Canadian Weightlifting Federation
Federation Haltérophilie Canadienne

Technical Officials' Examination
Level 3 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 bodyweight categories for Junior and Senior Men?
   (two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

   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 bodyweight categories for Junior and Senior Women?
   (two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

   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. Select all the correct age group categories

   The IWF recognizes four (4) age groups. All age groups are calculated in the athlete's year of birth. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

   A. YOUTH: 13 17 years of age
   B. JUNIOR: 15 20 years of age
   C. JUNIOR: 13 17 years of age
   D. SENIOR: 21+ years of age
   E. SENIOR: 15+ years of age
   F. MASTERS: 35+ years of age

4. How many athletes per Member Federation, can be entered in a bodyweight category?
   A. Two athletes per Member Federation can be entered in a bodyweight category.
   B. One athlete per Member Federation can be entered in a bodyweight category.
   C. Three athletes per Member Federation can be entered in a bodyweight category.

5. Choose the correct answer
   The lifted weight must be maintained in the final position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The athlete waits for the Referees' signal to replace the barbell on the competition platform.
   The Referees give the signal to lower the barbell
   A. as soon as the athlete becomes motionless in all parts of the body.
   B. as soon as the bar becomes motionless.

6. Select the correct answer:
   A. If the athlete lifts the barbell 5cm off the platform and replaces it on the platform and there are 30 seconds left, he/she cannot try the lift again.
   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.
   C. If the athlete lifts the barbell approximately 10cm from the platform and replaces it on the platform and there are 30 seconds left, he/she cannot try the lift again.

7. The technique known as "hooking"
   A. is not permitted
   B. is permitted
   C. is permitted only in the clean & jerk

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. If an athlete cannot fully extend their elbow(s), he or she must:
   A. report it to all on duty Referees and the Jury prior to the start of the competition
   B. report it to the Technical Controller before the start of the competition
   C. report it to the Jury before the start of the competition

10. An athlete who uses lubricant on their thighs:
    A. is disqualified
    B. is ordered to remove it and Technical Controller decides if the clock continues to run during the removal of the lubricant.
    C. is ordered to remove it immediately. If during the removal the clock is running for the athlete, the clock remains running.
11. An athlete touching the barbell with his/her footwear 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. Finishing with a press out:
    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. Bending or extending the arms during the recovery:
    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

15. Select the correct rule:
    A. An attempt is valid when during the execution of a lift; the athlete comes near the edge of the platform and touches the area outside the platform with a knee.
    B. An attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform, and the shoes hang over the edge of the platform without touching the outside area.
    C. An attempt is valid when during the execution of a lift; the athlete comes near the edge of the platform and touches the outside area with one shoe.

16. Select all correct answers: *(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.
    B. Must finish before the clock reaches "0".
    C. Must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.
    D. May recover in his/her own time.

17. Select the correct answer:
    A. It is an incorrect movement for the athlete to touch the head with the bar in the snatch
    B. It is an incorrect movement for the athlete to touch the head with the bar in the snatch or the clean and jerk
    C. It is allowed for the athlete to touch the head with the bar but not anything worn on the head (e.g. hat)
    D. There is no rule restricting contact between the head and the bar

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. 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

20. What do the following pieces of equipment weigh?
    (two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

Men's bar	_____kg
Women’s bar	_____kg
One (1) Collar	_____kg

21. What are the colours of the discs?
    (two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

25kg_____	20kg_____	15kg_____
10kg_____	5.0kg_____	2.5kg_____
2.0kg_____	1.5kg_____	1.0kg_____
0.5kg_____		

22. 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

23. Each side of the competition platform measures:
    A. 400 centimeters
    B. 600 centimeters
    C. 1000 centimeters

24. Competition platforms
    A. may be flat to the floor
    B. must be 10 cm high
    C. may be flat to the floor or of any height up to 15 cm high

25. The apparatus that gives the visual and audible "Down" signal is:
    A. located in the warm-up area
    B. located on the left side of the competition platform
    C. is placed on a stand in front of the competition platform

26. Following a lift, the visual and audible "Down" signal occurs when:
    A. one Referee gives a decision of "Good Lift" or "No Lift"
    B. two of the three Referees give an identical decision, "Good Lift" or "No Lift"
    C. three Referees give a decision, "Good Lift" or "No Lift"

27. After the visible and audible "Down" signal and before the decision lights operate:
    A. Referees cannot reverse their decision
    B. Referees have two seconds to reverse their decision
    C. Referees have three seconds to reverse their decision

28. What are three instances when Referees can reverse their decision from “Good Lift” to “No Lift”:
(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

_____

_____

_____

29. After the visible and audible “Down” signal and before the decision lights operate, the Referees have a certain time frame to reverse their decision. If a Referee misses the time frame he/she
    A. must raise the small flag provided to them to indicate a change in decision.
    B. notify the Speaker

30. After the three (3) Referees have given their decision; the “decision lights” light up, indicating the individual decision of the Referees by corresponding colors, either red or white. The decision lights remain lit
    A. until the Speaker makes the appropriate announcement of “Good Lift” or “No Lift”.
    B. for a minimum of three (3) seconds.

31. When the down signal has been given and the decision lights are on and the athlete does not lower the barbell, who must say “down” and at the same time motion downward with the arms to give the signal to place the barbell on the platform?
    A. either Referee
    B. centre Referee
    C. the President of the Jury
32. After the competition:
    A. the Referees and/or Competition Director/TD must sign the Protocol form.
    B. the President of the Jury and/or Competition Director/TD must sign the Protocol form.
    C. the Technical Controller and/or Competition Director/TD must sign the Protocol form.

33. Choose **all** correct answers
    Athletes must wear a weightlifting costume which complies with the following criteria:
    (two points for a complete answer, one point for one mistake, zero points for two or more mistakes)
    A. must be one piece
    B. must be tight fitting
    C. may be of any color
    D. must not cover the elbows
    E. may cover the knees
    F. must be collarless

34. Choose **all** correct answers:
A unitard may be worn under the costume. The unitard must comply with the following criteria:
(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)
   A. must be one piece
   B. must be tight fitting
   C. must be collarless
   D. may not cover elbows and knees
   E. may be of any one color
   F. no pattern or design permitted

35. What is the maximum width of an athlete's belt?
   A. 10 cm
   B. 11 cm
   C. 12 cm

36. Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.
   A. True
   B. False

37. Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters may be worn to protect small wounds, as required, except on the elbow(s).
   A. True
   B. False
38. Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.
   A. True
   B. False

39. Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and/or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colors.
   A. Tape must be visible and must not be covered or worn under the costume or the unitard.
   B. Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s).

40. In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g. gymnastic palm guards, cycling gloves). Gloves may cover only the first knuckle of the fingers.
   A. True
   B. False

41. If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.
   A. True
   B. False

42. Prosthetic limbs are permitted. Prosthetic limb(s) must:
    A. not be powered.
    B. be able to store energy which can be released during the execution of the lift.

43. What is the maximum number of lifters allowed in a competition group?
    A. 10
    B. 18
    C. Unlimited

44. Lifters in any one bodyweight category may be divided into two or more groups according to which major factor:
    A. lot numbers
    B. bodyweight categories
    C. entry totals

45. A group of lifters must be given lot and start numbers. Choose the correct answer:
    A. The lifters' lot numbers and start numbers are separately selected randomly.
    B. The lifters' lot numbers are random but their start numbers are assigned in order of their lot numbers.
    C. The lifters' start numbers are random but their lot numbers are assigned in order of their start numbers.

46. The weigh-in of each competition begins two (2) hours before the start of the group concerned. Weigh-in lasts:
    A. one (1) hour.
    B. two (2) hour.
    C. until all athletes in the session have weighed in.

47. The athletes are called to the weigh-in room:
    A. according to their best result
    B. according to the progression of their lot number
    C. according to the time of their arrival at the competition venue

48. Women's competition, Entry Total – 200kg, Snatch Results – 1st attempt; 80kg (Good Lift), 2nd attempt; 83kg (Good Lift), 3rd attempt; 85kg (Good Lift):
    A. the athlete must start at least with 95 kg in the Clean & Jerk competition.
    B. the athlete must start at least with 97 kg in the Clean & Jerk competition.
    C. the athlete must start at least with 100kg in the Clean & Jerk competition.

49. Between two attempts the Team Official/athlete must notify and sign the next attempts on the athlete's card both for declaration and automatic increment, this signature:
    A. enables one change, excluding the automatic increment
    B. enables two changes, excluding the automatic increment
    C. enables three changes, excluding the automatic increment

50. Select the correct rule:
    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.
    B. Athletes or their coach can decrease the weight of the barbell until the final call.
    C. Athletes or their coach can decrease the weight of the barbell within the first 30 seconds.

51. Select the correct rule:
    A. Athletes or their coach cannot change their decision to withdraw from competition once it is noted and signed on the athlete's card.
    B. Athletes or their coach can change their decision to withdraw from competition until the announcement is made.
    C. Athletes or their coach can change their decision to withdraw from competition within the first thirty seconds.

52. What factors must be considered in the order of calling the athletes?
    A. the weight of the barbell
       the number of the attempt
       the sequence/order of the previous attempt(s)
       the start number of the competitor
    B. the number of the attempt
       the weight of the barbell
       the age of the competitor
       the sequence/order of the previous attempt(s)
    C. the weight of the barbell
       the number of the attempt
       the bodyweight category
       the sequence/order of the previous attempt(s)

53. When two or more athletes are registered in the same weight category and obtain the same snatch result:
    A. the athlete who has more successful attempts in the course of the competition is ranked above the other athlete(s)
    B. the athlete who reached the result with the lower attempt number is ranked above the other athlete(s)
    C. the athlete with the lowest lot number is ranked above the other athlete(s)

54. Whose duty is it to ensure that the technical rules and regulations are being correctly followed and applied?

    _____

55. Who is responsible to ensure the athletes are dressed in the appropriate competition outfit?

    _____

56. During the competition, who ensures the Referees are wearing the correct uniform?

    _____

57. Prior to competition who will check the competition platform, the barbell, the scales, the electronic referee system, the timing clock, the warm-up area and the other facilities?

    _____

58. The duty of the Competition Secretary is:
    A. To act as head scorekeeper
    B. To take minutes of any meetings held at the competition and to disperse them
    C. To examine and collate any information required for the efficient running of the competition and dispersing any required signed information

59. Which of the following are not duties of the Speaker:
    A. calling the athletes to the platform
    B. introducing athletes and officials
    C. commenting on why a lift was declared “no lift”.
    D. instructing the loaders to load the required weight

60. During the competition, the Referees must wear the IWF uniform, consisting of:
    A. navy blue jacket, white shirt, IWF tie/scarf, yellow trousers/skirt and the IWF metal badge on the left lapel of the jacket
    B. navy blue jacket, white shirt, IWF tie/scarf, navy blue trousers/skirt and the IWF metal badge on the left lapel of the jacket
    C. dark blue jacket, striped blue and white shirt, IWF tie/scarf, beige trousers /skirt and the IWF metal badge on the left lapel of the jacket

61. In very hot weather:
    A. the President of the Jury authorizes that Referees can remove their jacket and/or tie/scarf
    B. the Technical Controller authorizes that Referees can remove their jacket and/or tie/scarf
    C. working without a jacket is never permitted

62. Who can call the Referees to the Jury table?
    A. The IWF President can call the Referees to the Jury table.
    B. The General Secretary of the IWF can call the Referees to the Jury table.
    C. The Jury can call the Referees to the Jury table.

63. Select the correct rule:
    A. All jury members must be Category 1 Technical Officials.
    B. The Jury President must be an International Category 1 Referee; the others may be Category 2.
    C. All members of a Jury must be International Referees.

64. During the course of the competition and after a first warning:
    A. the Jury cannot replace any Referee whose decisions prove him/her to be incompetent
    B. the President of the Jury may replace any Referee whose decisions prove him/her to be incompetent
    C. the Jury, by unanimous vote, may replace any Referee whose decisions prove him/her to be incompetent

65. A mistake in refereeing can be made involuntarily. In such a case:
    A. the Technical Official is allowed to explain his/her decision
    B. the Jury can replace the Referee immediately
    C. the Competition Director can change the decision of the Referees

66. Select the correct rule:
    A. The Jury cannot change a decision of Referees.
    B. The Jury, in unanimity and after discussion, can change a decision when the Referees' decision has been judged on majority by the Jury to be technically incorrect.
    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.

67. The Centre Referee is seated:
    A. 600 centimeters from the front edge of the platform
    B. 500 centimeters from the front edge of the platform
    C. 400 centimeters from the front edge of the platform

68. A lifter starts a lift and then sets it back on the platform before it reaches his knees. He then restarts and finishes the lift. What does a Timekeeper do in this case?
    A. the Timekeeper must stop the clock after the bar stoppage and the lift will be declared "no lift".
    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.
    C. the Timekeeper must let the clock run until the lifter completes the lift.

69. 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)

70. A record is valid only if it exceeds the previous one by:
    A. 2.5 kg
    B. 1 kg
    C. 500 grams