

2025 British Age Group Championships
Oldbury Academy
Pound Road, Birmingham, West Midlands, B68 8NE
5 – 7 September 2025
Qualification System

1. Programme

Date	Age Group
Friday, 5 September 2025	U20 & U23
Saturday, 6 September 2025	U15 & U17
Sunday, 7 September 2025	U10 & U12

Two (2) competition platforms will be used to deliver the 2025 British Age Group Championships. To avoid the need for under-age athletes to be absent from school, the U20 & U23 British Age Group Championships will be held on Friday, 5 September 2025.

2. New Bodyweight Categories

The 2025 British Age Group Championships will be held in accordance with the new bodyweight categories, as recognised by BWL. The new 8 + 8 bodyweight categories came into effect from 14 April 2025.

3. Transition from old to new bodyweight categories

Recognising the transition period between the 'old' and 'new' bodyweight categories, BWL will apply the following once-off procedure to ensure a safe, fair and consistent ranking is produced -

5 September 2024 to 13 April 2025

Results attained in the 'old' bodyweight categories (including exact bodyweight) will be sorted into the 'new' bodyweight categories. For example, if a 49kg women has weighed 48kg or less, this result will automatically be ranked in the new 48kg bodyweight category.

14 April 2024 onwards

Results attained from 14 April 2025 will automatically be sorted into the 'new' bodyweight categories.

4. Athlete Eligibility

All age groups are calculated based on the athlete's age from the year of their birth. An athlete shall be entitled to only compete in one age group.

All athletes must be current members of British Weight Lifting and must be domiciled in the United Kingdom-as per the BWL Technical Competition Rules and Regulations (TCRR).

5. Athlete Quota – By Invitation

Age Group	Athletes	
	Male	Female
U20 & U23	10	10
U15 & U17	5	5

BWL reserves to the right to allocate athlete slots based on ranking should it be deemed in the best competition interest of the performance programme.

6. Athlete Quota – Open Entry, Subject to Minimum Standard

Age Group	Athletes	
	Male	Female
U20 & U23	50	50
U15 & U17	45	45
U10 & U12	50	50

7. Athlete Quota - Total

Age Group	Athletes	
	Male	Female
U20 & U23	60	60
U15 & U17	50	50
U10 & U12	50	50

8. British U20 Championships – Minimum Standards

Category (Men)	Total	Category (Women)	Total
60kg	153	48kg	94
65kg	167	53kg	102
71kg	196	58kg	109
79kg	209	63kg	113
88kg	219	69kg	122
94kg	225	77kg	129
110kg	238	86kg	134
+110kg	243	+86kg	140

9. British U23 Championships – Minimum Standards

Category (Men)	Total	Category (Women)	Total
60kg	170	48kg	104
65kg	184	53kg	113
71kg	216	58kg	120

79kg	229	63kg	124
88kg	241	69kg	134
94kg	249	77kg	142
110kg	262	86kg	147
+110kg	267	+86kg	154

10. British U15 Championships – Minimum Standards

Category (Men)	Total	Category (Women)	Total
52kg	106	40kg	68
56kg	110	44kg	72
60kg	118	48kg	76
65kg	121	53kg	84
71kg	126	58kg	89
79kg	134	63kg	92
88kg	139	69kg	101
+88kg	149	+69kg	108

11. British U17 Championships – Minimum Standards

Category (Men)	Total	Category (Women)	Total
56kg	120	44kg	78
60kg	127	48kg	83
65kg	132	53kg	91
71kg	137	58kg	97
79kg	145	63kg	101
88kg	151	69kg	109
94kg	161	77kg	117
+94kg	170	+77kg	123

12. British U10 & U12 Championships

To be eligible to compete at the British U10 & U12 Championships, an athlete must have competed officially at least once during the qualifying period. There is no minimum standard.

U12 Category (Boys)	U12 Category (Girls)
44kg	35kg
50kg	40kg
56kg	44kg
60kg	48kg
65kg	53kg
71kg	58kg
79kg	63kg
+79kg	+63kg

U10 Category (Boys)	U10 Category (Girls)
40kg	30kg
44kg	35kg

50kg	40kg
56kg	44kg
60kg	48kg
65kg	53kg
71kg	58kg
+71kg	+58kg

13. Timelines

5 September 2024	Start of Qualification
20 July 2025	End of Qualification

14. Sport 80 Entry Portal

28 July – 1 August 2025	Performance Invitations, as per section 3 Any unused invites will be added to the general pool, as per section 4
4 August 2025	Opening of the Sport 80 entry portal at 0900hrs
8 August 2025	Closure of the Sport 80 entry portal at 1700hrs

15. Competition Schedule

The draft competition schedule will be released no later than 15 August 2025. The final competition schedule and start list will be published by 29 August 2025.

16. Virtual Qualifier

BWL will open a virtual qualifier from 27 June – 13 July 2025.

17. Other information

Athletes may move down a bodyweight category providing they inform BWL no later than fourteen (14) days prior to the start of the event. This is entirely at the discretion of BWL.

Athletes aged seventeen (17) or under may move one bodyweight category higher without achieving the NQT for the higher category. This is entirely at the discretion of BWL. This rule only applies in age group competitions at Youth (U17) and below.

No changes will be made to the competition entry after final verification fourteen (14) days prior to the start of the event, excepting for U17 athletes who may move one bodyweight category higher at the time of weigh-in.

Photo ID must be presented at the point of registration at the front desk and weigh-in regardless of the lifter having a 'lifter' stamp.

The '20kg' rules will be applied.