



TECHNICAL PACKAGE

Technical packages are a critical part of the Saskatchewan Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committee by detailing tournament formats and scoring procedures, assist the Districts and Provincial Sport Governing Bodies (PSGB) in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each PSGBs version of developing young amateur athletes.

Every Saskatchewan Games' coach, manager, host sport directors, District sport contacts and District sport councils has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games and could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Saskatchewan Games Council or the respective PSGB.

Technical Packages are developed primarily by PSGBs, following principles, guidelines and requirements of the Saskatchewan Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the PSGB concerned.

Changes initiated by the PSGB must be directed to the Saskatchewan Games Council for approval. The proposed changes must have solid rational for enhancing the sport technical requirements. Changes to age groups, eligibility requirements and team sizes or staff compliments after 18 months prior to the games will not be considered.

Saskatchewan Games Athlete Eligibility

1. The Saskatchewan Games shall be open to Saskatchewan residents who are Canadian citizens or who have landed immigrant status for a minimum period of one year prior to the Games.
2. Each District team shall be comprised of eligible athletes whose Saskatchewan domicile or actual residence for at least six months prior to the Games, was located within the recognized boundaries of the District they are representing. In the event an athlete moves from one District to another, less than six months prior to the start of the Games, a special request may be made to the Saskatchewan Games Council to determine eligibility.
3. Students enrolled and attending secondary or post-secondary school on a full-time basis outside their District residence may elect to compete in a District play down in either their home District or academic resident District, but not both.

Students attending a secondary school outside their home District must be enrolled in a minimum of 60% of the eligible credits to be considered a full-time student.

Students attending a post-secondary school outside their home District must be enrolled in a minimum of the equivalent 3 full time classes per year to be considered a full-time student.

4. First Nation athletes who reside and attend school in one District but are members of a First Nation Reserve in another District may elect to participate in either District, but not both. If they try out for one District and are not selected for that team, they are not permitted to try out for that sport in another District.
5. Athletes who have shared custody in a split marriage must participate in the District in which they currently attend school. If an athlete is transferring schools to live with the other parent or guardian in another District in the year of the Games, then the school that the athlete previously attended will be the District they participate in.
6. Athletes residing outside Saskatchewan:

Individual Sports:

Athletes residing at an address outside Saskatchewan are eligible to participate in the Saskatchewan Games if they meet the following conditions:

- They reside near the Saskatchewan boundary and attend school on a full-time basis in a recognized Saskatchewan education system;
- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;
- They are eligible for membership with a PSGB in Saskatchewan.

Team Sports:

If a team has members from outside the Province of Saskatchewan, the team will be eligible if these criteria are met:

- The majority of the team resides in Saskatchewan or attends school on a full-time basis in a Saskatchewan based education system, and the others live within reasonable commuting distance;

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;
- They are eligible for membership with a PSGB in Saskatchewan.

7. District Team Eligibility

Sports using Club Team selection

When a team roster is comprised of athletes residing in different Districts, the following criteria will determine which District the team will represent:

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Sport Governing Body;
- Where a team has members from two or more Saskatchewan Games Districts, and is registered in a recognized league, it shall compete in the District where the majority of the players reside. Teams in this position may have members living in adjacent Districts within reasonable commuting distance.

8. The Games shall be open only to amateur athletes recognized as such by the applicable PSGB.
9. For each Games an athlete may participate in one sport only in each half, however an athlete may elect to try out for different sports in the District team selection process. Upon acceptance of selection to a District team in that half the athlete must remain with that team until the completion of the Games and is not eligible to try out for another sport.
10. Coaches, managers and athletes may participate in more than one sport. However, they may only participate in one sport in each half of the Games.
11. The age classification for participation in the Saskatchewan Games is based on the LTAD model for each sport. Recognizing the multi—sport environment that athletes are exposed to at the Games, each sport shall consider the maturity level of the athlete when establishing its age classification.
12. Eligibility of athletes for the Saskatchewan Games program must be clearly identified by the PSGB in each respective sport technical package.
13. Prior to the Games, the eligibility of any athlete not clearly established by these rules shall be determined by the Saskatchewan Games Council. During the Games the eligibility shall be determined by the Games Jury.
14. Coaches, managers and athletes of the District team must stay in the athletes' village during the Games.

WEIGHTLIFTING TECHNICAL PACKAGE

**2023 Saskatchewan Winter Games
February 19 – 25, 2023
Regina, SK.**

1.0 SPORT:

- 1.1 Competition Site: University of Regina
 - 1.2 Competition Dates: February 19 – 22, 2023
 - 1.3 Sanction: Saskatchewan Weightlifting Association
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2.0 PARTICIPANTS:

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

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

3.0 CLASSIFICATION:

- 3.1 Year of Birth: Born 2003 or later with a minimum age of 10 the year of the Games.
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4.0 ELIGIBILITY:

- 4.1 Athletes: Residents of Saskatchewan within the age classification listed above and must be members of the Saskatchewan Weightlifting Association.

- 4.2 Coaches: Weightlifting Competition Intro Certified.

As a coach or manager of a District team you will be volunteering with children, who are vulnerable members of our society. As per the policy of the Saskatchewan Games Council, all coaches and managers are required to undergo a Criminal Record Check and a Vulnerable Sector Check.

As per the mandatory requirements for all sports in Saskatchewan the “Respect in Sport” online training program must be taken by all coaches. It is strongly recommended that managers take the online training to ensure that as youth leaders they recognize, understand and respond to issues of abuse, bullying and harassment.

- 4.3 Exclusions:** National team members will not be eligible to compete at the 2023 Saskatchewan Winter Games.
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5.0 PROVINCIAL REGISTRATION:

Saskatchewan Weightlifting Association
510 Cynthia Street
Saskatoon, SK. S7L 7K7
Email: edir@saskweightlifting.com

6.0 PROVINCIAL TECHNICAL LIAISON:

Ken Trofimuk
401 20th Street West
Prince Albert, SK.
Ph: (306) 922-2989
Email: kentro@sasktel.net

7.0 COMPETITION:

7.1 Type of Competition – Individual

7.2 Events: Snatch and Clean and Jerk

Male Categories: 50kg, 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 94+kg
Female Categories: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, 75+kg

8.0 RESULTS:

- 8.1** 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 rules will be awarded gold, silver and bronze medals, respectively.
- 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 and jerk of the lifts accepted by the referees.
- 8.3** 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.
- 8.4** 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	10 th place – 16 points	18 th place – 8 points
2 nd place – 25 points	11 th place – 15 points	19 th place – 7 points
3 rd place – 23 points	12 th place – 14 points	20 th place – 6 points
4 th place – 22 points	13 th place – 13 points	21 st place – 5 points
5 th place – 21 points	14 th place – 12 points	22 nd place – 4 points
6 th place – 20 points	15 th place – 11 points	23 rd place – 3 points
7 th place – 19 points	16 th place – 10 points	24 th place – 2 points
8 th place – 18 points	17 th place – 9 points	25 th place – 1 point
9 th place – 17 points		

- 8.5** Team points for best lifts (snatch and clean and jerk) as well as for total will be allocated to each team for the final classification.
- 8.6** In the event of a tie, the lighter competitor is given the higher rank.
- 8.7** 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.
- 8.8** 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.
- 8.9** A score of 0 in the snatch will not eliminate competitor from the competition and will be allowed to lift in the clean and jerk portion. If successful, they receive their team classification according to the place obtained in the clean and jerk but will not receive points for the total.
- 8.10** Competitors who have been successful in the snatch but have a 0 score in the clean and 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 will be 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 and 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 and bronze for each of the following categories:

Category	Gold	Silver	Bronze
Male – 50kg	1	1	1
Male – 56kg	1	1	1
Male – 62kg	1	1	1
Male – 69kg	1	1	1
Male – 77kg	1	1	1
Male – 85kg	1	1	1
Male – 94kg	1	1	1
Male – 94+kg	1	1	1

Female – 44kg	1	1	1
Female – 48kg	1	1	1
Female – 53kg	1	1	1
Female – 58kg	1	1	1
Female – 63kg	1	1	1
Female – 69kg	1	1	1
Female – 75kg	1	1	1
Female – 75+kg	1	1	1
Total	16	16	16

16.0 DISTRICT TEAM SELECTION CRITERIA:

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

17.0 PROVINCIAL SPORT CONTACT:

Saskatchewan Weightlifting Association
c/o Dwayne Dreher
510 Cynthia Street
Saskatoon, SK. S7L 7K7
Email: edir@saskweightlifting.com
