



2024 CANADIAN JUNIOR
WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATION
GENERAL INFORMATION
SCHEDULES
FORMS DEADLINES

Scarborough, ONTARIO
JUNE 14-16, 2024

ELEIKO

OFFICIAL INVITATIONS TO ALL PARTICIPANTS

The organizing team is thrilled to welcome all competitors to Scarborough, Ontario, for the 2024 Canadian Junior Championships. Your commitment, perseverance, and enthusiasm have led you to this prestigious event, and it's our privilege to host you.

Scarborough, a lively and welcoming community, is eager to share its charm and warmth with you. Alongside the excitement of the competition, we encourage you to explore and enjoy the unique attractions and experiences that central Ontario offers.

We are excited to announce a partnership with the Canadian Sports Institute of Ontario and the University of Toronto Scarborough, complemented by the introduction of a technical official clinic and a coaching clinic. These endeavors highlight our dedication to the comprehensive growth of our community's sports framework. Our goal is to enhance the skills and knowledge of our coaches, officials, and athletes, creating a strong support system that fosters excellence in weightlifting careers.

We'd like to take this opportunity to highlight our logo designer Nyle Miigizi Johnston. Known by the spirit name Wiishkoonseh Miigizi'enh, Nyle embodies the essence of the Whistling White Headed Eagle. Raised in the Chippewas of Nawash Unceded First Nation, he embarked on an apprenticeship with storytellers during his formative years. His artistic wellspring draws from the rich tapestry of woodland painters, storytellers, and the profound heritage of his Indigenous culture.

We believe this Championship will be a celebration of your athletic prowess and the spirit of friendship among competitors. We wish you the utmost success and are excited to witness your talents as you strive for excellence. Best of luck to all of you!



Mike Miller
President – OWA

Abdallah Alsebaai
Competition Director

REGULATIONS

1. COMPETITION TITLE

The competition is the 2024 Canadian Junior Weightlifting Championships (the “Competition”).

2. COMPETITION DATES

JUNE 14-16, 2024

3. ORGANISERS

Ontario Weightlifting Association (“OWA”), Variety Village Weightlifting Club, and Weightlifting Canada Haltérophilie (“WCH”). The 2024 Canadian Junior Championships Organizing Committee is the official Local Organizing Committee (the “LOC”) of the competition.

4. SANCTIONING BODY

WCH

5. COMPETITION VENUE

5.1 Competition Site	3701 Danforth Ave, Scarborough, ON M1N 2G2
5.2 Competition area	Field House court 2
5.3 Warm-up area	Field House court 1
5.4 Weigh-in	Field house emery office
5.5 Changing rooms	Public Locker Rooms
5.6 Check Scale	TBA
5.6 Anti-Doping control	Board room
5.7 Volunteers & Officials	Barell room / lounge
5.8 Technical meeting	TBA
5.9 Medical	TBA

- *All rooms subject to change by the LOC.*

- **Only registered participants have access to facilities, equipment, food and any other amenities listed in these regulations.**

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
83	89	97	102	107	113	118	121	125	132

MEN									
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109kg	+109 kg
129	140	149	157	167	176	182	187	191	201

8. PARTICIPANS 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
- registered in the CCES National Athlete Pool (“NAP”) and have completed all NAP requirements, including the Athlete Agreement, by June 02, 2024. For details on registration in the NAP, please speak to your PSO.
- a Canadian Citizen of Canada OR person possessing permanent resident status in Canada
- Athlete must be born between 2004 and 2011 inclusive.

*ALL athletes registered in the Competition must sign or have already signed the individual consent form for the Office of the Sport Integrity Commissioner.

English:

https://www.jotform.com/sign/230165462040040/invite/01gq0cq95x989afcb064_d4d109

French:

<https://www.jotform.com/sign/230165428759059/invite/01gq0d0y2hdc50abfaa5ead275>

Athletes who have already signed the OSIC consent form do not have to sign it again.

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, provincial delegates, 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
- not currently suspended (provisional or otherwise) by WCH, the IWF, or, in the case of Canadian Anti-Doping Program (“CADP”) violations, suspended by another signatory to the CADP
- complete Respect in Sport certification by **May 27, 2024**. Access to course registration is available here: <https://CWFHC.respectgroupinc.com>. Individuals who have already completed Respect in Sport certification do *not* need to repeat the course.
- complete an Enhanced Police Information Check (E-PIC) consistent with the WCH Screening Policy, available here: <https://weightliftingcanada.ca/wp-content/uploads/2023/03/WCH-Safe-Policy-Suite-Final-With-Appendix.pdf> PSOs are responsible to ensure all background check documentation has been submitted to the WCH Screening and Privacy Officer (cwalker@cwfhc.ca) no later than **May 27, 2024**. A Vulnerable Sector Check will not be considered an equivalent to an E-PIC for the purposes of the Competition, as it is less comprehensive.
- sign the individual consent form for the Office of the Sport Integrity Commissioner (OSIC)

English:

https://www.jotform.com/sign/230165462040040/invite/01gq0cq95x989afcb064_d4d109

French:

Participants who have already signed the OSIC consent form do not have to sign it again.

8.4 Any questions about eligibility should be addressed at the Technical Meeting on Thursday, June 13, 2024. 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.

Athletes must achieve their qualifying performance in a competition that is subject to doping control (SDC).

8.6 The respective PSOs may nominate 3 additional women and 3 men who have not reached the qualification standard ("Wildcard Athletes"). Wildcard Athletes must still have competed in their province. In addition, Wildcard Athletes must be identified by their PSO during preliminary and final registration for the competition.

9. ENTRIES

Only the provincial directors receive Entry Forms from the LOC.

9.1 Preliminary Team Entry Form – The Preliminary Team Entry form must be received by the LOC no later than midnight (MST) on **May 13, 2024**.

9.2 Final Team Entry Form - The Final Team Entry Form must be received by the LOC no later than midnight on **May 27, 2024**.

9.3 Payment of Fees – The OWA will invoice each province and a single e-transfer to cover all Team Entry Fees for each PSO must be received by OWA no later than midnight on **June 3, 2024**.

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

10. COMPETITION RULES & REGULATION:

The IWF Technical and Competition Rules & Regulations – 2023, as updated from time to time, will govern the Competition.

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:	OWLCMS
Scoreboard:	OWLCMS
Attempt board:	OWLCMS
Clock:	OWLCMS

11.2 Warm-up area

Warm-up platforms:	10 platforms
Warm-up bars/weights:	Eleiko, ZKC
Scoreboard:	2 x 55" TV's
Clock:	Yes
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 (SDC) 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 TOP OF THE CLASS , other than for +87kg and +109kg athletes, who will be evaluated based on actual bodyweight.

15. ACCOMMODATIONS

15.1 **Reservation Deadline**

May 11st,2024

15.2 **University of Toronto Scarborough**

University of Toronto Scarborough

Address: 1265 Military Trail, Scarborough, ON M1C 1A4, Canada

BOOK HERE -> <https://form.jotform.com/owamembership/cjc24-accommodation-form>

The Ontario Weightlifting Association (OWA) is thrilled to announce a new partnership with the University of Toronto and the Canadian Sports Institute Ontario, aimed at providing participants with accommodations and training facilities.

Participants have the option to choose from the following accommodation types, all offered at reasonable rates:

2-Person Unit: This unit features two rooms, each with one bed, and one shared bathroom. The cost is \$133.60 per person.

4-Person Unit: This unit includes two rooms, each equipped with two beds, and one shared bathroom. The cost is \$117.32 per person.

Townhouse: Available as either a 4-room or 6-room option, each townhouse comes with one bed per room, one shared bathroom, and one shared kitchen. A minimum of three people is required to book a townhouse, and at least one occupant must be a responsible adult. The cost is \$84.80 per person.

Charges are per individual to ensure affordability and convenience for all participants.

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 LOC the designated fees by e-transfer for each participating delegation member to geroge@onweightlifting.ca by MAY 27, 2024. The designated fees are:

- Entry Fee of \$175/athlete, coach, and/or team leader
- Entry Fee of \$50/technical official
- WCH Sanction Fee of \$80/athlete

There will also be a \$10 entry fee for non-participant spectators.

DRAFT

OWA 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, 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 athlete who wishes to participate in the Competition must become part of the National Athlete Pool. That athlete authorizes, by his or her registration in the Competition, the director of the PSO of which he/she is a member to provide his/her email to WCH, which WCH will provide to the CCES.

19.2 The CCES will provide to the athlete the instructions to complete an online antidoping course. The athlete must complete the online course before **April 30, 2024** . When the athlete has completed the course, they must inform their PSO.

Athletes who have already completed the 2024 coursework and athlete agreement do not need to complete it again.

19.3 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.

IN CANADA, ANTIDOPING 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

E-mail: info@cces.ca

Information on substances: substances@cces.ca

All athletes participating in the competition can be tested because it is a competition
subject to doping control.

Athletes and coaches are strongly encouraged to familiarize themselves with the
procedures and rules. For more information go to the website:
<http://www.cces.ca/en/antidoping>

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.

Authorization to use for therapeutic exemption: tue-aut@cces.ca

The 2021 Canadian Anti-doping Policy came into force on January 1st, 2021 and will be
updated for 2023. For more information, see: <https://cces.ca/canadian-anti-dopingprogram>

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
<https://iwf.sport/>

REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME

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 who wish to officiate at the Championships by May 10, 2024 (5 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 17,2024. 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.

GENERAL INFORMATION

1. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:

- 1.1 Event Chairperson: Mike Miller mike@onweightlifting.ca
- 1.2 Competition Director: Abdallah Alsebaai abs76@hotmail.com
- 1.3 Competition Secretary: Dimitri Mancic and Mike Miller
- 1.4 Provincial Technical Delegate: Linda Earnshaw: linda@onweightlifting.ca
- 1.5 Accommodations and Media: Eva Martens: eva@onweightlifting.ca
- 1.6 Financial Controller: Geroge Vlahos: george@onweightlifting.ca

2. TECHNICAL MEETING

- 2.1 The Technical Meeting will take place Thursday June 13 at 7:00 pm at a location to be announced, under the direction of the WCH delegate. This will be in person and online.
- 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 Verification that every participant completed the CCES online course.
- 2.5 The WCH delegate will assist the Competition Director in assigning all LOC Technical Officials (speakers, timekeepers) for the sessions.

3. FOOD & REFRESHMENTS

TBD

4. ACCESS TO TRAINING FACILITY AND CHECK SCALE

- 4.1 Only registered participants are granted access to training facilities, warm-up areas and equipment.
- 4.2 Athletes may use the training facility at Variety Village any time starting Wednesday June 12, 2024. Facility hours are 7:00 am - 9:00 pm.
- 4.3 Canadian Institute of Sports Ontario.

For those accommodated at the University of Toronto Scarborough, you'll have the privilege of accessing the Canadian Institute of Sport Ontario (CISO), which is situated within the Pan-Am Centre on campus. This elite high-performance training facility is equipped with three platforms, Eleiko barbells, bumper plates, as well as hot and cold recovery tubs and a heated room.

Location Details:

*Toronto Pan Am Sports Centre
75 Carl Hall Rd #3, North York, ON M3K 2B9.*

The Pan-Am Centre is an 8-minute walk from Harmony Commons.
It's approximately a 20-minute walk or a 5-minute drive from the South Residences.

Access Information:

The training facilities are exclusively available to athletes and their coaches.
Training sessions are scheduled for Thursday, Friday, and Saturday.
The OWA administration will contact you to confirm your training slots.

5. LIVE STREAM

5.1 Links to be announced.

6. WAIVERS and MEDIA RELEASE

Please use the following links. These will also be emailed to all participants.

MEDIA RELEASE - [Media Release Link](#) (ENGLISH)

MEDIA RELEASE – IN PROGRESS (FRENCH)

WAIVER – [WAIVER LINK](#) (ENGLISH)

WAIVER – IN PROGRESS (FRENCH)

SCHEDULE & DEADLINES

1.	Beginning of Qualifying Period	August 1, 2023
2.	Distribution of competition regulations	March 2024
3.	Last Day of Qualifying Period	May 4, 2024
4.	Preliminary List of entries sent to the LOC	May 10, 2024
5.	Last day for booking rooms at preferred rates	May 11, 2024
6.	LOC forward TO list to WCH	May 17, 2024
7.	Final Team Entry Form	May 27, 2024
8.	E-PIC submission	May 27, 2024
9.	Complete Respect in Sport Certification	May 27, 2024
10.	OSIC Consent Form	May 27, 2024
11.	OWA to invoice PSOs	May 29, 2024
12.	NAP and Athlete Agreement	June 2, 2024
13.	Final Payment to OWA	June 3, 2024
14.	Online signing of Media Release and Waiver	June 3, 2024
15.	Technical Meeting	June 13, 2024
16.	Technical Official Clinic	June 14, 2024
17.	Coaching Clinic	June 15, 2024

COMPETITION EVENTS

June 12-15: Arrival of Participants

PRELIMINARY SCHEDULE OF COMPETITION				
(Note: It will be very important for the athletes to notify their provincial directors if they will participate in the Competition.)				
NOTE: Sessions added Friday, Jun 14 to accommodate Awards Ceremonies throughout the Competition. Possibility of a short Opening Ceremony added Friday				
The schedule below is just a rough draft and subject to change once all Final Entries have been received.				
<i><u>Friday, June 14</u></i>				
<u>Session</u>		Category	<u>Weigh-in</u>	<u>Start</u>
1	Men	M55/M61	11 am	1pm
2	Women	F45/F49/55B	1pm	3pm
3	Men	M67	5pm	5pm
Technical Official Clinic			7pm	9pm
<i><u>Saturday, June 15</u></i>				
<u>Session</u>		Category	<u>Weigh-in</u>	<u>Start</u>
4	Women	F55	7am	9am
5	Men	M73	9am	11am
6	Women	F59	11am	1pm
7	Men	M81	1pm	3pm
8	Women	F64	3pm	5pm
9	Men	M89	5pm	7pm
Coaching Clinic			7pm	9pm
<i><u>Sunday, June 16</u></i>				
10	Women	F71	7am	9am
11	Men	M96/M102	9am	11am
12	Women	F76/F81/F87/F+87	11am	1pm
13	Men	M109/M+109	1pm	3pm

There will be a 10-minute break between Snatch and C&J for all sessions

Introduction of Athletes will begin at the designated Start time with competition beginning 10 minutes after Introduction of the Athletes

Monday, June 17

Departure of Delegations

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: 2023 Canadian Senior Weightlifting Championships (the "Event").

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

1. Does not knowingly have COVID-19;
2. 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;
3. Follows government-recommended guidelines in respect of COVID-19, if in place, 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 Halt rophilie, its partners, sponsors, agents, affiliates (including the Ontario Weightlifting Association and Variety Village Weightlifting Club), 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 ONTARIO WEIGHTLIFTING ASSOCIATION 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):
