

Canadian Weightlifting Federation
Federation Halterophilie Canadienne

Technical Officials' Examination
Level 3 Exam
2013-2016
Answers

Reference: IWF TCRR 2013-2016

Scoring: one point is awarded for each correct answer, unless otherwise noted.

1. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

56, 62, 69, 77, 85, 94 105 and +105 kg (TCRR 1.2.1)

2. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

48, 53, 58, 63, 69, 75 and +75 (TCRR 1.2.2)

3. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

A. Youth 13-17,
B. Junior 15-20,
E. Senior 15+,
F. Masters 35+ years of age (TCRR 1.1.2)

(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)

4. **A.** Two athletes per Member Federation can be entered in a bodyweight category (TCRR 1.2.6)
5. **A.** As soon as the athlete becomes motionless in all parts of the body. (TCRR 2.2.1 and 2.3.2)
6. **B.** If the athlete lifts the barbell off the platform and replaces it on the platform, he/she can try the lift again unless the barbell has reached the height of the knees. (TCRR 2.4.2)
7. **B.** is permitted (TCRR 2.4.1)
8. **B.** the bar has passed the level of the shoulders (TCRR 2.4.3)
9. **A.** report it to all on duty Referees and the Jury prior to the start of each lift (TCRR 2.4.4)
10. **C.** is ordered to remove it and the clock continues to run during the removal of the lubricant (TCRR 2.4.7)
11. **B.** False (TCRR 2.6.1)
12. **B.** is an incorrect movement (TCRR 2.5.1.3)
13. **B.** False (TCRR 2.5.2.1)
14. **B.** Is an incorrect movement (TCRR 2.5.1.4)

15. **B.** is an incorrect movement (TCRR 2.5.1.5)
16. **B.** an attempt is valid when during the execution of a lift, the athlete comes near the edge of the platform, the shoes hang over the edge of the platform without touching the outside area. (TCRR 2.5.1.6)
17. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

A. The athlete may assist their recovery by swinging or rocking their body while in the squat position (TCRR 2.4.5),

C. Must finish with the feet on the same line and parallel to the plane of the trunk and the barbell (TCRR 2.6.2),

D. May recover in his/her own time (TCRR 2.3.1).

18. **B.** It is not permitted for the athlete to touch their head with the bar (TCRR 2.5.2.2)
19. **A.** Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement. (TCRR 2.5.3.2)
20. **D.** all of the above (2.3.2)
21. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

Men's bar	20 kg (TCRR 3.3.3.3)
Women's bar	15 kg (TCRR 3.3.3.4)
One (1) Collar	2.5 kg (TCRR 3.3.3.8)

22. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*

25kg red	20kg blue	15kg yellow
10kg green	5.0kg white	2.5kg red
2.0kg blue	1.5kg yellow	1.0kg green
0.5kg white		

(TCRR 3.3.3.6)

23. **B.** False (TCRR 3.3.3.11)
24. **A.** 400 centimetres (TCRR 3.3.2.2)
25. **B.** must be 10 cm high (TCRR 3.3.2.2)
26. **C.** is placed on a stand in front of the competition platform (Regulation to TCRR 3.3.6.1)
27. **B.** two of the three Referees give an identical decision, "Good Lift" or "No Lift" (TCRR 3.3.6.5)
28. **C.** referees have three seconds to reverse their decision (TCRR 3.3.6.9)

29. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*
- Failing to replace the complete barbell on the competition platform (TCRR 2.5.1.8),
Dropping the barbell from above the shoulders (TCRR 2.5.1.7) and
Not lowering the barbell in front of the body (TCRR 2.4.3)
30. **A.** Must raise the small flag provided to them to indicate a change in decision.
(TCRR 3.3.6.9)
31. **B.** For a minimum of three (3) seconds. (TCRR 3.3.6.8)
32. **B.** Centre referee (TCRR 3.3.6.10)
33. **B.** President of the Jury and Competition Director/TD must sign the Protocol form (TCRR 3.4.7.1)
34. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*
- A.** Must be one piece,
C. may be of any color,
D. must not cover the elbows,
F. must be collarless (TCRR 4.1.1)
35. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*
- A.** Must be one piece,
B. Must be tight fitting
C. must be collarless,
E. may be of any color,
F. no pattern or design permitted (TCRR 4.1.2)
36. **B.** Socks may not cover the knees (TCRR 4.1.8)
37. **C.** twelve (12) cm (TCRR 4.3.2)
38. *(two points for a complete answer, one point for one mistake)*
- | | |
|--------|----------------------|
| Wrists | 10 cm (TCRR 4.4.1.2) |
| Knees | 30 cm (TCRR 4.4.1.3) |
39. **C.** no limit (TCRR 4.4.1.1)
40. **C.** no limit (TCRR 4.4.1.1)
41. **A.** True (TCRR 4.4.1.5)

42. **A.** True (TCRR 4.4.2.1)
43. **A.** True (TCRR 4.4.2.2)
44. **B.** Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). (TCRR 4.4.3.5)
45. **A.** True (TCRR 4.5.2)
46. **A.** True (TCRR 4.5.3)
47. **A.** not be powered (TCRR 4.6.1)
48. **B.** 18 (TCRR 6.3.2)
49. **C.** entry totals (TCRR 6.3.2)
50. **B.** The lifters' lot numbers are random but their start numbers are assigned in order of their lot numbers. (Regulation to TCRR 6.3.1)
51. **A.** one (1) hour (TCRR 6.4.1)
52. **B.** according to the progression of their lot number (Regulation to TCRR 6.4)
53. **C.** the athlete must start at least with 100kg in the Clean & Jerk competition (TCRR 6.6.5).
54. **B.** only two changes of weight are allowed, excluding the automatic increment (TCRR 6.6.12)
55. **A.** Athletes or their coach cannot decrease the weight of the barbell once the announced weight is loaded on the barbell and the clock has started. (TCRR 6.6.10)
56. **A.** Athletes or their coach cannot change their decision to withdraw from competition once it is noted and signed on the athlete's card. (TCRR 6.6.14)
57. **A.** the weight of the barbell, the number of the attempt, the sequence/order of the previous attempt(s) and the lot number of the competitor (TCRR 6.6.6)
58. **B.** the athlete who reached the total earlier in the course of the competition is ranked above the other athlete(s) (TCRR 6.8.2)
59. The Jury (TCRR 7.5.1)
60. Technical Controller (TCRR 7.8.5)
61. Technical Controller (TCRR 7.8.4)
62. Technical Controller (TCRR 7.8.3)

63. **C.** To examine and collate any information required for the efficient running of the competition and dispersing any required signed information (TCRR 7.11.1)
64. **C.** commenting on why a lift was declared "no lift" (TCRR 7.12.1)
65. **C.** Dark blue jacket, striped blue and white shirt, IWF tie/scarf, beige trousers /skirt and the IWF metal badge on the left lapel of the jacket (TCRR 7.2.3)
66. **A.** the President of the Jury may authorize that Referees can remove their jacket (TCRR 7.2.3)
67. **C.** the Jury can call the Referees to the Jury table (TCRR 7.5.7)
68. **A.** All members of a Jury must be International Category 1 Referees (TCRR 7.5.2)
69. **C.** the Jury, by unanimous vote, can replace any Referee whose decisions prove him/her to be incompetent (TCRR 7.5.5)
70. **A.** the Referee is allowed to explain his/her decision (TCRR 7.5.6)
71. **C.** The Jury has the power to reverse a decision when the Referees' decision has been judged unanimously by the Jury to be technically incorrect (7.5.7)
72. **C.** 400 centimeters from the front edge of the platform (TCRR 3.1.2.2)
73. **B.** the the Timekeeper must stop the clock after the bar leaves the platform, restarts the clock when the barbell returns to the platform and stops it again when the bar is lifted off the platform the second time (TCRR 7.10.5, 7.10.6)
74. **B.** the clock is stopped while the weight is changed and after the change has been completed, the clock continues to run until the end of the allocated time (TCRR 6.6.13)
75. **B.** one (1) kg (TCRR 8.1)