

2. What are the 10 bodyweight categories for Women (Juniors and Seniors)?
(Two points for a complete answer, 1 point for 1 mistake, 0 point otherwise)
 1. _____ kg category
 2. _____ kg category
 3. _____ kg category
 4. _____ kg category
 5. _____ kg category
 6. _____ kg category
 7. _____ kg category
 8. _____ kg category
 9. _____ kg category
 10. _____ kg category

3. The age for a Junior athlete is up to and including:
 - A. 20 years old
 - B. 18 years old
 - C. 15 years old

4. When does the Referee give the "Down" signal?
 - A. Two seconds after the athlete becomes motionless in all parts of the body.
 - B. One second after the athlete becomes motionless in all parts of the body.
 - C. As soon as the athlete becomes motionless in all parts of the body.

5. Before the Jerk, the athlete may adjust the position of the barbell for the following reasons:
 - A. to withdraw or "unhook" the thumbs
 - B. if breathing is impeded
 - C. to change the width of the grip
 - D. all of the above

6. For all lifts, the technique known as “hooking” is permitted.
 - A. True
 - B. False

7. In both lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.
 - A. True
 - B. False

8. After the Referees’ signal to lower the barbell, the athlete may release the grip on the bar when:
 - A. the bar has passed the level of the knees
 - B. the bar has passed the level of the shoulders
 - C. the bar has passed the level of the waist

9. An athlete, who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all on duty Referees prior to the start of the competition. This is the sole responsibility of the athlete.
 - A. True
 - B. False

10. Pulling from the hang:
 - A. is permitted in the Clean
 - B. is permitted in the Snatch
 - C. is an incorrect movement

11. For the clean & jerk, touching the platform with a knee is permitted.
 - A. True
 - B. False

12. A pause during the extension of the arms:
 - A. is allowed
 - B. is an incorrect movement
 - C. is permitted during the execution of the Jerk

13. Continuing the extension of the arms after the athlete has reached the lowest point of his/her position for the Snatch and the Jerk:
 - A. is allowed if already reported to the three Referees and the Jury
 - B. is an incorrect movement
 - C. is allowed if already reported to the Referees

14. For the snatch, a pause during the lifting of the barbell is permitted.
 - A. True
 - B. False

15. If the athlete fails to replace the complete barbell on the platform after the successful completion of the lift, the Referees must:
 - A. reverse their decision from "Good Lift" to "No Lift"
 - B. signal to the athlete to return the barbell to the platform
 - C. do nothing

16. An athlete is shy and doesn't feel comfortable facing the spectators and the referees. Is the athlete permitted to lift with his/her back to the crowd?
 - A. Yes
 - B. Yes, but only with the permission of the Jury President or the Referees, obtained at the weigh-in.
 - C. No

17. Resting the bar on the chest at an intermediate point before its final position in the Clean:
 - A. is an incorrect movement
 - B. is a correct movement

18. Select the correct rule:
 - A. Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement.
 - B. Touching the thighs or the knees with the elbows is incorrect but it is correct to touch with the upper arms.
 - C. Touching the thighs or the knees with the upper arm is incorrect but it is correct to touch with the elbows.

19. Any apparent effort of Jerking which is not completed, including lowering the body or bending the knees:
 - A. is an incorrect movement
 - B. is a correct movement
 - C. is a correct movement if the athlete tries only once prior to doing the actual jerk

20. Select the correct rule:
 - A. Before starting the Jerk, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete must become motionless.
 - B. Before starting the Clean, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete must become motionless.
 - C. Before starting the Snatch, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete must become motionless.

21. Uneven or incomplete extension of the arms at the end of a lift:
- A. is permitted
 - B. is acceptable if the athlete immediately extends both arms fully.
 - C. is not permitted
22. Each side of the competition platform measures:
- A. 400 centimeters
 - B. 1000 centimeters
 - C. 600 centimeters
23. How many kilos do the following items weigh?
(Two points for a complete answer, 1 point for 1 mistake, 0 point for 2 mistakes or more)
- Men's bar _____ kg
 Women's bar _____ kg
 One (1) Collar _____ kg
24. What is the colour of each disc?
(Two points for a complete answer, 1 point for 1 mistake, 0 point for 2 mistakes or more)
- 25kg _____ 15kg _____
 2kg _____ 1kg _____
25. Are collars required for all lifts?
- A. Yes
 - B. No
 - C. No if the jury gives their permission
26. Discs must be loaded so that the Referees can identify the weight of each disc.
- A. True
 - B. False
27. The bar is loaded with the lighter discs first and then the heaviest discs loaded in ascending order of weight toward the outer edge of the bar.
- A. True
 - B. False
28. The electronic "Down" signal is triggered when :
- A. one of the three Referees must give his decision "Good Lift" or "No Lift"
 - B. two of the three Referees must give an identical decision, "Good Lift" or "No Lift"
 - C. three Referees have given their decision.

29. After the visible and audible "Down" signal and before the decision lights operate:
- A. Referees have two seconds to reverse their decision
 - B. Referees cannot reverse their decision
 - C. Referees have three seconds to reverse their decision
30. Select the incorrect criteria. Shorts must comply with the following:
- A. must be tight fitting
 - B. must not cover the knees
 - C. may be of any color
 - D. shorts may be worn over the costume
31. A t-shirt and shorts can be worn instead of the costume.
- A. True
 - B. False
32. What is the maximum length of bandages?
- A. one metre
 - B. two metres
 - C. no limit
33. No bandages or substitutes are allowed on the elbow(s).
- A. True
 - B. False
34. The maximum width of a lifter's belt is:
- A. 10 cm
 - B. 12 cm
 - C. 11 cm
35. The weigh-in of each bodyweight category begins:
- A. two hours and fifteen minutes before the start of the group concerned
 - B. one hour and forty-five minutes before the start of the group concerned
 - C. two hours before the start of the group concerned
36. How long does the weigh-in last?
- A. One hour.
 - B. Two hours.
 - C. Two hours and fifteen minutes.

37. During the time allocated for the weigh-in:
- A. athletes who are under or over the limits of the category may return two times to make the weight
 - B. athletes who are under or over the limits of the category may return as many times as required to make the weight
 - C. athletes which are under or over the limits of the category may return three times to make the weight

38. Choose the correct answer:

The barbell is loaded in progression. The athlete requesting the lightest weight lifts first. The athlete must therefore observe the progression of the loading and be ready to make the attempt at the weight they have chosen. Once the announced weight is loaded on the barbell, and the clock has started, the weight:

- A. cannot be reduced
- B. can be reduced

39. Choose the correct answer:

The weight of the barbell must always be a multiple of:

- A. 1 kg
- B. 2.5 kg

40. The minimum increase for an athlete between a successful first attempt and a next attempt is:

- A. 1 kg
- B. 2.5 kg
- C. 2 kg

41. Choose the correct answer

One (1) minute (60 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt. When an athlete attempts two (2) lifts in succession, he/she is allowed:

- A. one (1) minute (60 seconds) for the succeeding attempt.
- B. two (2) minutes (120 seconds) for the succeeding attempt.

42. If at the end of the allocated time the athlete has not raised the barbell from the competition platform to make the attempt, this attempt is declared:

- A. "No lift" by the three (3) Referees.
- B. "Good lift" by the three (3) Referees.
- C. "No lift" by the Timekeeper

43. When an athlete or their coach asks for a change of weight and still has to take the heavier weight next:
- A. the clock is going on while the weight is changed
 - 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
 - C. the clock is stopped while the weight is changed and after the change has been completed, the clock is reset to the normal one or two minute(s)
44. Choose the correct answer
To allow the athletes to warm up for the Clean & Jerk, after the Snatch portion
- A. There is a five (5) minute break
 - B. There is a ten (10) minute break
 - C. There is a fifteen (15) minute break
45. Choose the correct answer
The main task of the Referees...
- A. is to give instructions to the loaders to load the required weight.
 - B. is the efficient running of the competition.
 - C. is adjudicating the lifts performed by the athletes.
 - D. is to ensure that the Technical rules are being correctly followed and applied.
46. Who can move the barbell on the platform?
- A. During the competition, only the coach or loaders can move the barbell to a new position on the platform.
 - B. During the competition, only the Centre Referee can move the barbell to a new position on the platform.
 - C. During the competition, only the athlete and loaders can move the barbell to a new position on the platform.
47. When the electronic referee system is not being used and if the side Referee sees a serious fault during the execution of a lift what must happen:
- A. The Referee must raise an arm to call attention to the fault
 - B. The President of the Jury stops the lift
 - C. The Referee can stop the lift
48. When does the Timekeeper start the clock?
- A. When the loaders leave the platform
 - B. When the lifter is called to the bar
 - C. When the loaders leave the platform and the lifter is called in English, whichever is last.

49. When should the Timekeeper stop the clock?
- A. Immediately as the barbell is raised from the platform.
 - B. Immediately as the barbell passes the height of the athletes' knees.
 - C. After the completion of the attempt.
50. An athlete starts a lift and then sets it back on the platform before it reaches the knees. He or she then re-starts and finishes the lift. What does a Timekeeper do in this case?
- A. The Timekeeper must stop the clock when the bar is first put down and the lift will be declared "no lift".
 - B. The Timekeeper must stop the clock when the bar is raised from the platform and restart the clock when the bar doesn't reach the height of the knees. Once the bar is raised from the platform, the clock stops again.
 - C. The Timekeeper must let the clock run until the lifter completes the lift.
