



# BRITISH WEIGHT LIFTING SELECTION POLICY 2022 PARA-POWERLIFTING EUROPEAN CHAMPIONSHIPS

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## OVERVIEW

The 2022 World Para Powerlifting (WPPO) European Championships will take place in Tbilisi, Georgia between the 24<sup>th</sup> and 29<sup>th</sup> September.

This selection policy has been created in line with British Weight Lifting's (BWL) UK Sport funded mission of sending British Para Powerlifters to the 2024 Paris Paralympic Games with the potential to win 1-3 medals and developing future medallists for the 2028 Paralympic Game.

This selection policy will support eligible athletes to establish their eligibility for Paris 2024 by satisfying the WPPO Paralympic Qualification Pathway.

Aligned with the WPPO Paralympic Qualification Pathway, attending this competition is the **second mandatory competition** in which attendance at facilitates eligibility for the Paris 2024 Paralympic Games.

This selection policy is designed to fully fund selected athletes at the time of selection to attend this event.

This selection policy will facilitate participation for both senior and junior athletes capable of demonstrating the potential to medal at a Paralympic Games in 2024 and 2028. If a stand-alone junior event is not scheduled, separate standards will still be used by BWL to select senior and junior athletes, all of whom will compete in the senior competition.

This policy will also inform athlete's regarding Home Nation selection pathways, for representation of England, Wales, Scotland and N. Ireland under the Great Britain banner to maintain the development of Home Nation program and talent pathways throughout the cycle.

Please see Appendix C which details funding pathway for participation at this event.

**This policy can be changed at any time. Any changes will be published online at <https://britishweightlifting.org/performance/para-powerlifting-performance> and communicated via email to all those who have expressed an interest in being considered for this event.**

## 1. GREAT BRITAIN ELIGIBILITY

From across the eligible cohort, selection will begin with WCP candidates, followed athletes who do not currently hold WCP membership.

### 1.1. WCP Athlete Eligibility Requirements †

To be considered to represent Great Britain at the 2022 European Championships, WCP athletes, at the time of selection, must satisfy the following for the BWL to fund their participation.

- 1.1.1. Be a member of the BWL WCP for 2022 and in addition,
  - 1.1.1.1. Have an individual athlete plan (IAP) that has identified this event as part of their development and performance strategy for 2022-2024,
  - 1.1.1.2. There must a **minimum 80% completion rate on PDMS for the 8 weeks prior to selection**,
- 1.1.2. Athletes should have **expressed an interest in being considered for this event no later than the 1<sup>st</sup> April 2022**. Expression of interest should be written as an email and sent to [tom.whittaker@britishweightlifting.org](mailto:tom.whittaker@britishweightlifting.org) outlining their desire to represent Great Britain at this event and the weight class they intend to qualify in and be considered for by the selection panel.
- 1.1.3. Be a citizen of the United Kingdom and hold a valid British passport
- 1.1.4. Be a current member of British Weight Lifting (BWL), in good standing and not in dispute with BWL and/or its affiliated bodies or partners
- 1.1.5. Compliant with BWL's Anti-Doping controls and procedures at BWL's discretion and direction
- 1.1.6. Athletes **must be licensed via WPPO for the 2022 Summer Season**
- 1.1.7. Have gone through and been successful at National Classification and/or International Classification assessment with either (A) confidence from BWL in being successful at international assessment or (B) having already achieved a 'confirmed' or 'review' sport status for 2022
- 1.1.8. Have met any WPPO minimum qualifying standards published in the event guide. If this policy is published prior to WPPO standards being made available, any standards published will be published immediately and communicated to all athletes who expressed an interest in the event.
- 1.1.9. Have met the BWL Minimum Qualifying Standards (see section 2) in the corresponding weight class (Section 2) \* within the time period described in Section 1, point 1.1.10.
  - 1.1.9.1. WCP members may deliver performance standards for a given weight category while weighing heavier or lighter (outside the identified weight category) if it is part of their Individual Athlete Plan and their bodyweight reflects the commitment they have made to a strategic development plan. BWL will allow this given the proximity of relationship, engagement and deeper knowledge and insight into their plans and development throughout qualification.
- 1.1.10. Have competed in a BWL or WPPO approved competition or performed at a WCP international athlete testing session **between 1<sup>st</sup> January 2022 and the day of selection – 31<sup>st</sup> May 2022**.

*\*In accordance with IPC rules athletes may be entered into a weight class that they did not qualify in when specific entry and team size rules and regulations apply. These rules may be utilised by BWL during the selection process at their discretion if doing so increases the likelihood of meeting UK Sport annual performance milestone targets, winning medals at the European Championships or winning medals at the 2024 Paris Paralympic Games.*

*British Weight Lifting will take into consideration athlete preferences but will select athletes for weight classes that increase the likelihood of athletes finishing in the highest position possible and/or contributes to a better overall team performance or representation, whichever is most appropriate.*

*† BWL, at their discretion will consider reasons and evidence for not complying with the above eligibility criteria or not satisfying other selection considerations. Reasons and evidence must be submitted to Tom Whittaker by email prior to the day of selection.*

## 1.2. Non-WCP Athlete Eligibility Requirements

To be considered to represent Great Britain at the 2022 European Championships, athletes not in membership of the WCP at the time of selection must satisfy the following criteria. \*\*

1.2.1. Satisfy the eligibility requirements in section 1; 1.1.2. – 1.1.10.

1.2.1.1. Athlete who are not on the BWL WCP should complete in the weight class they intend to qualify for during the qualification period - 1<sup>st</sup> January – 31<sup>st</sup> May 2022.

*\*\*It should be understood that all team members are expected to comply with team travel dates and accommodation organised by BWL.*

*It should be understood that Great Britain performance staff will manage final overseas preparation and competition day performance management of all athletes aligned with submitted training and competition day guidelines from personal coaches where appropriate. The only exception would be where a personal coach is consistently engaging with the performance program and is selected to support the team at this event.*

## 1.3. Home Nation Funding Pathway

For athletes not on the WCP who don't meet the BWL Performance standards, but Home Nation governing bodies are willing to fund participation aligned with the following criteria, selection can be considered.

1.3.1. Satisfy the eligibility requirements in section 1; 1.1.2. – 1.1.8.

1.3.2. The respective Home Nation body must submit in writing information demonstrating how an athlete can contribute to that Home nations performance objectives in 2022-2026. This information should be submitted to Tom Whittaker at [tom.whittaker@britishweightlifting.org](mailto:tom.whittaker@britishweightlifting.org) prior to the date of selection.\*\*\*

*\*\*\* It should be understood that a home Nation athlete is not selected to represent Great Britain, but to represent their Home Nation under the Great Britain banner via BWL.*

*It should be understood that athlete selection is dependent on funding being paid to BWL ahead of departure, aligned with a payment schedule communicated by BWL.*

*It should be understood that athlete selection, regardless of Home Nation investment is dependent on complying with BWL team travel dates and accommodation.*

*It should be understood that Great Britain performance staff will manage final overseas preparation and competition day performance management of all athletes aligned with submitted training and competition day guidelines from personal coaches where appropriate. The only exception would be where a personal coach is consistently engaging with the performance program and is selected to support the team at this event. A Home Nation coach or coaches in this case may be selected and paid for in full, prior to departure by the Home Nation organisation.*

## 2. GREAT BRITAIN MINIMUM QUALIFYING STANDARDS

It is important athletes understand BWL are under no obligation to selection and athlete(s) in all weight categories.

### SENIOR AND JUNIOR MEN

<b>Weight Class</b>	<b>49</b>	<b>54</b>	<b>59</b>	<b>65</b>	<b>72</b>	<b>80</b>	<b>88</b>	<b>97</b>	<b>107</b>	<b>107+</b>
Senior MQS (KG)	121	128	138	150	157	162	170	177	185	192
Junior MQS (KG)	93	101	109	115	122	128	134	138	142	143

### SENIOR AND JUNIOR WOMEN

<b>Weight Class</b>	<b>41</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>61</b>	<b>67</b>	<b>73</b>	<b>79</b>	<b>86</b>	<b>86+</b>
Senior MQS (KG)	60	68	76	79	81	83	84	89	91	92
Junior MQS (KG)	50	53	57	62	65	69	71	73	76	78

## 3. GREAT BRITAIN SELECTION

### 3.1. Process Overview

- 3.1.1. The selection panel will convene to provisionally select athletes on the 31<sup>st</sup> May 2022, aligned with this selection policy
- 3.1.2. A review of the eligible cohort will take place to ensure requirements in section 1 are satisfied before the selection process is applied.
- 3.1.3. Conflicts of interest will be declared based on review of the eligible cohort
- 3.1.4. All athletes who have met the eligibility criteria will be considered for selection.
- 3.1.5. Current members of the WCP will be considered first, followed by eligible non-WCP athletes and then Home Nation candidates supported in writing by their respective Home Nation body.
- 3.1.6. The selection panel may set conditions and targets for any athlete, some of which may have to be met before departure as part of post selection procedures.
  - If conditions or targets are not met as a result of agreed monitoring, the athlete may be deselected from the team prior to departure.
- 3.1.7. Should budgets allow, BWL, at their discretion may choose to select an athlete who has not met all the eligibility criteria if appropriate information was submitted prior to the selection meeting, explaining the reasons for failing eligibility. At BWL's sole discretion this athlete may be considered for selection to the team if it supports BWL's goals at this event or throughout the Paralympic cycle.

### 3.2. WCP Athlete Selection

- 3.2.1. Athletes who are current members of the BWL WCP or who engage as part of the WCP confirmation program at the time of selection will be provisionally selected having satisfied the eligibility criteria in section 1.
- 3.2.2. Of these athletes the following must be met:
  - Have an individual athlete plan for the year that articulates a performance target at this event
  - Has hit agreed performance targets in competition or as part of WCP international athlete testing since the 2021 World Championships
  - Has delivered a performance at an agree bodyweight which may or may not correspond with the weight category they are selected in but must correspond to their Individual Athlete Plan.
  - If an athlete is returning from injury, there is evidence they are on track to return to pre-injury shape by the end of 2022.
- 3.2.3. Of these athletes the following will also be considered in no particular order:
  - Is on track to contribute to UKS milestone targets designated to this event (Appendix A)
  - Injury status, history and evidence the athlete has managed their health well in the last 6 months is available from the lead WCP physio
  - Has a positive track record of successfully making weight for the bodyweight class assigned.

- Has a history of operating in a way that is aligned with the code of conduct for international competitions (See Appendix B)
- 3.2.4. Where an athlete is being considered for the first time there is no evidence of behaviour to date which conflicts with the code of conduct or suggests they are likely to break the code.
- Evidence the athlete has adhered to agreed WCP membership obligations outlined within their Athlete Agreement.
  - Evidence of mitigating circumstances for not satisfying all eligibility criteria submitted prior to the selection meeting.

All athletes who expressed an interest will receive verbal confirmation of their selection decision. A selection letter and code of conduct shall follow by email for athletes selected on to the team. Athletes must read, sign and return to confirm selection and their understanding of the grounds on which selection is confirmed and continued selection is maintained (see sections 5, 6, 7).

### 3.3. Non-WCP Athlete Selection

- 3.3.1. Non-WCP athletes who achieve the MQS within the qualification period (see section 1; 1.1.10) may be selected having satisfied the relevant eligibility criteria identified in Section 1; 1.1.2. – 1.1.10.
- 3.3.2. Of these athletes the following must be met:
- The athlete has shown progress via load lifted during the qualification period outlined by BWL at WPPO or BWL sanctioned events or WCP international athlete testing (see section 1; 1.1.10).
    - Minimum progress is 5kg across competition events and/or WCP international athlete testing since 1<sup>st</sup> September 2021.
  - If an athlete is returning from injury, there is evidence they are on track to return to pre-injury form by the end of 2022. This should include training diary and training video submission from across the qualification period which demonstrates a rate of progress and return to pre-injury form (see section 1: 1.1.10).
- 3.3.3. Of these athletes the following will also be considered in no particular order:
- Is on track to contribute to UKS milestone targets designated to this event (Appendix A).
  - Injury status, history and evidence the athlete has managed their health well in the last 6 months.
  - Has a positive track record of successfully making weight for the bodyweight class selected in.
  - Has a history of operating in a way that is aligned with the code of conduct for international competition (See Appendix B)
    - Where an athlete is being considered for the first time there is no evidence of behaviour to date which conflicts with the code of conduct or suggests they are likely to break the code.

- Pre-competition engagement with the WCP; history of and/or evidence of developing effective competition strategy with WCP performance staff prior to departure.

All athletes who expressed an interest will receive verbal confirmation of their selection decision. Those who are successful will be sent a selection letter and code of conduct which shall be sent by email. Athletes must read, sign and return this agreement to confirm selection and their understanding of the grounds on which selection is confirmed and continued selection is maintained (section 5, 6, 7),

### 3.4. Home Nation Athlete Selection

- 3.4.1. Non-WCP athletes who don't meet the BWL MQS may be funded by their Home Nation organisation. The selection of these athletes will be subject to meeting the eligibility criteria in section 1; 1.1.2 - 1.1.8 and based on the following considered selection criteria, but not limited to the following:
- A written submission, clarifying how participation at this event leads to the development of Para Powerlifting with in the Home Nation organisation and contribution to their key performance indicators between 2022 and 2026.
- 3.4.2. Of these athletes the following will also be considered in no particular order:
- Injury status, history and evidence the athlete has managed their health well in the last 6 months.
  - Has a positive track record of successfully making weight for the bodyweight class selected in.
  - Has a history of operating in a way that is aligned with the code of conduct for international competition (See Appendix B)
  - Where an athlete is being considered for the first time there is no evidence of behaviour to date which conflicts with the code of conduct or suggests they are likely to break the code.

### 3.5. Selection Panel

- 3.5.1. The selection panel will be made up of the following individuals:
- Chair of the BWL High Performance Committee (selection panel Chair)
  - BWL Paralympic Performance Director
  - WCP Lead Performance Coach
  - BWL CEO (Non-voting)
- 3.5.2. All conflicts of interest will be declared and in the event of a conflict, the chair of the selection panel will declare that individual unable to vote, but they may contribute to selection discussions.
- Where there is a tied vote the Chair of the selection panel has the authority to make the final decision.
- 3.5.3. BWL's UK Sport Performance Advisor will attend the selection meeting in a non-voting capacity to support the application of this selection policy.

- 3.5.4. A representative of the British Athletes Commission may also be in attendance in a non-voting capacity to support the application of this selection policy.

## 4. TIME LINE OF CRITICAL EVENTS

- 4.1. Publication of selection policy on the **14<sup>th</sup> March 2022**
- 4.2. Expressions of interest to be sent in writing to Tom Whittaker at [tom.whittaker@britishweightlifting.org](mailto:tom.whittaker@britishweightlifting.org) by **1<sup>st</sup> April**, including a preferred bodyweight category for consideration that BWL should expect qualification performances to be delivered in.
- 4.3. BWL qualification period ends on the **2<sup>nd</sup> May 2022**
- 4.4. The selection panel will meet on the **31<sup>st</sup> May 2022** to select eligible athletes based on this policy
- 4.5. On the day of selection athletes will be notified by email as to whether they have been provisionally selected or not, pending any appeals. All selected athletes will receive a selection letter outlining the conditions of their selection and code of conduct which will need to be returned to Tom Whittaker at [tom.whittaker@britishweightlifting.org](mailto:tom.whittaker@britishweightlifting.org) by the **17<sup>th</sup> June 2022**
- 4.6. The appeal submission period begins the day after selection at **00:01hrs and ends at 23:59:59 on the 3<sup>rd</sup> June 2022**. A copy of the appeals policy can be downloaded from the BWL website here <https://britishweightlifting.org/performance/para-powerlifting-performance>.

Any update to this time line of critical events will be published and communicated via email to all athletes.

## 5. GREAT BRITAIN CONFIRMATION OF FITNESS

### 5.1. Pre-Selection

- 5.1.1. Prior to selection any athlete who has satisfied eligibility requirements but has or there is any doubt surrounding their current performance potential may, where deemed appropriate by the BWL Performance Director be required to undergo physical testing to provide further information for consideration. Any performance or medical review would be performed by a member of the BWL WCP performance team and/or a doctor identified by the WCP. The performance review test will be the bench press exercise to WPPPO competition rules.
- 5.1.2. Any decision not to consider an athlete on grounds of ill health or injury having satisfied eligibility requirements will be confirmed in writing to the athlete after verbal communication by BWL.
- An athlete may appeal any decision not to select by following BWL Appeals policy and procedures which can be found here <https://britishweightlifting.org/performance/para-powerlifting-performance>

## 5.2. Post Selection

- 5.2.1. At the request of BWL all selected athletes may undergo or have requested of them reasonable physical testing to ensure performance levels at the time of selection are at least maintained.
- 5.2.2. BWL is entitled to request any reasonable method to determine a level of good health and performance capability, which may include but is not limited to; A review by a medical Doctor, musculo-skeletal assessment and/or body weight/composition assessment.

## 6. GREAT BRITAIN DE-SELECTION

- 6.1. Prior to departure, BWL retains the right to de-select any athlete under circumstances such as;
  - 6.1.1. Illness, injury or not fit to travel abroad and compete at the level they qualified at
  - 6.1.2. Non-compliance with post selection fitness testing or requests to prove/establish good health
  - 6.1.3. Any doping infringement incompatible with BWL Anti-Doping policies and procedures
  - 6.1.4. Not complying with an any agreed schedule of engagement
  - 6.1.5. Nondisclosure of training related information that may contribute to the development of competition strategy or whether the athlete is on track to perform as agreed at the time of selection
  - 6.1.6. Ongoing or newly developing disciplinary procedures or investigations into historical or current conduct
  - 6.1.7. Any sanction applied to an individual such as an anti-doping rule violation
- 6.2. If de-selection occurs the athlete will be informed verbally and in writing to explain the rationale.
  - An athlete may appeal any decision to de-select by following BWL Appeals policy and procedures which can be found here <https://britishweightlifting.org/performance/para-powerlifting-performance>

## 7. GREAT BRITAIN OBLIGATIONS

- 7.1. Selected athletes will be required to;
  - 7.1.1. Sign a selection letter and code of conduct which, upon signing confirms the athletes understanding of the grounds up on which selection is maintained and the standards of behaviour expected of them respectively.
  - 7.1.2. Attend agreed team camps, training days or activities prior to the competition
    - Training camp dates will be confirmed upon expression of interest being provided

- 7.1.3. Adhere to specified travel and accommodation arrangements organised by BWL
- 7.1.4. Athletes will compete in the bodyweight category they are selected in
- 7.1.5. Wear appropriate apparel as specified by BWL at all camps, events and the competition
- 7.1.6. Establish an agreed performance target with the BWL Paralympic Performance Director for this event
- 7.1.7. Inform the BWL Paralympic Performance Director immediately should their preparation be interrupted in any way after selection
- 7.1.8. Submit training and bodyweight information as requested by BWL
- 7.1.9. Continually develop a social profile which reflects well on themselves and the sport domestically and internationally

## 8. APPEALS

- 8.1. Athletes have the right to appeal their non-selection in accordance with the BWL Appeals Policy. A copy can be obtained at the following link <https://britishweightlifting.org/performance/para-powerlifting-performance> . Appeals may only be made on the grounds that:
  - 8.1.1. There has been a failure by BWL to apply the applicable selection criteria: and/or
  - 8.1.2. There has been a failure to adhere to the procedure set out in the applicable selection policy
  - 8.1.3. A decision was made based on error of fact
  - 8.1.4. A decision was biased
- 8.2. A Notice of Appeal must be submitted no later than **23:59:59 on the 3<sup>rd</sup> June 2022**
- 8.3. The appeals panel shall convene within 3 working days of this notice of appeal deadline. In any event no later than **23:59:59 on the 7<sup>th</sup> June 2022**.
- 8.4. Appeal panel decision outcomes will be communicated by 23:59:59 on the 8<sup>th</sup> June 2022,

## **APPENDIX A – 2022 MILESTONE TARGETS**

Number of athletes ranked:

1<sup>st</sup> - 3<sup>rd</sup> = 3 athletes

4<sup>th</sup> – 6<sup>th</sup> = 4 athletes

## **APPENDIX B – Para Powerlifting International Competition Code of Conduct**

This Code of Conduct underpins what is fair and reasonable, ensuring that every athlete and coach adhere to a minimum level of conduct, which will assist in ensuring that everyone within our team(s) can perform to his or her best and reflects positively on our Nation as we participate internationally. This Code of Conduct reflects the high standards of behaviour and commitment expected from an international athlete and coach, as ambassadors of Great Britain, British Weight Lifting and World Para Powerlifting.

This Code of Conduct applies to all athletes and coaches taking part in domestic and international competitions supported by British Weight Lifting and/or in representing Great Britain in any other form.

### **As an athlete or coach, we will:**

- **Follow all health and safety rules and regulations imposed by organisers and/or BWL to protect individuals against COVID-19 transmission before, during and after the event.**
- Respect the rights and worth of every athlete, coach, technical official and other person involved in IPC World Para Powerlifting and treat everyone equally,
- Appreciate other athletes and coach's rights to respect, confidentiality of information and individuality,
- Act with dignity and display courtesy and good manners towards others with the aim of supporting other athletes and staff member performance,
- Not tolerate or be involved in discrimination of any kind ,
- Cooperate fully and work productively with others involved in the sport such as; the team manager, other coaches, athletes, technical officials, support staff and representatives of BWL in the best interests of yourself, your performance and others,
- Consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances.
- Not carry or consume alcohol and/or illegal substances – Drinking to any degree is strictly prohibited when on international duty,
- Anticipate and be responsible for your own needs/whereabouts including being organised, having the appropriate equipment and being on time for all official events, activities and team meetings,
- Never air frustrations with the sport, governing body or others involved in the sport publicly, for example such as on social media,
- Use social media responsibly and in a way that promotes World Para Powerlifting, BWL, BWL sponsors, National Lottery, UK Sport and in such a way that reflects positively on yourself,
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse. Never undertake any action that brings IPC World Para Powerlifting or BWL into disrepute
- Wear team kit as prescribed during all activities relating to team or squad selection
- Operate in a way that reflects the desires of the athlete cohort by role modelling the athlete charter
- Ensure no harm to a team mates performance occurs as a result of your own actions and behaviours

- Ensure no unnecessary distraction for support staff trying to ensure the team performance is optimised. It is considered disrespectful if staff have to spend time investigating inappropriate behaviour when they could be helping to prepare other athletes.
- Agree that it is entirely inappropriate for athletes of the opposite sex to spend time in each-others hotel rooms
- Ensure staff have agreed and are aware of your whereabouts if you are not in any official competition facility or are traveling independently away from or between these places. This includes when meeting family/friends where it has been agreed with the Performance Director or Team Manager that spending time away from these facilities is appropriate.

**In addition, young athletes (under 18 years old), will:**

- Notify the team manager if you must go somewhere (why, where, who with and when you will return)
- Never leave the hotel, training or competition venue without a member of staff
- You are not to socialise in other athlete’s hotel rooms
- Comply with curfews
- Use safe transport or travel arrangements agreed with the Performance Director/Team Manager
- Report any accidental injury, inappropriate or unacceptable behaviour, distress, confusion, misunderstanding or misinterpretation to your parents/guardians and or Performance Director/Team Manager as soon as possible.
- Report any suspected misconduct by coaches, athletes or other people to the Performance Director/Team Manager as soon as possible.

Breaching this code of conduct may render those concerned liable to disciplinary action by BWL and /or if appropriate withdrawal from the Great Britain Team and early travel home from camp or competition.

**As an athlete or coach, I confirm that I understand and agree to the above code of conduct.**

**First Name**

**Second Name**

**Signature**

**Date**

**Parent/Guardian Sign**

**Print Name**

**Date**

## **APPENDIX C**

The funding pathway for this event is solely through British Weight Lifting and the application of this selection policy. Self-funding is not permitted in order to ensure British Weight Lifting remains accountable and responsible for all GBR delegates and performance outcomes.

British Weight Lifting understands the role of team cohesion and culture in preparing for a Paralympic Games which is forged across multiple international campaigns. Furthermore the honour of representing our country is something to protect appropriately, ensuring all eligible delegates earn the privilege, starting from a position of equal opportunity.