

Weightlifting Canada Haltérophilie Masters (WCHM)

“Wheelchair Weightlifting” PW 7

Questions from Technical Officials

Are the PW 7 (Wheelchair Weightlifting) rules as detailed as those required by Wheelchair CrossFit athletes?

The WCHM PW7 Rules are not as detailed as the requirements for Wheelchair CrossFit athletes since our PW7 movements are primarily within the sagittal plane whereas CrossFit athletes utilize the transverse and frontal plane for many of their WODs (Workout of the Day).

Are PW7 athletes subdivided according to their hip motion abilities?

The PW7 Category of WCHM does not differentiate between athletes with differing angular range of motion of their hip or their ability to hold the barbell overhead without the loss of trunk stability. Athletes are allowed to wear an adaptive weightlifting belt and if athletes need to be secured to the back of their wheelchair, our rules are flexible enough to permit that modification.

Is the use of the Lapmat compulsory?

The use of the Lapmat is not compulsory. Since the weightlifting bar is not returned to the athlete's lap (the bar is removed from its most elevated location by the spotters and returned to the platform), the athlete may just wish to have another material placed on their lap to steady the bar prior to its vertical movement. At WCHM National Championships, two sizes of Lapmats will be available to PW7 athletes.

Are PW7 athletes allowed to bounce their bar off of the Lapmat?

Since the Lapmat places the bar further above the lap of the athlete, generating upward momentum of the bar is more difficult than if the bar starts at the athlete's lap. Because of this, WCHM rules do not prohibit the athlete from using a bounce off of the Lapmat, but once the bar separates from the Lapmat, the lift is considered started. Therefore, the bounce is not meant to be executed more than once.

Some Lapmats are 6 cm in thickness. Will that be disallowed as the WCHM PW7 rule states a 5 cm thickness?

The 5 cm does not refer to the thickness of the Lapmat but the maximum height of a block above the Lapmat. Therefore, in total the bottom of the loaded bar could theoretically be 5 cm plus the Lapmat thickness of 6 cm, making the total height from the athlete's lap 11 cm. Recall that the greater the height the bar is from the athlete's lap, the more difficult it will generate "lift off." The athlete will have to decide if it is better for their unique physical build (for example arm length) to use or not to use a Lapmat and if so, with or without a block.

Are PW 7 athletes required to use a special bar?

WCHM PW7 rules do not specify which bar must be used. There are two common bars used, a 15 kg bar and a 20 kg bar. PW7 athletes, regardless of gender, can choose to use either bar. The minimum weight used for any attempt is that of the bar. If the athlete requires a lighter bar, the Competition Director will make lighter training bars available.

When the PW7 athlete is weighed in, is the same wheelchair required to be used on the weightlifting platform?

Since the weight of the wheelchair is deducted from the total weight of the athlete and the wheelchair, any wheelchair can be used by the athlete on the weightlifting platform.

Why are PW7 athletes allowed to weigh in with their undergarments and not their weightlifting singlet as other PW athletes?

The reasoning behind this rule was to allow PW7 athletes to weigh in with as few encumbrances as possible. Putting on singlets to weigh in, and then removing it after weigh in, just to put it on again to warmup, may be time consuming for some PW7 athletes. If PW7 athletes wish to weigh in with their singlet, that would be acceptable.

What are the PW7 rules regarding competition apparel?

PW7 athletes are not required to wear a weightlifting singlet but if they have one, it would be preferred. A close fitting, short sleeved T-shirt, a pair of sweatpants and any kind of athletic footwear are all acceptable.

Are there any width requirements for the PW7 athlete's adaptive weightlifting belt?

There are no requirements as PW7 athletes will use an adaptive weightlifting belt that is best suited for their own hip mobility and overhead bar stability.

Why are PW7 athletes allowed 3 minutes between being called to the platform and starting their attempt?

The three-minute rule is meant to allow sufficient time for athletes, and their coaches, to be centred on the platform and to have the loaders place the bar onto the athlete's lap. The three-minute rule will be revisited by our Para Weightlifting Advisory Group and our ITO Advisory Group and adjustments made if necessary.

If PW7 athletes cannot successfully complete the Snatch, or a light enough bar was not available, can they still total with just the Clean and Press?

Yes. In either of these unfortunate situations, the athlete can still achieve a total with just the Clean and Press.

How will the Competition Director manage the timing of a group session with a PW7 athlete(s)?

The management of the inclusion of para weightlifters in wheelchairs will need to take into consideration various factors. If there are more than three athletes registered for the Championships, the Competition Director may have a short session of for these athletes regardless of age, body weight class, or gender. A separate session for the Wheelchair Weightlifters could take place between two of the older age group sessions.

If there are less than three athletes, and they are of different genders and in different age/bodyweight classes, the Competition Director may have the athlete compete at the start of their age/bodyweight group.

Are PW7 athletes allowed to have a back support between their upper torso and the wheelchair?

Yes, that would be allowed. Some sport wheelchairs may not be fully designed to support the athlete's body particularly if the athlete's range of hip movement is severely limited. The athlete would also be allowed to have their torso additionally secured to the back of the wheelchair. Athlete's will usually have their own sport wheelchair designed for better bar placement on their lap.