



ONTARIO

YOUTH/JUNIOR/ SENIOR WEIGHTLIFTING

CHAMPIONSHIPS

— 2020 —

2020 Ontario Senior/Junior/Youth Online Championships

DATE

Saturday March 27 & Sunday March 28, 2021

COMPETITION VENUE

Online via Zoom

EVENTS

Female: 40 (Youth only) 45, 49, 55, 59, 64, 71, 76, 81, 81+(Youth only), 87, 87+ kg

Men: 49 (Youth only), 55, 61, 67, 73, 81, 89, 96, 102, 102+ (Youth only), 109, 109+ kg

QUALIFYING STANDARDS

There are no qualifying totals required for this event in any age category.

PARTICIPANTS' ELIGIBILITY

1. Participants must be members in good standing of the Ontario Weightlifting Association
2. Participants must possess an Elite athlete membership, which can be upgraded or purchased [here](#).

AWARDS

1. Age Categories
Athletes will be eligible to place in the following age categories:
Youth - 17 or younger in year of competition (born 2004 or later)
Junior - 20 or younger in year of competition (born 2001 or later)
Senior - 21 and older in year of competition (born 2000 and earlier)
2. Awards will be provided to the Top 3 athletes per age and weight class by Total only.
3. Awards will be provided for Best Junior and Best Senior Team, calculated by IWF ranking scores of Top 3 male and Top 3 Female athletes.
4. Best Lifter will be awarded to the male and female athlete with the highest Top-of-class Sinclair in Youth, Junior and Senior age categories.
5. Awards will be mailed after final results have been received and verified.

ENTRY DEADLINES

1. Entry fee of \$25.00 must be received by March 19, 2021.
Athletes who were invited to the Ontario Championships scheduled for December 2020 will be required to re-register for this event. Entries can be submitted [here](#).
2. Athletes requiring a weight class change MUST inform the Competition Administrator at competition@onweightlifting.ca no later than Friday March 26, 2021 at 5pm EST. Athletes will **not** be permitted to move up or down in weight class on the day of competition.

COMPETITION RULES, REGULATIONS & EXCEPTIONS

The competition will follow the IWF Technical Rules and Regulations (available [here](#)) wherever possible.

COMPETITION SCHEDULE

1. Weigh-in will begin 2 hours prior to competition start.
2. Athlete introductions will take place 10 minutes before session start time.
3. Session startlist will be provided shortly after the conclusion of weigh-ins, by email.

LOADING & TIMING

1. Clock will begin immediately once the athlete is in view and the weight is verified.
2. Prior to each attempt, the athlete must turn the loaded barbell 45° to the camera so the officials can verify the weight on the bar, when weight is in question the coach should describe the loaded weight for the officials.
3. Athletes are expected to have their next weight loaded before they are called. It is recommended to have someone loading for the athlete.
4. Athletes following themselves are given 2 minutes to begin their next attempt. This 2 minute clock begins as soon as the automatic increase is declared. The clock will pause after a change has been declared until the marshal enters the change. No additional time will be provided for loading the bar.
5. If the camera connection is lost, no additional allowance of time will be provided for the athlete.
6. If an athlete misses an attempt due to connection issues, the athlete will be timed out and an additional lift will not be provided.

DOWN SIGNAL

1. No official down signal will be given.
2. The athlete at his/her own discretion decides if the lift is complete according to the rules.
3. The athlete must lower the barbell in front of the body releasing his/her grip on the barbell only after it has passed the level of the shoulders.
4. Officials may turn down a lift at their discretion if they determine that the athlete was not motionless or in the correct position prior to lowering the barbell.
5. Touching the bar with the feet remains an incorrect lift and the lifter's attempt will be considered incomplete.

EXCEPTIONS TO IWF TCRR

1. Athletes having no valid lifts in the snatch will be permitted to continue in the clean and jerk.
2. 20/20kg rule will not be in effect at this event
3. No competition platform is required; however, the field of play must be taped out. Field of play may not extend beyond 4m x 4m.

TECHNICAL REQUIREMENTS & SETUP

ZOOM

1. It is recommended that all platform-facing laptops have the Zoom application (Zoom Client for Meetings, [available here](#)) downloaded.
2. For both weigh-in and competition platform, please ensure that your Zoom “name” is your name as listed on the startlist. For clubs with multiple lifters using the same screen for weigh in or competition in the same session, please set your Zoom name to the club name.

PLATFORM-FACING CAMERA

1. A laptop or camera phone running the Zoom screen must be centered and raised off the floor, at a sufficient distance from the platform to show the athlete clearly at extension overhead in the jerk. The entire barbell must be visible throughout the lift. The camera or laptop cannot be placed at ground level and must be raised.
2. It is recommended that the platform-facing laptop utilize a wired connection directly to the router. OWA will provide a 100-150ft ethernet cable upon request.
3. In some cases, using a smartphone device connected to a wireless cellular network (wifi) can incur a long distance phone charge or data charge. Check your wifi connection carefully.
4. Ensure all devices are fully charged or connected to a power source before the event.

EQUIPMENT

BARBELL, PLATES & COLLARS

1. Competition barbell and competition plates may be any brand, but must be measured in kilograms. Black bumper plates in kilograms are acceptable but must be taped along the outside rim with their respective IWF colours.
2. Spring collars WILL be accepted if competition collars are not available.
3. Spring collars will NOT count toward the weight of the barbell.
4. Any combination of plates will be accepted, but bar must be loaded to the smallest possible number of plates available to the athlete.
5. Bar must be loaded with heaviest plates on the inside, and change plates loaded heaviest (inside) to lightest (outside).
6. Straps may not be used.

PLATFORM

1. The competition platform may be a wooden or rubber area of 4m x 4m or smaller. This area must be clearly marked with tape. Athletes lifting on a platform smaller than 4m x 4m must remain inside the marked area for a successful attempt.
2. Any window or light source behind the platform must be completely blocked or covered to prevent glare.

OUTFIT

1. Athletes must follow IWF guidelines for attire. A competition singlet must be worn by all lifters.

WEIGH-IN

1. The athlete or competition club host will provide a readable electronic scale.
2. The scale must be set on a flat, level non-carpeted surface.
3. Ensure the scale is located in a room with good wifi strength or is conducted on a computer connected to a router. It is recommended that athletes have someone assist them during the weigh-in.
4. Athletes are requested to log in to the call a minimum of 15 minutes before the start of weigh-ins
5. Athletes will be placed in the Zoom Waiting Room until admitted into the call by Lot number.
6. Athletes 18 & older will be expected to show photo ID as proof of identity during the call.

**During weigh-in, athletes MUST wear a singlet at all times
with socks, shoes and wristwatches removed.**

**Athletes WILL NOT be permitted to weigh-in without a singlet.
Any athlete not following attire guidelines during weigh-ins will be disqualified.**

7. A 0.3kg allowance will be provided for the weight of the singlet (for example, a 64kg athlete will be permitted to weigh-in at up to 64.3kg).

Scale Calibration

8. The scale will be calibrated with a single plate of 20kg or more. The plate must be within 0.3kg tolerance.
9. The athlete will be asked to show the scale at 0.0, place the plate on the scale, then show the scale with the weight displayed.
10. During the weigh in process, the athlete will be asked to show the scale at 0.0, step on the scale, then show the scale with the bodyweight displayed.
11. The athlete will then type their opening attempts into the chat box, set to Everyone, and verbally declare openers to the weigh-in official.
12. The weigh-in official will then repeat the athlete's bodyweight and opening attempts back to the athlete for confirmation.

TECHNICAL MEETING

1. Officials

A Technical Meeting for Officials will be held on Friday, March 26, from 6pm - 7pm to check internet connectivity and cover competition flow.

2. Athletes & Coaches

A Technical Meeting recommended for all athletes and coaches will be held on Friday, March 26 from 7PM - 8PM covering competition flow and other event details.

DOPING CONTROL

1. This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). Accordingly, any athlete participating in this event is subject to testing.
2. Athletes and coaches are strongly encouraged to familiarize themselves with the

procedures and rules. For more information go to the website: <http://cces.ca/athletezone>.

3. If you take supplements, drugs (Ritalin, Concerta or other similar products, anti-inflammatory, etc.) make sure they are allowed by the CCES. In case you need to use a banned medication for a legitimate medical reason (therapeutic use exemption or TUE), you must make the request directly with the CCES.
4. Please note that cannabis is prohibited in competition and traces detected in an athlete's sample can cause a positive test. More information can be found on the CCES website [here](#).

RECORDS & QUALIFICATIONS

1. No Ontario or Canadian records can be set at this event.
2. This event WILL qualify athletes toward Canadian Senior Championships. At time of writing, this competition will apply toward Quest for Gold carding.

Thank you to New Brunswick Weightlifting Association for their assistance in outlining these regulations.