



Canadian Masters Teams Challenge Rules

1. Teams
 - a. **West Canada Team:** British Columbia, Alberta, Manitoba, Saskatchewan, Yukon, Northwest Territories
 - b. **Ontario Team**
 - c. **Quebec Team**
 - d. **East Canada Team:** Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland.
If the Western or Eastern provinces have sufficient number of lifters they may host their own team.
2. Manager
 - a. The president of the Canadian Masters Federation appoints the 4 team managers who will have the function of officially selecting his team. A form including the selection of the lifters will be compiled and signed by each manager and submitted to the competition secretary before the first weigh in of the competition.
3. Team selection
 - a. The members of each team will be selected among the registered lifters on the final list submitted at the technical meeting of the Masters Canadian Championships.
 - b. Team selection will be based on the highest rated Sinclair Malone of the members selected that was posted in the prior 12 months.
4. Composition
 - a. The team consists of 5 male athletes and 5 female athletes, team selection is spread over the different age and bodyweight categories with a maximum of (2) athletes in any age and bodyweight category.
5. Substitutes
 - a. Two substitutes will be selected, (1) man and (1) woman these substitutes can be used in case of abandon or bomb out, these substitutes will not be able to replace a lifter who already made a total during the competition.
6. Classification
 - a. The Sinclair Meltzer-Faber formula at the bodyweight and age of each athlete is used to calculate the points. The SMF of each team member are added together to give the total points for the team. The team with highest number of total SMF is the winning team.
7. Trophy
 - a. A perpetual trophy will be awarded to the winning team at the Canadian Masters Championship closing banquet. Trophy will be stored with the serving President and or National Chairman.
8. Medals
 - a. Gold, Silver and Bronze medals will be awarded to all lifters and managers of the first three teams
9. Disagree or interpretations
 - a. All interpretations of these rules will be submitted to the President of the Canadian Master Federation and those who will take the final decision. English text will prevail

10. Revision of the regulations
 - a. Those rules will be revised and amended as required by the members of the board of directors of the Canadian Masters Federation and will be submit at the Annual General Meeting.

Approved by John Case April 16th 2018