



Technical and Competition Rules for OWA Club Challenges

Effective: 1/12/2025

Preamble

The Ontario Weightlifting Association (OWA), as part of its Long Term Athlete Development (LTAD) implementation, aims to encourage athletes training and competing in Olympic weightlifting to participate in a series of four OWA Club Challenges held annually.

These competitions will be open to male and female athletes of all age groups. The main focus of these competitions will be to develop athletes and to increase the capacity of clubs to hold larger competitions. These competitions provide opportunities for all lifters to compete regularly, track their progress, and compare performance within their age group and weight category. Clubs will also gain valuable experience, resources, and skills necessary to host larger competitions.

These competitions will be hosted by participating clubs, either independently or in collaboration with other clubs, providing flexibility to create events tailored to the needs of their athletes and the resources available. Awards will be given to the top club based on a point system, and the award should improve the ability of clubs to develop young lifters and/or host larger competitions.

The OWA Club Challenges respect and implement both the current International Weightlifting Federation Technical and Competition Rules & Regulations (IWF TCRR) and the OWA Technical and Competition Rules (OWA TCR) except where otherwise noted in this document for the sole and unique purpose of holding these competitions. Where exemptions are noted, the corresponding IWF TCRR has been referenced for clarity and ease of cross-referencing, if required.

Also, to bolster both the CWFHC Long Term Athlete Development (LTAD) “*The Transition Phase*” plan, the OWA has noted IWF TCRR exemptions with the LTAD phases: FUNdamentals; Learn to Train (L2T); Train to Train (T2T); Train to Compete (T2C); Learn to Win (L2W); Train to Win (T2W), and; Lift for Life (L4L). The following contents are the OWA exemptions to the 2013- 2016 IWF TCRR and OWA TCR and are specific and to be solely used for the OWA OWA Club Challenges.

This document will change over time based on factors including sponsorship, revenues and participation.

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Glossary

1. PARTICIPANTS

a. Age groups

The competitions will be open to and scored by the following age groups:

Junior: 10–20 years of age

Senior: 21–34 years of age

Master: 35 years and older

All age groups are calculated based on the athlete's year of birth as per the IWF rulebook.

b. Team Size and composition

For the purpose of this competition, each team may be of any size; however, only the top 10 lifters' results will count towards team points. The team may be made of any number of male or female lifters from any age group with no maximum number of athletes per bodyweight category.

c. Athlete Eligibility

Athletes may ONLY take part in the competition if they are OWA members in good standing.

d. Multi-Club Events

Participating clubs may host competitions independently or collaborate with other clubs at a shared venue. Host clubs are responsible for logistics, technical officials, and result submissions, ensuring events meet OWA standards. Multi-club events should focus on fostering inclusive and supportive competition.

2. CLASSIFICATION OF ATHLETES AND TEAMS

a. Team Classification

Teams may be of any size; however, only the top ten (10) lifters' results will count towards team points. The team can be composed of any number of male and female lifters from any age group with no maximum number of athletes per bodyweight category.

If an athlete has no valid lifts in the snatch portion of the competition, the athlete can continue in the competition.

b. Transmission of results

All results of the OWA Club Challenges, whether hosted by a single club or as a multi-club event, held during the competition period (Friday to Sunday) shall be emailed no later than

the Sunday of the competition period at 11:45PM to the OWA Administrator using the scoring workbook supplied by the OWA or the OWLCMS results package. The Administrator shall oversee the compilation of the results and post the results on the OWA website within one week.

c. Point system

Team members shall be awarded according to IWF rules 6.8.3 within each age category:

Place:	Points
1st	28
2 nd	25
3 rd	23
4 th	22
5 th	21
6 th	20
7 th	19
8 th	18
9 th	17
10 th	16
11 th	15
12 th	14
13 th	13
14 th	12
15 th	11
16 th	10
17 th	9
18 th	8
19 th	7

20 th	6
21 st	5
22 nd	4
23 rd	3
24 th	2
25 th	1

Ties will be determined per IWF 6.8.5. In the event of a tie in the team classification, the team with the largest number of first places is classified first. When two teams have the same number of first places, the one with the most second places is classified first and so on through the third places, etc.

Athletes who score zero (0) in either the snatch or the clean & jerk or both will not be awarded any team points (ref.: IWF 6.8.6, 6.8.7)

3. REGISTRATION, FEES AND AWARDS

a. Registration

Each participant will register to participate in the OWA Club Challenge by registering with the OWA using the correct form no later than one week before the competition period (“Registration Deadline”).

b. Fees

Effective January 12, 2025, athlete entry fees for the OWA Club Challenge will be \$10.00 per athlete per competition.

All collected fees will be allocated as follows: approximately 60 percent for awards at each scheduled OWA Club Challenge, and the remaining 40 percent for year-end awards.

c. Awards

An award for 1st Place shall be given for each scheduled OWA Club Challenge based on the point system.

At the conclusion of the OWA Club Challenge competitive year (October 31st), the following awards will be presented:

1st, 2nd and 3rd Place based on points accumulated over the season

Most Improved Team based on difference between maximum points achieved in the

current OWA Club Challenge season and the maximum points achieved in the previous OWA Club Challenge season

The awards and prizes are based on participation and revenues over the season. These awards will be given with the intention of helping the club to enhance its capability to develop young lifters or to hold larger competitions.

d. Sanctioning Qualifier Events

If a club wishes to use an OWA Club Challenge as a qualifier for other competitions, the club must submit an appropriate competition sanction form to the OWA no later than 30 days prior to the competition.

The event must adhere to all OWA and IWF Technical and Competition Rules (TCRs), including but not limited to the following:

Use of certified referees with appropriate levels of qualification as outlined in OWA and IWF regulations.

Proper verification of weigh-ins, results, and athlete eligibility.

Sanctioned qualifier events will be monitored to ensure compliance with these rules, and results from these competitions will only be recognized if all criteria are met.

e. Minimum Membership Requirement

Effective January 12, 2025, the minimum membership will be the OWA Non-Competitive membership.

4. TECHNICAL OFFICIALS

a. Jury

For the purpose of OWA Club Challenges, there will not be a jury.

b. Referees

The minimum requirement for technical officials at OWA Club Challenges includes one certified OWA Category 4 referee, one Level 4 referee in training who has passed the written test, and one registered OWA member. Clubs are encouraged to develop certified officials to meet these requirements and ensure sustainable competition hosting.

GLOSSARY

IWF – International Weightlifting Federation

CWFHC – Canadian Weightlifting Federation Haltérophile Canadienne

OWA – Ontario Weightlifting Association

TCRR – Technical and Competition Rules & Regulations

kg – kilogram

Kilo - kilogram

NCCP – National Coaching Certification Program

LTAD – Long Term Athlete Development

L2T – Learn to Train

T2T – Train to Train

T2C - Train to Compete

L2W – Learn to Win

T2W – Train to Win

L4L – Lift for Life

TO – Technical Official

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3rd Version – Edited by Le-ann Patton, OWA Administrator, and approved by the EB December 2014

4th Version – Edited by Le-ann Patton, OWA Administrator, and approved by the EB May 2015

5th Version – Edited by Le-ann Patton, OWA Administrator, and approved by the EB November 2015

6th Version – Edited by Le-ann Patton, OWA Administrator, March 2016

7th Version – Edited by Le-ann Patton, OWA Administrator, April 2016

8th Version – Edited by Mike Miller, VP Operations, and approved by the EB November

2016 9th Version – Edited by Le-ann Patton, OWA Competition Administrator, November 2018

10th Version - Edited by Mike Mikker, OWA President 1/12/2025