



**Event:** EWF European Championships 2025

**Date:** 13 - 21/April 2025

**Location:** Chisinau (Moldova)

**Timeline and critical dates (Subject to change by BWL/IWF/EWF)**

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1. **Qualification opens** – The qualification window will open on 18/10/2024
2. **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 [here](#), no later than 23:59 on 15/12/2024
3. **Submit necessary accreditation information** – Athletes must return an up-to-date copy of the Athlete's passport and WADA ADEL(ILA) certificate to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59 on 15/12/2024
4. **ADAMS Whereabouts submission deadline** - 15/12/2024 for submission of complete whereabouts for Q1 & Q2 2025 and the WADA ADEL International-Level Athletes education programme [here](#) required by the IWF.
5. **Priority Selection events** – the following events will be seen as key selection events due to the standard of competition and officiating. Results recorded in these competitions will be given greater weighting.
  - European Championships 2024
  - IWF World Cup 2024
  - British Championships 2024
  - Paris Olympic Games 2024
  - World Junior Championships 2024
  - European Junior & Under 23 Championships 2024
  - Home Nation Championships 2024
  - IWF World Championships 2024
6. **Qualification ends** – The qualification window will close on 26/01/2025
7. **Selection meeting** – will take place during the week commencing 27/01/2025. The selection committee will convene to select athletes.
8. **Selection panel decisions** – Athletes will be informed of selection decisions no later than 17:00 on Friday 31/01/2025. Selection decisions will be communicated to the selected athletes and non-selected athletes.
9. **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
10. **Appeals panel meeting** - All appeals will be heard within 72 hours of the appeals deadline
11. **Appeals decision** - All Athletes effected by the decision of an appeal will be informed within 24 hours of the conclusion of the appeals meeting
12. **Initial submission of entries** –13/February 2025 (tbc)
13. **Final submission of entries** – 13/March 2025 (tbc)
14. **Final deadline for deselection appeals** – 10 days prior to final verification meeting date (21/March)
15. **Final Verification of entries** – 2 weeks prior to the start of competition (31/March)

# Selection Policy

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## 1. Overview

This selection policy has been created to provide an opportunity for GB lifters to compete at the European Senior Championships (“CHISINAU 2025”) providing they demonstrate the potential to contribute towards:

- Medals at the Olympic Games Los Angeles 2028, Glasgow 2026 Commonwealth Games and/or the Olympic Games Brisbane 2032
- Medals at World Senior Championships, European Senior Championships and Olympic qualification events.

Selection of lifters representing Great Britain at this event will be made according to the criteria outlined in this document. Selection criteria remains subject to change because of the unique and extenuating circumstances caused by any Domestic or International challenges which BWL feel could in any way effect the safety or performance of Team members.

British Weight Lifting (“BWL”) and our funding stakeholders closely monitor the international competition calendar found [here](#) and all travel advice provided by the British Home office for competition destinations to determine if it is safe and appropriate to attend international events. BWL therefore reserves the right to amend this selection policy or process in the event of unforeseen circumstances that could reasonably risk the performance, safety and / or wellbeing of athletes and staff. Long-list athletes will be notified of any changes to this policy by email and updates will be published on the BWL Website [here](#).

## 2. Minimum Eligibility Criteria

To be considered for selection for the CHISINAU 2025 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
- 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 must have submitted an application of interest [here](#) no later than 23:59, 15/12/2024
- 2.4 Athlete must send a clear photocopy of their passport, a passport style headshot, and a copy of their WADA ADEL(ILA) certificate via email to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59, 15/12/2024
- 2.5 A current member of British Weight Lifting (BWL)
- 2.6 Athlete must not be currently under:
  - a) 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 WADA ADEL International-Level Athletes education programme [here](#) required by 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, 15/12/2024 ADAMS Whereabouts must be

complete with overnight accommodation, regular activity, training location and a daily 1-hour time slot each for the full period of Q1 & Q2 for 2025

**(“Minimum Eligibility Criteria”)**

If the Athlete meets the Minimum Eligibility criteria at the time of selection but subsequently, prior to or during the Event fails to meet them, then BWL shall have absolute discretion to deselect the Athlete from the Event.

*Any queries about the ‘Minimum Eligibility Criteria’ for this competition should be sent to BWL Head of Performance no later than 15/12/2024*

### 3. Qualification standards

BWL will select a team which prioritises the athletes which have the best potential to win Medals and contribute to the overall performance of the team at this event. This policy allows for the selection of Weightlifters who have demonstrated consistent, long-term commitment to Weightlifting and the potential to win Medals at the following events (in order of priority) the Olympic Games Los Angeles 2028, Glasgow 2026 Commonwealth Games and/or the Olympic Games Brisbane 2032.

3.1 Athlete must have lifted the ‘minimum qualification standard’ in an IWF / EWF / BWL competition during the qualification period’, 18/10/2024-26/01/2025,

3.2 Athletes must have lifted in at least two (2) 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:

- *European Championships 2024*
- *IWF World Cup 2024*
- *British Championships 2024*
- *Paris Olympic Games 2024*
- *World Junior Championships 2024*
- *European Junior & Under 23 Championships 2024*
- *Home Nation Championships 2024*
- *IWF World Championships 2024*

The athlete must lift the qualification standard for the same category they have declared interest for during the qualification period (2.3).

#### **Women’s minimum qualification standard**

W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
150	158	181	192	203	209	214	221	226	241

#### **Men’s minimum qualification standard**

M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
229	242	277	292	313	323	332	341	344	358

Engaged performance athletes may request exemption from cutting weight during the qualification period if cutting weight during the qualification period is not aligned to the individual’s development plan. Catch weights and adjusted totals can be found in ‘appendix A – Bodyweight Discretion’

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

### 4. Selection Process

The selection panel will convene to select athletes during the week beginning 27/01/2025 (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:

- (1) The most up to date copy of EWF Rankings**
- (2) Results from the EWF European Championships 2024**
- (3) BWL Ranking lists** - of Eligible British weightlifters for each category
- (4) Athlete Profile** - containing key information about each athlete to support voting members to make informed, objective decisions. The Dashboard will include the following information
  - UKS Performance Funnel including complete results history
  - National Camp register of attendance (if applicable)
  - Comments from the BWL Lead Performance Coach
  - Details of any relevant Dispute (as defined in appendix D)

*The advice and experience of the BWL performance team and International Arena coaches 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 this competition and future events.*

### **Selection process will take place in 2 phases**

#### **IWF Team size restrictions**

According to IWF regulations the following rules apply

- 4.1 The maximum team size for this event is Ten (10) male and Ten (10) female athletes. BWL may also nominate Two (2) male and Two (2) female reserves.
- 4.2 The maximum number of lifters selected in each weight category will not exceed two (2)

#### **Phase 1 (Individual Evaluation of an athlete's performance potential)**

- 4.3 If the athlete has achieved the Performance standard (3.3), the BWL selection panel must determine if the athlete is on trajectory to Rank top 10 in their respective category at this event considering all the following criteria in order of importance:
  - 4.3.1 *Competition results*
  - 4.3.2 *International Performance trends and predicted medal zones for this event*
  - 4.3.3 *Performance Trajectory (UKS Funnel)*
  - 4.3.4 *Engagement with Training Squads and performance reviews*

#### **Phase 2 (Final team Selection)**

- 4.4 If the number of athletes per category eligible for selection using the criteria in (4.3) is greater than the maximum number of athletes per weight category (4.2), the selection panel at their discretion reserves the right to select the athlete who demonstrates the greatest potential to win Medals at the following events (in order of priority) 2028 Olympic Games, 2026 Commonwealth Games and/or the 2032 Olympic Games, the following criteria are to be considered in order of importance:
  - 4.4.1 *Competition results*
  - 4.4.2 *Engagement with Training Squads and performance reviews*
  - 4.4.3 *International Performance trends and predicted medal zones for this event*
- 4.5 If the number of athletes identified using the criteria in (4.3) is less than the maximum number of lifters per category (4.2), the selection panel at their discretion reserves the right to select the athlete who demonstrates the potential to win Medals at the following events (in order of priority) =

2028 Olympic Games, 2026 Commonwealth Games and the following criteria are to be considered in order of importance::

4.5.1 *Competition results*

4.5.2 *Engagement with Training Squads and performance reviews*

4.5.3 *International Performance trends and predicted medal zones for this event*

4.6 If the total number of athletes eligible for selection using the criteria in (4.3) is greater than the maximum team size for this event (4.1), the selection panel at their discretion reserves the right to select the athletes who demonstrates the greatest potential to win Medals at the following events (in order of priority) 2028 Olympic Games, 2026 Commonwealth Games, and the following criteria are to be considered in order of importance:

4.6.1 *Competition results*

4.6.2 *Engagement with Training Squads and performance reviews*

4.6.3 *Average number of successful lifts made in past National & International competition*

4.6.4 *International Performance trends and predicted medal zones for this event*

4.1 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 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:

4.1.1 *The performance of the athlete*

4.1.2 *The performance of the team as a whole*

4.1.3 *The reputation of BWL.*

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

## **5 Additional Conditions of Selection**

Once selected all athletes must maintain all of the following conditions of selection, (failure to do so may result in de-selection at the discretion of the selection panel):

5.1.1 Meet all of the Minimum Eligibility Criteria in section 2 above.

5.2 Abide by the BWL Athlete code of conduct

5.3 Maintain full and complete ADAMS Whereabouts for the full period of their selection

5.4 Complete any additional anti-doping education that is necessary to maintain eligibility to compete

5.5 Work with the performance team to agree a competition strategy which aligns to performance targets at this competition.

5.6 Stay in the competition accommodation for at the least four (4) nights around competition, to meet potential IWF anti-doping control requirements

5.7 Wear appropriate apparel as specified by BWL at all camps, events, and this competition

5.8 Adhere to specified travel dates organised by BWL

5.9 Inform BWL immediately should their preparation become interrupted in any way, including injury and illness, between point of selection and your day of competition.

5.10 Keep selection confidential until an official team announcement has taken place by BWL.

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:

5.11 *Capability to deliver against performance targets*

5.12 *Athlete Health & Fitness*

5.13 Submit training and bodyweight information [here](#)

5.14 *Performance trajectory*

5.15 *Engagement with the performance team and training squads in the lead up to the event*

## **6. Funding & Sponsorship**

This event is funded by UK Sport. It is an athlete's responsibility to carefully read the BWL 'athlete agreement' and fully comply with the requirements of these legal documents regarding advertising their sponsors. Failure to do so could result in de-selection.

BWL recognise that Athletes may have sponsors who support them in the lead up to this competition, 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.

## **7. Confirmation of Health, Fitness and deselection**

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.

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.

7.1 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).

If BWL wishes to request an assessment before-departure for competition, then BWL will provide reasonable notice of no less than 72 hours if it wishes to request an assessment.

If BWL wishes to request an assessment after-departure for competition, then BWL may request an assessment as soon as is practically possible in the interest of athlete and staff safety.

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.

7.2 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.

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.

The findings of this assessment will be used to determine whether the athlete can achieve agreed performance targets at the selected competition.

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.

7.3 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.

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 or the team at the championships, 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.

If BWL concludes that an athlete has been found not to have met the above criteria for continued selection (7.1, 7.2, 7.3, 7.4), the selection panel at their discretion reserves the right to:

- de-select the athlete
- set further conditions of selection
- request further assessment of health & fitness.

A deselected athlete will be entitled to appeal the decision and provide written representation in accordance with the BWL appeals procedure (9.0).

Subject to the conclusion of any ongoing athlete appeals the BWL Selection panel reserves the right to replace a deselected athlete with another eligible athlete that demonstrates appropriate form & fitness to achieve performance objectives at this event. Deadline for Athlete replacement is 2 weeks before the final verification of entries meeting (to be confirmed).

## 8. Selection Panel

The selection panel will be chaired by the Chair of BWL's Performance Committee and will comprise of:

- Chair of the Performance Advisory Group (Chair)
- BWL Lead Performance Coach (Dave Sawyer)
- 1 BWL Performance Coach
- 1 independent member of the Performance Committee
- UK Sport Manager (Independent – nonvoting capacity) – for UKS milestone competitions.

Other members of BWL may be in attendance in a non-voting capacity to supply background information and technical or medical information.

- BWL Head of performance
- BWL Sport Science & Medical personnel

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.

Athletes will be informed by email of the selection decision no later than 17:00 on Friday of the week of selection (subject to change by BWL).

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.

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.

In the event of a tied vote the Chair of the panel will cast the deciding vote.

## 9. Appeals

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).

Athletes also have the right to appeal if they are de-selected in accordance with the “BWL Selection Appeals Policy”. BWL will give athletes a minimum of 72 hours to notify BWL of intention to appeal their deselection. If BWL receives an appeal, then all athletes affected by the appeal will be informed.

BWL will not take further action to remove an athlete’s eligibility to compete until a decision on any appeal has been reached.

Until 2 weeks before the final verification of entries meeting (to be confirmed) BWL reserve the right to select another eligible athlete to replace a deselected athlete subject to conclusion of any appeal process.

The appeals panel will normally comprise of.

- A legal representative (Who shall be a qualified Lawyer) (Chair)
- One additional independent BWL Board member
- One additional independent BWL Board member

Other members of BWL performance team may also be in attendance by request, to supply background information.

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 - Bodyweight discretion

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### Minimum criteria for consideration

- The athlete and their personal coach have completed an annual planning meeting with the BWL performance team
- The athlete must have a track record of consistently making weight safely and effectively
- The athlete must submit a written request for discretion by email to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59 on the last day of the qualification period. The request must clearly outline the individual's request for discretion and should consider the criteria below. (*no more than 250 words*)

### Potential reasons for consideration of bodyweight discretion

- Cutting weight for a qualification competition is not in the best interest of the athletes agreed development objectives (outlined in their BWL annual plan)
- The athlete and / or team will gain a significant performance advantage by competing in a different category (e.g. higher ranking or the potential to win a medal)
- The athlete is a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event to maintain funding.
- The athlete has had an injury during the qualification period which has prevented them from competing in their desired category
- The athlete's selection does not impact another athlete's selection within the same category that has met the regular criteria.

**Catch Weights & Adjusted Qualification Standards** - Athletes who wish to be considered must lift within the catch weight below for the relevant category and lift the minimum standard + an "add on" to be considered.

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

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

Athletes wishing to compete at W87+ or M109+ may request to do so if they have lifted the minimum standard for the category below (w87kg or M109kg category respectively).

## **APPENDIX B - 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 that have affected their ability to qualify for an event but will not limit their ability to perform at the target event this policy relates to:

- Academic limitations
- Vocational limitations
- Financial limitations
- Poor physical wellbeing
- Poor mental wellbeing

### **Supporting Evidence**

The athlete must submit a written request for discretion by email to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59 on the last day of the qualification period.

- The request must clearly outline the individual's request for discretion and should consider the criteria below. (no more than 250 words)
- A signed and dated supporting statement or evidence from a relevant individual (e.g., Psychiatrist, Doctor, Teacher, Line Manager, depending on the nature of the request). This individual cannot be a relative of the athlete.

**Review Process** –The Selection panel as a whole will be presented with the written discretion and asked to consider its relevance at the end of minimum eligibility criteria checks (2.0).

- Is the request for exemption considered reasonable and is the evidence provided considered to be true and accurate?
- Is the athlete engaged in a BWL programme and do they have an up-to-date BWL annual plan?
- 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 and / or team?
- Does the panel agree that competing at the target event is in the best interest of the athlete and / or team considering their individuals current extenuating circumstances?
- Could selection of the athlete displace the selection of another athlete who has fulfilled all minimum eligibility criteria? If yes this should be considered during final team selection (4.4, 4.5, 4.6)
- 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 a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event to maintain sport funding.

**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 prior to the qualification deadline and select the athlete
- 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 C

### 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 England (CGE)** – the organisation which governs and approves the selection of “Team England” 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:

- A) (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
- B) 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 England** – a funding organisation who provides funding to support grass roots and the development of elite sport pathways in England for athletes who demonstrate potential to win medals at the Commonwealth games.

**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.

**Sport Wales** – a funding organisation who provides funding to support grass roots and the development of elite sport pathways in Wales 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.