



# 2012 MASTERS CHAMPIONSHIPS

## COMPETITION REGULATION

Scarborough, ON

Saturday April 28, 2012



## **OFFICIAL INVITATIONS TO ALL PARTICIPANTS**



Dear Members of the Canadian Masters Weightlifting Family

On behalf of the 2012 CWFHC Masters Weightlifting Committee, I am honoured to be invited to Scarborough to attend and take part in these Championships.

We are looking forward to meeting all Masters in Scarborough and wish you all the best of luck.

With best regards

**Dresdin Archibald**  
**CWFHC-MC Secretary Treasurer**

To all Canadian Masters

On behalf of Variety Village, it gives me great pleasure to invite you to be part of the 2012 CWFHC Canadian Masters Weightlifting Championships in Scarborough, Ontario; a truly special event in the CWFHC calendar.

The Variety Village Organizing Committee are eager to welcome Canadian Masters Weightlifters, to demonstrate their love of the sport, to introduce our beautiful city and to embrace you with their hospitality.

Yours sincerely

Abdallah Alsebaai,  
Chairman, 2012 Masters Local Organizing Committee  
Coach, Variety Village Weightlifting Club

To all Canadian Masters

The O.W.A. welcomes all participants to this 2012 CWFHC Masters Championships hosted by Variety Village. I take this occasion to congratulate the Organizing Committee on its endeavor and wish all participants success.

Je souhaite la bienvenue à tous lors de ce Championnat Canadien Masters. Je remercie les organisateurs du club Variety Village tout en souhaitant bon succès à tous les participants et participantes.

Daniel Robitaille  
President  
Ontario Weightlifting Association

# REGULATIONS

1. **TITLE**

The competition is the 2012 Canadian Weightlifting Federation Haltérophilie Canadienne Masters Championships (hereinafter the “Competition”).

2. **SANCTION**

The Competition is sanctioned by, and the property of, the Canadian Weightlifting Federation Haltérophilie Canadienne Masters Committee (hereinafter the “CWFHC-MC”) and by extension, the Canadian Weightlifting Federation Haltérophilie Canadienne (hereinafter the “CWFHC”).

3. **ORGANIZED BY**

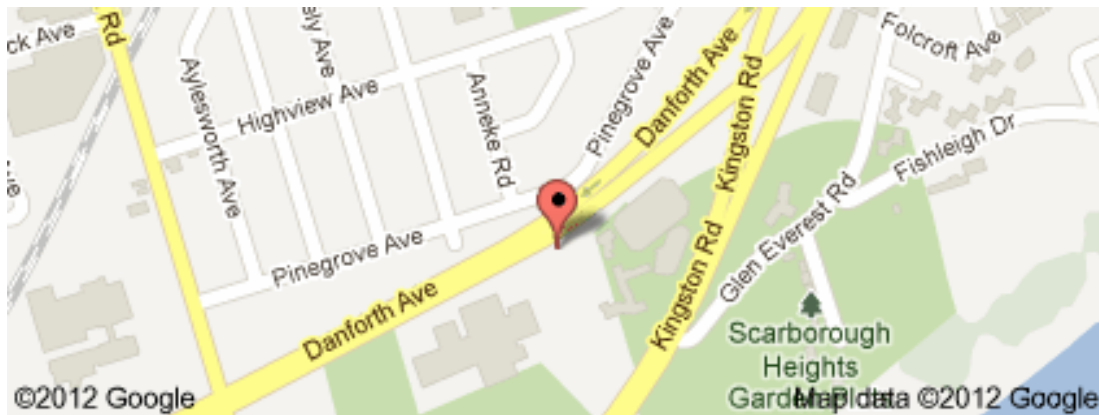
The Competition’s Local Organizing Committee is the Variety Village Weightlifting Club of Scarborough, ON (hereinafter referred to as “the LOC”). It is responsible for the organization of the competition. The LOC is a committee established by, and responsible to, and acts as a contractor to, the CWFHC-MC.

4. **DATE**

April 28, 2012

5. **VENUE**

Variety Village  
3701 Danforth Avenue  
Scarborough, Ontario  
M1N 2G2



6. **CATEGORIES**

Events will include all official IWF Masters sex, age and bodyweight categories as follows:

7. **AWARDS:**

- 7.1 The LOC will present all athletes with a participation gift.
- 7.2 Medals will be Awards for 1st, 2nd, and 3rd in each class.
- 7.3 Awards will be given to Best Female and Best Male lifters.

8. **PARTICIPANTS**

- 8.1 Any athlete, coach, team leader and technical official active at the Competition shall be hereinafter defined as a **“Participant”**.
- 8.2 The Competition is open to any athlete who is a member in good standing of a Provincial or Territorial Association of the Canadian Weightlifting Federation as well as the CWFHC-MC.
- 8.3 Technical Official Participants must be Category 3 or higher referees and members of the CWFHC via its federated provinces or territories.
- 8.4 Technical Aide Participants must be Category 4 or higher referees and members of the CWFHC via its federated provinces or territories.

## 9. **ENTRIES**

### 9.1 **Athlete’s Final Entry Form (Page 7)**

The signed Final Entry Form must be received by the LOC not later than April 7, 2012. No late entries will be accepted.

### 9.3 **Lot Numbers**

After all entries have been received a randomly generated lot number will be assigned to each athlete under the direction of the Competition Secretary.

### 9.2 **Entry List and Schedule**

The Entry List and Schedule will be distributed by the Competition Secretary to the membership (via the CWFHC-MC web-site) prior to midnight on April 16, 2012. The Entry List will include the lot numbers.

## 10 **COMPETITION RULES & REGULATION:**

- 10.1 Weightlifting competitions at the Competition will be organized under the supervision of the CWFHC-MC Executive (which may include any of their appointees).
- 10.2 The latest IWF and IWF Masters Technical Rules, carried out in full conformity with the CWFHC-MC’s respective Constitution, By-Laws and/or Rules, and administered by CWFHC-MC officials will govern the competition. Any technical rule disputes will be resolved by the CWFHC-MC Executive.

## 11. **EQUIPMENT**

### 11.1 **Competition area**

Competition stage elevation	Floor level – Court 3
Competition platform	Regulation
Competition barbell	Zhangkong
Stairs	None
Referee Lights	Modern electronic system
Scoreboard	Projected
Attempt board	Projected
Clock	Electronic

### 11.2 **Warm-up area**

Warm-up platforms - number	Same floor
Warm-up barbell makes	6
Scoreboard	Assorted
Clock	Projected
PA	None
	System is same one used in Competition area

### 11.2 **Weigh-in Area**

Scale	Electronic-digital
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### 11.3 **Results Package**

Final Results	Excel
Sinclair Results	Excel

### 11.4 **Announcing**

The same system is used in both areas.

**12. DOPING CONTROL**

This competition will be subject to random drug tests conducted by the Canadian Centre for Ethics in Sport.

**13. FINANCIAL RESPONSIBILITIES - PARTICIPANTS**

**13.1 Amounts:**

Entry Fee: \$87 (Registration, closing banquet, and Officials Support).

**There is NO entry or banquet fee for non-competing officials.**

**13.2 Payments**

Deadline: Entries must be postmarked no later than April 7, 2012. No late entries will be accepted.

Method: Personal Cheque/Money Order

Payee: Variety Village

Send to: Abdallah Alsebaai  
Variety Village Weightlifting Club  
3701 Danforth Avenue  
Scarborough, Ontario M1N 2G2

**14. FINANCIAL RESPONSIBILITIES – CWFHC-MC**

**14.1** The CWFHC-MC will provide a hosting grant of \$500 to the LOC as well as the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals for all categories.

**15. OFFICIATING**

**15.1 Competition Secretary**

A Competition Secretary will be jointly assigned by the CWFHC-MC Executive and the LOC. The Secretary must be a Category 3 official at minimum.

**15.2 Selection and Assignment**

Technical Officials (Referees, plus Jury members and Technical Controllers if applicable) will be selected and assigned by the Competition Secretary.

Technical Aides (the Speaker/Marshals and Timekeepers) will be selected and assigned by the LOC.

**15.3 Marshalling**

Each Speaker shall also act as Chief Marshal. Automatic attempt selections will be observed. Athletes/coaches are to direct any attempt changes to this official.

**16. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:**

**16.1 Chairman**

Name: Abdallah Alsebaai

Phone: 416-879-7238

E-mail: abs76@Hotmail.com

**16.2 Competition Secretary (as defined in IWF Rules)**

Name:

Phone:

E-mail:

**17. TECHNICAL CONGRESS**

A Technical Congress will be held under the direction of the CWFHC-MC Executive at 7:00 PM, April 27, 2012 in room TBA of the Toronto Don Valley Hotel.

**17.1** The Competition Secretary will verify the final entries into their categories.

**17.2** The Competition Secretary will distribute the categories into as many sessions as needed and convenient and then assign appropriate start numbers as per the IWF

Rules.

**17.3** The Competition Secretary will assign the Technical Officials to the various sessions.

**17.4** The LOC will assign the Technical Aides to the various sessions.

**18. BANQUET**

The closing banquet will be held Saturday, April 28 at 7:00 PM at the Toronto Don Valley Hotel, 175 Wynford Drive, M3C 1J3. The cost of the banquet is included in the registration fee for each registered lifter. Additional tickets costing \$35.00 each can be ordered when submitting the competition registration form. There is **NO** banquet fee for non-competing officials.

**19. ACCOMODATION**

**Toronto Don Valley Hotel**

**175 Wynford Drive**

Toronto, Ontario M3C 1J3

416-449-4111

1-877-474-6835 Reservations

[www.torontodonvalleyhotel.com](http://www.torontodonvalleyhotel.com)

Email: [reservations@tdvhs.com](mailto:reservations@tdvhs.com)

Single/double occupancy is \$99 plus tax per night.

Triple occupancy is \$109 plus tax per night.

Quad occupancy is \$119 plus tax per night.

Price includes buffet breakfast.

**Deadline for reservations is April 13, 2012.**

**20. CWFHC-MC Annual General Meeting**

The Annual General Meeting will be held as follows:

Details will be sent under separate cover.

Please send agenda items to Joel Carr-Braint at:

[Jcarr-braint@city.belleville.on.ca](mailto:Jcarr-braint@city.belleville.on.ca)





## ATHLETE'S FINAL ENTRY FORM

Name: \_\_\_\_\_

CWFHC-MC #: \_\_\_\_\_ Club: \_\_\_\_\_

Sex (M/F): \_\_\_\_\_ Bodyweight Category: \_\_\_\_\_

Age Category: \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Best official total made since the 2011 Masters Championships: \_\_\_\_\_ kg

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

If you are a referee willing to officiate what is your level? 4 \_\_\_\_\_ 3 \_\_\_\_\_ 2 \_\_\_\_\_ 1 \_\_\_\_\_  
 I am willing to serve as an official: Anytime I am not lifting \_\_\_\_\_ Only after I have competed \_\_\_\_\_

A request for support has been sent to Ontario officials. If you are an out-of-province competitor and know officials who are willing to officiate, please provide his/her name and email address below.

Name \_\_\_\_\_ Email \_\_\_\_\_

I am attending the banquet: \_\_\_\_\_ I am bringing \_\_\_\_\_ guests to the banquet.

Registration fee: \$87.00 \_\_\_\_\_

Extra banquet ticket(s) @ \$35.00 per person: \_\_\_\_\_

Fees Enclosed: \_\_\_\_\_

### WAIVER AND RELEASE OF LIABILITY

In consideration of entering and participating in the 2012 Canadian Weightlifting Federation Haltérophilie Canadienne Masters Committee Championships (the "Competition") and any and all activities related to the Competition, the undersigned acknowledges, confirms, appreciates and agrees that:

- The risk of injury from the activities involved in this Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury does exist;
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, and I assume full responsibility for my participation in the Competition;
- I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Ontario Weightlifting Association or its officials immediately;
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Canadian Masters Weightlifting Committee, the Ontario Weightlifting Association, Variety Village, the Variety Village Weightlifting Club, the Directors, Representatives, and Successors, and/or Assigns and Sponsors of this competition. their respective officers, directors, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to host training or conduct the event (the "Releasees"), WITH RESPECT TO ANY AND ALL INJURIES, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

SIGNATURE\_\_\_\_\_

DATE\_\_\_\_\_