

# **BWL Selection policy for Athlete Support Award Nominations 2026-2027 (Weightlifting)**

## **Executive Summary**

This policy outlines the selection process and criteria for British Weight Lifting (BWL) athletes aiming to be selected for an Athlete Support Award. The primary objective is to nominate eligible lifters who demonstrate the potential to win medals at future Senior World / European Championships, or Major Games.

Athletes must meet all minimum eligibility and qualification standards within the defined qualification window. Achieving the Minimum Selection Criteria establishes eligibility for consideration but does not guarantee automatic selection.

Requests for consideration under extenuating circumstances must be formally submitted in accordance with Appendix A.

## **Timeline and Critical Dates**

*(Subject to change by BWL)*

1. **Qualification opens:** 05/03/2026
2. **Declaration of interest & Passport information:** Confirm intention to be selected and agreement with this policy via the online form [here](#) and submit a copy of your passport no later than 23:59 on 1 September 2026
3. **Qualification ends:** 05/09/2026
4. **Selection meeting:** Week commencing 14/09/2026
5. **Selection decision:** Athletes informed by email no later than 17:00 on 18/09/2026
6. **Appeal deadline:** 72 hours following receipt of the selection decision
7. **Appeals panel meeting:** Within 72 hours of the appeals deadline
8. **Appeals decision:** All affected athletes informed within 24 hours of the appeals meeting
9. **Nomination Period:**
  - TASS, 01/10/2026 – 31/08/2027
  - Sports Aid, 01/01/2027 – 31/12/2027
  - Backing the Best, 01/01/2027 – 31/12/2027

## 1. Overview

This selection policy has been created to provide an opportunity for eligible Weightlifters to be nominated for Athlete Support Awards (ASAs) providing they demonstrate the potential to finish top 8 or Medal at:

- The 2028 Olympic Games and the 2032 Olympic Games
- Medals at senior World Championships, European Championships, and other Major Games

BWL reserves the right to amend this selection policy or process in the event of unforeseen circumstances that could reasonably jeopardise the performance, safety, or wellbeing of athletes and staff. Long-list athletes will be notified of updates via email, and revisions will be published on the BWL website [here](#).

The selection of lifters for each funding award will be made according to the criteria outlined in this document. Athletes in receipt of World Class Programme funding are not eligible for nomination to for Sport England Athlete Support Awards (ASA). These awards are designed to support athletes with emerging performance potential at the highest levels of the England performance pathway which fall below the BWL World Class Programmes.

BWL can nominate athletes for Sports Aid or a TASS but NOT both simultaneously. BWL can nominate athletes for a Sports Aid Backing the best award in addition to other awards.

At the beginning of the selection meeting, the selection panel will be asked to:

- Verify the availability of supporting information.
- Review the long-list of athletes who submitted declarations of interest.
- Address any concerns regarding missing athletes from the long-list
- Confirm agreement on which athletes meet the minimum eligibility criteria

## 2. Minimum Eligibility Criteria

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

- 2.1 Be a citizen of the United Kingdom and hold a valid British passport prior to preliminary entry deadline for this event. In addition athletes must be eligible to represent England as a Home nation and provide evidence of one of the following (b,c,d)
  - (a) 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.
  - (b) Born in England
  - (c) Have resided in England for 3 years prior to the selection deadline for this policy
  - (d) Demonstrate English Heritage (1 grandparent with a birth certificate registered in England)
- 2.2 Must send a clear photo copy of their passport via email to [performance.admin@bwl.sport](mailto:performance.admin@bwl.sport) no later than 23:59, 1 September 2026
- 2.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 1 September 2026.
- 2.4 Must be a current member of British Weight Lifting (BWL)
- 2.5 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.
- 2.6 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

- 2.7 Must sign an 'Athlete Agreement' and display behaviours in-line with both the 'BWL codes of conduct' and BWL 'Bar None' standards at all competitions and training camps.
- 2.8 Athletes will be required to identify any personal coach(es) and practitioners 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.
- 2.9 Athletes must meet all the UKSport eligibility criteria that can be found at [Eligibility | UK Sport](#)

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 this event.

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to [performance.admin@bwl.sport](mailto:performance.admin@bwl.sport) no later than 1 September 2026.

### 3. Minimum Selection criteria

**3.1 Minimum Qualification Standards** - The Athlete must have achieved the following criteria during the qualification period', 5/March – 5/September 2026:

- 3.1.1 Top 3 England ranking within your weight category, within your age-group
- 3.1.2 A member of a BWL Training Squad for 2026-2027
- 3.1.3 Demonstrate a trajectory aligned to finishing top 8 at the European Junior, U23 or Seniors in the next 5 years
- 3.1.4 Meet any award specific criteria outlined in 'Appendix A'

Achieving the Minimum Selection Criteria establishes eligibility for consideration but does not guarantee automatic nomination for an ASA.

**3.2 Key Selection Events** - Athletes must have lifted in no less than two (2) of the following events in the last twelve (12) months to be eligible for selection. Results from these events (which fall within the qualification period) will be considered in order of importance over results recorded at other events if they also fall within the qualification period:

- a) *IWF World / EWF European Senior Championships*
- b) *IWF World / EWF European Junior, Under 23 and / or Youth Championships*
- c) *British / Home Nation Senior Championships*
- d) *British / Home Nation Age-group Championships and BWL Pathway Trial events.*

Athletes are expected to lift in key selection events in order to demonstrate their ability to perform under pressure against high-level opponents. These events should also provide higher standards of officiating, and there is potential for the presence of anti-doping testing under the jurisdiction of UK Anti-Doping or the International Testing Agency (ITA)

### 4. Extenuating Circumstances

The selection panel will review Extenuating Circumstances prior to starting selection discussions (section 5.0)

**4.1 Extenuating Circumstances** – Applications can be made if an athlete was unable to achieve the minimum eligibility or qualification criteria through no fault of their own. See "Appendix B" for guidance

**4.2 The Selection Panel, in its sole discretion, may approve applications** The panel may approve applications if the inability to meet criteria does not impede the athlete's capability to perform at the event. Selected athletes under this clause will likely face additional conditions of selection (6.2 and 6.4) to confirm competition readiness.

## 5. Selection Process

BWL will select the athletes for each squad who demonstrate the greatest potential for achieving Medals and contributing to the overall Team performance for each respective age group's European Championships in 2027. This policy will prioritise the selection of Weightlifters who have demonstrated the potential to win Medals at the following events (in order of priority):

- The 2028 Olympic Games
- The 2032 Olympic Games
- Medals at senior World Championships,
- Medals at senior European Championships,
- Medals at other Major Games (including the 2027 Commonwealth Youth Games)

The selection panel will convene during the week beginning 14 September 2026. The selection process will be conducted as a part of the BWL Training squad selection meetings

BWL will follow the same steps articulated in in section 5 of the BWL Training squad policies found [here](#), to determine which athletes (across all training squads) demonstrate the highest potential to win medals at the events outlined above (in order of priority).

### 5.1 Team size restrictions

- 5.1.1 TASS awards are restricted to a maximum of 16 athletes
- 5.1.2 SportsAid awards are restricted to a maximum of 4 athletes
- 5.1.3 Backing the best awards are restricted to a maximum of 10 athletes
- 5.1.4 BWL will nominate a minimum of 20% of ASAs to athletes from each sex.

**5.2 Athlete Ranking** - BWL, IWF and EWF competition data will be used exclusively to generate a combined ranking list including all athletes who have lifted the minimum standard. The following formula will be use to generate each athletes percentage ranking:

$$\text{Percentage Ranking} = \left( \frac{\text{Best Total in Qualification Window}}{\text{Ranking Standard (kg)}} \right) \times 100$$

The ranking standard is defined as the average total required to win a bronze medal at the last three European Championships respective to the respective age-group of each athlete.

Results recorded at the following levels of competition will be used to generate ranking lists for international qualification purposes:

- IWF / EWF / CWF competitions
- British and Home Nation Championships (or overseas equivalents)
- British and Home Nation Age-group Championships
- BWL Performance Pathway Trials events

To request inclusion of competition results not normally included on BWL sport 80, email [competitions@britishweightlifting.org](mailto:competitions@britishweightlifting.org) to explore the possibility of doing so. Approval is subject to the verification of anti-doping and officiating standards.

BWL Pathway Rankings are updated online [here](#) on the 15th of each month, for results recorded in the six months prior to the 1st of each month. Athletes and coaches should note that pathway rankings may not align perfectly with international competition qualification periods.

## 6. Conditions of Selection

The selection period for athlete support awards is specific to each award (as specified in 'appendix A'). unless said period is expressly extended by British Weight Lifting to accommodate alterations to milestone competition dates or training camps.

Athletes selected for training squads are expected to demonstrate a commitment to their development, make progress on the competition platform, and exhibit behaviours aligned with these objectives. If there is evidence suggesting that an athlete is not meeting the conditions and obligations listed below, the Selection Panel and Performance Team reserve the right to investigate or assess the situation further. If, following such an investigation, the Selection Panel concludes that an athlete has failed to meet any of the conditions below, the Selection Panel, at its discretion, reserves the right to:

- Deselect / remove the athlete's nomination
- Impose additional conditions of selection
- Request further assessment

All assessments of injury, illness, health, form, or fitness will be conducted under the guidance of suitable coaching, sports science, and/or medical personnel as designated by the BWL Head of Performance or their delegate (e.g. the designated team leader(s) for the event).

BWL will provide no less than 72 hours' notice to the athlete ahead of a training camp if an assessment is required.

### 6.1 Mandatory Conditions of Selection

From the point of selection all athletes must:

- 6.1.1 Maintain Minimum Eligibility Criteria (section 1).
- 6.1.2 Keep selection confidential until an official BWL team announcement.
- 6.1.3 Adhere to BWL travel itineraries, unless otherwise agreed.
- 6.1.4 Stay in official team accommodation for no less than four (4) nights around competition days.
- 6.1.5 Wear official Team kit during training and competition.
- 6.1.6 Attend performance planning meetings and agree targets within 4 weeks of selection.
- 6.1.7 Inform [mitch.willis@bwl.sport](mailto:mitch.willis@bwl.sport) immediately should you become ill or injured in anyway

### 6.2 Additional Conditions of Selection

The selection panel, at their discretion, reserves the right to set additional 'conditions of selection' in any of the following key areas:

- 6.2.1 Capability to deliver against agreed performance targets
- 6.2.2 Athlete health, Injury and Illness
- 6.2.3 Engagement with performance planning, training days, camps or squads
- 6.2.4 Weight management

If any concern arising from an examination, observation, or otherwise indicates that an athlete is injured, ill, or off-track to meet agreed performance targets, BWL will be entitled to request an assessment of the athlete's health, form, or fitness.

From the point of selection all athletes must consistently demonstrate, through their training and behaviour, that they are on track to achieve agreed performance targets

If any concern arising from an observation of training, testing, or otherwise indicates that an athlete is not on-track to achieve agreed performance targets, BWL will be entitled to request an assessment of the athlete's form and fitness.

It is highly likely that Weightlifters will, at some point in their careers, suffer a performance-limiting injury or illness (either physical or mental). Throughout a weightlifter's membership of a BWL training squad, rehabilitation from injury/illness will be reviewed by the BWL Sport Science & Medical personnel (working with an athlete's own external practitioners where relevant), in conjunction with the relevant coaching staff (including personal coaches where relevant). Provided a weightlifter makes every effort to adhere to their rehabilitation/prescribed treatment and follow medical advice (and does not do or fail to do anything which may jeopardise their recovery/return to performance), their programme membership (and associated support) will continue at its current level until the end of the current selection period stated above.

### 6.3 Funding & Sponsorship Conditions

BWL Training squads are funded by BWL via UK Sport. The cost per athlete of Domestic training camps & on-going Support is in the region of £1000-1500 per year. BWL asks all athletes to tag and thank UK Sport, The National Lottery, and BWL for their support in any social media posts during training camp periods, to acknowledge the support in funding these development opportunities.

BWL recognises that athletes may have personal sponsors who support them. We recommend that athletes contact [matthew.curtain@britishweightlifting.org](mailto:matthew.curtain@britishweightlifting.org) to discuss potential conflicts with current or prospective partners before signing any agreements. Failure to adhere to the terms outlined in the BWL 'Athlete Agreement' regarding sponsorship could result in de-selection.

### 6.4 Athlete Behavioural Standards

Athletes should refer to the BWL Athlete Code of Conduct, the Athlete Agreement, and their induction pack for further guidance on expected standards of behaviour and for definitions of what constitutes 'clumsy', 'inappropriate', or 'unacceptable' behaviour.

Clumsy behaviour, defined as behaviour that is awkward or insensitive in social situations, is not abnormal or uncommon. If an athlete exhibits occasional clumsy behaviour that falls below the standards outlined in the BWL Athlete Code of Conduct or the respective 'Age-group' Athlete Charter, BWL will challenge these behaviours and initiate an informal resolution process involving all parties if necessary.

If an athlete's behaviour or actions cannot be resolved informally, or risk negatively impacting the performance or welfare of others members of the team, BWL may investigate the situation through the BWL complaints and disciplinary procedure.

Appropriate action, including deselection or formal disciplinary action, may be taken if a satisfactory resolution cannot be achieved without compromising the following:

- 6.1.1 The performance of the athlete
- 6.1.2 The performance of other individuals or the team as a whole
- 6.1.3 The reputation of BWL.
- 6.1.4 The health, wellbeing and safety of athletes, coaches, and support staff

British Weight Lifting reserves the right to refer a matter to the Sport Integrity Service under the Rules of Procedure of that service.

## 7. Selection Panel

### 7.1 The selection panel will normally comprise:

- **Chair:** Chair of the Performance Advisory Group (Voting)
- **Member:** Independent BWL Performance Committee or Board member (Voting)
- **Member:** Independent BWL Performance Committee or Board member (Voting)
- **Member:** BWL Performance Team Member (Voting)

Observers from UK Sport, BOA, BEAA, and the BWL performance Team may attend. Conflicts of interest must be declared; Conflicted individual will abstain from voting and discussion, unless their

views are specifically requested by the Chair of the Panel. The Chair casts the deciding vote in the event of a tie.

## 7.2 Communication

Written minutes will be recorded. All long-list athletes will be notified of the selection decision by 17:00 on 18/09/26. Non-selected Athletes will receive written feedback detailing the reasons for non-selection, to inform their decisions on whether to appeal.

## 8. Appeals

A copy of the BWL Appeals Policy can be obtained [here](#).

**8.1 Selection appeals:** The deadline for submitting an appeal is 72 hours after notification of the selection decision.

**8.2 Deselection appeals:** The deadline for submitting an appeal is 72 hours after notification of the deselection decision.

**8.3 Athletes may request information:** pertaining directly to their non-selection or deselection

**8.4 The appeals panel will comprise:**

- **Chair:** Independent Chair of BWL (Voting)
- **Member:** Independent Director of BWL, with performance experience (Voting)
- **Member:** BWL CEO (Voting)
- **Legal Representative:** BWL independent Legal Advisor, a qualified lawyer (non-Voting)

At the request of the Chair, other members of the BWL Performance Team may be in attendance to supply background information only.

All conflicts of interest will be declared. A conflicted individual will not vote on the selection, nor will they 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.

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

BWL reserves the right to select another eligible athlete to replace a deselected athlete up until the final verification of entries meeting, subject to the conclusion of any appeal process.

## **APPENDIX A – Purpose of Athlete Support Awards**

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### **Talented Athlete Support Scheme (TASS) Awards**

**Period of Nomination:** 1 October 2026 – 30 September 2027

**Eligibility:** Athletes must be 16 years of age on 01/09/2026.

This award provides athletes with medical insurance and access to performance support services, including but not limited to:

- Performance Lifestyle
- Physiotherapy
- Strength & Conditioning
- Sports Medicine

All support is provided via a third-party accredited University Hub; it is not funded by BWL. Further information about TASS can be found [here](#).

Athletes must meet with their assigned performance manager to agree a schedule of engagement for the period of their nomination no later than 18 October 2026.

### **SportsAid Awards**

**Period of Nomination:** 1 January 2027 – 31 December 2027

**Eligibility:** Athletes must be 13–17 years of age on 31/12/2026.

This award provides athletes with a financial grant of up to £2,500 towards sporting costs (e.g. competition entries, equipment, travel to training squads, etc.) and athlete educational workshops. All support and financial awards are paid directly to you by a third party. Further information about SportsAid can be found [here](#).

This award does not provide medical insurance.

Athletes must meet with their assigned performance manager annually to review their expenses to ensure that spending is appropriate. Receipts for any spend are required.

### **Backing the Best (BTB) Awards**

**Period of Nomination:** 1 January 2027 – 31 December 2027

**Eligibility:** Athletes must be over 13 years of age on 31/12/2026 and have a combined household income of under £50,000 per annum, which is subject to means testing conducted by SportsAid.

This award provides athletes with a financial grant of up to £5,000 towards sporting costs (e.g. competition entries, equipment, travel to training squads, etc.). Financial awards are paid directly to you by a third party. Further information about SportsAid 'Backing the best' can be found [here](#).

This award does not provide medical insurance.

Athletes must meet with their assigned performance manager annually to review their expenses to ensure that spending is appropriate. Receipts for any spend are required.

## **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 meet minimum eligibility criteria (section 2) or minimum qualification standards (section 3.1) for the programme, provided those circumstances will not limit their ability to engage with the opportunities available to members of the programme or commit to their development as a Weightlifter during the membership year.

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

### **Supporting Evidence**

- The request must be submitted using this online form [here](#) and clearly outline the reasons for your request for consideration for selection under extenuating circumstances (no more than 250 words)

**Review Process** –The Selection panel as a whole will be presented with the written discretion and asked to consider its relevance prior to the selection discussion (section 5)

- 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 training squad and do they have an up-to-date annual plan?
- 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 selecting the individual for the programme 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 (section 5.3)
- Has the athlete lifted the qualification standard in the last 12 months in the same category they have declared interest to be selected for?
- Is the athlete a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to participate in this squad to maintain funding.
- Has the athlete fulfilled all other minimum selection criteria, and would the panel have selected them during the selection process under normal conditions?

**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.

**An Engaged 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.

**A Committed/Dedicated Weightlifter** – consistently prioritises their training and preparation for Weightlifting competition, choosing Weightlifting over other sports when necessary (e.g., making the choice to train for and compete at an international Weightlifting competition rather than an international fitness racing event).

**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

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

**Home Nation Funding body** – an organisation who provides funding to support grass roots and the development of elite sport pathways in England, Scotland, Wales or Northern Ireland for athletes who demonstrate potential to win medals at future Commonwealth Games