



# GUIDELINES/PROTOCOL FOR CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

## CHAMPIONNAT CANADIAN MAÎTRES

2021/06/03

*A French translation will be forthcoming*

*Anti-doping requirements have been inserted in relevant clauses.*

### PART ONE: GENERAL

- 1.1 Comply with IWF Technical Rules, IWF Masters Rule Book, CWFHC Rules and the “**CANADIAN MASTERS WEIGHTLIFTING FEDERATION HALTÉROPHILIES CANADIENNE MAÎTRES (CMWFHCM)**” Bylaws particularly Article XVI noted below. President always refers to the President of CMWFHCM.

#### ARTICLE XVI CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

- 16.01 The Canadian Masters Weightlifting Championships shall be held annually according to the “Guidelines/Protocol for Canadian Masters Weightlifting Championships” (2008.06.24), herein referred to as “Guidelines” in this Section.
- 16.02 The Guideline is periodically reviewed by the Board and includes, but not limited to, the following:  
- bidding process; competition committee; preparation; competition personnel, and facility requirements.
- 16.03 Canadian Masters Record Policy and Masters Qualifying Totals, when required, are determined by the Board.
- 16.04 Members must complete the “Membership Anti-doping Waiver” (Reconciliation anti-dopage pour les membres”) as part of the registration for the Canadian Masters Weightlifting Championships and any national competition sanctioned by the Federation.
- 16.05 Canadian Masters Records must be achieved with at least two (2) of the three (3) adjudicating referees of National Level or higher.
- 16.06 The Board may require athletes with limited or no competitive experience or training without the benefits of a registered club to complete a PAR-Q & YOU form of the Canadian Society for Exercise Physiology (or a similar one designed by the Board) as part of their registration to compete.

## **PART TWO: BIDDING FOR COMPETITION**

- 2.1 Notify the President of an intent to bid.
- 2.2 Obtain and review this copy of Guidelines/Protocol for Canadian Masters Weightlifting Championships.
- 2.3 At the Annual General Meeting, one year before the proposed date of competition, submit a written bid proposal. Include the probable date of competition and venue.
- 2.4 Submit, with the bid proposal, an official letter of support from the applicable Provincial Weightlifting Governing Body.
- 2.5 After the AGM, the President will inform you of the results.
- 2.6 Bids may be presented by the host bidder at the AGM, but this is not a requirement.
- 2.7 Bids made after the AGM will only be considered if there are no other bids to date, or the Board is not satisfied with any of the current bids.

## **PART THREE: PRELIMINARY PREPARATION**

- 3.1 Enter into a written agreement with the CMWFHCM based on this Guidelines/Protocol document. Identify any changes agreed to.
- 3.2 Establish a firm date of the competition and venue.
- 3.3 Set up an organizing Competition Committee. (See Part Seven)
- 3.4 Submit a draft proposed Entry Form to the President. Note that the Entry Form must include:
  - Membership Antidoping Waiver (Reconciliation anti-dopage pour les membres). A copy is available on website and the same as that completed for membership application. Athletes review, keep their copy, but sign an acknowledgement on the application form;
  - CMWFHCM Membership Number (no membership purchase at competition)
  - an entry total achieved in previous year, which may or may not be in their category of entrance;
  - although no coach certification is required, the coach must be a member of a Provincial Weightlifting Association;
  - the Board will advise you if there will be Qualifying Totals, what they are, and how they will be used (Entry Requirement and/or Medalling Requirement)
  - a street map and/or description of a route via an automobile or from airport to the competition site,
  - competition hotel, if there is one so designated,
  - a list of suggested accommodations with rates,
  - statement that the competition is subject to doping control,
  - competitors for awards/records must be members of the CMWFHCM.
- 3.5 CMWFHCM will list the competition date and venue on its official website.
- 3.6 Cost of Doping Control Testing is shared between the Federation and host that will be communicated by the President.

## **PART FOUR: INTERIM PREPARATION**

- 4.1 At approximately three-month intervals, a progress report must be submitted to the President.
- 4.2 Ask the CMWFHCM to arrange for doping control to be carried out at the championships.
- 4.3 Agree with the President on the final version of the Entry Form.

## **PART FIVE: FINAL PREPARATION**

- 5.1 With the approval of the President, the Entry Form Formulaire d'inscription can be posted on the official CMWFHC website.
- 5.2 Download the Canadian Masters Records from the CMWFHCM official website.
- 5.3 Obtain commitment from sufficient number of Officials/Referees. See Article XVI By-Law 16.05, noted above.
- 5.4 Receive Entries and prepare Start Lists.
- 5.5 Pay fees (if any, such as medal costs) to the CMWFHCM.
- 5.6 Obtain from the President medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in all contested categories, women and men and either provide your own ribbons approved by your organizing committee or those provided by the CMWFHCM.
- 5.7 Provide Awards for Best Lifter Male and Best Lifter Female by SMF Points.
- 5.8 Arrange for a Technical Meeting the night before the competition which may follow the AGM.
- 5.9 Arrange for refreshments and snacks for Referees, Announcer, and Technical Officials.
- 5.10 Juries are optional.
- 5.11 Arrange for a Doping Control Centre (see 9.5).
- 5.12 Arrange for Doping Control Chaperones (see 6.8).

## **PART SIX: RESPONSIBILITIES OF COMPETITION PERSONNEL**

- 6.1 **COMPETITION DIRECTOR/Le Directeur de Compétition: The host** appoints a Competition Director who is responsible for the organization of the competition. The name and address of the Competition Director should appear on the entry form in order that Masters and Officials know who to contact. Duties and responsibilities include:
  - appoint an Organizing Committee to assist in organizing the competition. See Part Seven for suggested make-up of the Committee,
  - organize the venue for the competition, including set-up and clean-up,
  - ensure entry forms appear on the CMWFHCM official website,
  - receive entries, prepare start lists for competition secretary, including competitors cards for lot draw and weigh-ins,
  - inform Technical Officials and Athletes of all rules and regulations regarding the use of the facility,
  - make resources available for all equipment and personnel required to run the competition,
  - appoint persons who will present awards at the victory presentation,
  - arrange for local publicity including any press, radio or TV coverage,
  - appoint a Doctor on Duty or equivalent (see item 6.7),
  - prepare the Doping Control Station,
  - Appoint 4 individuals to serve as Doping Control Volunteers (2 males, 2 females) over the age of 18 years.
- 6.2 **COMPETITION SECRETARY/Le Secrétaire de Compétition, is appointed by the Competition Director, and** is the top official in charge of running the competition.
  - ensure all the rules are applied and followed during the competition,
  - cannot be overruled by any person including the Competition Director,
  - must be at least a Nationally licensed referee registered within the current year,
  - verify lists of competitors and divides them into groups for running the competition,
  - supervise the drawing of lots,
  - record all bodyweights during weigh-in,
  - supervise the registration of records set at the competition and coordinate this information with the CMWFHC Records Secretary,
  - verify results sheets and ensures that copies are given to the President, Records Secretary and Newsletter Editor of CMWFHCM
  - ensure that the Start List and the Results List only identifies the athlete's year of birth, not the entire day and month.
- 6.3 **SPEAKER (ANNOUNCER)/annonceur is appointed by the Competition Director or Competition Secretary and is one of the most important positions.**
  - control the pace of the competition and the order of sequence in which the athletes may lift,
  - is at least a Provincial Technical Official and must follow the Technical Rules. They are not colour commentators.
  - prior to the start of the competition, receive the start list and review for proper pronunciation of athletes' names,
  - introduce athletes and officials,
  - control lifting sequence by technical rules (if not automatically performed by competition software),
  - conduct the victory ceremony, if one is planned.

# CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

**TECHNICAL CONTROLLER:** Ensures the following are in place and ready for the competition.

6.4

<b>FIELD OF PLAY</b>
Platform (le plateau) 4m x4m x10 cm. 1m clear area sides for plates.
La barre/barbell/plates/chalk dispenser, plates on side opposite athlete entry; 1 m from platform edge.
Scales/balances- in weigh in room/salles de pesée/ and in working condition.
Cleaning materials: mop, broom, liquid cleaner, steel brush, cloths, disinfectants, gloves, near to loaders.
Referee Lighting System properly works. Place red & white flags on referees' tables.
Timing clock-works - visible to lifters/officials.
Warm up area - safe and free from public access - safe to platform - electric cords out of way etc. - sufficient chalk.
Only accredited persons allowed; including Doping Control Officer and Volunteers with separate accreditation.
Inspect warm up platforms 3 m x 2.5-3 m.
Display boards - legible to all and accurate.
Microphone system - audio ok, balanced ok.
First aid kit, ice, Paramedic/Nurse; stretcher.
Centre Referee 4 m platform edge to back of ref table. Side Referee 3-4 m from CR Medical personnel - athlete entry.
<b>START</b>
Check TO uniform & athletes' outfit, unitard, and report non-compliance to Competition Director or Jury President. -belt 12 cm -bandages more than 5 cm away from the elbow -product+/or sponsor max 500sqcm (not mfg. design pattern).
Athlete lineup as per time on posted schedule; enter from behind platform curtain/information screen and then line athletes up behind the platform.
Ensure correct athlete approaches platform/le plateau after being called to their attempt.
<b>DURING</b>
Check for lubricants/excess chalk particularly on thighs. No electronics on competition platform.
Monitor/enforce Starting Attempt rules established by the CMWFHCM.
Only TC, <b>injured athlete</b> and medic allowed on platform, with loaders having their backs to injured athlete, forming a wall to secure athlete privacy.
Check/control cleaning of bar and platform.
Loaders/les chargeurs (opposite side to athlete entry; clear accumulation of chalk on athlete path.
Verify information on competition board. Advise announcer of any premature calls.
<b>AFTER:</b> During medal presentations, TOs remain at post. Assist anti-doping personnel, if requested.

- 6.5 **TIMEKEEPER/le chronometreur** is appointed by the Competition Director or Competition Secretary and should at least be a Provincial Level Referee/arbitre provincial.
- ascertain that all timing equipment is operational,
  - time a lifter from the time when the lifter's name is called, giving the lifter the correct amount of time eg. 1 minute, 2 minutes, *etc.*, or remaining time, and have manual technology for implementing these times, especially when the 30 second warning is required (example by voice).
  - if not done automatically, inform the Announcer when there are 30 seconds left.,
  - if not done automatically, inform the Announcer and Officials when time has expired.
- 6.6 **LOADERS/les chargeurs** are appointed by the Competition Director and report to the Technical Controller, or in the absence of a Technical Controller, to the Officials. This is one of the most important duties at a competition. Accurate, quick loaders can speed up and enhance any competition. Their function is to load weights onto an Olympic barbell as called out by the Announcer. Upon completion of loading, they centre the bar on the platform, check to see what the other loader has loaded, notify the Technical Controller of any blood or debris on the bar, clean the bar or sweep the platform as instructed by the Technical Controller.
- 6.7 **DOCTOR ON DUTY OR MEDICAL ASSISTANCE/le Médecin de service**
- be ready to render medical care in case of injury,
  - authorize the application of additional plasters or bandages during the competition,
  - be present for doping control,
  - assist in taking of doping control samples,
  - St. John Ambulance, RN, or Paramedic may be classified as a Doctor on Duty.
- 6.8 **DOPING CONTROL VOLUNTEERS/ Volontaires de contrôle du dopage**
- must be over 18 years of age,
  - not affiliated with the athlete or the administration of the sport,
  - meets the CCES Doping Control Officer at a specified time and the CMWFHCM ADC on site representative,

## 6.9 TECHNICAL OFFICIAL AT WEIGH IN

(Officials can decide how to share these responsibilities)

- a, **REMIND WAITING ATHLETES TO EXAMINE THE ANTI-DOPING AGREEMENT THAT IS TAPED TO THE WALL OUTSIDE THE WEIGH IN ROOM.**

Athletes affix their initials as their agreement, a compulsory requirement, beside their name on the Start List located with the weigh in official

- b, **Welcome** the athlete in the order stated on posted list. If the called athlete is not present, place their card at the bottom and call in the next athlete. **The absent athlete can only weigh in after all present athletes have done so.**

- c, Ask athlete for **government photo identification**. CMWFHCM membership card is not necessary as athletes' memberships have already been verified. CMWFHCM membership is not sold at this competition.

- d, **Weigh in the athlete.** jewelry ok but not watches, no socks.

As one TO calls out loud the athlete's bodyweight, the other TO records body weight. Les athlète qui ne fait pas le poids lors de sa pesée de la session auquel ils sont inscrits doivent obligatoirement se présenter à la pesée de la session suivante, si la catégorie de poids supérieur est dans la session suivante.

Athletes who does not weigh in at the weigh-in of the session to which they are registered must present themselves at the weigh-in of the next session, if the higher weight category is in the next session.

The Technical Official will make a note of such changes and alert the Marshal or data entry volunteer when the athlete cards are submitted. If the lower bodyweight category has already competed, IWF regulations apply, i.e. the athlete must become the appropriate bodyweight to compete in the higher weight category. If there are qualifying totals, the appropriate IWF rules apply.

- e, Athletes state their **starting attempts**. The card will attempt to have the French translation for some words. Starting attempt total must be at least 80% of the athlete's entry total.

- f, Athletes affix their signature (i.e. **initials**) **beside bodyweight and each starting attempt and on the Athlete Card indicating acknowledgement and compliance with CMWFHCM Anti-doping Policy.**

*I have reviewed the antidoping information and education material and completed the required modules / J'ai examiné le matériel d'information et d'éducation antidopage et complété les modules requis.*

*I agree with and subscribe to the CMWFHCM anti-doping policy / J'accepte et souscris à la politique antidopage du CMWFHCM.*

*I am a current member of my provincial weightlifting association / je suis un membre actuel de mon Association provinciale d'haltérophilie.*

*Initials / Initiales \_\_\_\_\_*

- g, Each athlete may receive **warm-up passes** in a number approved by the Competition Director.

- h, Thank the athletes and wish them well.

## **PART SEVEN: COMPETITION COMMITTEE/Comité de la compétition**

- 7.1 **COMPETITION DIRECTOR Le Directeur de Compétition:** Overall responsibility and responsible for secretaries, all forms, copier, accreditation, registration.
- 7.2 **TECHNICAL DIRECTOR Le Contrôleur technique:** Responsible for securing a competition venue and all technical equipment, with the weigh scales being tested for accuracy. Responsible for ensuring there is a Doping Control Centre.
- 7.3 **PERSONNEL DIRECTOR Directeur du personnel:** Responsible for obtaining sufficient number of loaders, scoreboard personnel, technical officials and the like.
- 7.4 **FINANCE DIRECTOR Directeur des finances:** Responsible for finding and accounting of all money necessary for the competition.
- 7.5 **PUBLICITY DIRECTOR Directeur de la publicité:** Responsible for advertising, posters, radio, TV, Newspapers, award ceremonies.
- 7.6 **ELECTRONIC DIRECTOR Directeur de l'électronique:** Responsible for closed circuit TV, lighting, PA system and the like.
- 7.7 **ENTERTAINMENT DIRECTOR Directeur du divertissement:** Responsible for social events, refreshments for Officials, closing banquets, guests.

## **PART EIGHT: FIELD OF PLAY REQUIREMENTS AND PREPARATION Exigences et préparation du lieu de compétition (by the Technical Director, par le Contrôleur technique)**

- 8.1 **The Competition Site** (also referred to as the Field of Play) is the actual lifting area where the competition will be contested. This area must be large enough to hold all equipment, officials, competitors, and coaches as well as any predetermined audience.
- 8.2 **Platform:** The competition platform is to be 4 metres square. The minimum size acceptable for Canadian Masters Competition is 13 feet square. The height of the platform is to be between 50 mm and 150 mm.
- 8.3 **Floor Protection:** There should be protective mats around the perimeter of the platform.
- 8.4 **Loaders Area:** Chairs, loading charts, bar lift to help load heavy weights (if available and/or necessary), broom, wire brush, bleach, bleach brush, rubber gloves and cloths are required for the loaders.
- 8.5 **Competition Weights:** There must be women's bar and men's bar of an approved manufacturer on the platform, an appropriate number of weights to use in all classes contested, including 2 ½ and 5 kg bumper plates, weight racks or weights laid flat on protective mats.
- 8.6 **Light System:** The electronic light system is placed so that it is visible to competitor, officials and announcer. Also Provide back- up red and white flags or cards on each official's table.

- 8.7 **Main Scoreboard:** The Board should be large enough to be read from a distance and showing competitor's name, province/club, age group, bodyweight, lifts (passed and failed), total and placing. The Scoreboard must be visible to referees, technical controller, announcer, competitors, coaches and spectators.
- 8.8 **Attempt Board:** This is an optional board displaying name of lifter and weight of attempt being made. It may be a separate board or part of the main scoreboard.
- 8.9 **Athlete's Area:** Chairs/benches are provided to the athletes as they wait between attempts. Chalk box and resin box are centrally located.
- 8.10 **Speaker's Tables:** Two tables with chairs are required for the announcer, timekeeper, competition secretary, computer operator (data entry), public address system for announcing all attempts and which must be audible in the warm up area, timing device, competition score cards, pens, pencils and access to a photocopying machine.
- 8.11 **Referees' Tables:** Three tables with chairs for referees. Red and white flags or cards will serve as the light system backup and placed on each table. The Centre Referee's table is placed 6 metres from the centre of the platform (i.e. 4 metres from the front of the official competition platform).

## **PART NINE: OTHER FACILITY REQUIREMENTS**

- 9.1 **Weigh In Room / la salles de pesée.** This room is separate from the competition (FOP) site and large enough to hold at least 3 competitors, 3 Officials and weigh in scales. Weigh scales must measure in kilograms with increments of 50 grams to at least 200 kilograms and certified accurate within the last 12 months. Also needed are accesses to a backup scale, tables and chairs for officials, change area for competitors, and the list of competitors, their lot numbers, competition cards, pens and pencils.
- 9.2 **Warm Up Area/ la sale d'entraînement.** The warm up area should be close to the competition (FOP) site, and large enough to hold at least 3 warm up platforms (2 ½ metres square), all competitors in a session, coaches/trainers and officials. The area should have the following available to the lifters: centrally located chalk box, at least 3 women's bars and 3 men's bars, enough weights for warm up, a PA system speaker, timing device, and TV monitor tied into the competition site.
- 9.3 **Locker/Change Rooms:** Male and female change rooms with showers.
- 9.4 **Officials Meeting Room:** A room for officials near the competition site that may be used for meetings before, during and after the competition. It should be large enough and equipped with sufficient number of chairs and tables to accommodate all the officials. The weigh in room may suffice for an Officials Meeting Room.
- 9.5 **Doping Control Centre / Centre de contrôle du dopage:** A room available for doping control for both men and women. The area must include a washroom and be large enough to accommodate 2 athletes, coaches and 2 doping control officials. The room must include a table, 6 chairs, and 12 (500 mL) sealed bottles of water.
- 9.6 **Doctor/First Aid Personnel on Duty Room:** A room available for medical personnel on duty. The room needs to have an examination table, chairs, first aid kit, ice, elastic bandages, tape, body board, wheel chair if possible. The room should be located near the competition (FOP) site so all competitors/coaches may locate it immediately.
- 9.7 **Annual General Meeting Room / une salle pour l'Assemblée générale annuelle:** Immediately prior to the Technical Meeting, a room is needed for the Canadian Masters Weightlifting Federation Annual General Meeting. The room should be of adequate size and equipped with tables and chairs. Duration of the meeting is approximately 2 hours.

## **PART TEN: POST COMPETITION**

### **The Competition Committee will:**

- 10.1 Provide the President and Recording Secretary a copy of the official competition results within two (2) weeks after the closing of the competition.
- 10.2 Return any medals, not awarded, to the CMWFHCM President.
- 10.3 Clear any debts to CMWFHCM via its Secretary-Treasurer before the competition's month's end.
- 10.4 Clear any debts to the host's Provincial Weightlifting Association and local businesses.
- 10.5 Conduct its own optional self-review and provide to the President, if possible, any pertinent recommendations that will help improve the Canadian Masters Weightlifting Championships.

## **PART ELEVEN: ARE BIDDERS PREPARED?**

- 11.1 The bid host has organized a Masters Weightlifting Competition.
- 11.2 The bid host club has members of the CMWFHCM.
- 11.3 The bid host has observed the operation of a Canadian Masters Weightlifting Championships.
- 11.4 The bid host club has a least one coach who has coached Masters weightlifters at Provincial Masters Weightlifting Championships, the Canadian Masters Weightlifting Championships or any international Masters competitions.
- 11.5 The bid host club has a sound professional reputation as a member of their Provincial Weightlifting Association.
- 11.6 The bid host is familiar with the rules and regulations of Masters competitions as described in the IWF Masters Handbook as well as its practical implementation at the Canadian Masters Weightlifting Championships.
- 11.7 The bid host and the bid host club have or will have sufficient financial resources to adequately cover its operational costs (revenue and equipment rental, awards, technical officials' kilometrage, volunteer appreciation, refreshments, etc.)

Particularités lors de l'organisation de compétition Master

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1. Lors d'organisation de compétition comprenant que des athlètes de catégorie d'âge Master, il est dans la pratique de constituer des sessions d'athlètes de 12-18 leveurs dans la mesure du possible.

In competition organizations involving only Master age category athletes, it is in practice to set up sessions of athletes of 12-18 athletes where possible.

2. Les athlètes des groupes les plus âgés sont les premières sessions à débiter la journée de compétition ceci alternance homme et femme.

Athletes from the older groups are the first sessions to start the day of competition this alternating between men and women.

3. Le système informatique offre l'option compétition Master ainsi en inscrivant l'âge du participant l'athlète se voit attribué son groupe d'âge, il est ensuite facile de constituer des sessions équilibrées. Le système peut ensuite compiler les résultats le classement et calculer la formule Sinclair Meltzer Faber (SMF)

The computer system offers the Option master competition so by recording the age of the participant the athlete is assigned his age group, then it is easy to set up balanced sessions. The system can then compile the results ranking and calculate the Sinclair Meltzer Faber formula (SMF)

4. Lorsque qu'un même groupe d'âge doit être séparé dans 2 sessions différentes afin de respecter le nombre maximum de participants par session. Tous les athlètes d'une même catégorie de poids doivent être dans la même session.

When the same age group must be separated into 2 different sessions in order to meet the maximum number of participants per session. All athletes of the same weight class must be in the same session.

5. Les athlète qui ne fait pas le poids lors de sa pesée de la session auquel ils sont inscrits doivent obligatoirement se présenter à la pesée de la session suivante, si la catégorie de poids supérieur est dans la session suivante.

Athletes who does not weigh in at the weigh-in of the session to which they are registered must present themselves at the weigh-in of the next session, if the higher weight category is in the next session.

6. La remise des médailles se fait habituellement à la fin de chaque session après la présentation des athlètes de la session suivante.

Medals are usually awarded at the end of each session after the athletes are presented in the next session.

7. Il est préférable de respecter le temps de pause de 10 minutes entre l'épaulé jeté et l'arraché car le temps de récupération des athlètes Masters et plus longue que les athlètes moins âgés.

It is preferable to respect the 10-minute break time between the snatch and the clean and jerk as the recovery time of Masters athletes and longer than the older athletes.

8. On peut aussi utiliser (chez les hommes pour les catégories plus âgées) la barre de 15kg (jusqu' à 29 kg) et des plaques en plastique de dimension nominal soit des 2,5kg (blanc) et 5,0 kg (rouge) ainsi que des clips a ressort. Chez les hommes lorsque que la barre atteint 30kg on utilise la barre de 20 kg des plaques de 2,5 et des collets de 2,5 kg normalisés. Chez les femmes lorsque que la barre atteint 25kg on utilise la barre de 15 kg des plaques de 2,5kg et des collets normalisés de 2,5 kg.

The 15kg bar (up to 29 kg) and nominal plastic plates of 2.5kg (white) and 5.0kg (red) and clips can also be used (in men's for older categories) as well as clips. In men when the bar reaches 30kg the 20 kg bar is used 2.5 and 2.5 kg standardized collars. In women when the bar reaches 25kg the 15 kg bar is used 2.5kg plates and standardized 2.5kg collars.

9. Le son du système informatique et de l'annonceur peut aussi être un peu plus fort que la normale pour s'assurer que les athlètes comprennent bien le signal de terre et les directives l'annonceur.

The sound of the computer system and the advertiser may also be a little louder than normal to ensure that athletes understand the ground signal and the advertiser's directions.

## ***QUICK STEPS FOR WEIGH IN OFFICIALS***

(Officials can decide how to share these responsibilities)

**REMINDEE WAITING ATHLETES TO EXAMINE THE ANTI-DOPING AGREEMENT THAT IS TAPED TO THE WALL**  
As their agreement is a compulsory requirement and noted with their initials.

1. **Welcome** the athlete in the order stated on posted list. If athletes are not present, place their card at the bottom and call in the next athlete. **The absent athlete can only weigh in after all present athletes have done so.**
2. Ask athlete for **government photo identification.**
3. **Weigh in the athlete;** ok for jewelry, no socks, no watches  
As one TO calls out loud the athlete's bodyweight, the other TO records body weight Athletes may be permitted to move to a lower bodyweight category if that lower bodyweight category is competing in the same session. The Technical Official will make a note of such changes and alert the Marshal or data entry volunteer when the athlete cards are submitted.
4. Athletes state their **starting attempts.** The card will attempt to have the French translation for some words. When there is a qualifying total, the 80% rule is to be applied.
5. Athletes affixes their signature (i.e. **initials**)

**Beside bodyweight and each starting attempt;**

On the **reverse side of the athlete card** (or wherever the **anti-doping acknowledgment** is located);

**Beside their name on the Start List** located in this room as a **secondary anti-doping acknowledgement.**

- 6, Each athlete receives two **warm-up passes.** Officials, please **write in the Session Number** on them.
7. Thank the athlete and offer your best wishes for their success.

## PART FOURTEEN:



### **VOLUNTEER DISINFECTORS AT THE CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS**

In order to ensure that the best practices are implemented to keep athletes, officials and spectators in a safe and clean environment, one or two Volunteer Disinfectors are assigned to the field of play and adjacent areas. These individuals are responsible for ensuring that:

1. The required cleaning supplies for the loaders are within reach of those volunteers.
2. Any cleaning supplies required by the Doping Control Officer, Doping Control volunteers or the medical staff on hand are attended to.
3. All washrooms are appropriately supplied with soap and paper towels.
4. The weigh in room has the same cleaning supplies as the washrooms so that the scale can be kept clean or a paper towel placed on the scale if requested by the athlete. The weigh in officials should be so advised.
5. The officials table is equipped with a bottle of disinfectant spray, a bottle of hand sanitizer, and a box of Kleenex for use by the Marshall, Announcer, Technical Controller and any volunteer assigned to the table.
6. The centre referee table is supplied with a bottle of hand sanitizer which can be shared with the other referees.
7. The warmup room table is supplied with a bottle of hand sanitizer.
8. Remind the Technical Officials that after each session to wipe off the microphone, keyboard and any technical equipment prone to a high level of human hand contact.
9. Notify the Competition Director or the Technical Director for assistance if the required supplies are insufficient or missing.

**PART FIFTEEN:**

**Welcoming the Para Weightlifter  
ADDENDUM TO THE CANADIAN MASTERS CHAMPIONSHIPS PROTOCOL**

1. Para Weightlifters are invited to compete in the Canadian Masters Weightlifting Championships.
2. The registration form will have a provision for Para Weightlifters to identify the Category being contested.
3. Para Weightlifters must identify on the registration the Category being contested.
4. The registration fee for Para Weightlifters is the same as for any other participating athlete.
5. Para Weightlifters will submit a sample video of their lifting technique for the Competition Director to determine if accommodations can be made to the Field of Play and whether the lift can be fairly adjudicated.
6. The Competition Director, in consultation with each Para Weightlifter, will decide into which session the Para Weightlifter will be assigned.
7. The Competition Director and the President will determine if a Para Weightlifter will be allowed to compete and if not, the reasons must be communicated to the Para Weightlifter with all registration fees being reimbursed in full.

**Souhaitant la bienvenue au Para Haltérophiles  
ADDENDA AU PROTOCOLE DES CHAMPIONNATS CANADIENS MAÎTRES**

1. Les para haltérophiles sont invités à compétitionner aux Championnats Canadiens Maîtres.
2. Le formulaire d'inscription aura une clause pour que les para haltérophiles puissent identifier la catégorie à laquelle ils participeront.
3. Les para haltérophiles doivent identifier dans leur inscription la catégorie à laquelle ils participeront.
4. Les frais d'inscription pour les para haltérophiles sont les mêmes que n'importe quel autre athlète participant.
5. Les para haltérophiles vont soumettre un vidéo échantillon de leurs levers techniques pour le directeur de la compétition de déterminer si des modifications peuvent être faites pour la surface de compétition et si le lever peut être jugé de façon juste.
6. Le directeur de la compétition, en consultation avec chaque para haltérophile, va décider dans quelle session le para haltérophile sera assigné.
7. Le directeur de la compétition et le Président vont déterminer si un para haltérophile va avoir la permission de compétitionner et sinon, les raisons doivent être communiquées au para haltérophile avec remboursement complet des frais d'inscription.

**PART SIXTEEN:**



## **CANADIAN MASTERS PARA WEIGHTLIFTING RECORDS**

### **Regulations and Requirements**

1. Canadian Masters Para Weightlifting Records are contested in the following categories.  
  
PW1: Blind or Visually Impaired  
PW2: Intellectually Disabled  
PW3: Amputee Para Weightlifter – single arm Snatch; single arm Clean and Jerk  
PW4: Amputee Para Weightlifter - single leg Snatch; single leg Clean and Jerk  
PW5: Amputee Para Weightlifter - using a shoulder strap on the disabled side  
PW6: Amputee Para Weightlifter - using an arm prosthesis  
PW7: Amputee Para Weightlifter - using a leg prosthesis  
PW8: Limited Range of Motion  
PW9: Paraplegic Para Weightlifter
2. Para Weightlifting Records are only recognized if successfully completed at a Provincial Masters or Canadian Masters Championships.
3. Para Weightlifting Records will be recognized on the Canadian Masters Weightlifting Federation's website and Record Certificates will be issued.



## **RECORDS CANADIENS MAÎTRES POUR PARA HALTÉROPHILES**

### **Règlements et exigences**

1. Les records canadiens Maîtres pour para haltérophiles sont contestés dans les catégories suivantes.  
  
PH1: Aveugle ou ayant un handicap visuel  
PH2 : Ayant un handicap intellectuel  
PH3: Para Haltérophile Amputé – arraché avec un seul bras; épaulé-jeté avec un seul bras  
PH4: Para Haltérophile Amputé - arraché avec une seule jambe; épaulé-jeté avec une seule jambe  
PH5: Para Haltérophile Amputé - utilisant une courroie d'épaule sur le côté avec un handicap  
PH6: Para Haltérophile Amputé - utilisant une prothèse de bras  
PH7: Para Haltérophile Amputé - utilisant une prothèse de jambe  
PH8 : Para Haltérophile avec amplitude de mouvement limitée  
PH9 : Para haltérophiles paraplégiques
2. Les records canadiens pour para haltérophiles sont seulement reconnus s'ils sont complétés avec succès aux Championnats Provinciaux Maîtres ou Championnats Canadiens Maîtres.
3. Les records canadiens pour para haltérophiles seront seulement reconnus sur le site web de la Fédération Haltérophilie Canadienne Maîtres et des certificats de records seront envoyés.



## HOST CLUB BID INFORMATION

Date(s) of Competition: \_\_\_\_\_

Technical Meeting Date and Time: \_\_\_\_\_

Annual General Meeting - recommended Date and Time: \_\_\_\_\_

Official Letter of Support (attached or emailed) from Provincial Weightlifting Association: Y\_\_\_ N\_\_\_

### ORGANIZING COMMITTEE

Competition Director: \_\_\_\_\_

Technical Director: \_\_\_\_\_

Personnel Director: \_\_\_\_\_

Finance Director: \_\_\_\_\_

Publicity Director: \_\_\_\_\_

Electronic Director: \_\_\_\_\_

Entertainment Director: \_\_\_\_\_

### PROPOSED DRAFT ENTRY FORM CHECKLIST

Name of Competition Director

Athlete Name and membership number

Entry total, name and date of competition

Statement that competition is subject of doping control

### RECOMMENDED ACCOMMODATIONS and RATES - AND COMPETITION HOTEL (If one is designated)

FINANCIAL RESOURCES: (A DRAFT BUDGET may be requested at a later date)

DOPING CONTROL ON SITE LIAISON WITH CCES DOPING CONTROL OFFICER: assigned later

DOPING CONTROL CHAPERONE VOLUNTEERS: will be requested at a later date.