

**SPECIFIC REGULATIONS**  
**2020-2021 DIVISION 3 WEIGHTLIFTING INVITATIONAL**  
**PROVINCIAL CHAMPIONSHIP**

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**Note :** \*\* New article  
\* Modification to the article

(June 2020)

## 2020-2021 WEIGHTLIFTING

### **Article 1**     **Official Regulations in Use**

- 1.1            The official regulations used are those from the Fédération d'haltérophilie du Québec (FHQ).
- 1.2            Nevertheless, the following RSEQ Sport-Specific Regulations take precedence over the Official Regulations.
- 1.3            The RSEQ High School Governing Rules must be respected.

### **Article 2**     **Age Categories**

- 2.1            The student-athlete date of birth must be between July 1, 2002 and September 30, 2008
- 2.2            Registration is determined solely on bodyweight categories.

### **Article 3**     **Composition of the Delegation**

- 3.1            A school may enroll a maximum of twelve (12) student-athletes in all (male and/or female) and two (2) substitutes.

Substitutes do not take part in the competition.

- 3.2            Registrations must be submitted by the school to the RSEQ regional association it is associated with. The RSEQ regional association validates the registrations and transmits them to the Provincial RSEQ and the Fédération d'haltérophilie du Québec.

### **Article 4**     **General**

Participating student-athletes must be affiliated "développement" and coaches must be affiliated in accordance with Fédération d'haltérophilie du Québec regulations.

### **Article 5**     **Types of Events**

- 5.1            **Female:** 8 bodyweight categories: 49-55-59-64-71-76-81-+81 kg

- 5.2            **Male:** 8 bodyweight categories: 55-61-67-73-81-89-96-+96 kg

Note: The minimum weight is 20 kg (15kg bar & 2 plates of 2.5 kg).

- 5.3            Events of all 16 finals  
                 - Snatch  
                 - Clean and jerk  
                 - Total

- 5.4 The total "olympique" determines the ranking within each of the categories.
- 5.5 During a Fédération d'haltérophilie du Québec sanctioned preliminary competition, the student-athlete must successfully complete the performance threshold in the category for which they will register.
- 5.6 Catégories and eligibility treshold:

<b>MALES (8 categories)</b>							
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	+ 96 kg
ELIGIBILITY THRESHOLD							
72 kg	80 kg	89 kg	95 kg	103 kg	110 kg	115 kg	123 kg
<b>FEMALES (7 categories)</b>							
49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	+ 81 kg
ELIGIBILITY THRESHOLD							
61 kg	67 kg	72 kg	79 kg	87 kg	90 kg	93 kg	100 kg

**Article 6 Competition Procedure**

The competition procedure is consistent with standard FHQ rules.

**Article 7 Ranking**

- 7.1 Scoring system applied for the total ranking:

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

- 7.2 Points are cumulated as follow:
- points held by the six (6) best boys enrolled by the school.
  - points held by the best five (5) girls enrolled by the school.

**Article 8**      **Deadlines**

8.1                A student-athlete who is not present at their event within the specified time limit after the official call forfeits his attempt.

**Article 9**      **Awards**

9.1                Medals are granted to the top three (3) positions in each of the bodyweight categories (male: 8 categories; female: 8 categories).

- First    :        Gold medal
- Second:        Silver medal
- Third    :        Bronze medal

9.2                A banner is awarded to the winning girls' team and the winning boys' team.

N.B. It is strongly recommended, for the student athletes taking part in the high school weightlifting invitational provincial championship, to participate, during the season, to an official competition presenting the various procedures that are used in this type of event such as official weighing supervised by officials, performance evaluated with judges and spectators, with the objectives of getting familiarized with it and security.