

**SPECIFIC REGULATIONS**  
**2022-2023 DIVISION 3 WEIGHTLIFTING INVITATIONAL**  
**PROVINCIAL CHAMPIONSHIP**

**Note:** In the event of any discrepancy between the French and English versions of these regulations, the French version shall prevail.

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

(June 2022)

## 2022-2023 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, 2004 and September 30, 2010.
- 2.2            Registration is determined solely on bodyweight categories.

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

- 3.1            On the first round, a regional association may enroll a maximum of one team of 5 student-athletes male and one team of 5 student-athletes female. When all regions have done their first round, there will be a second round, and a third round and so on until the maximum capacity of 150 student-athletes are registered.

Substitutes do not take part in the competition.  
There are no restriction on the number of student-athletes per category.

- 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: 45-49-55-59-64-71-76-81 kg

- 5.2            **Male:** 8 bodyweight categories: 49-55-61-67-73-81-89-+89 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 "Olympique"
- 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 Categories and eligibility threshold:

| <b>MALES (8 categories)</b>   |       |       |       |       |        |        |         |
|-------------------------------|-------|-------|-------|-------|--------|--------|---------|
| 49 kg                         | 55 kg | 61 kg | 67 kg | 73 kg | 81 kg  | 89 kg  | + 89 kg |
| ELIGIBILITY THRESHOLD         |       |       |       |       |        |        |         |
| 62 kg                         | 72 kg | 80 kg | 89 kg | 95 kg | 103 kg | 110 kg | 115 kg  |
| <b>FEMALES (8 categories)</b> |       |       |       |       |        |        |         |
| 45 kg                         | 49 kg | 55 kg | 59 kg | 64 kg | 71 kg  | 76 kg  | 81 kg   |
| ELIGIBILITY THRESHOLD         |       |       |       |       |        |        |         |
| 51 kg                         | 57 kg | 65 kg | 72 kg | 79 kg | 87 kg  | 91 kg  | 94 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 "Olympique" ranking:

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

7.2 Rankings are separate for males and females.  
The competition takes place by category, with team ranking.

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.