



Canadian Masters Weightlifting Championships

Information for Technical Officials

M Gomes

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Reminders to all Officials

Officials are expected to be in appropriate attire.

All officials must be at their posts 30 minutes prior to their assignment, particularly the Marshalls and Referees.

Referees are asked to keep their desks clear of all items except a refreshing drink. Cell phones are not to be visible or used during their duty.

Referees' chairs must always face forward, and they are to avoid conversing with each other unless it is a matter of urgency. They should not discuss the rationale of their decisions with each other.

Referees are expected to remain seated for the awards ceremony or find another TO, in uniform, to take their place.

Tips for Refereeing Masters Weightlifters

Technical Officials trained in Canada have received some of the best preparation for the performance of their duties. However, refereeing Masters weightlifters do come with some unique challenges. Here are some of them to be aware of, keeping in mind that the same IWF technical lifting rules apply to Masters. In the case of adaptive athletes who are competing as para weightlifters, the IWF rules have been amended to provide each para weightlifting athlete with a fair and equitable inclusion into weightlifting. Those technical rules are not included here, as they are well covered in other documents precisely compiled for referees of Masters para weightlifters.

1. There are a few elderly Masters who, in the rack position of the Clean, may not be able to have **physical contact between the bar and the top of the shoulders**. This is not a technical fault, as long as the bar is at that position at the completion of the Clean.
2. Similar to the first point, Masters, like any age of athlete, may have the bar caught in the rack of the Clean then moved upward toward the shoulder in preparation for the Jerk. This **“double clean” or “dirty clean”** is not acceptable.
3. Some Masters are noticeably bouncing the bar off their thighs. This is reminiscent of the way the Clean was practiced many decades ago until the science of weightlifting proved the ineffectiveness of that bar path. There may be the elderly Masters who have not shaken that technique or newer Masters who have been improperly coached. Although this movement is not a technical fault, it often results in the bar coming to a quick stop on the thigh and restarting on its way upward. When that happens, that movement does become problematic and is referred to as **“pulling from the hang.”**
4. Unfortunately, the aging process, as well as some athlete’s physical build, may result in the **inability to fully extend their arms**. This results in a bit of a bow, which can be quite pronounced in the much older athletes and more common with the men. If that is as far as the athlete can extend, and the athlete’s elbow angle does not diminish and then re-extend, then no technical fault has been occurred. The athlete must point to the elbows, one or both, while making eye contact with all the referees. The referees should respond with a slight nod indicating they have acknowledged the athlete’s signal.
5. As in the case of the elbows, an elderly Masters, and some younger masters with unique lower body muscular anatomy, may not appear to be **fully extending their knees** as is required as part of the completed lift. There is no rule for situations where this is permitted, as is the case with pointing to the elbows. Able-bodied athletes cannot simply point to their knees to indicate the inability to extend them. This may have to be left to your discretion when it comes to the very elderly group of athletes.
6. **Press outs are technical faults** for all Masters athletes. These include those athletes who may appear to complete the Snatch to full elbow extension, but instead of the bar reaching its final extension in one complete motion, the bar is pushed into that position using what is called a muscle Snatch. If the athlete’s body (hip/torso) is still descending, it is not a press out. Some of the younger Masters can do this quickly whereas in the older masters the fault is more pronounced and easier to observe.

2.5.1.4 Finishing with a press-out, defined as: continuing the extension of the arms after the athlete has reached the lowest point of his / her position in the squat or split for both the Snatch and the Jerk.
7. **Hard of hearing is not unique to Masters**, and unless the athlete is a para weightlifter, no special considerations are made. Out of courtesy, the down signal should be loud enough for all athletes and coaches. However, the Centre Referee should be sensitive to the fact that a quiet buzzer, coupled with a confused look of an elderly masters, may indicate some hearing issue and therefore be prepared to give the visible down signal.

TECHNICAL OFFICIAL AT WEIGH IN

(Officials can decide how to share these responsibilities)

1. **REMIND WAITING ATHLETES TO EXAMINE THE ANTI-DOPING AGREEMENT THAT IS DISPLAYED OUTSIDE THE WEIGH-IN ROOM.**
2. **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.**
3. Ask athlete for **government photo identification**. WCHM membership card is not necessary as athletes' memberships have already been verified. WCHM membership is not sold at this competition.
4. **Weigh the athlete.**

WCHM observes the IWF weigh-in rules.

Athletes must be wearing their weightlifting singlet before entering the weigh-in room.

5. Athletes state their **starting attempts**. Starting attempt total must be at least 80% of the athlete's qualifying total.
6. Athletes affix their signature (i.e. **initials**) **beside bodyweight and each starting attempt**.
7. Each athlete may receive **warm-up passes** in a number approved by the Competition Director.
8. Thank the athletes and wish them well.
9. Athletes will weigh in at their scheduled time.

Bodyweight Category Change for the Canadian Masters Weightlifting Championships

All bodyweight category changes must be communicated to the Competition Secretary/Registrar prior to midnight of the scheduled day of the Annual General Meeting/Technical Meeting. Changing bodyweight category at weigh-in is not allowed. Athletes who do not make the bodyweight requirement or choose to change bodyweight category are allowed to participate as Guests. As Guests, these athletes are ineligible for medals or challenging Canadian Masters Weightlifting Records. Participating members competing as Guests are allowed to use their totals to qualify for international masters weightlifting championships.

ANNOUNCER'S REMINDERS

1. The Technical Controller will bring out the athletes according to the start list. **Introduce the athletes using their full name and the province** which they represent . After the last athlete leaves the platform, set the clock to 10 minutes and start the timing.
2. After the athletes are introduced, the Technical Controller will escort the Technical Officials to the platform. **Introduce the Officials** in this order. Technical Officials may be introduced by name and/or their seated positions in order to save time.
Centre Referee, Left Referee, Right Referee, Marshall, Technical Controller.
3. **Canadian Masters Record attempts** may be displayed on the OWLCMS.
4. When an attempt is **incomplete it must be referred to as a NO LIFT** and not as an incomplete attempt.
5. If there are two lights of the same colour, **do not indicate that the decision was by a majority**. The attempt is either a **GOOD LIFT or a NO LIFT**.
6. For **NO LIFTS do not offer any comments** as to why the attempt was deemed unsuccessful.
7. Be attentive of signals from the Technical Controller or the Centre Referee.

CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

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

FIELD OF PLAY
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 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. Audios system working.
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.
START
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. If entering from audience's left side, line athletes up in reverse order of athlete list. Then line up and guide Officials, same rules as athletes.
Ensure correct athlete approaches platform/le plateau after being called to their attempt.

DURING
Check for lubricants/excess chalk particularly on thighs. No electronics on competition platform.
Monitor/enforce Starting Attempt rules established by the CMWFHCM.
Only TC, injured athlete 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 do not decide if the barbell needs cleaning. They must alert the TC.
Loaders (opposite side to athlete entry; clear accumulation of chalk on athlete path.
Verify information on competition board. Advise announcer of any premature calls.
AFTER: During medal presentations, TOs remain at post. Assist Anti-Doping personnel, if requested.

Marshals and the 80% Rule of Qualifying Total

The Athlete Card will show the Entry Total. The Start List will show 80% of the Qualifying Total.

The Marshals can also monitor that the total of the first attempt Snatch and the first attempt Clean and Jerk is equal to, or greater than, the 80% number indicated on the Athlete Card.

When the start attempts are entered into OWLCMS, the Marshals will get a warning if the athlete's total is unacceptable. The Marshals will warn the coach/athlete and explicitly acknowledge that the athlete/coach has been warned. This may be done with a note onto the Athlete Card with both Marshalls initials if the attempt weight is not corrected.

If the error is not fixed when the issue is addressed, the athlete will need to be disqualified. The Marshals will alert the Technical Controller who will issue the disqualification. The disqualification will be recorded into OWLCMS as a withdrawal.

The OWLCMS will also tell the Marshals how much weight is missing to meet the 80% rule.