



WEIGHTLIFTING CANADA HALTÉROPHILIE MASTERS
PARA WEIGHTLIFTING TECHNICAL OFFICIAL QUIZ

Version 2 2022/11/18

The following quiz is for Canadian Weightlifting Technical Officials who are interested in testing their basic knowledge of para weightlifting rules and regulations. If a TO would like this test marked, a score can be provided. Thank you for helping WCHM improve its service to our members who are adaptive athletes.

A Certificate will be provided if you have achieved at least 88% (You cannot have more than three incorrect answers).

1. For an athlete with a hearing impairment, the coach will be allowed to
 - a) stand behind the referees
 - b) accompany the athlete unto the platform
 - c) may stand beside the platform
 - d) may stand behind the athlete, but not on the platform
 - e) none of the above

2. For an athlete with a visual impairment
 - a) the coach may accompany the athlete unto the platform
 - b) the athlete has to start the attempt within two minutes of being called
 - c) the coach may request a more robust verbal/audible signal
 - d) all of the above
 - e) none of the above

3. The athlete or coach may ask the centre referee for a more robust down signal if the athlete is in this para weightlifting category.
 - a) Visual Impairment
 - b) Intellectual Impairment
 - c) Hearing Impairment
 - d) none of the above
 - e) all of the above

4. A press-out in either lift is allowed for an athlete
 - a) executing the lift with one arm
 - b) with a limited range of motion of the arm
 - c) competing with the use of a wheelchair
 - d) all of the above
 - e) none of the above

5. A strict Press or Push Press replaces the Jerk for an athlete
 - a) executing the lift with one arm
 - b) with a limited range of motion of the arm
 - c) competing with the use of a wheelchair
 - d) (b) and (c)
 - e) none of the above

6. The time allotted between the calling of an athlete's name and for the athlete to start the lift, if the athlete is using a wheelchair is
- a) 1 minute or two minutes if the athlete has consecutive lifts
 - b) 2 minutes or two minutes if the athlete has consecutive lifts
 - c) 3 minutes or two minutes if the athlete has consecutive lifts
 - d) 3 minutes or three minutes if the athlete has consecutive lifts
 - e) none of the above
7. A muscle snatch is permitted for an athlete who
- a) has a limited range of motion or joint instability or is visually impaired
 - b) is competing in a wheelchair
 - c) is of short stature
 - d) competes in any of these designated categories
 - e) none of the above
8. Other than athletes with limited range of motion of their legs, athletes from this category may indicate to the referees that full extension of their legs is not possible.
- a) Athletes of Short Stature
 - b) Athletes competing with the use of a wheelchair
 - c) Athletes with a Visual Impairment
 - d) Athletes who are deaf, deafened, or hard of hearing
 - e) None of the above
9. The only athletes who are allowed to weigh in with their undergarments are athletes
- a) of Short Stature
 - b) competing with the use of a wheelchair
 - c) with a Visual Impairment
 - d) who are deaf, deafened, or hard of hearing
 - e) none of the above
10. The only athletes allowed to use an adaptive performance weightlifting belt are athletes
- a) of Short Stature
 - b) competing with the use of a wheelchair
 - c) with a Visual Impairment
 - d) who are deaf, deafened, or hard of hearing
 - e) none of the above

11. If a wheelchair scale is not available in the competition weigh-in room, the
- a) athlete must provide the technical official the attestation of the athlete's health care professional
 - b) Technical Official is allowed to estimate the athlete's bodyweight
 - c) athlete signs an attestation of their bodyweight
 - d) athlete and coach both sign an attestation of the athlete's bodyweight
 - e) athlete is not allowed to compete
12. All change plates must be secured between the collars and the larger plates for athletes who are
- a) visually impaired
 - b) competing with the use of a wheelchair
 - c) competing with the use of a single arm
 - d) all of the above
 - e) none of the above
13. Wheelchairs used at athletes' weigh-ins
- a) cannot be electronically powered
 - b) are provided by the host club
 - c) may be used on the competition platform
 - d) all of the above
 - e) none of the above
14. The following athletes may compete simultaneously in both the open category and in the para weightlifting category.
- a) Athletes who are deaf, deafened, or hard of hearing
 - b) Athletes with visual impairment
 - c) Athletes with intellectual impairment
 - d) all of the above
 - e) none of the above
15. When blocks are used for athletes with limited range of motion to commence their lift, the block
- a) can be of any height
 - b) must be positioned at the top of the athlete's knee cap
 - c) cannot be positioned higher than the top of the athlete's knee cap
 - d) is only permitted for the Snatch
 - e) none of the above

16. What is commonly referred to as a “dirty clean” is acceptable for athletes in this para weightlifting category.
- a) Athletes of Short Stature
 - b) Athletes competing with the use of a wheelchair
 - c) Athletes with a Visual Impairment
 - d) Athletes who are deaf, deafened, or hard of hearing
 - e) None of the above
17. For an athlete in a wheelchair using a block instead of a lap mat, the width of that block cannot exceed
- a) 2 cm
 - b) 5 cm
 - c) 8 cm
 - d) 10 cm
 - e) 300 mm
18. An athlete’s prosthesis
- a) cannot be electronically powered
 - b) may be electronically powered
 - c) must be electronically powered
 - d) is only permitted for an upper limb deficiency
 - e) none of the above
19. Athletes with Parkinson’s disease may compete in this para weightlifting category.
- a) Athletes with limited range of motion or joint instability
 - b) Athletes with intellectual impairment
 - c) Athletes with a Visual Impairment
 - d) Athletes who are deaf, deafened, or hard of hearing
 - e) None of the above
20. In consultation with the referees, this individual has the authority to not permit an athlete from commencing their first or subsequent attempts, if this may be potentially harmful to the athlete or others.
- a) WCHM President
 - b) Competition Director
 - c) Centre Referee
 - d) Announcer
 - e) Competition Medical Personnel

TRUE OR FALSE

1. Bodyweight Categories for Para Weightlifters are not the same as for able-bodied weightlifters.
2. It is the Announcer's responsibility to indicate to the Timekeeper the time allotment for each para weightlifter's attempt.
3. Para Weightlifters compete as a separate group at the Canadian Masters Weightlifting Championships.
4. Para Weightlifters can set Canadian Masters Para Weightlifting Records at the same qualifying competitions as other WCHM athletes.
5. There are no qualifying totals required of para weightlifters at the Canadian Masters Weightlifting Championships.

To have your quiz evaluated, please provide the WCHM President (president@wchmasters.org) with your answers in any format.