

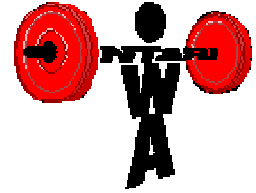
2012

CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

Variety Village
Scarborough, Ontario

COMPETITION REGULATION
GENERAL INFORMATION
SCHEDULES, FORMS
DEADLINES

January 21, 2012



OFFICIAL INVITATION TO ALL CWFHC MEMBERS

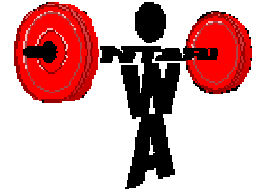
On behalf of the Ontario Weightlifting Association and the Variety Village Weightlifting Club, we are honoured to invite your athletes, coaches, officials, team staff and spectators to participate in the 2012 Canadian Junior Weightlifting Championships to be held in Scarborough, Ontario on January 21, 2012.

The competition venue will be Variety Village.

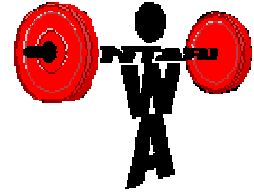
We wish your team the best of luck and hope you enjoy your stay.

Regards

Abdallah Alsebaai
Competition Director



- 1 TITLE: 2012 Canadian Junior Weightlifting Championships
- 2 DATE: Saturday January 21, 2011
- 3 ORGANIZED BY: Variety Village Weightlifting Club in partnership with Ontario Weightlifting Association (OWA).
- 4 SANCTIONED BY: Canadian Weightlifting Federation Halterophile Canadienne (CWFHC).
- 5 COMPETITION VENUES: Variety Village (field house and conference Rooms)
3701, Danforth Avenue Scarborough ON M1N 2G2
www.varietyonario.ca
- 5.1 Competition site: TBD
- 5.2 Warm-up Room: TBD
- 5.3 Weigh-in Room: TBD
- 5.4 Changing-rooms: Men # TBD Women: # TBD
- 5.5 Secretariat of competition: # TBD
- 5.6 Officials room: # TBD
- 5.7 Doping Control Room: TBD
- 5.8 Banquet: TBD
- 6 EVENTS
- 6.1 Women: 48, 53, 58, 63, 69, 75, +75 kg
- 6.2 Men: 56, 62, 69, 77, 85, 94, 105, +105 kg
7. PARTICIPANTS ELIGIBILITY: (rule adopted at the 2006 CWFHC AGM)
- 7.1 An athlete participating in a national competition must be:
 - Duly affiliated member of his/her P/T weightlifting association;
 - Member in good standing (not currently being sanctioned) with his/her P/T weightlifting association;A Canadian Citizen of Canada OR possesses the permanent resident status of Canada.
- 7.2 The coaches registered to national championships (Jr or Sr) by the P/T weightlifting association must be level #2 certified from the NCCP.
- 7.3 The coaches, team leader and referees registered to national championships (Jr or Sr) by the P/T weightlifting association must be:
 - Duly affiliated member of his/her P/T weightlifting Association;
 - Member in good standing (not currently being sanctioned) with his/her P/T weightlifting association.



7.4 The question regarding eligibility must be addressed at the Technical meeting. If requested, we encourage the Team Leader(s) to be prepared to present copies of Permanent residence status of the athlete(s).

After the Technical meeting, eligibility of the athlete(s) can not be challenged.

7.5 Open to all athletes born in 1992 and after who are nominated by their respective provincial association.

7.6 There is a limit of two athletes per category per team.
Team format: male team 6 men maximum; female team 4 women maximum.
Provincial Associations may enter up to two teams of each gender. At the technical meeting, members of the A and B teams must be designated respectively.

Reminder: CWFHC Records Policy

1) The CWFHC will recognize the best successful lift by a Canadian athlete in each bodyweight category for the Snatch, Clean & Jerk and Olympic Total.

The limit of a maximum of 75 athletes that Provincial Association. Agreed in a limit for the Organizing Committee

8. ENTRIES

Only the CWFHC Provincial directors received the Entry Form.

8.1 Preliminary Team Entry Forms must be received by the organising committee not later than December 16, 2011.

8.2 Final Team Entry Forms must be received by the organising committee not later than January 6, 2012

8.3 A single cheque to cover entry fees must accompany the final team entry form on January 6, 2012.

9. COMPETITION RULES AND REGULATIONS

9.1 The latest IWF Technical Rules (IWF Handbook 2009-2012) will govern the competition:

REMINDER: P. 87 ARTICLE # 6.3.13

"A competitor who, within the time allocated for the weight-in, fails to make bodyweight of the category in which he or she is officially entered is excluded from the actual competitions".

10. EQUIPMENT

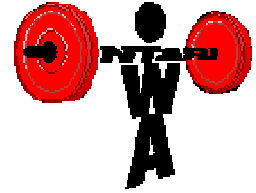
10.1 Competition: ZhangKong

10.2 Warm-up: 5 platforms

10.3 Scales: Electronic

11. MEDICAL

11.1 Doping Control will be conducted by the Canadian Centre for Ethics in Sport (CCES).



12. AWARDS

- 12.1 Gold, Silver and Bronze medals will be awarded for the total in each category.
- 12.2 Best athlete's awards for men and women are determined by Sinclair points based on body weight category.
- 12.3 Team prizes will be awarded to the best teams for the men and women. There will be no combined team prizes. Team awards are based on IWF scoring for the Total.

In case of a tie:

(A) The team with the largest number of first place totals shall be declared the winner;

(B) If still tied, the team with the largest number of second place totals shall be declared the winner;

(C) If still tied, the team with the most total Sinclair points using the body weight category will be declared winner.

- 12.4 Zero in the snatch does not eliminate competitors from the championships. They are allowed to continue in the jerk, but do not receive points for the total. Points are earned from the total only.

13. ACCOMMODATION

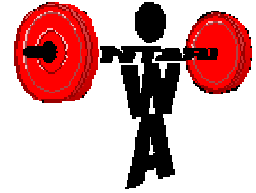
- 13.1 The rooms will be held at the price quoted until December 16, 2011 and the participant or Team Leader is responsible for contacting the described hotels and making their

- 13.2 TORONTO DON VALLEY HOTEL & SUITE
1250, Eglinton Avenue East
Toronto ON M3C 1J3
Direct: 416.449.4111 Fax: 416-385-6770
Site Web : www.torontodonvalleyhotel.com

Deadline: Friday December 16, 2012

Rooms rate (Continental breakfast included): 95 \$ / single or double
105 \$ / triple
115 \$ / quadruple

14. TRANSPORTATION FOR TEAMS MEMBERS (athletes, coaches, manager & referees) ground transportation will be provided to and from Toronto Airport. Flight information must be provided with Final Entry Form so that the organising Committee can prepare the schedule the volunteer drivers.



Shuttle service will be available from Toronto airport, Variety Village and the Toronto Don Valley Hotel

If the information is not provided with the final team entry form we cannot guarantee transportation.

15. FINANCIAL CONDITIONS

15.1 Entry Fee:

15.1.1 \$ 90: all athletes, coaches and team leaders.

15.1.2 \$ 45: referees and officials.

15.2 Team leaders are responsible for the collection of all fees from their participants.

15.3 Team leaders must send one cheque only in payment of all Entry Fees, plus all Entry Forms. Please, make cheque payable to:

Variety Village

3701, Danforth Avenue Scarborough ON M1N 2G2

www.varietyonario.ca

15.4 Booking and payment for the hotel accommodation must be arranged directly with the hotel.

15.5 Extra Banquet ticket - \$ 45

16. FINANCIAL RESPONSIBILITIES – PROVINCIAL ASSOCIATIONS

16.1 Collect from their participants and pay to the Organizing Committee, the designated fees for each participant.

16.2 Pay for their own accommodation, according to conditions stipulated in the accommodation information provided for the 2012 Canadian Championships.

16.3 Provincial Associations participating in the 2012 Canadian Championships do so at their own risk. The Provincial Associations must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages.

16.4 Select a Team Leader (who accompanies the team) or a Team Coordinator (who does not accompany the team) and notify the Organizing Committee.

16.5 Pay an additional fee to the CWFHC in the amount of \$30 per athlete participant.

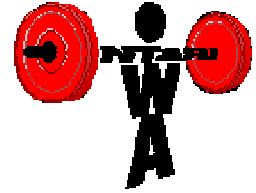
17. OFFICIATING

- Visiting provinces shall, via entry forms, submit the names of their national level or higher referees that want to officiate at the Championships.

- Maximum of 2 nominations per provincial association who enters athletes in the competition.

- If any such referee desires to sit for promotion, please indicate on the entry form.

- Each province is responsible for the expenses of their selected officials.



- Referee need to complete the Individual entry form. We need their address (mailing or electronic) for sending them the schedule of referee for this competition.

The executive of the CWFHC shall act as final court of appeal in the case of the CWFHC Technical Delegate not being able to settle a technical dispute.
The CWFHC Technical Delegate for these Championships will be nominated later.

18. TECHNICAL CONGRESS

- A Technical Meeting will be held at the Variety Village Friday January 20, 2012 at 8:00 PM.

- Verification of eligibility athletes, coaches and team leaders.

- Verification of final entries into the categories.

- Final declaration of athletes - Team A - B

- Lots will be drawn prior to the Technical Meeting. Lots will be made available at the Technical Meeting.

- The number of sessions and categories in each will be determined.

- Followed by assigning the officials to sessions.

19. AFTER ARRIVAL / BEFORE COMPETITION

- All Athletes, Coaches, Team Leaders and Referees will be accredited at the technical meeting.

- If required, Team leaders will be given a copy of the following after the Technical Meeting:

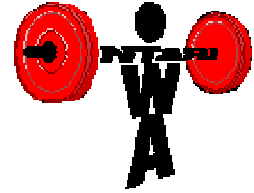
- Updated start lists
- competition schedule
- officials assignments

20. DURING COMPETITION

Team Coaches will be given a copy of the Start List as soon as possible after each weigh-in.

21. AFTER THE COMPETITION

Team Leaders will be given a copy of the Results Package at the Banquet.



22.

SCHEDULE AND DEADLINES

Monday - November 10, 2011

mailing of the general information

Friday - December 16, 2011

Preliminary Team entries – (form available by e-mail upon request)

Last day for booking of rooms at Days Inn.

Friday - January 6, 2012

Last day for ordering extra banquet tickets.

Final Team Entry Form deadline.

Friday - January 20, 2011

All day - Arrival of participants.

7:00 PM Technical Meeting – Variety Village

Saturday - January 21, 2012				
Competition (Tentative)				
Presentation of the athletes for the first session 09h15 am				
SESSION		CATEGORIES	WEIGHT IN	COMPETITION
1	MEN	56 – 62 - 69 kg	07:30 am	09:30 am
2	WOMEN	48 – 53 - 58 kg	09:00 am	11:00 am
3	WOMEN	63 - 69 - 75- + 75 kg	11:00 am	1:00 pm
4	MEN	77 - 85 kg	12:30 pm	2:30 pm
5	MEN	94 – 105 - + 105 kg	2:00 pm	4:00 pm
End of the competition 6h30 pm				
Banquet to follow competition at the Toronto Don Valley Hotel				
Note :	With 9 athletes and more in a group, there will be no break between snatch and clean & jerk.			
Sunday - January 22, 2012				
Departure				

This document is available at: http://www.weightliftingcanada.ca/cwfhc_cal.htm - Calendar section.