

PARA WEIGHTLIFTERS AT THE CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

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General Requirements

Weightlifting Canada Haltérophilie Masters welcomes weightlifters with disabilities as competitors at the Canadian Masters Weightlifting Championships (CMWC). In acknowledgement of the “Accessible Canada Act” (2019), Sport Canada’s “Policy on Sport for Persons with a Disability (2006)”, and the “Act to Promote Physical Activity and Sport” (2003), WCHM welcomes para weightlifters into its membership and into participation at the Canadian Masters Weightlifting Championships.

“NO ACCIDENTAL CHAMPIONS - Long-term Athlete Development for Athletes with Disabilities” (Sports Canada) “describes some of the opportunities and challenges that face persons with permanent disabilities in pursuing sport and physical activity, and how the Canadian sport system can best accommodate their needs for increased activity and greater achievement through Long-Term Athlete Development (LTAD). Not all individuals with disability will pursue competition; however, this should not exclude them from opportunities to learn sport skills and become active for life.”

Although Weightlifting Canada Haltérophilie Masters does not provide coaches with para weightlifting preparation, or technical officials with specialized refereeing skills relevant to the para weightlifter, we welcome weightlifters with disabilities who have met the qualifying total requirements through local and provincial weightlifting competitions which fall under the auspices of the Provincial Weightlifting Associations and Weightlifting Canada Haltérophilie. Provincial weightlifting coaches are trained and certified by Coaches Association of Canada through the National Coaching Certification Program (NCCP).

The Canadian Masters Weightlifting Championships are hosted and organized by a club that is registered with its Provincial Weightlifting Association which in turn is associated with the Weightlifting Canada Haltérophilie. The Canadian Masters Weightlifting Championships are adjudicated by qualified technical officials certified by the Weightlifting Canada Haltérophilie.

The CMWC Competition Director, will attempt to provide accommodation(s) for para weightlifters whereby their safety is of paramount importance.

Para weightlifters must meet a minimum qualification total equal to 50% of the qualification total for the CMWC, when such a qualifying total is established. Para weightlifters must reasonably complete the competition lifts, the

snatch and the clean and jerk. These lifts must be fully locked out overhead, however slight press outs may be permitted if executed without a lengthy pause. Bars are returned to the platform according to IWF rules.

The Rules and Regulations governing the Canadian Masters Weightlifting Championships are those of the IWF Rules and Regulations, with the exceptions that are noted in this document. If any adjustment to the IWF rules or accommodation for para weightlifters are not described here, the IWF Rules and Regulations will apply.

Para Weightlifters are responsible for informing the Competition Director and officials of their need for accommodation which may include additional travel time to the platform after being called by the competition Announcer. The Competition Director, in consultation with the Referees, retains the authority to not permit para weightlifters from commencing their first or subsequent attempts, if attempting that lift is deemed as potentially harmful to themselves or others.

Para weightlifters are eligible for medals awarded within the athlete's bodyweight category.

Canadian Masters Weightlifting Championships Accommodations and Technical Rules

Weightlifters with disabilities who require specific accommodation not listed below, are asked to contact the WCHM President describing their requested modifications.

CMWC Meet Directors will ensure that access to athlete change rooms, washrooms, and the weigh in room are safe and accessible to all athletes.

CMWC Meet directors will ensure that athletes, coaches, technical officials, spectators, and volunteers are aware of the Code of Conduct of WCHM and demonstrate respectable behaviour to each other regardless of one's disability. The continued contravention of our Code by any such individual will result in the offending individual (s) expulsion from the competition premises by the Competition Director or Competition Secretary and a report of said behaviour reported to the appropriate provincial weightlifting association and weightlifting federation(s).

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.

Athletes who are deaf, deafened, or hard of hearing

Athletes may compete in the able-bodied bodyweight category or chose to compete in this category.

Coaches will be allowed out of the coaches' box to stand behind the referees during the athlete's lift to sign or signal coaches' cues.

Coaches can stand behind the referees during the athlete's lift so that signing or coaches signaling can be clearly seen by the athlete. The centre referee may be asked by the athlete or coach to give a more robust MANUAL down signal. The coach may give the down signal once the referee's call is visible and/or the electronic signal is heard.

Athletes with visual impairment

Athletes may compete in the able-bodied bodyweight category or choose this category.

Coaches can walk their athlete on to the stage, and on to the platform, to assist with the start of the lift. The regulation clock starts to run as per current rules, but up to an additional minute will be allowed for athletes and coaches to complete the preparation to lift and for the coach to step off the platform. The athlete/coach may request that the centre referee give a more robust VERBAL/AUDIBLE down signal.

Athletes with intellectual impairment

Athletes may compete in the able-bodied bodyweight category or choose this category.

Coaches can walk their athlete on to the stage, and on to the platform, to assist with the start of the lift. Coaches will be allowed out of the coaches' box to stand behind the referees during the athlete's lift to sign or signal coaches' cues.

Coaches can stand behind the referees during the athlete's lift so that signing or coaches signaling can be clearly seen by the athlete. The centre referee may be asked by the athlete or coach to give a more robust down signal. The coach may give the down signal once the referee's call is visible and/or the electronic signal is heard.

Athletes with limb deficiencies – no prothesis

- Athletes performing single arm snatches and clean and jerks.
- Athletes performing single leg snatches and clean and jerks.
- Athletes performing a lift with the use of a strap briefly attached to the bar. Straps are safely and appropriately anchored to the athlete's torso.

Athletes with limb deficiencies – with prothesis

- Athletes performing a lift with an arm prosthesis.
- Athletes performing a lift with a leg prosthesis.

Athletes will weigh in as per IWF rules. Amputees using their prostheses must weigh in with their prostheses and must demonstrate that the artificial limb is not powered or able to store energy. Myoelectric arms which are needed to open and close the hands, are permitted.

Single arm and single leg lifts will follow the same rules as two-handed lifts.

Athletes lifting with their disabled arm, without the prosthesis, will be allowed a press-out in order to stabilize the bar in its final but uneven position. In this example, athletes may perform the lift with the use of a strap briefly attached to the bar.

Change plates must be secured inside the collars.

Athletes with impaired range of motion or joint instability

Athletes who have impaired range of motion have a restriction or a lack of passive or active movement in one or more joints caused by impairments such as chronic joint immobilization or trauma affecting a joint. Noting that impairments to range of motion from Osteoarthritis is not an eligible impairment.

Athletes who have joint instability have a health condition that provides too much range of motion within the joints causing them to be grossly unstable. Noting that benign joint hypermobility is not an eligible impairment.

Suggested accommodations from the athlete and the athlete's coach will be considered in consultation with the Competition Director for this category. Athletes are encouraged to provide the Competition Director with a sample of the two lifts using a light weight to illustrate their range of motion.

Athletes who cannot fully extend their elbows are still expected to adhere to the current IWF regulations.

Athletes who cannot fully lower their torso to reach the height of the bar, will be permitted to lift their attempted weight from blocks. Blocks cannot be higher than the top of the athletes' patella.

The Jerk may be replaced with a Push Press to full extension without any pausing of the arm while reaching its full extension. The Snatch may be replaced with a Muscle Snatch to full extension without any pausing of the arm while reaching its full extension. For the safety of the athlete and for the equipment, it is recommended that the athlete return the bar to the platform, if physically possible.

Athletes competing with the use of a wheelchair

Snatch (S); Clean and Press (CP)

- The athlete may be assisted with weigh in. (S, CP)
- An adaptive performance weightlifting belt may be used. (S, CP)
- The use of a lap mat or blocks is permitted. If using blocks, the resting bottom most part of the barbell , with plates on the barbell, may be no more than 5 cm (2 inches) above the lap or pad (if applicable. (S, CP)
- The coach or assigned volunteers will place the barbell on the athlete's lap mat or blocks. The athlete is allowed to readjust the barbell on their lap or blocks if needed. (S, CP)
- A muscle snatch will be acceptable, if the bar does not stop or descend on its way upward. (S)
- The barbell is allowed to touch the chest before it stops at the final position either on the clavicles, chest, or on fully bent arms prior to the press. (IWF rule amended) (CP)
- Following the lap clean, the barbell must be in contact with the shoulders to begin the press. A strict press or seated version of the push press may be permitted as long as a fully locked out finished position is achieved. Athletes may shrug or bounce the shoulders to get the press movement started. The press must be completed in one fluid motion.
- The athlete's wheelchair may be placed directly in front of the platform, if it cannot be safely anchored to the platform. Gym mats will be placed in front of the athlete. (S, CP)
- The athlete's arms must be fully extended upon completion of the lift, and if full extension is not possible, the athlete must indicate so to the referees prior to commencing each attempt. (C, CP)
- Although the barbell may pause on its way up, it cannot be lowered and then raised. Once the barbell descends, a no lift has occurred. (S, CP)
- After full extension is reached and after the robust audible down signal from the centre referee, the two volunteer spotters will secure the barbell and return it safely to the platform. The down signal is a more robust VERBAL/AUDIBLE **"DOWN"** accompanied by the referee's hand signal to the spotters indicating that it is time to secure the barbell and return it safely to the platform. (S, CP)
- Only the athlete, loaders and the spotters can make contact with the barbell. Coaches are not allowed on the platform after the attempt has started. (S, CP)
- The regulation clock, set to three minutes, starts to run when the athlete's name is called. This will provide time for the athlete and spotters to set up the barbell. The three-minute time period is also applicable to athletes who follow themselves. (S, CP)

Weigh-in Procedure for Athletes using Wheelchairs

Athletes must be weighed in with their undergarments. Articles of the athlete's outfit such as singlets, unitards, shorts, and T-shirts are not considered undergarments. Athletes must not wear shoes, socks footwear or watches

during weigh-in. Jewelry, hair adornments, and religious head gear are permitted. These regulations are as per IWF Regulation 6.4.

Wheelchair scale is not available at the Competition

The athlete is expected to have a certified or registered health care professional conduct the weigh-in and attest to its accuracy. Practitioners must be certified or licensed to perform their services in the province in which they are practicing. An Attestation of Bodyweight Form will be provided to the athlete for the health care professional to complete.

The weigh-in must be completed within 36 hours of the end of the official weigh-in time for in-person competitions or 36 hours prior to the start of the athlete's first Snatch attempt in a virtual competition. The Attestation of Bodyweight Form is submitted by the athlete to the Competition Director. The wheelchair used for the weigh-in does not necessarily have to be the wheelchair used in the competition.

Wheelchair scale is available at the Competition

The wheelchair must be weighed first followed by the athlete seated in the wheelchair. The athlete's bodyweight is calculated by subtracting the weight of the wheelchair from the combined weight of athlete and wheelchair. The wheelchair used for the weigh-in does not necessarily have to be the wheelchair used in the competition.

Athletes of Short Stature

Athletes of short stature may choose to lift in the able-bodied category or in this Category.

Athletes who have a reduced length of the bones in the upper limbs, lower limbs and trunk caused by an underlying health condition such as achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta.

Men are permitted to use the 15 kg bar or the 20 kg bar when competing in this category. For Men choosing to compete in the able-bodied category, the 20 kg bar must be used. Athletes are expected to indicate to the referees, using the prescribed IWF rules, if they cannot fully extend their arms. The same indication will be required in this category if full extension of the legs is not possible. All other IWF rules and regulations will apply during the Canadian Masters Weightlifting Championships.