



Weightlifting

TECHNICAL PACKAGE

2018 Saskatchewan Winter Games
February 18-24, 2018
North Battleford, Saskatchewan

1.0 SPORT:

- 1.1 Competition Site: Dekker Centre
- 1.2 Competition Dates: February 18-21, 2018
- 1.3 Sanction: Yes, Saskatchewan Weightlifting Association

2.0 PARTICIPANTS:

- 2.1 Number of Competitors per District: Male 6 Female 6
- 2.2 Coaches and Managers per District: Coach 1 Manager 1

Note: Sports that have both male and female competitors must ensure that at least one coach/manager is of the opposite gender of the other(s)

3.0 CLASSIFICATIONS:

- 3.1 Year of Birth: Born 2000 or later with a minimum age of 10 the year of the Games.

4.0 ELIGIBILITY:

- 4.1 Athletes: Residents of Saskatchewan within the age classification listed above, and must be members of the Saskatchewan Weightlifting Association
- 4.1 Coaches: Weightlifting Competition Intro Certified. Coaches and managers must have a Criminal and Vulnerable Sector Record check. Coaches must complete the Respect in Sport on-line training program.
- 4.2 Exclusions: National team members will not be eligible to compete at the 2018 Saskatchewan Winter Games

5.0 PROVINCIAL REGISTRATION:

Registration is with:

Name: Saskatchewan Weightlifting Association
Address: PO Box 781
City: Humboldt, SK
Postal Code: S0K 2A0
Phone (work & cellular):306-682-4919
Email: saskweightlifting@gmail.com

6.0 PROVINCIAL TECHNICAL LIAISON:

Name: Ken Trofimuk
Address:401 20th St W
City: Prince Albert, SK
Postal Code:
Phone (cellular & other):306-922-2989
Email: kentro@sasktel.net

7.0 COMPETITION:

- 7.1 Type of Competition - Individual
- 7.2 Events: Snatch and Clean & Jerk

Male Categories: 50kg, 56kg, 62kg, 69kg, 77kg,85kg, 94kg, 94+kg
Female Categories: 44kg, 48kg, 53kg,58kg, 63kg,69kg, 69+kg

8.0 RESULTS:

8.0 The Title Champion is awarded for individual lifts on the snatch, the clean and Jerk as well as for the Olympic Total (the aggregate of the best snatch and the best clean and jerk lifts). The competitors who have won first, second and third place in the two lifts and in the total in official competitions under IWF rulers will be awarded gold, silver and bronze medals, respectively.

8.1 The final classification of the competitors is calculated in accordance with the total weight lifted by adding the best results in the snatch and the clean and jerk of the lifts accepted by the referees.

8.2 The final classification of the competitors is calculated in accordance with the total weight lifted by adding the best results in the snatch and the clean & jerk of the lifts accepted by the referees.

8.3 Team points can be calculated for each weight class by using either the Saskatchewan Games Flag Points system, or by the IWF Team point system. IWF uses the following table:

1 st place – 28 points	14 th place – 12 points
2 nd place – 25 points	15 th place – 11 points
3 rd place – 23 points	16 th place – 10 points
4 th place – 22 points	17 th place – 9 points
5 th place – 21 points	18 th place – 8 points
6 th place – 20 points	19 th place – 7 points
7 th place – 19 points	20 th place – 6 points
8 th place – 18 points	21 st place – 5 points
9 th place – 17 points	22 nd place – 4 points
10 th place – 16 points	23 rd place – 3 points
11 th place – 15 points	24 th place – 2 points
12 th place – 14 points	25 th place – 1 point
13 th place – 13 points	

8.4 Team points for best lifts (snatch and clean & jerk) as well as for total will be allocated to each team for the final classification

8.5 In the event of a tie, the lighter competitor is given the higher rank.

8.6 When two or more competitors obtain the same result at a competition with the same weight, the competitor who reached the result earlier will be given the higher rank

8.7 In the event of a tie in the team classification, the team with the largest number of first places will be classified higher. If still tied the team with the most second places are classified higher and so on through third place until the tie is broken.

8.8 A score of 0 in the snatch will not eliminate competitor from the competition and will be allowed to lift in the clean & jerk portion. If successful, they receive their team classification according to the place obtained in the clean & jerk but will not receive points for the total

8.9 Competitors who have been successful in the snatch but have a 0 score in the clean & jerk competition will receive points in the snatch but will not receive points for the total

9.0 TIE BREAKING PROCEDURE:

As per the IWF Rulebook, the tie goes to the competitor with the lowest bodyweight. If bodyweights are equal, the lower lot number will prevail.

10.0 SPORT PROTEST PROCEDURE:

As per the IWF Rulebook, all disputes adjudicated by jury.

11.0 EQUIPMENT:

As per IWF standards, singlets, shoes, belt and wraps.

Host Committee: Chalk, chalk boxes, rosin, rosin box, results projector, bleach and steel brush, broom, dividers, mats, referee tables, weight room, water fountain

Saskatchewan Weightlifting Association: Competition platform, warm-up platforms, weights, bars (men's & women's) light scoring system, weigh scale, score cards

12.0 SPORT JURY: Composed of up to 3 Weightlifting Officials.

13.0 OFFICIALS REQUIRED:

13.1 Major Officials: 8 Major Officials. Duties will include performing athlete lot draw, conducting weigh-in, adjudication competition, technical control, formation or jury.

13.2 Minor Officials: 6 minor officials (level 4 or 5) will assist major official in officiating the competition

14.0 MEDICAL SERVICES: EMT or similar trained medical personnel

15.0 MEDALS: Gold, Silver & bronze for each of the following categories:

Male Categories: 50kg, 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 94+kg

Female Categories: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 69+kg

16.0 DISTRICT TEAMS SELECTION CRITERIA

Competitions will be held in each district their respective teams. 6 male & females and 1 male & female alternate will be selected as per IWF rules. Maximum of 2 athletes per category per district.

17.0 PROVINCIAL SPORT CONTACT

Name: Ken Trofimuk

Address: 401 20th St W

City: Prince Albert

Postal Code: S6V 4G8

Phone (cellular & other): 306-922-2989

Email: kentro@sasktel.net

18.0 THIS IS TO CERTIFY THAT THIS TECHNICAL PACKAGE, IN ITS ENTIRETY, WAS APPROVED BY OUR BOARD OF DIRECTORS.

(Please indicate in the space provided, the date of the meeting and when it was approved. This package must be signed by your President before returning it to the Saskatchewan Games Council.)

MEETING DATE: approved by email vote on Sept 14, 2016.

PRESIDENT'S SIGNATURE: _____

Name: Ken Trofimuk
Address: 401 20th St West
City: Prince Albert
Phone Home: 306-922-2989
Phone Work: 306-763-4302
Email: kentro@sasktel.net