

# 2023 Ontario Winter Games

Thursday, February 9, 2023 - Friday, February 10th, 2023

# REGULATIONS AND TECHNICAL INFORMATION

Version 1.0 12/20/2022



## Renfrew County 2023

Ontario Winter Games  
Jeux d'hiver de l'Ontario

The Ontario Weightlifting Association is proud to provide this initial information package regarding the 2023 Ontario Winter Games! This package serves to outline some rules, regulations, and general information.

1. COMPETITION TITLE - 2023 Ontario Winter Games
2. COMPETITION LOCATION - Madawaska Valley High School, 341 John Street, Barry's Bay, Ontario, K0J 1B0
3. COMPETITION DATES
  - a. **Opening Ceremonies - Thursday, February 9, 2023.**
  - b. **Competition - Friday, February 10, 2023.**
  - c. Athletes are to stay for the duration of the competition.
4. ENTRY FEE - The entry fee will be posted closer to the competition. It will be approximately 100.00\$.

## 5. COMPETITION DEADLINES

- a. All participants registered in the OWG system - **Dec 23, 2022.**
- b. Payment - End of January.

## 6. Main Communication Contacts

- a. Male Team Leader - Nic Koo (nicholas.p.koo@gmail.com)
- b. Female Team Leader - Kristen Parsons(kpcharliebrown@gmail.com)
- c. Membership inquiries -Alison Manning (info@onweightlifting.ca)
- d. Technical official information - Linda Earnshaw (linda@onweightlifting.ca)
- e. Competition information - Mike Miller (mike@onweightlifting.ca)

## 7. ELIGIBILITY - Athletes

- a. Athletes must be between 13 and 17 years of age (birth years 2006 to 2010). (2.1 OWG Participant Eligibility)
- b. Athletes must have a Juvenile/Youth General Athlete, General Athlete, or Elite Athlete membership.

8. QUALIFICATION PERIOD - To be eligible, participants must have competed in ONE club or open competition between **July 1st, 2022, and Dec 17th, 2022.** Athletes will receive an invitation if they are ranked top nine in one of the two female classes or the top six in one of the three male classes **by total.**

The Ontario Weightlifting Association reserves the right to increase or decrease ages and periods to accommodate participation markers set out by the Ontario Winter Games. The Ontario Weightlifting Association may only make changes after the initial selection criteria have been exhausted.

## 9. WEIGHT CLASSES

- a. OWG FEMALE 59kg 9 ATHLETES

- b. OWG FEMALE 59kg + 9 ATHLETES
- c. OWG MALE 61kg 6 ATHLETES
- d. OWG MALE 73kg 6 ATHLETES
- e. OWG MALE 73kg+ 6 ATHLETES

#### 10. COMPETITION ORGANIZERS

- a. PSO REP - Linda Earnshaw
- b. Competition Administrator - Mike Miller
- c. Technical Delegate - Linda Earnshaw

#### 11. ONTARIO WINTER GAMES NON-SPORT SPECIFIC RULES

- a. Athletes, coaches, managers, and technical officials must:
  - i. Abide by quiet time at 10:00 p.m. and must be in accommodations with lights out by 11:00 p.m.
  - ii. Respect the Clean Air policy and ban on smoking at Games venues and facilities.
  - iii. Obey all federal and provincial laws of Ontario and municipal by-laws on alcohol consumption, illegal substance (drugs), and tobacco use.
  - iv. Not keep or consume alcohol at any point throughout the Games, from time of arrival to time of departure.

#### 12. Accommodation

- a. OWG provides accommodations for athletes, team coaches, and technical officials for the evening of Thursday, February 9, 2022.
- b. There are no accommodations provided for parents or guardians. Athletes may OPT out of OWG accommodations; however, the parent or guardian will inherit all fiscal obligations and be responsible for ensuring the athlete is present at all events and requirements (check-in, meals, opening or closing ceremonies, weigh-in, etc..).

- c. The OWA will provide hotel and room information close to the event.

### 13. Travel

- a. Athletes can claim any mileage above 300 kilometers one way. The first 600 kilometers for the total trip mileage are not subject to reimbursement. This is determined by the OWG committee.
- b. Flights must be pre-approved by the Games Organizing Committee **BEFORE Dec 23, 2022**. Contact [linda@onweightlifting.ca](mailto:linda@onweightlifting.ca) for more information.

### 14. Transportation from hotel to competition

- a. The Ontario Winter Games will provide all athletes, coaches, managers, and officials with transportation to the Opening Ceremonies and the Competition.
- b. Athletes must take the bus/shuttle closest to their weigh-in time. The bus/shuttle will not return from the competition site to the hotel.
- c. Athletes must bring all personal belongings to weigh in. There is no shuttle returning to the hotel after weigh-in.
- d. Athletes must check out of the hotel before departing to weigh in.**

### 15. COVID

- a. All participants will be expected to follow all current Ontario Covid guidelines.

16. COMPETITION DISPUTES - The Technical Delegate, the OWA VP Technical, and the OWA President will settle any technical disputes. If the Technical Delegates are unsure of the rule or unable to render a decision, the delegate will consult the most senior technical official.

17. SINGLET - Singlets are required regardless of any contradictory OWA by-law.

18. FIELD OF PLAY ACCESS - Only athletes, contractors, and NCCP-certified coaches can access the field of play. The field of play is 6 meters surrounding the competition platform and the entire warmup area.

19. TECHNICAL MEETING - There will be no technical meeting.

20. 20KG Rule - The 20kg Rule will NOT be in effect.

21. You may continue to Clean and Jerk without a successful Snatch.

22. BAR LOADING - For attempts under 40kg female/45kg male.

- a. Spring/clamp collars must be used.
- b. Change plates must be on the INSIDE of spring/clamp collars.
- c. NO 2.5kg collars for weights under 40kg female/45 male.
- d. Bars under 15kg must be weighed and approved by a technical delegate.

23. ACCREDITATION - All participant accreditation will be available upon check-in.

24. ELIGIBILITY AND SELECTION - Coaches

- a. The Winter Games team consists of 6 team coaches.
- b. Any coaches may assist their athletes through the competition; however, only Team Coaches receive accommodations and meals.
- c. The minimum level of training for ANY coach is Competition Introduction. (2.2 OWG Participant Eligibility)
- d. All team coaches must have a vulnerable sector police check. Contact [info@onweightlifting.ca](mailto:info@onweightlifting.ca) for a letter of endorsement to provide to your local police detachment. Any fees incurred obtaining a VSP will be covered by the OWA.
- e. Team coach selection will use the IWF scoring of ranked club athletes and willingness to aid team leaders and other athletes. Only coaches listed at registration will be used for selection. Ties will be decided by adding markers listed on the latest Junior Ranking.
  - i. Example.

COACH	IWF SCORES					
COACH #1 - 4 (7th, 2nd, 3rd, 7th)	19	25	23	19	86	Invited
COACH #2 - 3 (1st, 5th, 6th)	28	21	20		69	Invited
COACH #3 - 3 (2nd,4th,4th)	25	22	22		69	Cannot stay over night
COACH #4 - 2 (Both athletes 1st)	28	28			56	Invited
COACH #5 -2 (2nd, 3rd)	25	23			48	Invited
COACH #6 - 2 (3rd, 3rd)	23	23			46	Invited
COACH #7 - 2 (4th, 7th)	22	19			41	Invited
COACH #8 - 2(4th, 8th)	22	18			40	

25. ELIGIBILITY AND SELECTION - Technical Officials

- a. The Ontario Winter Games consists of a maximum of 12 technical officials.

- b. Technical officials must be a minimum of level 4 - PROV.
- c. All technical officials must have a vulnerable sector police check. The OWA will cover any fees associated with obtaining the OPP check. Contact [info@onweightlifting.ca](mailto:info@onweightlifting.ca) for more information.
- d. Technical officials will receive invitations based on participation throughout the current season. In the case of a tie, the OWA will use the technical official's level, then participation in the previous season.

	2021 Season	LEVEL	PREVIOUS YEAR	
TO #1	17	3		invited
TO #2	10	2		invited
TO #3	8	3		invited
TO #4	7	4		invited
TO #5	6	4		invited
TO #6	6	4		invited
TO #7	5	4		invited
TO #8	2	4		invited
TO #9	1	4	5	invited
TO #10	1	3		invited
TO #11	1	4	0	invited
TO #12	1	4	0	
TO #13	1	2		invited
TO #14	1	4	0	
TO #15	1	4	0	

i. Example.

26. BREAKS - There will be a consistent 10-minute break between Snatch and Clean and Jerk.

27. TIMING - Introductions will begin **AT SESSION START**.

28. SDC - This Competition is subject to doping control.

#### 29. AWARDS

- a. Gold, silver, and bronze medals will be awarded only for the total in each body weight category.
- b. Best Athletes Awards (Male/Female, Youth/Junior): Top-of-the-class Sinclair will determine Best lifter awards. (NOT BWT Sinclair).
- c. Awards will occur at the END of the competition.

- d. Awards will not be mailed to participants.
30. OWA Uniform Information - Uniform information will be provided when it becomes available. Uniforms will be available upon check-in.
31. OWG Merchandise - OWG can be purchased in advance here.  
<https://ontariowintergames.secure-decoration.com>
32. REFUND INFORMATION - OWG will provide refund information.
33. PARKING - Limited on-site parking. More parking is available nearby. (less than 1k).
34. WEIGH-IN - Because this is a general youth competition, athletes may wear a singlet during the weigh-in. An allotment of 300g will be applied to account for the weight of a singlet.