

GREAT BRITAIN PARA POWERLIFTING

INTERNATIONAL COMPETITION SELECTION POLICY

KEY INFORMATION

Field	Details (complete before publishing)
Competition name	Irish Invitational 2026
Location	Cork, Ireland
Event dates	27 th June 2026 – Travel dates TBC
Qualification period	01/09/2025 to 18/05/2026
Eligible competitions	BWL/WPPO approved competitions and/or BWL authorised performance trials (as defined/approved in advance)
Expression of interest deadline	30/04/2026
Maximum team size / entry limits	5
Mandatory Paralympic qualification event?	No
WPPO licence season	2026
Selection meeting (provisional)	18/06/2026
Selection notification date	18/06/2026
Selection acceptance deadline	22/06/2026
Appeals window	3 working days from notification of selection outcome
BWL contact email	Tom.whittaker@britishweightlifting.org
Authorised testing/trials	BWL will publish a list of authorised trials/testing sessions for the qualification period as required

OVERVIEW

This selection policy sets out how British Weight Lifting (BWL) will identify and select athletes to represent Great Britain in Para Powerlifting at the competition named in the Key Information section.

This policy supports performance pathway athletes and not those who hold membership of the World Class Program for the membership year 2026/2027.

The overarching purpose is to select a team that requires and deserves developmental opportunity in the international competition arena, while supporting a cycle-long strategy to qualify and develop the strongest possible medal-winning team for the next two Paralympic Games.

This policy supports selection of both senior (Elite) and junior pathway athletes (Rookie / Next Generation), ensuring competition opportunities are used strategically to build Paralympic medal potential across this cycle and the next.

Funding routes: selected athletes will be funded either by BWL or via a Home Nation funding pathway. Self-funding by athletes is not permitted.

1. GREAT BRITAIN ELIGIBILITY

Purpose of this section: to define who enters the selection conversation. Only athletes who meet the relevant eligibility requirements below will be considered for selection, except where discretion is permitted in this policy and where World Para Powerlifting (WPPO)/International Paralympic Committee (IPC) entry rules still allow participation.

1.0. Event-specific eligibility restrictions

1.0.1. Performance pathway engagement (mandatory): Athletes must be actively engaged in the BWL Para Powerlifting performance pathway or a Home Nation equivalent (supported in writing by that body) and operating under BWL/Home Nation performance oversight (e.g. Performance pathway engagement means active participation in the BWL Para Powerlifting Annual Review Process with a valid Individual Athlete Plan for the current season).

1.0.2. WCP member exclusion (mandatory): Athletes who have been selected as members of the WCP for 2026/2027 are not eligible for selection to this competition.

1.0.3. Confirmation in Expression of Interest (mandatory): As part of the Expression of Interest, athletes must confirm they (a) meet the performance pathway engagement requirement; and (b) are not members of the WCP for 2026/2027.

1.1. Athlete Eligibility Requirements

All performance pathway athletes must satisfy the following requirements at the time of selection (For the purposes of this policy, 'at the time of selection' means the date of the selection meeting as stated in Key Information) and throughout the event period:

1.1.1. Individual Athlete Plan (mandatory): have a current Individual Athlete Plan (IAP) that identifies this competition as an appropriate developmental opportunity and part of the agreed annual or cycle strategy, and be actively engaged in the BWL Para Powerlifting performance pathway or a Home Nation equivalent under BWL or Home Nation performance oversight.

1.1.2. Expression of interest (mandatory): submit an expression of interest by the deadline in Key Information, confirming intended weight class, articulating how eligibility criteria are met (including Section 1.0), and providing a proposed performance target for the event should the athlete be selected.

1.1.3. Nationality/passport: be eligible to represent Great Britain and hold any required passport/visa documentation with sufficient validity for travel.

1.1.4. Good standing/conduct: be compliant with BWL, WPPO and any other recognised body's conduct, safeguarding, and integrity requirements and not be under any disqualification/suspension.

1.1.5. Anti-doping compliance: be compliant with all anti-doping requirements and controls as directed by BWL, UKAD and IPC (and any other relevant authorities).

1.1.6. WPPO licence: hold or be able to hold the required WPPO licence for the season stated in Key Information.

1.1.7. Classification: hold an appropriate sport class status for the sport, and meet any WPPO/IPC classification requirements for entry.

1.1.8. Event minimum standards: meet any WPPO minimum qualifying standards published in the event information (where applicable).

1.1.9. BWL Minimum Qualifying Standard (MQS): meet the BWL MQS (Section 2) in the relevant weight class within the qualification period.

1.1.10. Minimum competition appearances (mandatory): compete in a minimum of two BWL/WPPO approved competitions and/or authorised trials/testing sessions within the qualification period.

Weight category entry discretion (where rules permit): BWL may enter an athlete into a different weight class than the class in which MQS was achieved (even if MQS was not met in the alternative class) where doing so maximises overall team performance, milestone target delivery, and/or future Paralympic medal outcomes. Athlete preference will be considered but is not determinative.

For an athlete to establish a trajectory / rate of progress, a verified Eligible Competition result within the final 8 weeks of the Qualification Period (Recency Period) is required unless an exception applies. This is not

an eligibility requirement, but absence of recency evidence may limit the panel's ability to differentiate between eligible athletes.

1.2. Additional Eligibility Requirements for Non-WCP Pathway Athletes

All performance pathway athletes who are not members of the BWL World Class Programme must satisfy all applicable requirements in Sections 1.0 and 1.1.1 to 1.1.10. This includes an individual athlete plan that identifies this event as an appropriate developmental opportunity and performance pathway engagement under BWL oversight, expression of interest, minimum competition appearances, and MQS achievement within the qualification period.

Athletes are expected to meet MQS in the weight class they intend to compete in, unless BWL applies permitted weight class discretion.

1.3. Home Nation Funding Pathway

This pathway exists where a Home Nation body (not the athlete) funds participation to support development objectives. Self-funding by athletes is not permitted.

A performance pathway athlete who is not selected for a BWL-funded Great Britain place may still be considered for selection via the Home Nation pathway, provided: (a) the athlete meets Section 1.0 restrictions; (b) the Home Nation body funds the place; (c) all eligibility and compliance requirements are met; and (d) WPPO/IPC entry rules allow.

1.3.1. Athlete must meet eligibility requirements in Sections 1.0 and 1.1.2 to 1.1.8 (as applicable), and any event entry requirements.

1.3.2. Home Nation body must submit written confirmation (prior to the selection date in Key Information) that it will fund the full cost of participation via BWL, and provide a rationale for selection aligned to pathway objectives.

1.3.3. All costs must be paid by the Home Nation body to BWL aligned with BWL payment scheduling. No costs are payable by the athlete.

1.3.4. All athletes selected via this pathway must comply with team travel, accommodation, conduct, anti-doping and operational requirements as set by BWL.

1.4. Disputes

Any report/claim/action/investigation/complaint/prosecution to which the athlete is a party or materially involved, where BWL considers it relevant to selection, must be disclosed to the Selection Panel in writing. Non-disclosure may result in non-selection or de-selection.

2. GREAT BRITAIN MINIMUM QUALIFYING STANDARDS

Meeting the BWL Minimum Qualifying Standard (MQS) makes an athlete eligible for consideration (subject to Section 1), but does not guarantee selection. BWL is under no obligation to select athletes in every weight category or to select all athletes who meet MQS.

SENIOR AND ROOKIE/NEXT GENERATION MEN

Weight Class	49	54	59	65	72	80	88	97	107	107+
Senior MQS (KG)	144	151	161	173	180	187	195	200	208	215
Rookie/ Next Gen MQS (KG)	98	106	114	120	127	133	139	143	147	148

SENIOR AND ROOKIE/NEXT GENERATION WOMEN

Weight Class	41	45	50	55	61	67	73	79	86	86+
Senior MQS (KG)	74	82	90	93	95	97	98	103	105	106
Rookie/ Next Gen MQS (KG)	55	58	62	67	70	74	76	78	81	83

3. GREAT BRITAIN SELECTION

3.1. Process Overview and Order of Selection

The Selection Panel will convene on the date/week stated in Key Information to apply this policy. Only athletes who meet Section 1 eligibility will be considered, except where discretion is permitted.

Order of selection consideration (applied in this sequence):

- Eligible performance pathway athletes.
- Discretionary selections (where permitted by this policy).

Selected athletes must accept selection in writing by the deadline in Key Information and comply with all athlete obligations (Section 7). Failure to do so may result in de-selection.

Discretion: the panel may select an athlete who has not met all non-essential selection considerations where credible evidence shows the selection supports overall team performance, milestone delivery, and/or future Paralympic medal outcomes, and where Section 1.0 cohort restrictions are still satisfied.

3.2. Performance Pathway Athlete Selection

Performance pathway athletes who satisfy eligibility will be considered for selection. In determining selection and prioritisation, the panel will consider evidence including (including but not limited to the following factors, which will be the primary considerations), to confirm selection when within team size limits:

- Performance level achieved within the qualification period relative to credible rank/medal benchmarks.
- Trajectory and Rate of Progress assessed using the standardised RoP method set out at Section 3.6, using verified eligible competition results (and any permitted verified alternatives only where an exception applies). Furthermore;
 - RoP must be positive
 - RoP must be more than 1kg per 30 days
- Health status, readiness and ability to compete (Section 4).
- Weight-making track record and international performance reliability.
- Behaviour, conduct and compliance with programme obligations and Appendix standards.

3.3. Home Nation Athlete Selection

Home Nation funded candidates may be selected subject to Section 1.3 and the same conduct, operational, anti-doping, and travel compliance expectations. Selection remains at BWL's discretion and must align with event entry rules and overall programme objectives.

3.4. Team Size Limits (Decision Framework Order)

Where maximum team size, budget constraints, or WPPO entry limits are met by the number of eligible athletes, meeting MQS makes an athlete eligible but does not guarantee selection. In such cases, the panel will prioritise selection using the following decision framework order:

Consideration 1: Paralympic medal potential (next Paralympic Games) — Evidence the athlete can contribute to Paralympic medals, based on current performance level, credible medal trajectory, and/or established international medal capability. If a decision between athletes cannot be made based on Consideration 1, then Consideration 2 should be applied next.

Consideration 2: Competition performance potential (rank/medals at this event) — Evidence the athlete is likely to deliver a high finishing position and better support team outcomes at this event. If there is no historical data to forecast approximate rank outcomes at this event or it is an inaugural event, Consideration 3 should be used.

Consideration 3: Development trajectory and future medal contribution — Evidence of steep and consistent progression using the standardised Rate of Progress (RoP) assessment set out at Section 3.6, and the likelihood that this competition will accelerate future medal delivery across the current cycle and the following cycle.

Where trajectory is used as a differentiator under this framework, the panel will apply Section 3.6 to ensure comparability between athletes who have competed at different times and frequencies within the Qualification Period.

Where athletes remain inseparable after applying the framework, the panel may consider additional factors including weight class strategy for team outcome maximisation, reliability of making weight, health robustness, availability, and behavioural/culture risk.

3.5. Calculating Trajectory / Rate of Progress (RoP)

Rate of Progress (RoP) is used as a tie-break factor when athletes are otherwise comparable on Paralympic medal potential and likely rank / impact at this event, and the programme must differentiate selection due to team size or entry limits.

RoP is calculated using a consistent method so athletes are compared fairly even if they compete at different times or have different numbers of competition opportunities.

A. Eligible data: RoP will only be calculated using verified results from Eligible Competitions within the Qualification Period (as defined in Key Information). Results must be achieved under recognised competition conditions.

B. Baseline performance (anti-gaming): The Baseline Total (BT) is set as the highest of

a) the athlete's best verified competition total achieved in the 12 months prior to the Qualification Period start date; or

b) the athlete's best verified competition total achieved within the first 6 weeks of the Qualification Period.

If there is no verified result in the prior 12 months, BT will be the first verified result within the Qualification Period and recorded as Limited Baseline Evidence. BT date rule (standardisation): if BT comes from before the Qualification Period, the BT date used for the calculation will be the Qualification Period start date.

C. Best-So-Far (BSF) method: After each eligible competition, BSF is the highest verified total achieved up to that date. This prevents a single poor performance from artificially inflating progress and reflects best demonstrated capability.

D. Recency requirement: Athletes must have at least one verified Eligible Competition result within the final 8 weeks of the Qualification Period (the Recency Period), unless an exception applies. If the recency requirement is not met, RoP will be recorded as Insufficient Current Evidence for selection purposes.

E. Best performance used: RoP is always calculated using the athlete's best verified total achieved within the Recency Period (BSF_recency), because this best reflects current competition readiness, even if an earlier total was higher.

F. Rate of Progress calculation (kg per 30 days): $RoP = ((BSF_{recency} - BT) / \text{days between BT date and } BSF_{recency} \text{ date}) \times 30$.

$$RoP = \frac{BSF_{recency} - BT}{\text{Days between BT date and } BSF_{recency} \text{ date}} \times 30$$

Where RoP is negative (indicating performance regression within the recency period), this will be recorded as Negative RoP and the panel will note this as evidence of regression risk alongside the numerical value when making comparisons.

G. Minimum evidence standard: To calculate RoP, athletes must have

- at least two verified Eligible Competition results within the Qualification Period,
- results separated by ≥ 8 weeks, and
- at least one eligible result within the Recency Period. Otherwise RoP is recorded as Not Calculable / Insufficient Evidence.

H. Category changes: If an athlete competes in more than one bodyweight category during the Qualification Period, RoP will be calculated within each category if possible and interpreted primarily in the category intended for selection (as declared/confirmed in advance, where applicable).

I. Exceptions (documented): Where an athlete cannot meet the recency requirement due to verified medical/injury reasons (Section 4), the Panel may apply discretion to accept an alternative recent verified performance marker (e.g., sanctioned trial or programme-validated assessment), and/or use the most recent Eligible Competition result for RoP, with the rationale recorded.

3.6. Selection Panel

Voting members:

- Chair of the BWL Performance Committee (Voting)
- Paralympic Performance Director (Voting)
- Lead Performance Coach (Voting)
- Weightlifting Head of Performance (Voting)

Non-voting observers (as required):

- BWL Pathway Development Coach
- BWL Chief Executive Officer (Non-voting)
- UK Sport representative / advisor (Non-voting, where applicable)
- Independent/athlete representative (e.g., BEAA) (Non-voting, where applicable)

Conflicts of interest must be declared and managed at the start of the selection meeting. Where a conflict is identified, the relevant member will withdraw from the athlete discussion and/or vote. In case of a tie, the Chair has a casting vote.

A quorum of three voting members is required to proceed with a selection meeting. If quorum cannot be achieved, the meeting must be rescheduled along with all other key dates as soon as possible.

Where the Chair has a conflict-of-interest requiring withdrawal, the remaining voting members will elect a temporary Chair from among themselves for the duration of that athlete's discussion and vote. The temporary Chair will hold the casting vote in the event of a tie

3.7. Selection Information

The panel will use verified information including athletes competition results (domestic and international), international results books, rankings, authorised testing/trials data, classification and licence status, health/fitness information, and behavioural/compliance records.

4. GREAT BRITAIN CONFIRMATION OF FITNESS

BWL may require/request performance and/or medical review pre-selection and/or post-selection to confirm that selected athletes can compete safely and credibly at the required performance level (equivalent of their qualification standard and/or anticipated performance standard at the time of selection). This may include medical screening, musculoskeletal assessment, and performance verification aligned to WPPPO rules (the performance test may be bench press to WPPPO rules with the optional addition of isometric peak force testing).

4.1. Performance Verification

If an athlete has credible evidence explaining why a performance could not be delivered in the 8 weeks prior to selection, BWL may decide to host a sanctioned performance verification trial to support opportunity to establish current readiness and/or RoP evidence.

5. GREAT BRITAIN DE-SELECTION

BWL may de-select an athlete at any time where the athlete fails to maintain eligibility, cannot demonstrate fitness/readiness aligned with section 4, fails to comply with anti-doping or conduct requirements, fails to follow reasonable performance/medical direction, or fails to comply with operational travel and accommodation requirements.

An athlete who is de-selected may appeal the decision on the same grounds and within the same timeframes as those set out in Section 7.

6. GREAT BRITAIN OBLIGATIONS

All selected athletes must comply with BWL obligations including (without limitation):

- Adherence to the BWL code of conduct (athletes must sign this to accept their place on the team), safeguarding, and integrity requirements.
- Compliance with anti-doping requirements and whereabouts/testing obligations.
- Compliance with team travel, accommodation, and operational requirements as directed by BWL.
- Engagement with performance planning, monitoring, and required meetings/briefings.
- Timely completion of paperwork (licence, classification, travel documents, kit requirements).

7. APPEALS

Athletes may appeal selection decisions only on the grounds set out below. Appeals must be submitted in writing by the deadline in Key Information. The BWL appeals policy and full details of the process requirements can be found [here](#). The Notice of Appeal Window is 3 working days and commences at 00:00:01 on the first working day after the date of written notification of the selection outcome. Appeals must be received by BWL in writing by 23:59:59 on the final day of the window.

Ground for appeal:

1. There has been a failure by BWL to apply the applicable selection criteria; and/or
2. There has been a failure to adhere to the procedure set out in the applicable selection policy
3. A decision was made based on an error of fact
4. A decision was biased

APPENDICES

Appendix A

There will be no grounds for self-funding as an individual.

Appendix B

GREAT BRITAIN PARA POWERLIFTING TEAM

ATHLETE & COACH CODE OF CONDUCT

This Code of Conduct outlines the standards of behaviour expected from all athletes and coaches representing Great Britain in Para Powerlifting. It is designed to ensure a safe, respectful, and high-performance environment for everyone involved while upholding the values of British Weight Lifting (BWL), World Para Powerlifting (WPPO), and UK Sport.

This Code applies to all BWL and WPPO-sanctioned domestic and international activity, including training camps, travel, and competitions.

As a member of the Great Britain Para Powerlifting Team, I agree to the following:

1. Personal Conduct and Behaviour

Treat all athletes, coaches, officials, staff, volunteers, and spectators with respect, dignity, and courtesy

Act as a positive role model, upholding the values of the team and supporting others' performances

Never discriminate based on race, gender, age, religion, sexuality, ability, or background

Avoid swearing, abusive language, or inappropriate jokes

Never engage in bullying, harassment, intimidation, or any form of violence or misconduct

Never engage in physical or sexual contact that could be misinterpreted or breaches safeguarding policy

Avoid any action, language, or appearance that may bring BWL, World Para Powerlifting, or UK Sport into disrepute

Follow all venue, competition, and travel rules for health, safety, and welfare

Respect curfews, room allocations, and shared team spaces

Comply fully with the BWL and World Para Powerlifting Anti-Doping Code – no use or possession of prohibited substances

Never carry, use, or consume alcohol or illegal substances while on international duty

Avoid misuse of medication, supplements, or over-the-counter products without team medical guidance

2. Professionalism and Accountability

Be on time and fully prepared for all training, competition, and team meetings

Wear full and appropriate team kit as instructed at all official events, including media or public appearances

Keep your personal space tidy and respect shared accommodation rules

Cooperate with all team staff – including coaches, medical, performance, and administrative staff – with courtesy

Ensure you do not disrupt the focus of support staff or interfere with the preparation of other athletes

Do not enter another athlete's room unless invited and appropriate – **athletes of opposite sex must not enter each other's rooms at any time**

Ensure staff are always informed of your whereabouts when not at a competition, accommodation or training venue – including visits with family or friends (must be pre-approved by the Performance Director or Team Manager)

Take responsibility for your own schedule, equipment, travel documents, and behaviour

3. Social Media and Public Image

Use social media responsibly and in a way that reflects positively on yourself, the team, the sport, BWL, UK Sport, National Lottery, and its sponsors

Never post or share negative or critical content about teammates, staff, competition organisers, or the sport

Avoid posting personal frustrations, grievances, or team matters on public platforms

4. Additional Responsibilities for Athletes Under 18

Never leave the hotel, training venue, or competition venue without a member of staff

Always notify the Team Manager of where you are going, who you are with, and when you will return

Do not enter other athletes' hotel rooms

Follow all curfews and schedules as directed by staff

Use only transport and travel arrangements approved by the Performance Director or Team Manager

Report any injury, incident, concern, or inappropriate behaviour to a parent/guardian or staff member immediately

Report any suspected misconduct by coaches, athletes, or other individuals to the Performance Director or Team Manager

Declaration

By signing this Code of Conduct, I confirm that I have read and understood all expectations outlined above and agree to uphold these standards as a member of the Great Britain Para Powerlifting Team.

Athlete or Coach Name: _____

Signature: _____

Date: _____

If under 18:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____