

## British Weight Lifting Selection Policy: Scotland Training Squad – Commonwealth Games (CWG) 2026

**Period of selection:** 01/09/2023 – 01/06/2024

### 1. Overview

The Scotland Training Squad – CWG 2026 (STS26) is designed to support and develop lifters who demonstrate the potential to win medals at the 2026 commonwealth games

Selection of lifters to the STS26 will be made according to the criteria outlined in this document.

### 2. Minimum Eligibility Criteria

To be considered for selection for the Scotland Training Squad, athletes must satisfy the following criteria:

- 2.1 A citizen of the United Kingdom and hold a valid British passport prior to initial entry deadline and can demonstrate one of the following criteria:
  - 2.1.1 *Born in Scotland*
  - 2.1.2 *Have resided in Scotland for 3 years prior to the selection deadline for this policy*
  - 2.1.3 *Can demonstrate Scottish Heritage (minimum 1 grandparent with a birth certificate registered in Scotland)*
- 2.2 In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months and have been approved by the IWF according to their regulations.
- 2.3 Athlete and Parent/Guardian (if U18) must have submitted an Declaration of interest [here](#) no later than 12:00, 07/08/26 (for first year selection).
- 2.4 Athlete and Parent/Guardian (if U18) must send a clear photo copy of their passport via email to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59, by 07/08/23 (for first year selection).
- 2.5 A current member of British Weight Lifting (BWL)
- 2.6 Athlete must not be currently under:
  - 2.6.1 *disqualification, expulsion or suspension by all or any of: BWL; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion or suspension under the World Anti-Doping Code.*
- 2.7 Athlete must remain compliant with the BWL and IWF Anti-Doping Controls and complete all relevant UKAD Education & Training required by British Weightlifting and the IWF
- 2.8 Athlete must meet the codes of conduct laid out by British Weight Lifting by signing the 'Athlete agreement'
- 2.9 Athlete must have attended a 'BWL Behaviours & Standards Framework' induction and display appropriate behaviours at all competitions and training camps in-line with the 'BWL Athlete agreement'
- 2.10 Athletes must have set up an ADAMS whereabouts profile with the ITA and have submitted completed whereabouts information before 23:59, 07/08/23. ADAMS Whereabouts must be complete with overnight accommodation, regular activity, training location and a daily 1-hour time slot for the first 3 months of the Squad year (Sept-Nov 2023).
- 2.11 If the Athlete meets the Minimum Eligibility criteria at the time of selection but subsequently, prior to or during the year fails to meet them, then BWL shall have absolute discretion to deselect the Athlete from the Squad.
- 2.12 Athletes will be required to identify any personal coach(es) who they are working with. To be eligible athletes must only work with coaches who are not banned or in dispute with IWF, BWL, WADA, IOC, UKS or any other competent body.

Any queries about the 'Minimum Eligibility Criteria' for this Squad should be sent to BWL Head of Performance ([stuart.martin@britishweightlifting.org](mailto:stuart.martin@britishweightlifting.org)) no later than 06/08/23.

### 3. Purpose

- 3.1 The Scotland Training Squad will be selected using the process set out below. Achieving the criteria does not guarantee selection, it merely enables the lifter to be considered by the panel, subject to compliance with the rest of this policy.

- 3.2 Lifters may be selected if they have met the minimum criteria in a class listed in clause 5.4 and 5.4. In the future lifters will generally only be considered if they have lifted the minimum standard in the Commonwealth class(es). Following the announcement of Commonwealth classes for STS26 athletes who have met the minimum standard in a non-Commonwealth class will only be considered for eligibility during the first 12 months following the announcement. If an athlete is selected for the programme, they will be expected to confirm their commitment to a Commonwealth category within 12 months of it and agree a plan to move into their new Commonwealth class across the next 12 months with the support of the BWL performance team.
- 3.3 Selection period:
- 3.3.1 In the first year, unless deselected, lifters will be selected for the period 1/9/23 until the conclusion of the British Championships 2024. This is to align future selections to the calendar year.
- 3.3.2 Thereafter, unless deselected (see point 11) or otherwise noted lifters will be selected until the conclusion of the British Championships 2025
- 3.4 Lifters may be considered:
- 3.4.1 For results recorded during the selection period 04/02/2023 – 06/08/2023.
- 3.4.2 Subsequent selections may be made at any time provided athletes have met the minimum performance standard and satisfy the minimum eligibility criteria set out below in this document and places remain available.
- 3.5 Once lifters are selected, they will be required to achieve the performance objectives agreed with them by the BWL Head of Performance or his/her delegate, which may differ from the criteria set out. Provided they have achieved their agreed objectives (and remain eligible) they may be selected for a subsequent 12-month period(s).
- 3.6 STS26 members will be given at least 1 months' notice of their future selection outcome.

#### 4. Programme Requirements

- 4.1 The STS26 programme training camps will be delivered at the Sport Scotland National Sport Centre Inverclyde in Largs over 4 weekends per year.
- 4.2 Lifters will be required to commit to:
- 4.2.1 Work closely and positively with the staff leading the Scotland Training Squad
- 4.2.2 Attending the STS26 training camps (min 4 per year)
- 4.2.3 Competing in key competitions.
- 4.2.3.1 *British Championships,*
- 4.2.3.2 *Scottish Championships,*
- 4.2.3.3 *key international competitions subject to selection*
- 4.2.4 *All members of the STS26 Squad will be required to agree their annual plan and goals with the BWL Head of Performance or his/her delegate. These will be reviewed on at least an annual basis. Support for these Squad members will be agreed within this annual plan and subject to available funding and progress against the annual plan.*

#### 5 Minimum Performance Standards

BWL will select Weightlifters who have demonstrated consistent, long-term commitment to competing at the 2026 Commonwealth Games and the potential to finish top 5.

- 5.1 Athlete must have lifted the 'minimum qualification standard' in an IWF / EWF / BWL competition during the qualification period, 04/02/2023-06/08/2023
- 5.2 Athletes must have lifted in at least One (1) of the following events in the last twelve (12) months to be eligible for selection. Results from these events will also be considered in order of importance ahead of results recorded at other events if they fall within the qualification period (the last 12 months to 31/3/23):
- 5.2.1 Scottish Championships, Scottish Age-groups 2023, British Championships 2023, Commonwealth Championships 2023, European Junior & Under 23 Championships 2023.
- 5.3 The athlete must lift the qualification standard for the same category they have declared interest for during the qualification period 04/02/2023-06/08/2023

#### 5.4 Women's minimum performance standard

W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
≥131kg	≥142kg	≥161kg	≥166kg	≥172kg	≥177kg	≥181kg	≥187kg	≥191kg	≥202kg

#### 5.5 Men's minimum performance standard

M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
≥208kg	≥224kg	≥246kg	≥259kg	≥278kg	≥290kg	≥293kg	≥301kg	≥315kg	≥320kg

5.6 Extenuating circumstances can be considered in specific situations where an athlete is unable to achieve the minimum performance standards through no fault of their own. Please see appendix 3 for further details on how to request extenuating circumstances. Exemption is at the discretion of the BWL performance committee and BWL Head of Performance.

## 6 Selection Process

The selection panel will convene to select athletes during the week beginning 07/08/23 (subject to change by BWL). The selection process will be conducted by a BWL selection panel, who will be provided with (without limitation) the following supporting information:

### 6.1 The most up to date copy of CWF Rankings (senior)

- 6.1.1 **Results from most recent Commonwealth games, Commonwealth Championships, British Championships and Scottish Championships (all senior)**
- 6.1.2 **BWL Absolute Ranking lists** - of Eligible Scottish weightlifters for each category
- 6.1.3 **Athlete Profile** - containing key information about each athlete to support voting members to make informed, objective decisions. The Dashboard will include the following information
  - 6.1.3.1 SE Performance Funnel including complete results history
  - 6.1.3.2 National Camp register of attendance (if applicable)
  - 6.1.3.3 Any other information the Head of Performance feels relevant.
  - 6.1.3.4 Details of any relevant Dispute (as defined below).
- 6.1.4 The advice and experience of the BWL performance team and Performance team who work regularly with athletes during training camps and international competitions will be considered throughout the selection process to evaluate whether athletes demonstrate the necessary performance behaviours to deliver medal winning performances at future events.

## 7 Selection

- 7.1 The maximum Squad size is 8 athletes at any one time. The squad will contain a minimum of 3 athletes of each gender
- 7.2 If the athlete has achieved the minimum performance standard (5.3), the BWL selection panel will assess their potential to achieve the expected medal winning standard in their respective category at the 2026 Commonwealth Games:
  - 7.2.1 *Competition results*
  - 7.2.2 *International Performance trends and predicted classes and medal zones for future Commonwealth games*
  - 7.2.3 *Performance Trajectory (SE Funnel)*
  - 7.2.4 *Engagement with previous BWL Training Squads and performance reviews*
  - 7.2.5 An athlete must consistently display performance related behaviours as outlined by the BWL Athlete agreement, which provide the selection panel with confidence that the athlete will not negatively affect the performance of themselves or other selected athletes. The selection panel at their discretion reserves the right not to select an athlete if reasonable concerns exist about their behaviour within the last twelve (12) months, which the panel feel could negatively impact the following:
    - 7.2.5.1 *The performance of the athlete.*
    - 7.2.5.2 *The performance of the Squad as a whole.*
    - 7.2.5.3 *The reputation of BWL.*

7.2.5.4 *The health, wellbeing and safety of athletes, coaches, and support staff.*

## **8 Additional Conditions of Selection**

- 8.1 Once selected all athletes must maintain all the following conditions of selection, (failure to do so may result in de-selection at the discretion of the selection panel):
- 8.1.1 Meet all of the Minimum Eligibility Criteria in section 2 above.
  - 8.1.2 Abide by the BWL Athlete code of conduct
  - 8.1.3 Maintain full and complete ADAMS Whereabouts for the full period of their selection
  - 8.1.4 Complete any additional anti-doping education that is necessary to maintain eligibility to compete internationally in Weightlifting
  - 8.1.5 Work with the performance team to agree their annual plan and goals.
  - 8.1.6 Attend the minimum number (currently four) of STS26 camps each year of selection.
  - 8.1.7 Wear Scotland Weight Lifting clothing as specified by BWL at all camps, events, and Squad activity
  - 8.1.8 Inform BWL immediately should their development become interrupted in any way, including injury and illness.
  - 8.1.9 Keep selection confidential until an official team announcement has taken place by BWL.
  - 8.1.10 At point of selection the BWL Head of Performance and members of the selection panel reserves the right to set additional 'conditions of selection' for all athletes in any of the following key areas:
    - 8.1.10.1 Capability to deliver against performance targets
    - 8.1.10.2 Athlete Health & Fitness
    - 8.1.10.3 Submit training and bodyweight information as requested by BWL
    - 8.1.10.4 Performance trajectory
    - 8.1.10.5 Engagement with the performance team and training squads in the lead up to the event

## **9 Selection Panel**

- 9.1 The selection panel will be chaired by the Chair of BWL's Performance Committee and will comprise of:
- 9.1.1 Chair of the Weightlifting Scotland Committee (Chair)
  - 9.1.2 BWL Head of Performance (Stuart Martin)
  - 9.1.3 BWL Pathway Lead (Kristian McPhee)
  - 9.1.4 Weightlifting Scotland Head Coach (John McEwan)
  - 9.1.5 1 independent member of the Weightlifting Scotland Committee
  - 9.1.6 Independent observers may attend at the request of the Chair e.g. a member of CWG Scotland or Sport Scotland.
  - 9.1.7 An independent note taker will be invited by the Chair to record the meeting
  - 9.1.8 Other members of BWL may be in attendance in a non-voting capacity to supply background information, performance, technical or medical information.
  - 9.1.9 A written summary of the notes from this meeting will be recorded and available to an athlete on request in the event an athlete wishes to consider appealing the selection panel's decision.
  - 9.1.10 Athletes will be informed by email of the selection decision no later than 11/08/23 (subject to change by BWL).
  - 9.1.11 Athletes who are not selected or who are deselected will be provided with a clear reason for their non-selection in accordance with this policy to allow them to make an informed decision on whether to appeal.
  - 9.1.12 All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the selection Panel.
  - 9.1.13 In the event of a tied vote the Chair of the Performance Committee will cast the deciding vote.

## **10 Funding & Sponsorship**

- 10.1 This Squad is funded by Sport Scotland. It is an athlete's responsibility to carefully read the BWL 'athlete agreement', declare any current or planned funding or sponsorship arrangements to the BWL Head of Performance (and/or his/her

delegate) and fully comply with the requirements of these legal documents regarding advertising their sponsors. Failure to do so could result in de-selection.

- 10.2 BWL recognise that Athletes may have sponsors who support them, where these sponsors have asked to be promoted by the athlete following their selection, we recommend they contact the BWL Head of Performance to discuss any potential conflicts with current or potential partners.

## **11 Confirmation of Health, Fitness and deselection**

- 11.1 Each selected athlete must consistently display performance related behaviours, which provide the BWL Performance team and Selection panel with confidence that they can achieve key performance targets.
- 11.2 The Selection panel under the advice of the BWL Performance team reserve the right to de-select any athlete who fails to adhere to the terms outlined in this selection policy & the 'BWL athlete agreement', or who has failed or refused to prove their form or fitness as highlighted below.
- 11.3 Any cause for concern over injury or illness arising from an examination or otherwise will lead to the athlete needing to demonstrate fitness at the discretion of the BWL Head of Performance. The athlete will be asked to undergo a suitable fitness assessment with BWL designated sport science & medicine personnel and/or the BWL Head of Performance (as appropriate).
- 11.4 If BWL wishes to request an assessment, then BWL will provide reasonable notice of no less than 72 hours if it wishes to request an assessment.
- 11.5 If an assessment determines that an athlete is not fit to compete then BWL may outline an appropriate course of action to resolve the situation, which may include deselection if a resolution is not deemed possible.
- 11.6 If it is the reasonable opinion of the BWL performance team through observation of an athlete's training / competition / lifestyle does not demonstrate that they are on track to achieve agreed performance targets, then BWL will be entitled to request an assessment of the Athlete's Form & Fitness.
- 11.7 The BWL Head of Performance is entitled to designate appropriate coaching or sport science & medical personnel to assess the athlete's Lifestyle, performance planning and/or their commitment and adherence to training.
- 11.8 The findings of this assessment will be used to determine whether the athlete can achieve agreed annual performance targets.
- 11.9 If an assessment determines that an athlete is not fit to compete then BWL may outline an appropriate course of action to resolve the situation, which may include deselection if a resolution is not deemed possible.
- 11.10 If an athlete displays inappropriate or unacceptable behaviour that reflects poorly on BWL, themselves or other selected team members, BWL is entitled to investigate the situation fully.
- 11.11 If the actions of the athlete cannot be resolved, negatively affect other selected team members or there is a risk that there will be a negative effect on performance of other individuals in the GB Academy C Squad, then BWL may outline an appropriate course of action to resolve the situation, which may include informal or formal disciplinary action and deselection if a resolution is not deemed possible without having an impact on the performance of the team.
- 11.12 If BWL concludes that an athlete has been found not to have met the above criteria for continued selection (11.1, 11.2, 11.3, 11.4), the selection panel at their discretion reserves the right to:
- 11.12.1 de-select the athlete
  - 11.12.2 set further conditions of selection
  - 11.12.3 request further assessment of health & fitness.
- 11.13 A deselected athlete will be entitled to appeal the decision and provide written representation in accordance with the BWL appeals procedure (13.0).

## **12 Injury, Illness and Pregnancy.**

- 12.1 It is highly likely that lifters will, at some point in their career, suffer a performance limiting injury or illness (either physical or mental). Throughout a lifter's membership of the Scotland Training Squad – CWG 2026, rehabilitation from injury/illness will be managed by the BWL Sport Science & Medical personnel (working with an athlete's own external practitioners where relevant), in conjunction with the WLS Head Coach (or equivalent) and BWL Head of Performance or his/her delegate. Provided a lifter makes every effort to adhere to their rehab/prescribed treatment and follow medical advice (and not do [or fail to do] anything which may jeopardise their recovery/return to performance), their Squad membership (and associated support) will continue at its current level until the lifter's selection year is ending as outlined in clauses 3.3.1 or 3.3.2.
- 12.2 At this time, the Squad membership of athletes affected by a significant performance limiting injury or illness in any given selection year will be afforded a certain amount of protection.
- 12.3 Athletes who are unable to satisfy their agreed objectives or the criteria set out in this policy due to significant injury/illness in the current selection year may be retained by the Selection Panel for a subsequent 12-month period.
- 12.4 In retaining an athlete on the STS26 who has not met their agreed objectives or the Criteria set out in this policy due – either in full or part – to a performance limiting injury/illness, the Selection Panel may add return-to-fitness (relative to

the specific injury or illness) performance conditions to that lifter's membership that they will be expected to meet in order to be retained for the whole year, or in future years. These conditions may explicitly require a lifter to engage with appropriate science/medicine staff to support any ongoing medical or illness issues, and engage in any testing/monitoring as reasonably required

- 12.5 Athletes who are NOT currently a member of the STS26 will not be afforded the same protections relating to performance limiting injury/illness as described above. Potential new members who are offered Squad membership may be expected to undergo a medical screening/profiling process prior to their place being confirmed. Should they have a current performance limiting injury/illness at the start of their year, the prognosis of which is deemed likely to have an impact on the athlete's ability to progress BWL reserve the right to withdraw their place on the Squad.
- 12.6 Pregnancy: In the event that lifter does become pregnant during their selected year, the lifter would be expected to agree a reasonable and appropriate training and competition programme with the BWL Head of Performance and BWL Lead Performance Coach (or equivalent) that would timetable and plot the return of the lifter after childbirth to full competitive level, allowing them to satisfy the aims of the STS26 (i.e. progress to a 2026 Commonwealth Games top 5 position).
- 12.7 Provided the lifter adheres to this reasonable and appropriate training and competition plan throughout pregnancy (and for the agreed period after childbirth), the athlete's Squad status (and the associated support) will be protected. Should the lifter be unable to adhere to this plan with our ongoing support or change their mind about their continued membership of the Squad, and/or they otherwise fail to satisfy the required criteria in the selection policy, their membership of the STS26 will end at the end of their current selection year (or after a 3-month transition period, whichever comes later).

### 13 Appeals

- 13.1 Athletes have the right to appeal their non-selection in accordance with the "BWL Selection Appeals Policy". A copy can be obtained [here](#). Deadline for submitting appeals is 12:00, 72 hours after notification of the selection decision (subject to change by BWL).
- 13.2 Athletes have the right to appeal if they are de-selected in accordance with the "BWL Selection Appeals Policy"
- 13.3 BWL reserves the right to deselect athletes if sufficient evidence exists to suggest that an athlete is not meeting the conditions of this policy. BWL will give athletes a minimum of 72 hours to notify BWL of intention to appeal their deselection.
- 13.4 BWL will not take further action to remove an athlete's eligibility to compete until a decision on any appeal has been reached.
- 13.5 The appeals panel will comprise of:
  - 13.5.1 A legal representative (Who shall be a qualified Lawyer) (Chair)
  - 13.5.2 One additional independent BWL Board member
  - 13.5.3 One additional independent BWL Board member
  - 13.5.4 Other members of BWL may be in attendance to supply background information.
- 13.6 All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Panel. In the event of a tied vote the Chair will cast the deciding vote.

## APPENDIX A

### Timeline and critical dates (Subject to change by BWL)

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**Inform BWL of Intention to attempt to gain selection** – Athletes seeking nomination must confirm their intention and agreement to this Policy by submitting the online form insert here

**Submit necessary accreditation information** – Athletes / Parents must return an up-to-date copy of the Athlete's passport to the BWL Head of Performance no later than 23:59, on the date for 07/08/23

**Qualification opens** – The qualification window will open on 04/02/23

**Qualification ends** – The qualification window will close on 06/08/23

**Selection meeting** – will take place during the week commencing 07/08/23. The selection committee will convene to select athletes.

**Selection panel decisions** – Athletes will be informed of selection decisions no later than 17:00 on Friday 11/08/23. Selection decisions will be communicated to the selected athletes and non-selected athletes.

**Appeal deadline for non-selection** - Athletes have 72 hours following confirmation of selection to file an appeal for their non-selection. Athletes in categories where appeals have been submitted will be immediately informed if an appeal is submitted

**Appeals panel meeting** - All appeals will be heard within 72 hours of the appeals deadline

**Appeals decision** - All Athletes effected by the decision of an appeal will be informed within 24 hours of the conclusion of the appeals meeting

## APPENDIX B

### Bodyweight discretion for qualification of engaged performance athletes

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#### Criteria for consideration

The individual is considered an "engaged performance athlete"

#### Criteria for bodyweight discretion

Cutting weight for a qualification competition is not in the best interest of the athletes current agreed development objectives

Cutting weight for a qualification competition is not in the best interest of the performance of the athlete or team.

The athlete is on a 'UKS Named support plan' and has a necessary milestone event to maintain funding.

The athlete has had an injury which has prevented them from competing in their desired category during the qualification period

**Catch Weights & Adjusted Qualification Standards** - Athletes who wish to be considered for selection must demonstrate that they have lifted a proportionally higher standard within a Catch weight for the relevant category they wish to compete in.

<u>Category</u>	W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
Bodyweight Allowance (kg)	47.5	51.5	58	62	67	74.5	80	85	91.5	N/A
"Add on" to the minimum standard	+5kg	+5kg	+6kg	+6kg	+6kg	+7kg	+8kg	+8kg	+9kg	N/A

<u>Category</u>	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Bodyweight Allowance (kg)	58	64	70.5	76.5	85	93.5	101	107	114.5	N/A
"Add on" to the minimum standard	+6kg	+6kg	+7kg	+7kg	+8kg	+9kg	+10kg	+10kg	+11kg	N/A

Red = 2022 Commonwealth Categories

Underlined = Youth Category



## APPENDIX C

### Consideration for selection under extenuating circumstances

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**Criteria for consideration** - Athletes experiencing challenges related to any of the following criteria may apply for Extenuating circumstances:

Academic limitations

Vocational limitations

Financial limitations

Poor physical wellbeing

Poor mental wellbeing.

**Supporting Evidence** - The following information must be sent to [stuart.martin@britishweightlifting.org](mailto:stuart.martin@britishweightlifting.org) before the deadline.

*A letter outlining the reasons for and nature of the exemption request. (no more than 250 words)*

*A signed and dated supporting statement from a relevant individual (e.g., Psychiatrist, Doctor, Teacher, Line Manager)*

**Review Process** - The Selection panel will review each case during the selection meeting at the end of Phase 2 of the 'selection process' (4.0). Discussion will consider the following criteria:

Is the request for exemption considered reasonable and is the evidence provided considered to be true and accurate?

Is the athlete engaged with the NGB and do they have an up-to-date performance plan which includes a competition plan and clearly articulated development objectives?

Has the athlete fulfilled all other minimum selection criteria, and would the panel have selected them during the selection process under normal conditions?

Does the panel agree that not competing during the qualification period serves the best interest of the performance of the athlete or team?

Does the panel agree that competing at the goal event is in the best interest of the athlete or team considering their individuals current extenuating circumstances?

Does selection of the athlete displace the selection of another athlete who has fulfilled all minimum eligibility criteria?

Has the athlete lifted the qualification standard in the last 12 months in the same category they have declared interest to compete in?

Is the athlete on a 'UKS Named support plan'? Is there a risk to the individual or BWL losing individual funding if the athlete is not selected for this event?

**Accepted Solutions** - If the case for extenuating circumstances is granted the panel can propose any or all the following solutions:

The panel can choose to consider historic results recorded up to 12 months prior to the qualification deadline

The panel can choose to extend the qualification period for the athlete to allow them more time to fulfil the necessary qualification criteria that the extenuating circumstances prevent them from demonstrating.

The panel can request that the athlete completes a 'Fitness test' on a defined date, time, and location in the presence of the performance team to demonstrate that they can achieve key performance targets.

## APPENDIX D

### Definition of Key Terms

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**British Olympic Association (BOA)** – the organisation which governs and approves the selection of “Team GB” athletes and Officials for the Olympic Games.

**British Weight Lifting (BWL)** – the National Governing Body for Weightlifting and Weight Training in the UK

**Commonwealth Games Scotland (CGS)** – the organisation which governs and approves the selection of “Team Scotland” athletes and Officials for the Commonwealth Games.

**Commonwealth Games Federation (CGF)** – the organisation which governs the Commonwealth Games

**Commonwealth Weightlifting Federation (CWF)** – the commonwealth federation which governs the sport of Weightlifting across the Commonwealth, overseeing the Commonwealth Championships and the Weightlifting event at the Commonwealth Games.

**Dispute** – any claim, action, suit, arbitration, proceeding, investigation, complaint or prosecution to which the Athlete is a party or materially involved details of which it appears necessary (in BWL’s sole discretion) to make available to the Selection Panel.

For example only (and without limitation to BWL’s discretion) if an athlete is under investigation for and/or charged with conduct which:

(if convicted) amounts to criminality for which a custodial sentence may be given and/or criminality which harms or places in danger other individuals; or

would bring or brings BWL and/or the sport into serious disrepute;

then details of this kind of Dispute may be notified to the Selection Panel if BWL believes it will ensure factors such as (and without limitation) fairness, safety of any other individuals participating in or attending the Event (or training and preparing for the Event) and/or the reputation of: BWL, the sport and/or the Event.

**Engaged Performance Athlete** – an athlete who is present at 80% or more of the BWL Camps & Training Squad opportunities they are invited to attend and has worked in collaboration with the NGB to maintain an up-to-date performance plan which includes a competition plan and clearly articulated development objectives.

**European Weightlifting Federation (EWF)** – the continental federation which governs the sport of Weightlifting in Europe, overseeing major continental championships etc.

**International Olympic Committee (IOC)** – the organisation which governs the Olympic Games and affiliated international federations (e.g., the IWF)

**International Weightlifting Federation (IWF)** – the federation which governs the sport of Weightlifting globally

**Long List Athlete** – An athlete who has completed an application of interest and submitted all other necessary documents 6 months before the event.

**Performance Targets** – With consideration for the expectations of key funding partners BWL reserves the right to agree individualised performance targets specific to the athlete, event, or both. BWL will communicate performance targets in writing with each athlete no less than 6 weeks before any event. If no performance target is set BWLs generic performance targets for international competition will apply. BWLs generic performance target for international competition are as follows:

Athletes should make a minimum of 4/6 lifts

Athlete should lift no less than equal to their Personal Best for the selected weight category

**Sport Scotland** – a funding organisation who provides funding to support grass roots and the development of elite sport pathways in Scotland for athletes who demonstrate potential to win medals at the Commonwealth games.

**UK Sport** – a funding organisation who provides funding to support the development of elite sport pathways in the United Kingdom for athletes who demonstrate potential to win medals at the Olympic games.