



ALBERTA WEIGHTLIFTING ASSOCIATION

2022

TECHNICAL AND COMPETITION RULES & REGULATIONS

MODIFICATIONS

Proposed October 24, 2021

Approving Body	Effective Date	Version	Description of Change and Section(s) Affected
executive board	10-30-2022	1.0	Newly voted in policy
executive board	05-07-2023	1.1	1.1 added new allowance for Comp Dir to allow for <13 to compete at sanctioned competitions

Preamble

While IWF TCRR are meant to apply to IWF events only, significant alignment between the AWA and IWF is necessary to ensure that the AWA is running competitions within the bounds of what is considered weightlifting. Considering the scale and resources available to events held by the Alberta Weightlifting Association (AWA), modifications are necessary to reduce the burden on resources while maintaining consistent standards. This document will describe allowable modifications for AWA events with respect to the 2020 IWF TCRR.

Hierarchy of Rule Observance

The AWA, as a recognized member of Weightlifting Canada Haltérophilie (WCH), respects and implements the current rules except where otherwise noted, in the following hierarchy of their observance:

1. The International Weightlifting Federation Technical and Competition Rules & Regulations (IWF TCRR)
2. The Weightlifting Canada Haltérophilie Modifications to the IWF TCRR (WCH TCRR Modifications)
3. The Alberta Weightlifting Association Modifications to the IWF TCRR (AWA TCRR Modifications)

As the IWF TCRR are updated, the AWA will respect and implement rules except when exemptions are formally noted either by WCH and/or the AWA through an update of the AWA TCRR modifications. This document is to be posted on the AWA website to be available for reference.

Modifications to IWF TCRR

AWA events shall follow the IWF TCRR as closely as practical. This document outlines the allowable modifications for competitions held by the AWA or any AWA affiliated club. The modifications outside of the IWF TCRR must be noted in the competition regulations.

1. Participants

1.1.Age Categories (2020 IWF TCRR 1.1.2)

AWA TCRR Modifications allow athletes below the age of 13 to compete at club events. AWA sanctioned events used for qualification to national events will adhere to the IWF recognized categories. At the discretion of the competition director, AWA sanctioned events may allow for below the age of 13. The AWA will supply a 5kg competition bar.

1.2.Bodyweight Categories (2020 IWF TCRR 1.2)

AWA TCRR Modifications allow events to combine Youth, Junior, and Masters bodyweight categories in addition to those of open age groups in any event. Separate awards must be given for each age category.

1.3.Team Size (2020 IWF TCRR 1.2.7)

AWA TCRR Modifications allow any number of athletes from any club to participate at any event. There are no mandated or maximum team sizes or allocation per body weight category.

2. Venue, Equipment and Documents

2.1.Field of Play (2020 IWF TCRR 3.1)

AWA TCRR Modification allows the use of competition platforms of non-standard size in club events (2020 IWF TCRR 3.1.1).

Rosin is not required at any AWA event (2020 IWF TCRR 3.1.1.4).

A stretcher or backboard is not required at any AWA event (2020 IWF TCRR 3.1.1.6).

A competition doctor table is not required at any AWA event (2020 IWF TCRR 3.1.2.3).

Warm-up areas are only required to be equipped with a number of warm up platforms to ensure all competitors within a session have adequate equipment and space to warm up (platforms do not require to be numbered), the ability to hear the speaker either directly or via an audio system, table for Marshals, and a means of conveying information including attempts, timing clock, and scoreboard (2020 IWF TCRR 3.1.3.1).

2.2.Venue – Additional Spaces (2020 IWF TCRR 3.2)

AWA TCRR Modification requires only a doping control station, changing rooms, weigh-in room, and official/volunteer room for AWA events. For club events, only a weigh-in room is required as additional space.

2.3.Sport Equipment (2020 IWF TCRR 3.3)

AWA TCRR Modifications allow the use of non-standard competition platforms for club events (2020 IWF TCRR 3.3.2.2) and the use of non-standard warm up platforms for all AWA events (2020 IWF TCRR 3.3.2.3).

For club competitions and AWA sanctioned events, a 10kg bar may be used to enable minimum attempts as low as 10kg. (2020 IWF TCRR 6.6.4)

Non-competition collars are allowed at club competitions (2020 IWF TCRR 3.3.3.8).

Training discs may be used at any AWA event for competition purposes (2020 IWF TCRR 3.3.3.9).

A calibrated electronic scale must be used otherwise for all event, non-calibrated scales may be demonstrated to be within allowable range with a 25kg disc where the reading shows between 24.9kg and 25.1kg (2020 IWF TCRR 3.3.4)

Athlete bibs, passes, warm-up passes, and challenge cards are not required at any AWA event (2020 IWF TCRR 3.3.5)

The technology and information system (TIS) is not required at any AWA event and may be substituted with any system that displays to athletes, coaches, and officials the referee decision for each lift, the athlete attempts, the scoreboard, and the official timing (2020 IWF TCRR 3.3.6)

2.4.Official Documents (2020 IWF TCRR 3.4)

All events must produce and report at minimum the following documents in either hardcopy or electronic form:

- Event Regulations
- Final Entry Form
- Weigh-In List
- Start List Package
- Results Package

It is recommended that all events, both AWA and club events use the latest version of the OWLCMS system to produce the entry form, weigh-in list, start list, and results package to ensure completeness of information and consistency between competitions within the province.

3. Athletes' Outfit (2020 IWF TCRR 4)

AWA Technical & Competition Rules allow Youth/Juniors or first time athletes to wear a two-piece costume during competition consisting of:

- shorts that end above the knee or full-length or ¾-length tight-fitting pants (i.e. spandex)
- t-shirt with sleeves that end before the elbow and must be tucked in

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 Alberta Senior Championships, the first-year athlete must wear a one-piece costume as per the IWF TCRR. Athletes must notify the competition director upon registration of intent to substitute weightlifting costume.(Reference: IWF TCRR 4.1, 4.2 & 4.7) (LTAD: L2T, T2T, L4L)

4. Proceeding of an Event (2020 IWF TCRR 6)

4.1.Entries

Athlete entries to all events must be AWA members at time of entry.

Coaches at club events must be NCCP in-training or higher (completed NCCP Weightlifting Competition Introduction)

Coaches at AWA events must be NCCP trained or higher (completed NCCP Weightlifting Competition Introduction and all multisport training modules). NCCP trained coaches must operate under the direct supervision of a NCCP certified or higher coach.

4.2.Weigh-In (2020 IWF TCRR 6.4)

AWA TCRR Modification allows athletes who have failed to make weight for the registered category to lift as a guest lifter. They must lift in the session they were originally entered.

Exceptions for Club Meets (Valid only for Alberta competitions):

- At the discretion of the competition director they may adjust weigh in times from 2 hours prior to a session's start time to 1 hour prior to the start of the session.
- At a club competition If a weigh in room is not available athletes are granted a 300 gram allowance to weigh in while dressed in competition outfit.

4.3.Course of Competition

A 10kg bar may be used for AWA sanctioned events up to a weight of 20 kg for women and 25 kg for men. Once the bar reaches 21 kg for women and 26 kg for men the bar will be switched to a 15 kg/20 kg bar respectively. (2020 IWF TCRR 3.3.3.3 and 3.3.3.4).

The 20 kg rule may be waived for any event (2020 IWF TCRR 6.6.5)

4.4.Classification of Athletes and Teams

Team points and/or medals may be awarded on a total only or an individual lift plus total basis. (2020 IWF TCRR 6.8.3)

If total only points and/or medals are being awarded, an athlete with no valid lifts in the Snatch portion of the competition may be allowed to continue in the competition (2020 IWF TCRR 6.8.8)

“Best Lifter” for both men’s and women’s athletes are awarded based on current Sinclair Formula and the athlete’s exact bodyweight.

5. Technical Officials (2020 IWF TCRR 7)

5.1. General Provisions (2020 IWF TCRR 7.2)

Technical official uniform requirements for AWA competitions include navy blue trousers/skirt, black shoes, white shirt, and a tie/scarf. No uniform is required for club competitions (2020 IWF TCRR 7.2.3)

5.2. Promotion of Technical Officials (2020 IWF TCRR 7.3)

An individual can achieve a Level 4 (provincial level) Technical Officials status by satisfying the following conditions.

The candidate:

- a) must be a current AWA member in good standing
- b) must have attended a Technical Officials clinic conducted by a Level 3 or higher Technical Official
- c) must achieve a grade of 85% or higher in the current IWF Technical Officials' Examination Questionnaire
- d) must act as referee for at least 66 attempts while being adjudicated by a Level 3 or higher Technical Official and achieve a grade of 80% or higher
- e) must have completed a weigh in

An individual can achieve a Level 3 (National level) Technical Officials status by satisfying the following conditions.

The Candidate:

- a) must be a current AWA member in good standing
- b) must be active as a Category 4 TO for at least one year.
- c) must pass the WCH Technical Official Examination conducted by a Category 3 (or higher) TO. The passing grade is 85%
- d) must act as referee at least 100 lifts while being adjudicated at an AWA-sanctioned open or national level competition by a Jury consisting of IWF Category 1 and/or 2 TOs (the lifts must be done within one competition and must consist of the weigh-in; passing grade is 85%)
- e) must have completed a weigh in
- f) must Referee at least 6 AWA-sanctioned competitions (or a competition held by a higher governing body)
- g) must act as a Technical Controller for at least 3 AWA-sanctioned open competitions.
- h) must act as a Speaker or Marshal for at least 3 AWA-sanctioned open competitions.
- i) must show competency in all required competition rolls. (AWA to give feedback where improvement may be required)

Validation of Technical Officials

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

WCH National Category 3 TO: A WCH Category 3 TO certification remains valid for the duration of the individual's valid AWA

5.3.Jury (2020 IWF TCRR 7.5)

Any event may proceed in the absence of a jury. A three-person jury is sufficient at any competition. Juries must be composed of Level 3 or higher Technical Officials and may be from any region in Alberta. (2020 IWF TCRR 7.5.3)

5.4.Competition Doctor (2020 IWF TCRR 7.13)

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

6. Records (2020 IWF TCRR 8)

Alberta Records

The AWA recognizes records established by AWA athletes in Masters, Senior, Junior, and Youth age groups in the Snatch, Clean & Jerk, and Total in all bodyweight categories. For an Alberta record to be formally recognized by the AWA, the following must apply.

- The athlete must be a Canadian citizen
- The athlete must be a member in good standing with the AWA at the time of the record
- The record must be adjudicated by Level 4 or higher technical officials
- The competition must have been sanctioned or endorsed by the AWA, WCH, or IWF
- The competition must have been registered by the AWA by way of the WCH Registration for Anti-Doping Test and fee

Canadian Records

The CWFHC recognizes records established by Alberta 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 AWA-sanctioned event to be formally recognized by the CWFHC, 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 AWA Competition Sanction Request Form and fee
- The competition must have been registered with CCES for doping control by the AWA by way of the CWFHC 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 AWA to forward to the CWFHC
- A CWFHC Application for Weightlifting Record form must be completed and signed by the three adjudicating officials and submitted to the AWA to forward to the CWFHC

Glossary

AWA –	Alberta Weightlifting Association
WCH –	Weightlifting Canada Haltérophilie
IWF –	International Weightlifting Federation
NCCP –	National Coaching Certification Program
TCRR –	Technical and Competition Rules & Regulations

Active TO: An active TO is defined as a TO that has a valid AWA membership and has participated in a minimum of two AWA events per year.