

**Canadian Weightlifting Federation  
Haltérophilie Canadienne**

**Technical Officials Examination  
Level 4 Exam  
2017-2020  
Answers**

**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)*

55, 61, 67, 73, 81, 89, 96, 102, 109 and +109 kg (IWF website)

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

45, 49, 55, 59, 64, 71, 76, 81, 87 and +87 (TCRR 1.2.2)

3. **A.** 20 years old (TCRR 1.1.2)
4. **C.** As soon as the athlete becomes motionless in all parts of the body (TCRR 2.2.1).
5. **D.** All of the above (TCRR 2.3.2)
6. **A.** True (TCRR 2.4.1)
7. **A.** True (TCRR 2.4.2)
8. **B.** The bar has passed the level of the shoulders (TCRR 2.4.3)
9. **A.** True (TCRR 2.4.4)
10. **C.** is an incorrect movement (TCRR 2.5.1.1)
11. **B.** False (TCRR 2.5.1.2)
12. **B.** is an incorrect movement (TCRR 2.5.1.3)
13. **B.** is an incorrect movement (TCRR 2.5.1.4)
14. **B.** False (TCRR 2.5.2.1)
15. **A.** Reverse their decision from “Good Lift” to “No Lift” (TCRR 2.5.1.8)
16. **C.** No (TCRR 2.5.1.9)
17. **A.** in an incorrect movement (TCRR 2.5.3.1),
18. **A.** Touching the thighs or the knees with the elbows or the upper arms is an incorrect movement (TCRR 2.5.3.2)
19. **A.** is an incorrect movement (TCRR 2.5.4.1)

20. **A.** Before starting the Jerk, any deliberate oscillation of the barbell to gain advantage is forbidden. The athlete must become motionless (TCRR 2.5.4.2)
21. **C.** is not permitted (TCRR 2.6.1)
22. **A.** 400 centimeters (TCRR 3.3.2.2)
23. *(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) |
24. *(two points for a complete answer, one point for one mistake, zero points for two or more mistakes)*
- |                   |                    |
|-------------------|--------------------|
| 25kg <u>red</u>   | 15kg <u>yellow</u> |
| 2.0kg <u>blue</u> | 1.0kg <u>green</u> |
| (TCRR 3.3.3.6)    |                    |
25. **A.** Yes (TCRR 3.3.3.8)
26. **A.** True (TCRR 3.3.3.11)
27. **B.** False (TCRR 3.3.3.11)
28. **B.** two of three Referees must give an identical decision, "Good Lift" or "No Lift" (TCRR 3.3.6.5)
29. **C.** Referees have three seconds to reverse their decision (TCRR 3.3.6.9)
30. **D.** Shorts may not be worn under or over the costume (TCRR 4.7.3)
31. **B.** False (TCRR 4.7.4)
32. **C.** No limit (TCRR 4.5.1.1)
33. **A.** True (TCRR 4.5.1.6)
34. **B.** 12 cm (TCRR 4.4.2)
35. **C.** two hours before the start of the competition (TCRR 6.4.1)
36. **A.** One hour (TCRR 6.4.1)
37. **B.** athletes which are under or over the limits of the category may return as many times as required to make the weight (Regulation to TCRR 6.4.14)
38. **A.** cannot be reduced (TCRR 6.6.1)

39. **A.** 1 kg (TCRR 6.6.2)
40. **A.** 1 kg (TCRR 6.6.3)
41. **B.** two (2) minutes (120 seconds) for succeeding attempt (TCRR 6.6.7)
42. **A.** “no Lift” by the three (3) Referees (TCRR 6.6.7)
43. **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)
44. **B.** there is a ten (10) minute break (TCRR 6.7.1)
45. **C.** is adjudicating the lifts performed by the athletes (TCRR 7.7.1)
46. **C.** During the competition, only the athlete and the loaders can move the barbell to a new position on the platform (TCRR 7.7.4)
47. **A.** the Referee must raise an arm to call attention to the fault (TCRR 7.7.10)
48. **C.** When the loaders leave the platform and the lifter is called, whichever is last (TCRR 7.10.4)
49. **A.** Immediately as the barbell is raised from the platform (TCRR 7.10.5)
50. **B.** the Timekeeper must stop the clock when the bar is raised from the platform and restart the clock when the bar is put down. Once the bar is raised from the platform, the clock stops again. (TCRR 7.10.5 and 7.10.6)