
BWL Para Powerlifting 2026 Commonwealth Games Selection Policy

Team England

1. Preface

The England Para Powerlifting Team (“the Team”) for the 2026 Commonwealth Games (“the Games”) will be nominated by British Weight Lifting (BWL) to Commonwealth Games England (CGE) who will make the final selection. Nominations will be made in accordance with this Commonwealth Games Selection Policy (“the Policy”) as laid out below.

2. Purpose

This Policy has been established to select a team that can medal and place in the highest positions possible at the Commonwealth Games.

This event plays an important role in preparing athletes via a major multisport Games experience, which, from BWL’s perspective is an integral experiential pre-cursor to winning medals at future multi-sport games.

This policy has been based on the following principle:

- That the team of English athletes will be nominated based on the WPPO qualification ranking for the Commonwealth Games and the WPPO and CGF Athlete Allocation System

All selected athletes must continue to demonstrate the ability to train without restriction, therefore showing appropriate fitness in the months leading up to the Games after selection.

Athletes must work with the England Team Leader, England Coaches and nominated medical staff in all matters designed to assess their fitness to compete to the best of their ability.

The above considerations are not the selection criteria but are included here as a guide to the general strategic principles that have formed this policy.

3. Qualification Pathway

The Commonwealth Games Federation and World Para Powerlifting (WPPO) have set out an Athlete Allocation System whereby an athlete has to achieve a World Para Powerlifting Commonwealth ranking to be offered a slot, nominated and then selected for The Games.

Athletes can establish their Commonwealth ranking between the 1st of January 2025 and the 1st January 2026 by attending World Para Powerlifting recognised competitions. The results at which, within this period will contribute to the World Para Powerlifting Commonwealth ranking list (“the Commonwealth ranking list”). The Commonwealth ranking list can be found here <https://www.paralympic.org/powerlifting/rankings>

The Commonwealth ranking list will be used to allocate slots to the top nine (9) athletes per medal event utilising the CGF point scoring system. At the end of the qualification period the list will be updated by WPPO and The CGF so that only two athletes per nation are included per weight category in each medal event. This is aligned with maximum team size limits per nation outlined in the Athlete Allocation Method.

Athletes qualify themselves as an individual via this ranking method, as opposed to achieving a quota slot for distribution by BWL and CGE across an eligible cohort.

There are 4 medal events, 2 male and 2 female. CGE can take a maximum of 2 individuals per class, a maximum team size of 8 individuals.

Men’s Medal Events (2)

- Lightweight – up to and including 72.00kg
- Heavyweight – over 72.00kg

Women’s Medal Events (2)

- Lightweight – up to and including 61.00kg
- Heavyweight – over 61.00kg

The other selection pathway is via the Bipartite Invitation allocation method. These slots will be issued by WPPO and CGF to athletes of widely and regularly practising CGA's who have not otherwise earned a slot-allocation via the top 9 ranking method.

There are 3 Bipartite Invitation slots per medal event in addition to 9 primary slots awarded via the Commonwealth ranking list. A maximum of 12 athletes per medal event.

4. Eligibility

To be considered for selection under this Policy, an athlete must be eligible to represent Commonwealth Games England in accordance with their eligibility criteria and those of World Para Powerlifting's (WPPO) and other BWL rules, these include but are not limited to:

1. Being a citizen of the United Kingdom and holding a valid British passport that will not expire for 6 months after the conclusion of the Games.
2. Being a current member of and not in dispute with BWL, and/or its affiliated partners and bodies
3. Having expressed their interest in gaining selection by communicating an expression of Interest via email to tom.whittaker@britishweightlifting.org by the 15th of September 2025,
4. Being eligible to represent England at the Commonwealth Games under the rules of the CGF & World Para Powerlifting,
5. Be internationally classified with a confirmed sport class status or review with a fixed review date of 2027 or later, at the sport entries deadline of the 26th of June 2026,
6. Hold an active WPP license for the summer 2025 and 2026 seasons,
7. Have met the CGF's eligibility standards in accordance with the CGF Constitution; and have complied with the minimum age regulations as stipulated by WPPO.
8. Being a participant in the BWL's anti-doping programme, including UK Sport's online whereabouts system and Clean Games pre championships education as necessary,
9. Achieving a top 9 Commonwealth games ranking, as published by WPPO considering all commonwealth nations and their eligible athletes, by the end of the qualification period after competing at any of the events listed below, the full list of approved events can be found here <https://www.paralympic.org/powerlifting/events>,

10. Complying with any other CGF, WPPO and/or CGE eligibility requirements including (but not limited to) anti-doping and nationality requirements and signing the CGF Entry and Eligibility form.
11. Agreeing to the Confirmation of Fitness requirements and any other criteria set out in this selection policy and signing the CGE Team Members' and the BWL Team Members' Agreement.

WPPO and CGF may consider any valid, personal, and or extenuating circumstances for not being compliant with the above eligibility requirements. All decisions made by WPPO and CGF are final with no opportunity for protest or appeal.

An athlete would need to submit a written outline of the issue inhibiting attendance at all the qualification events and provide signed medical evidence to validate the information. Evidence should be sent to Tom Whittaker at Tom.Whittaker@britishweightlifting.org prior to departure for the world championships (5th October 2025) in order for an exemption request to be applied for to WPPO.

It is important to note that athletes must qualify for and be selected to represent Great Britain at events capable of establishing Commonwealth Games rankings and eligibility. Policy and selection processes for those events are published separately. For example, the 2025 World Championships. See link here for access to BWL selection policies under 'Para Powerlifting Selection Policies and Application Forms' <https://britishweightlifting.org/performance/para-powerlifting-performance>.

5. Selection Panel

The panel shall consist of the following members:

- (1) Chair of the BWL Performance Committee (Chairperson)
- (2) BWL Paralympic Performance Director
- (3) BWL England Team Leader/WL Head of Performance
- (4) BWL England Coach/Paralympic Performance Director

Each member of the selection panel has 1 vote.

Any member of the selection panel that has a conflict of interest should declare, not vote and will not be involved in the discussion matters connected to the conflict declared.

Where there is not a consensus on the selection of or between athletes the Chairperson of the meeting will make the final decision aligned with the policy. If the Chairperson of the meeting has a conflict it will be deputised to the BWL England Team Leader. Should both be conflicted, the deciding vote will fall to the BWL England Coach.

A representative of CGE will also be invited as a non-voting observer to support the alignment of the meeting to this selection policy.

6. Selection Criteria

The below criteria will be used to work through the eligible athlete cohort and determine who is selected.

The criteria to nominate an athlete are as follows:

1. The athlete must satisfy the eligibility criteria in section 4.
2. The athlete must have a top 9 Commonwealth games qualification ranking at the end of the qualification period based on WPPO's published ranking list. This list includes all eligible athletes from Commonwealth nations. For the avoidance of doubt, an English athlete ranked 10th will not be offered a slot unless top 9 athletes from other nations do not accept slots offered and England have not already accepted 2 slots in the weight class in question.
3. The athlete must be one of the two highest ranked English athletes to be nominated by CGE.

7. Selection Process

By the 9th January 2026 CGA's with athletes ranked in 2 medal events will need to notify the CGF which medal event their athlete(s) will compete in.

Any athlete with a Commonwealth ranking in multiple medal events/body weight classes will have a discussion with the BWL Performance Director in person or over the phone to understand any medal event preferences that athlete may have, why, and share BWL's perspective on the choices. This conversation will take place between the 8th and 20th December 2025. While athlete preferences will be factored in, this decision will be made by BWL with the policy's purpose in mind and confirmed in writing to the athlete.

By the 12th January Bipartite application must be submitted.

By the 15th January, the CGF will communicate qualification slots to CGA's based on a maximum of 2 athletes per CGA and reflecting medal event preferences communicated by the 9th January for those who help rankings in 2 medal events.

On Friday 16th January 2026 the selection panel will meet to review and accept/reject direct qualification slots. Athletes will be informed of slot acceptance outcomes on the same day via phone and then email. Any reasons for non-selection will be communicated at the same time over the phone or in person and followed up in writing. An appeals period will commence thereafter aligned with appeals policies and procedure. See section 11 below. The appeal window will close on the 21st January 2026 at 23:59:59hrs.

By the 26th January the CGF will issue Bipartite Invitation slots to CGE and these must be accepted no later than the 5th February 2026.

8. Team Announcement

Athletes are prohibited from making any announcement to the public or to the press or other media regarding nomination or selection unless and until such selection has been officially notified by the CGE to BWL and any appeals have been resolved and an official press conference by CGE and BWL has taken place.

The appeals period end on the 21st January 2026

9. Confirmation of Fitness and Deselection

BWL retain the right to deselect or not to nominate an athlete who has failed to prove their form or fitness or who has otherwise failed to adhere to the terms of this selection policy.

At the time of their conditional selection by the BWL selection panel, all athletes may be requested to undergo an examination with a nominated Medical Doctor and/or a physiotherapist to determine fitness status.

In addition to any other provision of this policy, all selected athletes at the request of the BWL Performance Director may undergo medical, body composition/weight and performance assessments to ensure that they have maintained an adequate level of fitness to perform to the best of their ability at the Games. The athlete will be given a minimum of one week's notice wherever possible.

The Performance Director will be entitled to specify any reasonable method requiring a selected athlete to confirm their continued health and fitness, which might include, participating in certain competitions, attending meetings or squad training or undergoing a fitness assessment.

Any cause for concern over injury, illness, strength or body composition/weight arising from an examination or otherwise will lead to the athlete needing to demonstrate their fitness by undergoing a fitness assessment, regardless of whether they have done so previously. The athlete will be notified with at least one week notice and the assessment will be either or a combination of the following: the competition bench press movement if deemed safe by medical professionals, bodyweight assessment or medical examination/review.

If an athlete has an injury or, in the reasonable opinion of the BWL, lacks fitness prior to or after their formal selection to the Team by the CGE, then designated medical, coaching, sport science personnel and/or the England Team Leader (as appropriate) will be entitled to have an assessment made of the athlete's management of their injury and rehabilitation with a view to determining whether the athlete can achieve full fitness and perform to a standard equal to what the highest standard they delivered during the qualification period. A decision will then be made as to whether the athlete remains selected or is de-selected.

All nominated athletes will be expected to agree a schedule of engagement at the Loughborough high-performance centre prior to the event, aligned with their performance needs. At such moments the athlete must demonstrate through their training performance that they are on target to, as a minimum, lift equal to their best qualification period performance.

10. Additional Obligations

Selected athletes will be required to:

1. Inform the England Team Leader (ETL) immediately should their preparation be interrupted in any way after selection
2. Inform the ETL of intentions to go on holiday or to have a break from training and that for any break from training to be agreed by the ETL

11. Appeals

Athletes have the right to appeal their non-selection or de-selection in accordance with the “BWL Appeals Policy”. A copy can be obtained at the following link <https://britishweightlifting.org/resources/bwl-para-powerlifting-appeals-policy-and-procedures-011223145515.pdf>. Appeals may only be made on the grounds that the selection process was not followed, criteria not applied, the decision was biased or made on an error of fact.

Any appeal of non-selection is made against BWL’s decision not to nominate an athlete in receipt of a slot and hence why BWL appeals policies are followed.

12. Timeline of Critical Events

The following dates are a timeline of the when key events will take place in the selection process, these are subject to change and will be updated accordingly

- Between the 8th and 20th December 2025 athletes who have Commonwealth rankings in multiple medal events discuss and agree the class they are to be nominated in with the Performance Director aligned with the policy’s Purpose. This decision will be made with the purpose of this policy in mind. Ultimately, in these circumstances it will be up to BWL to nominate a specific class with the policy’s Purpose in mind
- 1st January 2026– Qualification period closes
- 9th January 2026 – Deadline for all CGA’s to let the CGF know which medal events athletes will focus who have top 8 ranking on both medal events
- 12th January 2026 – Deadline for CGE to submit bipartite applications to the CGF
- 15th January 2026 - CGF to confirm with CGAs the allocation of direct slots
- 16th January 2026 - Selection panel will meet to provisionally nominate athletes
 - Athlete will be informed by phone and email on the same day
- The notice of appeal window will be open between 00:00:01hrs on the 17th January and 23:59:59hrs on the 21st January 2026.
- An appeal panel, if required, will convene to resolve any appeal that meets grounds of appeal between 00:00:01hrs on the 22nd January and the 23:59:59 on the 24th January 2026
- 25th January 2026 - CGA deadline to confirm acceptance of qualified places

- 26th January 2026 – CGF to allocate Bipartite invitation slots to CGA's
 - Athletes will be informed of Bipartite application outcomes upon receipt of any slot offered by the CGF
- 5th February 2026 – Deadline for CGE to confirm acceptance of any bipartite slot(s).
- 16th February 2026 – Deadline for the re-allocation of returned slots
- 23rd June 2026 – Deadline for all entry by name information to C
- July 2026 - Delegation Registration Meeting