



2026 SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS & COMMONWEALTH GAMES QUALIFIER OFFICIAL REGULATIONS FOR INTERNATIONAL PARTICIPANTS

1. GENERAL CONDITIONS

The 2026 Canadian Senior Weightlifting Championships & Commonwealth Invitation will be conducted in accordance with the rules of the International Weightlifting Federation and Commonwealth Weightlifting Federation and will be under the control of Weightlifting Canada Haltérophilie (WCH).

2. ELIGIBILITY

The competition is open to eligible athletes in good standing with and nominated by members of the Commonwealth Weightlifting Federation. Participating athletes must be 15 years of age or older (born in 2011 or earlier).

According to Article 5.5.16 of the IWF Anti-Doping Rules, athletes' whereabouts information must be submitted at least three months prior to the event.

Whereabouts' deadlines are the following: Q1 2026: 16 February / Q2 2026: 31 March.

If you or your athletes experience any difficulty related to the submission of whereabouts information, please inform the ITA immediately at iwf@ita.sport.

WCH strongly recommends that all participating athletes successfully complete the WADA ADEL online course for athletes prior to the competition. The course can be accessed at <https://adel.wada-ama.org/>

As the with the IWF ILiftClean platform, athletes and athlete support personnel (coaches, team leaders, etc.) must register on the platform, watch the videos, and successfully complete the final quiz to obtain the certificate of completion. Certificates may be sent to:

weightlifting.education@ita.sport. Any issues during registration should be communicated to WADA and adel@wada-ama.org

3. VISAS

Citizens of a foreign country wishing to enter Canada may need to obtain a Visa.

Citizens of the UK, Australia, New Zealand, the Solomon Islands, Bahamas, and Barbados can enter with an Electronic Travel Authorization (eTA) available online (\$7 CAD fee). For more information on the eTA, visit [Electronic travel authorization \(eTA\) - Canada.ca](#)

Other Commonwealth Nations need a Visa to enter, including but not limited to: Bangladesh, Cameroon, Ghana, Guyana, India, Jamaica, Kenya, Nigeria, Pakistan, South Africa, Sri Lanka, Tanzania, Trinidad and Tobago, and Uganda.

Visa requirements can change. Always check before booking travel.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/check-visa-eta.html>

If you need assistance, please contact WCH at admin@weightliftingcanada.ca .

Upon request, an official invitation letter from the Local Organising Committee (LOC) can be issued to support the visa application

4. COMPETITION DATE & LOCATION

15-17 May 2026, La Prairie, QC, Canada

5. COMPETITION CATEGORIES

MEN (8): 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

WOMEN (8): 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

6. INTERNATIONAL COACHING LICENCE

All coaches from participating Member Federations must be registered in the IWF International Coach Licence (ICL) database. All coaches must be included in the Final Entry Form. If a coach is not registered in the ICL database, the IWF will notify the relevant Member Federation and require that the coach be registered without delay or removed from the Final Entry Form. If you have any questions about the ICL database registration, contact us at coachinglicence@iwf.sport. If a Member Federation athlete intends to travel without a coach, please notify the IWF and WCH in advance. WCH *may* be able to provide your athlete(s) with coaching support.

7. COMPETITION SITE AND TRAINING VENUE

Competition Venue:

La Magdeleine High School, 1100 Taschereau Boulevard, La Prairie, QC J5R 1W8

Training Venue :

La Magdeleine High School, 1100 Taschereau Boulevard, La Prairie, QC J5R 1W8

All facilities listed below are located in the La Magdeleine High School sports complex.

Competition area	Gymnasium 61-62-63
Warm-up area	Gymnasium 64
Training hall	Léonard Bilodeau hall (Local 635)
Lockers	On site
Doping control	Locker room E
Volunteers & official room	On site -TBD
Technical meeting room	On site
Medical care	On site

8. OFFICIAL HOTEL

Best Western Hotel Brossard
7746Bd Taschereau, Brossard, QC, J4X1C2

9. FINANCIAL CONDITIONS

Athlete Registration Fee: \$200 USD/athlete
Team Officials Registration Fee: \$150 USD/person

Accommodation Fee:

Single occupancy: \$170 USD/night *per room*

Double occupancy: \$170 USD/night *per room*

4 (four) night minimum stay, two of which must be Friday & Saturday.

Hotel accommodation will be assigned on a first-come, first-served basis with limited availability.

Breakfast is included in the room rate.

10. PRELIMINARY ENTRIES

Each Member Federation must submit its Preliminary Entry (Long List) with a maximum of: SIXTEEN (16) MEN & SIXTEEN (16) WOMEN.

After 22 March 2026, no additional athletes may be added to the preliminary entry list.

11. FINAL ENTRIES

The final list of athletes must be confirmed to WCH no later than 15 April 2026.

Each Member Federation must select its Final Entry exclusively from the Preliminary Entry previously submitted by 22 March 2026, with a maximum of TEN (10) athletes (8+2 reserves) / gender.

NO ENTRIES WILL BE ACCEPTED WITHOUT THE FULL PAYMENT OF FEES.

12. PAYMENT

Payments must be made by wire transfer only unless otherwise agreed in advance in writing by WCH.

Important banking rules:

The total amount corresponding to the registration fees and accommodation fees must be transferred to WCH no later than April 15, 2026.

Please consult with your bank and consider the processing time required for the transfer to ensure that the payment is received by the established deadline.

No cancellations will be accepted after April 15, 2026, and no refunds will be issued.

Payments for registration fees and accommodation fees will only be accepted via wire transfer to the following bank:

Bank Name :	Canadian Imperial Bank of Commerce
Bank Address :	1170 London Road, Sarnia, ON N7S 1P4
SWIFT CODE :	CIBCCATT
Institution Number :	0010
Transit :	04382
Beneficiary Account Number :	02-20612
Beneficiary Name :	Weightlifting Canada Haltérophilie
Beneficiary Address :	221 Hawks Ridge Blvd Edmonton, AB T5S 0M1

13. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Description	Deadline
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Preliminary List of Registrations Sent to WCH	March 22, 2026 at 11 :59pm (PST)
Accommodation + Transportation Form, Passport Copy & Photos for Accreditation, Waiver of Liability, Media Consent and Release Form	April 1, 2026
Payment of Registration and Accommodation Fees to WCH	April 15, 2026
Final Registration Form	April 15, 2026 at 11 :59pm (PST)
Technical Meeting	May 14, 2026 at 7 :00pm

14. ACCREDITATIONS

- (A) Accreditation will take place during the technical meeting on condition that all entry and accommodation payments have been settled.
- (B) The following documents must be returned by 1 April (by email):
- Accommodation & Transportation Form
 - Passport Copy & Photos for Accreditation
- All forms must be sent to **admin@weightliftingcanada.ca**.
- (C) Each Member Federation must complete the Accreditation Form for all delegates (athletes and officials), including colour photographs, and return the form fully completed.
- (D) Accreditation will be valid only for the dates indicated on the Accreditation Card and will be issued only after full payment of the Accommodation, Entry, & Transportation Fees.

15. COMPETITION EQUIPMENT

The official competition equipment will be ELEIKO.

16. DOPING CONTROL

Doping control will be carried out by the ITA in accordance with IWF anti-doping rules.

17. AWARDS

Gold, Silver, and Bronze medals will be awarded for Snatch, Clean & Jerk, and Total. Trophies will be awarded to the best male and female lifters.

18. TRANSPORTATION

WCH will provide transportation from Pierre Elliott Trudeau International Airport to the official hotel and the training & competition venue.

The official transportation form must indicate the airline, flight number, and exact arrival and departure times for each participant. Any change to the travel schedule must be communicated well in advance, otherwise, the LOC cannot guarantee that the revised requests can be met. We strongly advise team members to travel together on the same itinerary wherever possible.

19. INSURANCE

All participants must be insured by their respective Member Federations for travel, accidents, injuries, illnesses, and medical expenses prior to departing from their home country.

20. FLAG AND ANTHEM

Each Member Federation is responsible for bringing its national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation.

The LOC cannot be held responsible for errors relating to the flag and anthem.

21. TERMS AND CONDITIONS OF PARTICIPATION

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), & IWF Policies;
- Abide by all reasonable directions given by the IWF, the Local Organizing Committee (LOC), TOs;
- accept any prize or award given by IWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- not participate in, support, or promote illegal betting;
- be responsible for all property they bring into the Event – WCH shall have no responsibility for any loss or damage of this property;
- irrevocably release WCH & the Local Organizing Committee from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event;
- guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;
- acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;

- agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any LOC or WCH facility, or for airport transfers;
- acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance.

22. MEDIA

The Participants may be filmed, photographed, identified and/or otherwise recorded during the Event. The resulting filmed, photographed or recorded image (together with the Participant's name, likeness, voice and performance) may be used and/or distributed in any format (including by reproducing, distributing, communicating to the public and making it available), in any content and through any media, format, without compensation (financial or otherwise).

Participants may take or record still and moving images and/or sounds within the perimeter of all the Venues for his/her personal, private, non-commercial and non-promotional use. The use of video footage (moving images) of the competition is subject to the acquisition of media rights. Therefore, the publication (live or delayed) of video footage of the event is strictly prohibited if those rights are not acquired before the competition.

23. LANGUAGE

Canada is an officially bilingual country (French and English). The competition announcements will be in both languages. La Prairie is in a predominantly French-speaking community. Many people will speak both languages, but do not expect that all services will be provided in both English and French.

24. PRELIMINARY TIMETABLE (subject to change)

Thursday May 14, 2026: Technical Officials' Meeting (time TBD)

Friday May 15, 2026:

Session:		Category:	Weigh-in	Competition
1	Men	60-65-71kg	12:00pm	2pm
2	Women	48-53kg	2:30pm	4:30pm
3	Men	79B-88B kg	5pm	7pm

Saturday May 16, 2026 :

Session :		Categories:	Weigh-in:	Compétition :
1	Women	58kg	7am	9 am
2	Men	79kg A	9 :30am	11 :30 am
3	Women	63B-69B kg	12pm	2pm
4	Men	88kg A	2 :30pm	4 :30pm
5	Women	63kg A	5pm	7pm

Sunday May 17, 2026 :

Session :		Categories:	Weigh-in:	Compétition :
6	Women	69kg A	7am	9am
7	Men	94kg	9 :30am	11 :30am
8	Women	77kg	12 :00pm	2pm
9	Men	110-110+kg	2 :30pm	4 :30pm
10	Women	86-86+kg	5pm	7pm

The awards ceremony for the top male and female athletes will take place immediately after the competitions conclude.

There will be a 10-minute break between the snatch and the clean and jerk for all sessions. Athlete introductions will be held at the scheduled time, and the competition will begin 10 minutes after the introductions.

Waiver of Liability for All Claims and Release of Liability

PLEASE READ CAREFULLY BEFORE SIGNING

Completed waivers must be returned with registration by April 15, 2026.

By signing below, the Participant and/or the Participant's Guardian understands, acknowledges, and assumes the risks inherent in participating in the Event, including, but not limited to: the potential for personal injury or illness; permanent disability, paralysis, or loss of life; collision with natural or man-made objects; hazards arising from adverse weather conditions; imperfect venue or playing field conditions; equipment failure; participants of varying skill levels; and inadequate safety measures. Circumstances known, unknown, or beyond the control of Weightlifting Canada Haltérophilie, its partners, sponsors, agents, affiliates (including the Fédération d'haltérophilie du Québec and the Local Organizing Committee), directors, employees, officers, therapists, or volunteers (collectively, the "Organization"); and the negligence or omission of the Organization (collectively, the "Risks").

This waiver and all rights, duties, and obligations addressed in the waiver shall be governed by and construed solely in accordance with the laws of the Province of Alberta, and I agree to submit exclusively to the jurisdiction of the courts of the Province of Alberta. Any dispute involving the signatory or the subject matter of this waiver shall be brought solely within the Province of Alberta and shall be subject to the exclusive jurisdiction of the courts of the Province of Alberta.

In consideration of allowing the Participant to participate in the Event, the Participant and/or the Participant's Guardian: (a) release, discharge, and forever hold the Organization harmless from any and all liability for any damages or losses arising out of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization with respect to any causes of action (including for injuries or illnesses caused by their own negligence), claims, demands, damages, or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including, without limitation, the right to make a third-party claim or demand against the Organization arising therefrom; and (c) freely assume all risks associated with the Risks, and anything incidental to the Risks, that may arise as a result of participation in or in connection with the Event. YOU ARE GIVING UP YOUR LEGAL RIGHTS TO ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.

I confirm that I have read and fully understood this waiver and release of liability. I voluntarily sign this waiver and release of liability without any inducement, assurance, or guarantee being given to me.

Name of the participant

Name of legal guardian

(If the participant is under 18 years old)

Date of birth (DD/MM/YEAR)

Signature (The participant or the guardian if the Participant is a minor)

Date

Media Consent and Release Form

I, _____, hereby consent to the collection and use of my personal images by photograph or video recording without any compensation. I acknowledge that these may be used on, but not limited to, the Weightlifting Canada Haltérophilie (“WCH”) website and/or social media accounts, in newsletters and publications, and distributed to members. I further acknowledge that my image may be used by WCH and/or the Fédération d’haltérophilie du Québec to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in publications unless express consent is given. I also understand that my consent may be withdrawn at any time by writing to the WCH Board of Directors. I give this consent voluntarily.

Name of the participant

Name of the Guardian (if the participant is a minor)

Signature of the participant or the Guardian (if the participant is a minor)