



# ONTARIO WEIGHTLIFTING ASSOCIATION

## OWA Technical and Competition Rules

Effective: January 2013

Latest update: February 11, 2024

### **Preamble**

The Ontario Weightlifting Association (OWA), as a recognized member of Weightlifting Canada Haltérophilie (WCH), respects and implements the current International Weightlifting Federation Technical and Competition Rules & Regulations (IWF TCRR) except where otherwise noted. IWF TCRR are reviewed on an ongoing basis, and the OWA will respect and implement rules, or exemptions as otherwise noted, once formally announced by WCH, as the IWF Member Federation, or by formal announcement on the IWF website ([www.iwf.net](http://www.iwf.net)) 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 WCH 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 2022 IWF TCRR and are specific to OWA competitions.

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Glossary

## 1. PARTICIPANTS

### a. Age Groups

In addition to the three age groups recognized by the IWF (Youth, Junior, Senior), the OWA also recognizes: Juvenile: <15 years of age, calculated in the athlete's year of birth and Masters (35 years of age and up).

### b. Bodyweight Categories

In addition to the bodyweight categories recognized by the IWF for men and women, including Youth Men and Women, the OWA also recognizes: Juvenile Men: 46 kg

*Please note that all other bodyweight categories for the Juvenile age group are the same as Youth bodyweight categories.*

OWA Technical & Competition Rules allow the Juvenile age group and bodyweight categories to be included at any competition at the discretion of the Competition Director. The Young Hercules competition must use the Juvenile and Youth age groups and bodyweight categories.

Exceptions: Elite Competitions do not allow for Youth or Juvenile age groups or bodyweight categories except Junior/Youth Ontario Championships  
(Reference: IWF TCRR 1.2) (LTAD: L2T, T2T & T2C)

### c. Team Size

OWA Technical & Competition Rules allow any number of athletes from any club, both male and female, to participate at any OWA event. There are neither mandated team sizes nor maximum athletes per bodyweight category. However, specific qualification standards may apply. (Reference: IWF TCRR 1.2.7) (LTAD: All)

## 2. SPORT EQUIPMENT

### a. Competition Platform

OWA Technical & Competition Rules require competition platforms to measure 400 cm on each side.

In order to promote the growth of the sport, the OWA Technical & Competition Rules allow for the use of A) the floor or larger stage as a platform, or B) a raised platform of a smaller size (but not less than 243 cm on each side) at Club and Inter-Club competitions only. When using the floor or a larger stage as a platform, the perimeter edges of the platform must be clearly marked. When using a raised platform of a smaller size, the limit of the platform for a successful completion of the lift will be the edge of the reduced platform. (Reference: IWF TCRR 3.3.2.2)

### b. Barbell

OWA Technical & Competition Rules allow the use a smaller 10 kg bar, thus supporting the LTAD FUNDamentals and L2T phase.

The 10 kg bar may be used at all OWA sanctioned competitions except the Ontario Championships, where only the IWF standard 15 kg and 20 kg bars may be used.

Both male and female athletes must use the 10 kg bar for weights up to 30 kg. Either two 2.5 kg standard collars or clip-on collars must be used.

Both male and female athletes must use the 15 kg bar once the requested weight on the bar is 30 kg or more. The 30 kg barbell consists of two 5 kg bumper plates, two 2.5 kg standard collars and the 15 kg bar.

Female athletes must remain using the 15 kg bar with two 2.5 kg standard collars for any subsequent weight increases.

Male athletes must use the 20 kg bar once the requested weight on the bar is 45 kg or more. The 45 kg barbell consists of two 10 kg discs, two 2.5 kg standard collars and the 20 kg bar. Any subsequent weight increases for male athletes must remain on the 20 kg bar with two 2.5 kg standard collars.

The age of the athlete is not a consideration in this rule. It is the amount on the barbell and/or the gender of the athlete that guides which bar is to be used.

*(Reference: IWF TCRR 3.3.3.2)*

#### c. Scales

OWA Technical & Competition Rules requires that all non-electronic scales be checked prior to weigh-in with 25 kg discs. First one disc, then two discs, then three discs are set on the scales to confirm weight variance, if any. If there is a weight variance, this is taken into account during the weigh-in process.

Balance beam scales will be set to zero upon the completion of each individual athletes weigh-in.

All scales must be on a flat, level, non-carpeted surface. Because all athletes are weighed on the same scale, there will be no requests granted from coaches or athletes to adjust or rebalance the scale, except as noted above. Athletes (other than those to be weighed), coaches or other team officials (team leader, team manager, etc.) are not permitted to touch the scales during the weigh-in process.

If the scale only records to a specified top limit, then the top limit must be accepted as the athlete's weight. This weight consideration must be noted on both the Athlete Card and the Competition Protocol. *(Reference: IWF TCRR 3.3.4)*

d. Timing Clock

OWA Technical & Competition Rules require the Speaker to announce the 30-second warning if the referee light system being used does not make an audible sound.  
(Reference: IWF TCRR 3.3.6)

### 3. **ATHLETES' OUTFITS**

a. Costume

OWA Technical & Competition Rules allow first-year athletes to wear a two-piece Costume during competition consisting of:

- shorts that end above the knee or full-length or  $\frac{3}{4}$ -length tight-fitting pants (i.e. spandex)
- t-shirt with sleeves that end before the elbow and must be tucked in

During weigh-in, a first-year athlete who is over their officially entered bodyweight category may have up to 250 grams deducted from the weight shown on the scales to allow for the weight of the Costume. (IWF TCRR 2023 6.4.10)

A first-year athlete may also wear a one or two-piece unitard under the shorts and t-shirt.

If the first-year athlete qualifies and competes at the Ontario Championships, the first-year athlete must wear a one-piece costume as per the IWF TCRR.  
(Reference: IWF TCRR 4.1, 4.2 & 4.7) (LTAD: L2T, T2T, L4L)

b. Footwear

OWA Technical & Competition Rules allows first-year athletes to wear running shoes or other style footwear during competition. If the first-year athlete qualifies and competes at the Ontario Championships, the first-year athlete must wear sport footwear as per the IWF TCRR. (Reference: IWF TCRR 4.3) (LTAD: L2T, T2T & L4L)

### 4. **COMPETITION PROCEEDINGS**

a. Proof of Membership

OWA Technical & Competition Rules requires each athlete to be an OWA-registered member in good standing for the current membership year (April 1 – March 31). Memberships are verified prior to an OWA-sanctioned event.

All coaches **MUST** be, at minimum, NCCP Competition Introduction Certified at all OWA-sanctioned Elite competitions. It is recommended but not mandatory at this time that all coaches meet this requirement at all OWA-sanctioned competitions.

Trainers, such as athletic therapists, massage therapists, etc. do not have to be members of the OWA; however, trainers must be certified within their relevant

profession and provide proof, if requested, prior to entering the warm-up area.  
(Reference: IWF TCRR 6)

b. Weigh-in

Athletes are entitled to wear jewelry, hair adornments and religious head gear during weigh-in. Athletes must not wear watches during weigh-in. (IWF TCRR 2023 6.4.12)

First-year athletes to wear a two-piece costume during weigh-in consisting of:

- shorts that end above the knee or full-length or  $\frac{3}{4}$ -length tight-fitting pants (i.e. spandex)
- t-shirt with sleeves that end before the elbow and must be tucked in

During weigh-in, a first-year athlete who is over their officially entered bodyweight category may have up to 250 grams deducted from the weight shown on the scales to allow for the weight of the Costume. (IWF TCRR 2023 6.4.10)

OWA Technical & Competition Rules allow athletes at all competitions without qualification standards to move either up or down in bodyweight category during the weigh-in process as long as the new category is in the same session or later. If the change in bodyweight category results in a session change, the athlete must attend the weigh-in for the new session and make weight for the new bodyweight category.

Athletes may also request a change in bodyweight category prior to the start of the overall competition. Athletes at Elite competitions with qualification standards may move up in bodyweight category during the weigh-in process as long as their entry total meets the qualifying standard for the higher bodyweight category. If the change in bodyweight category results in a session change, the athlete must attend the weigh-in for the new session and make weight for the new bodyweight category. If an athlete has achieved qualification standards in multiple bodyweight categories, they may only move up in bodyweight category during weigh-in. The athlete cannot lift in a lighter bodyweight category even if the athlete has achieved the qualification standard unless they request at the technical conference, if conducted, or prior to start of the overall competition (not their individual bodyweight category) weigh-in and as approved by the Competition Director and the Head Technical Official, if appointed.

(Reference: IWF TCRR 6.4) (LTAD: T2C & T2W)

## 5. COURSE OF COMPETITION

a. Minimum Weights

OWA Technical & Competition Rules allows the use of 10 kg bars at all competitions except the Ontario Championships, thereby allowing the minimum weight lifted to be 20 kg; however, the use of blocks, stacked plates or any other form of assistance for lifting is strictly prohibited at all OWA sanctioned competitions. (LTAD: L2T)

The minimum weight at Elite competitions with qualification standards respects the IWF TCRR as noted. (Reference: IWF TCRR 6.6.4) (LTAD: T2T, T2C, T2W)

b. 20 kg Rule

OWA Technical & Competition Rules only enforce the 20 kg Rule at Elite competitions with qualification standards. (*Reference: IWF TCRR 6.6.5*)

## 6. CLASSIFICATION OF ATHLETES AND TEAMS

a. Team Classification

OWA Technical & Competition Rules issue team points on Total only. It is at the discretion of the Competition Director / host organizing club if team trophies are awarded. If this is the case, points will be accumulated from the athletes' totals. (*Reference: IWF TCRR 6.8.3*)

If an athlete has no valid lifts in the Snatch portion of the competition, the athlete can continue in the competition even if there are only Total medals being awarded; however, no points will be allocated. (*Reference: IWF TCRR 6.8.6 & 6.8.8*) (*LTAD: All*)

b. Best Lifter

OWA Technical & Competition Rules supports the practice of recognizing "Best Lifter" for both male and female athletes. Currently, Best Lifter, if awarded, is determined by category Sinclair. In the case of a tie, bodyweight Sinclair will be used. Considering the contradiction following the abolishment of the bodyweight advantage, the IWF is investigating an alternative system that could provide a more objective solution to compare athletes' results in the different bodyweight categories.

c. Best Team

OWA Technical & Competition Rules support the practice of recognizing "Best Team". Best Team awarded at the Ontario Championships, Junior/Youth Ontario Championships and Young Hercules is calculated by adding the IWF points of the best three males and three females from each team.

## 7. TECHNICAL OFFICIALS

a. Uniform

OWA Technical & Competition Rules require Technical Officials to dress in an appropriately professional manner as noted below:

IWF Category 1 & 2: IWF official uniform as per 2023 IWF TCRR

WCH Category 3: navy blue jacket, navy blue trousers/skirt, white shirt, tie/scarf, black shoes

OWA Category 4: navy blue trousers/skirt, white shirt, tie/scarf, black shoes – navy blue jacket required at provincial championships

OWA Category 4 (in training): navy blue trousers/skirt, white shirt, black shoes  
(Reference: IWF TCRR 7.2.3)

b. Jury

OWA Technical & Competition Rules allow three-person juries at all competitions. Juries must be made up of IWF Category 1 or 2 Technical Officials and can be from any region of Ontario; however, jury members from the same club must be avoided. (Reference: IWF TCRR 7.5.2 & 7.5.3)

c. Referees

OWA Technical & Competition Rules allow OWA Category 4 (provincial-level) Technical Officials to perform technical official duties at all levels of provincial competitions (club, inter-club and open, including Elite).

At any open competition that is subject to doping control, at least two referees must be Category 3 or higher only when the lift is a Canadian record attempt; otherwise, there are no restrictions on Category 4 Technical Officials acting as referees at any provincial competition.

Technical Officials must maintain their OWA membership to remain a licensed Technical Official. All OWA Technical Official members are encouraged to participate in professional development opportunities as offered by the OWA, WCH, IWF or any other sport official organizations, from time to time. (Reference: IWF TCRR 7.7)

d. Doctors on Duty

OWA Technical & Competition Rules do not enforce an IWF licensed Doctor on Duty at its competitions; however, the OWA Executive Board mandates Competition Directors/ host organizing club to have trained First Aid attendants, Registered Nurses, or any other licensed medical professional to act as First Response.  
(Reference: IWF TCRR 7.13)

e. Promotion of Technical Officials – Category 4

OWA Technical & Competition Rules enable individuals to achieve OWA Category 4 (provincial-level) Technical Official status by following the steps noted below:

- Be a current OWA member
- Job shadow a WCH Category 3 (or higher) TO at a competition and/or attend an Officiating Clinic conducted by an IWF Category 1 or 2 TO
- Pass the 60-question theory exam - conducted by an OWA Category 4 (or higher) TO. Passing grade is 75%.
- Referee 65 lifts while being adjudicated by a WCH Category 3 (or higher) TO. (The 65 lifts must be done within one competition and must consist of the weigh-in)
- Participate at a weigh-in as a referee for one session
- Act as scorekeeper for one session
- Act as Technical Controller for one session



- Act as timekeeper for one session

*(Reference: IWF TCRR 7.3)*

b. Promotion of Technical Officials – Category 3

OWA Technical & Competition Rules enable OWA Category 4 Technical Officials to achieve WCH Category 3 (national level) Technical Official status by way of the following conditions as noted below, as well as fulfill any other obligations as noted by the WCH Constitution & Bylaws:

- Be a current OWA member
- Be an active OWA Category 4 TO for at least one year
- Attend an Officiating Clinic conducted by an IWF Category 1 or 2 TO (optional)
- Pass the WCH Technical Official Examination – conducted by a WCH Category 3 (or higher) TO. Passing grade is 85%
- Referee at least 100 lifts while being adjudicated as a referee at an OWA sanctioned open or National level competition by a Jury consisting of IWF Category 1 and/or 2 TOs. (The 100 lifts must be done within one competition and must consist of the weigh-in). Passing grade is 85%.
- Referee at least six OWA-sanctioned open competitions (may include one inter-club meet – but does not include club meets)
- Act as Technical Controller for a minimum of 3 OWA-sanctioned open competitions
- Act as a Speaker or Marshal at a minimum of 3 OWA-sanctioned open competitions

*(Reference: IWF TCRR 7.3)*

c. Promotion of Technical Officials – Category 2

OWA Technical & Competition Rules enable WCH Category 3 Technical Officials to achieve IWF Category 2 (international level) Technical Official status by way of the following conditions as noted below, as well as fulfill any other obligations as noted by the IWF TCRR:

- Be a current OWA member
- Must be a nationally active TO for at least five years, as required by the IWF
- Submit an application to the WCH VP Technical via the OWA VP Technical to take the IWF Category 2 TO examination at a National level competition
- Pass the IWF Category 2 Technical Official exam, both practical and theory, as required and noted in the 2023 IWF TCRR

Upon successful completion of the above the applicant provides the required payment for both the IWF Category 2 TO licence and new IWF card to the OWA VP Technical. The relevant fees are noted every quadrennial in the IWF Technical and Competition Rules & Regulations handbook. The OWA will forward the payment to the IWF via the WCH VP Technical or authorized designate and send the IWF TO card to the applicant. *(Reference: IWF TCRR 7.3)*

d. Promotion of Technical Officials – Category 1

OWA Technical & Competition Rules enable IWF Category 2 Technical Officials to achieve IWF Category 1 (international level) Technical Official status by way of the following conditions as noted below, as well as fulfill any other obligations as noted by the IWF TCRR:

- Be a current OWA member
- Have been an IWF Category 2 TO for at least two years, as required by the IWF
- Submit an application the WCH VP Technical via the OWA VP Technical to take the IWF Category 1 TO exam at a national level competition
- Pass the IWF Category 2 Technical Official exam (both practical and theory) as required and noted in the 2023 IWF TCRR

Upon successful completion of the above, the applicant provides the required payment for the IWF Category 1 TO licence to the OWA VP Technical. The relevant fee is noted every quadrennial in the IWF Technical and Competition Rules & Regulations handbook. The OWA will forward the payment to the IWF via the WCH VP Technical or authorized designate and send the IWF TO licence to the applicant.

e. Validation of Technical Officials

OWA Provincial Category 4 TO:

An OWA Category 4 TO certification remains valid for the duration of the individual's valid OWA membership.

WCH National Category 3 TO:

A WCH Category 3 TO certification remains valid for the duration of the individual's valid OWA membership.

IWF International Category 1 and 2 TO & Certificate of Duty:

An IWF TO licence must be renewed each quadrennial (Olympic cycle) as noted the relevant IWF Technical and Competition Rules & Regulations handbook.

## 8. RECORDS

### a. Ontario Records

OWA Technical & Competition Rules recognize records established by Ontario Weightlifting Association athletes in the Juvenile, Youth, Junior, Senior and Masters (as defined in IWF TCRR 1.1.2) age groups in either the Snatch, Clean & Jerk and Total and in all bodyweight categories.

In order for an Ontario record to be formally recognized by the OWA, the following must apply:

- The athlete must be a Canadian citizen or Permanent Resident
- The athlete must be a resident of Ontario for the past six months
- The record must be adjudicated by three Category 4 or higher referees
- The competition must have been registered by way of an OWA Competition Sanction Request Form and fee or be listed on the WCH or IWF calendar
- The competition must have been registered with CCES for doping control by the OWA by way of the WCH and fee submitted. Juvenile records are exempt from this requirement

*(Reference: IWF TCRR 8) (LTAD L2T, T2T, T2C, L2W & T2W)*

### b. Canadian Records

The WCH recognizes records established by Ontario Weightlifting Association athletes in the Senior and Junior age groups in either the Snatch, Clean & Jerk and Total and in all bodyweight categories.

In order for a Canadian record established at an OWA-sanctioned event to be formally recognized by the WCH, the following must apply:

- The record must be adjudicated by at least two Category 3 or higher referees
- The competition must have been registered by way of an OWA Competition Sanction Request Form and fee
- The competition must have been registered with CCES for doping control by the OWA by way of the WCH and fee submitted
- A print-out of session(s) that have Canadian records must be signed by the three adjudicating officials and the competition secretary and submitted to the OWA to forward to the WCH
- A WCH Application for Weightlifting Record form must be completed and signed by the three adjudicating officials and submitted to the OWA to forward to the WCH

## GLOSSARY

Elite Competition – Ontario Senior Championships, Junior/Youth Ontario Championships, Ontario Masters Championships, Ontario Classic, WinterLift, National and International Competitions

IWF – International Weightlifting Federation

kg – kilogram

L2T – Learn to Train

L2W – Learn to Win

L4L – Lift for Life

LTAD – Long Term Athlete Development

NCCP – National Coaching Certification Program

OWA – Ontario Weightlifting Association

TCRR – Technical and Competition Rules & Regulations

T2C - Train to Compete

T2T – Train to Train

T2W – Train to Win

WCH – Weightlifting Canada Haltérophile

As approved by the Ontario Weightlifting Association Executive Board on January 2013 in Toronto, Ontario.

1<sup>st</sup> Version – Drafted by Jill Miller, 2004

2<sup>nd</sup> Version – Edited by Craig Vandeweghe, 2009

3<sup>rd</sup> Version – Implemented C4SL/LTAD & IWF TCRR 2013-2016 by Moira Lassen, 2012

4<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by EB, 2014

5<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by EB, 2015

6<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by EB, 2016

7<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by EB, 2017

8<sup>th</sup> Version – Edited by Svetlana Roguel, OWA Administrator, and approved by EB, 2021

9<sup>th</sup> Version – Edited by Alison Manning, OWA Administrator, and approved by EB, 2022

10<sup>th</sup> Version – Updated by Eva Martens, OWA VP Administration, and approved by EB, 2023

11<sup>th</sup> Version - Updated by Amanda Braddock, OWA Administrator, approval pending, 2023