



**British Columbia Weightlifting Association (“BCWA”)**

# **Junior & Senior & Masters Provincial Championship Qualification Regulations**

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## 1. Purpose

- 1.1. The primary purpose of BCWA Provincial Championships is to host the pinnacle of competition for Junior and Senior Athletes in British Columbia. The event is focused on serving athletes who qualify for the event based on the following defined criteria. Eligibility and access to Junior and Senior Provincials will first accommodate BC athletes who have achieved qualifying markers.

## 2. Eligibility

- 2.1. Athletes must achieve the requisite qualifying marker (see: Provincial Markers) within their weight category.
- 2.2. An athlete's total may qualify them to compete in a category *heavier* than the one in which they compete provided that the total achieved meets the marker of the heavier class.
  - 2.2.1. Ex: A 75kg athlete who meets the 85kg or 95kg marker may choose to lift in the 85kg or 95kg class.
- 2.3. An athlete's total may *not* qualify them to compete in a category *lighter* than the one in which they compete.
  - 2.3.1. Ex: A 77kg athlete who meets the 77kg marker may *not* compete as a 69kg athlete unless they have separately competed, and achieved the requisite marker, in that weight class.
- 2.4. Qualifying totals must occur within the qualification period.
  - 2.4.1. The BCWA Junior and Senior Provincial Qualification Period is: May 15th - February 15th.

## 3. Athlete Responsibilities

- 3.1. Athletes must be active members of BCWA in Good Standing
- 3.2. Any changes in weight class (i.e.- moving up a weight class) must be communicated to BCWA and the Competition Director within 1 week of receiving the Preliminary Startlist.
  - 3.2.1. Should the Preliminary Startlist be delayed, all changes to weight classes must be submitted no later than one (1) week prior to the start of the competition.
- 3.3. Athletes wishing to compete in a weight class for which they are not eligible may submit a request to lift as a Guest to the BCWA Board of Directors for approval.
- 3.4. In order to be considered for Guest eligibility, an athlete must still have achieved a Provincial Qualifying Marker in a different weight class.
- 3.5. Registration as a Guest allows the athlete to compete fully, set Provincial records, and utilize their achieved total towards qualification of eligible competitions (i.e. Junior/Senior Nationals).
- 3.6. Registration as a Guest does not allow an athlete to achieve medal placement or contribute towards Team Points.
- 3.7. Masters athletes intending to qualify for International Masters events and be eligible for National Masters records, a separate membership is required through the Weightlifting Canada Masters Federation ([WCHM](#)). Note: a separate membership is *only* required for National records; eligibility to compete at Masters Provincials and set Provincial records only requires a BCWA membership.
- 3.8. Junior athletes intending to compete at Junior Nationals *must* compete at Junior Provincial Championships
  - 3.8.1. Athletes may request exemption from competing due to injury, school commitments, other sport obligations, or timing conflicts.
  - 3.8.2. Any athlete requiring an exemption will email the BCWA Board of Directors requesting the exemption and providing reasoning for the request within 1 week of the launch of competition registration.
- 3.9. All athletes must lift in a competition singlet and equipment as approved by the IWF TCRR and Competition Rules & Regulations.
  - 3.9.1. This includes Junior and Masters athletes who are competing for the first time.

## 4. Association Responsibilities

- 4.1. BCWA will make decisions to best accommodate the capacity of BCWA member athletes who have achieved qualification markers.
- 4.2. Out of Province Guest lifters can be accepted to lift as a Guest (see above definition) contingent upon space and availability once BCWA member athletes have been registered.
  - 4.2.1. Participation in the event is subject to BCWA Board Approval.
  - 4.2.2. BCWA reserves the right to withdraw consent to any Guest lifter to participate if they deem access to the event is being impacted for in-province lifters; a full refund of competition fees will be issued.
- 4.3. Priority for competition will be given to BCWA member athletes who have achieved a qualifying total within the qualification period.

## **5. Provincial Markers**

- 5.1. Provincial Markers are set by the BCWA Board of Directors based on the Markers defined by Weightlifting Canada
  - 5.1.1. Markers are subject to change
  - 5.1.2. Senior Markers: set at 80% of the Senior National Qualification standard
- 5.2. Junior Markers: there is no marker required for Junior Provincials
  - 5.2.1. A Junior athlete who has achieved the Senior Marker will be eligible to compete and medal both as a Junior and Senior athlete
  - 5.2.2. The athlete will only be required to compete once, and may choose whether they wish to lift within the Junior or Senior competition when the option is available; ultimately the organization of the competition will be determined by the Competition Director and an athlete will need to lift in their assigned session based on the Competition Director's decision to promote a quality competition experience and flow.
- 5.3. Masters Markers: there is no marker required for Masters Provincials
- 5.4. Markers: <https://bcweightlifting.ca/national-and-provincial-qualification-standards>

Please reach out to [Executive@BCWeightlifting.ca](mailto:Executive@BCWeightlifting.ca) with any questions.