



Weightlifting Canada Haltérophilie Masters
Guide for Technical Officials
at WCHM Sanctioned Competitions with Para Weightlifters
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Version 3



This Guide includes various documents that have been reviewed by, and with input received from, the Director for the Advancement of Para Weightlifting, Nalani Perry; Para Weightlifting Advisory Group members (Nalani Perry, Paule Poulin, Madeleine Waterfield, Scott Glass, Greg Doucette, and Jeremy MacDonald) and members of the WCHM Advisory Committee, including several IWF Level 1 and 2 Technical Officials. Many of these rules and regulations have already been adopted by the International Masters Weightlifting Association (IMWA) and the European Masters Weightlifting Association (EMWA).

All IWF and IMWA Masters Rules and Regulations apply to WCHM sanctioned competitions with some modifications as noted in this document. As WCHM sanctioned events grow in popularity with adaptive athletes, our WCHM Para Weightlifting Advisory Group will review all suggestions provided by athletes, coaches, and officials whose participation in these inclusive events will help make improvements for subsequent competitions.

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Para Weightlifting

Directives for Technical Officials

Weightlifting Canada Haltérophilie Masters appreciates the help of all Technical Officials who volunteer at the Canadian Masters Championships. We ask each Technical Official to review these regulations. As we enter a new area of inclusiveness by our sports organization, we realize that certain rules may need revision. We ask for your patience and understanding as you officiate as best you can. Any questions can be sent to president@wchmasters.org

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), the 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 WCHM 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 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 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.

Canadian Masters Para Weightlifting categories.

PW1:	Athletes who are deaf, deafened, or hard of hearing
PW2:	Athletes with visual impairment
PW3:	Athletes with intellectual impairment
PW4:	Athletes with limb deficiencies– no prothesis
PW5:	Athletes with limb deficiencies – with prothesis
PW6:	Athletes with limited range of motion or joint instability
PW7:	Athletes competing with the use of a wheelchair
PW:8	Athletes of Short Stature

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 to compete in category PW2.

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 to compete in the PW3 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 with limb deficiencies – with 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 performing a lift with an arm prosthesis.
- Athletes performing a lift with a leg prosthesis.

Para weightlifters 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 limited range of motion or joint instability

Para weightlifters who do not fall within the above-mentioned categories, or who may have limited motion bending or extending at the knee, are invited to contact the President of the Canadian Masters Weightlifting Federation. Suggested accommodations from the athlete and the athlete's coach will be considered in consultation with the Competition Director.

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

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

Athletes with Parkinson's disease may have modifications permitted to some movements, depending on their medical condition.

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.

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 are only weighed in with their singlet as per WCHM rules. Athletes must not wear shoes, socks footwear or watches during weigh-in. Jewelry, hair adornments, and religious head gear are permitted.

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 the PW8 Category. Men must be less than 130 cm in height, and Women, less than 125 cm in height. Men are permitted to use the 15 kg bar or the 20 kg bar when competing in category PW. 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.

Para Weightlifting Modification Codes for Technical Officials

Weightlifting Canada Haltérophilie Masters

(PWTC = Para Weightlifting Technical Controller, in particular)

A.	Coach may stand behind the Referee (PWTC)	PW1 and PW3
B.	Athlete can be escorted onto the platform (PWTC)	PW2 and PW3
C.	Centre referee will also give a robust, manual down signal	PW 1, 2, 3, and 7
D.	A press out is permitted	PW4, 6 and 7
E.	All change plates inside the collars (PWTC)	PW4
F.	Athlete may start from blocks no higher than knee cap (PWTC)	PW6
G.	Jerk replaced with press or push press, no stopping or lowering	PW6 and PW7
H.	Snatch replaced with muscle Snatch, no stopping or lowering	PW6 and PW7
I.	Adaptive belt may be used (PWTC)	PW7
J.	Bar may be adjusted on lap by athlete or loaders/spotters	PW7
	And by loaders/spotters to lower the bar (PWTC)	
K.	Wheelchair lap block no greater than 5 cm above lap mat (PWTC)	PW7
L.	“Dirty clean” acceptable	PW7
M.	Athlete must notify referee if full elbow extension is not possible	All athletes
N.	Athlete must notify referee if full knee extension is not possible	PW6 and PW8
O.	Clock set to 3 minutes only for athletes using wheelchairs (Announcer)	PW7
P.	Modified Weigh-in Rules (Weigh-in Official)	PW7

- ☐ PW1: Athletes who are deaf, deafened, or hard of hearing
- ☐ PW2: Athletes with visual impairment
- ☐ PW3: Athletes with intellectual impairment
- ☐ PW4: Athletes with limb deficiencies - no prothesis
- ☐ PW5: Athletes with limb deficiencies - with prothesis
- ☐ PW6: Athletes with limited range of motion or joint instability
- ☐ PW7: Athletes competing with the use of a wheelchair
- ☐ PW:8 Athletes of Short Stature

Loaders

Preparing for athletes using wheelchairs

For athletes in wheelchairs, loaders will also be spotters

1. Place the requested weights on the barbell.
2. Lift the barbell (a loader on each side) and gently place and centre on the athlete's lap mat or lap block.
3. Remove your hands from the barbell and step back but remain close to the athlete's side.

Do not touch the wheelchair or the barbell.

4. Allow the athlete to start and complete the attempt. Upon the referees' signal to return the bar, secure the barbell from both sides and lower it to the platform.
5. If the attempt is proceeding unsafely, be prepared to intervene and secure the barbell, and then return it to the platform. The athlete may indicate the need for your assistance.
6. If requested, assist the athlete to exit the platform.

Technical Officials as Timekeepers for Para Weightlifters / Athletes competing with the use of a wheelchair (PW7)

At the beginning of each attempt, timekeepers set and start the timing clock at 3 minutes. The timing clock is started the moment the Speaker finishes the announcement of the attempt or when the barbell is loaded and the loaders/spotters remove their hands from the barbell after being placed on the athlete's lap, whichever is last.

The Timekeeper stops the clock immediately as the barbell is raised from the athlete's lap.

Athletes always have 3 minutes to start their attempt, even when they have consecutive lifts.

Para Weightlifting Technical Controller

The Para Weightlifting Technical Controller (PWTC) is a very important Technical Official for any competition with adaptive athletes competing as para weightlifters. This official is assigned to all sessions that include adaptive athletes. The PWTC may be the Technical Controller assigned to the session or assist the Technical Controller on duty.

In addition to the recognized responsibilities of being a Technical Controller, the PWTC ensures that all the necessary modifications to the field of play, weightlifting movements, and technical rules are implemented by the appropriate technical officials on duty; as well as the athletes and their coaches. The PWTC also checks to see that adaptive athletes' warm-up platforms are closest to their entrance to the competition platform and that the path between the two platforms is clear of all dangerous obstructions. The PWTC will also provide clarification of the rules and address any concerns from the athletes and their coaches, both prior to and immediately after the athletes attempt at their selected weight.

After discussion with the PWTC, referees may reverse their decision. If a referee's new decision results in the reversal of the initial referees' majority decision, the announcer must be immediately notified and the change noted on the results screen.

At Provincial Weightlifting Competitions, a second Technical Controller may be assigned to assist adaptive athletes. There are no special qualifications to be a Para Weightlifting Technical Controller, however it should only be assigned to an individual fairly knowledgeable about Para Weightlifting Rules and Regulations and willingly volunteers to act as the PWTC.

How can we do better at including adaptive athletes as para weightlifters?

1. In what position did you serve as a Technical Official?
2. For which Para Weightlifting Category were you a referee?
3. Describe your concerns during the moments of making your decision.
4. Were the rules/regulations for this para weightlifting category fair? Reasonable? Practical?
And if not, please describe how these rules can be amended in order to address your concern(s).
5. How can we improve the competition experience for adaptive athletes?