

## Sport England - Athlete Support Awards (Weightlifting) BWL Nomination Policy 2025 -2026

### Selection Timeline and Critical Dates (Subject to change by BWL/IWF/EIF)

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1. **Qualification opens** – The qualification window will open on 14/03/2025
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](#).
3. **Submit necessary information** – Athletes must return an up-to-date copy of the Athlete's passport and WADA ADEL(ILA) certificate [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59, 11/09/2025.
4. **Athletes must be part of either a BWL Training Squad** and meet the criteria laid out in the Selection Policies for those programmes (found [here](#)) to be eligible for an award nomination
5. **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 given priority over results recorded at other events, provided they also fall within the qualification period.
  - IWF - World Senior, Junior and / or Youth Championships
  - EWF - European Senior, Junior & Under 23 and / or Youth Championships
  - A British Age-group and / or Home Nation Senior Championships
6. **Qualification ends** – The qualification window will close on 14/09/2025
7. **Selection meeting** – will take place during the week commencing 15/09/2025 The selection committee will convene to nominate athletes.
8. **Selection panel decisions** – All long-list Athletes will be informed of nominate decisions no later than 17:00 on Friday 19/09/2025. Nomination decisions will be communicated to athletes by email. Athletes are advised to contact BWL urgently following the deadline if they have not received a Nomination decision email.
9. **Appeal deadline for non-selection** - Athletes have 72 hours following receipt of the nomination decision to file an appeal. Athletes will be immediately informed if an appeal is submitted which could affect their nomination.
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

## 1. Selection Policy Overview

This selection policy has been created to Nominate athletes for TASS Awards who demonstrate the highest potential for achieving medals and top 8 finishes at the Glasgow 2026 Commonwealth Games and LA 2028 Olympic Games

Its design is to enable the selection of weightlifters who have shown both a commitment to the sport and possess the potential to win medals at the following events (in order of priority):

- 2026 Commonwealth Games
- 2028 Olympic Games
- 2030 Commonwealth Games
- 2032 Olympic Games
- Future World Championships
- Future European Championships

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.

This selection policy is an annual policy that will be reviewed and confirmed each year in April. However, BWL reserves the right to amend this selection policy or process outside of this annual window in the event of unforeseen circumstances that could reasonably jeopardise the performance, safety, or well-being of athletes and staff.

All athletes who have submitted a declaration of interest will be notified of any such changes to this policy via email at the earliest possible opportunity along with updates being published on the BWL website [here](#).

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

This policy will be reviewed annually to ensure selection remains fair and efficient; any such review will take into account any external rule or policy amendments; and account for any relevant feedback from the selectors, athletes, coaches, funding partners and appeal panels

## 2. Minimum Eligibility Criteria

To be considered for the BWL Men's training squad athletes must satisfy the following criteria:

2.1 Be a citizen of the United Kingdom and hold a valid British passport prior to the 5 September 2025. 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. In addition, athletes wishing to represent England must be able to evidence 1 of the following criteria:

- a) *Born in England*
- b) *Have resided in England for 3 years prior to the selection deadline for this policy*
- c) *Can demonstrate English Heritage (minimum 1 grandparent with a birth certificate registered in England)*
- d) *Be 16+ years of age.*

2.2 Must send a clear photo copy of their passport 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, 11 September 2025.

2.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 11 September 2025

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 Men's training squads Athlete charter at all competitions and training camps.

2.8 Must have an ADAMS Whereabouts profile and have submitted complete whereabouts information for the full period of Quarter 4 for 2025 no later than 23:59, 15 September 2025.

2.9 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.

2.10 Athletes must be 15 years of age or older to be a member of the Men's Junior & Under 23 Training Squad

If the Athlete meets the Minimum Eligibility Criteria at the time of selection, but subsequently, prior to or during the period of selection fails to meet them, then BWL shall have absolute discretion to deselect the Athlete from the BWL Men's training squads.

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to [matthew.keogh@britishweightlifting.org](mailto:matthew.keogh@britishweightlifting.org) no later than 11 September 2025.

### 3. Minimum Selection criteria

The athlete must have achieved the following criteria to be considered for selection, found below:

- *Top 3 England ranking within your weight category, within your age-group (U20, U23, Senior)*
- Demonstrate a trajectory aligned to finishing top 10 at the European U20, U23 or Seniors in the next 5 years

Achieving these criteria makes you eligible for consideration only, it does not assure that you will be nominated for an ASA. Please see selection process below for further information (5.0)

**3.1 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 Senior, Junior and / or Youth Championships*

(B) *EWF - European Senior, Junior & Under 23 and / or Youth Championships*

(C) *BWL - British Senior and / or Home Nation Senior or Age-Group Championships*

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

Extenuating circumstance (EC) applications will be considered at the beginning of a selection meeting, The selection panel will review Extenuating Circumstances (4.1) prior to the Selection Process section (5.0)

**4.1 Extenuating Circumstances** - Can be considered in specific situations where an athlete is unable to achieve the minimum eligibility criteria (2.0) or minimum selection criteria (3.0) through no fault of their own. Please see "Appendix B" for further details on how to request extenuating circumstances. Final approval is at the absolute discretion of the selection panel.

**4.2 The Selection Panel, in its sole discretion, may approve applications** from athletes who have been unable to meet the minimum eligibility criteria (2.0) or minimum selection criteria (3.0) for this programme, provided that such inability does not reasonably appear to limit the athlete's ability to ability to engage in training camps (e.g. significant injury) or meet minimum selection criteria within the first 3-months of selection.

It is highly probable that athletes whose requests for extenuating circumstances are approved and who are subsequently selected for this programme will be subject to additional conditions of selection (6.4) pertaining to the area(s) impacted by their extenuating circumstances (6.2.1 to 6.2.4). These conditions are intended to ensure the athlete's capability of achieving the Minimum Selection criteria during the first 3 months of their selection (MSC) (2.0). please see Appendix B about how to apply for an EC.

#### 5. Selection Process

The selection panel will convene during the week beginning 15 September 2025. The selection process will be conducted as a part of the BWL Training squad selection meetings. At the beginning of the selection meeting, the selection panel will be asked to:

- Review and verify the accuracy and availability of supporting information.
- Check the longlist of athletes who submitted declarations of interest.
- Raise any concerns if they feel that any athletes are missing from the long-list
- Confirm their agreement on which athletes have met the minimum eligibility criteria

Athletes should contact [matthew.keogh@britishweightlifting.org](mailto:matthew.keogh@britishweightlifting.org) urgently if they do not receive a selection decision email by 17:00 on Friday 19 September.

BWL will follow the same steps articulated in those respective policies found in section 5 of the BWL Training squad policies found [here](#), to rank and determine which athletes (across all training squads) demonstrate the highest potential to win medals at the events outlined in section 1.0 of this policy.

**Ranking lists** - BWL will generate a combined ranking list of athletes across all training squads (Men's, Women's Seniors and Women's Age-Groups) using the same methodology outlined in section 5 of those policies found [here](#).

##### 5.1 Programme Size restrictions

5.1.1 TASS awards are restricted to a maximum of 16 athlete nominations due to funding.

5.1.2 Sports Aid awards are restricted to a maximum of 10 athlete nominations due to funding.

5.1.3 Backing the Best awards are restricted to a maximum of 10 athlete nominations due to funding.

5.1.4 BWL will nominate a minimum of 20% of ASAs to athletes from each sex.

## 5.2 Award Criteria and purpose

5.2.1 Talented Athlete Support Scheme (TASS) Awards – Athletes must be age 16 or older on 31/12/2025. These awards provide access to the following support services

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

These awards also provide athletes with medical insurance. All Support is provided via a third-party accredited University Hub. Further information about TASS can be found [here](#)

Athletes must regularly attend and engage with the support available via their nominated hub, following nomination decision athlete's must confirm their preferred hub with the BWL Performance Pathway manager within 5 working days.

*(Period of Nomination 1 October 2025 – 31 August 2026)*

5.2.2 Sports Aid Awards - Athletes must be age 13-16 years of age or older on 31/12/2025. These awards provide the following:

- A small financial grant of £500 towards sporting costs (e.g. competition entries, equipment, travel to NGB training camps, etc)
- Access to athlete education workshops

These awards do not provide medical insurance. All Support is provided via a third-party. Further information about Sports Aid can be found [here](#)

Athletes awarded Sports Aid awards must meet with the BWL Performance Pathway Manager annually to review their planned and actual expenditure and evidence that it has been spent appropriately. Receipts for any spend are required.

*(Period of Nomination 1 January 2026 – 31 December 2026)*

5.2.3 Backing the best (BTB) Awards - Athletes must have a combined household income of less than £50,000 per annum, subject to means testing conducted by Sports Aid. These awards provide the following:

- A large financial grant of up to £5000 towards sporting costs. (e.g. competition entries, equipment, travel to NGB training camps, etc)

These awards do not provide medical insurance. The exact financial grant that can be received is dependent on Sports Aid's ability to raise sufficient charitable funding to support you.

Athletes awarded BTB awards must meet with the BWL Performance Pathway Manager quarterly to review their planned and actual expenditure and evidence that it has been spent appropriately. Receipts for any spend are required.

*(Period of Nomination 1 January 2026 – 31 December 2026)*

## 6. Conditions and Obligations of Selection

The nomination period for these awards shall commence as specified above for each award (5.2.1, 5.2.2, 5.2.3), unless said period is expressly extended by British Weight Lifting.

Athletes representing England and Great Britain are expected to meet high standards of performance, preparation, and behaviour. The following section outlines guidance on those expectations.

If there is evidence suggesting that an athlete is not meeting the conditions and obligations listed below the Selection Panel and BWL reserve the right to investigate or assess each situation further. If, following such investigation, the Selection Panel concludes that an athlete has failed to meet any of the below conditions and obligations the Selection Panel at its discretion, reserves the right to:

- Un-nominate the athlete
- Impose additional conditions of nomination
- Request further assessment

Assessments of Injury, illness, health, form or fitness will be conducted under the guidance of suitable, coaching, sport science and / or medical personnel as designated by the BWL Head of performance or their delegate (E.g. The designated team leader(s) for an event).

If BWL wishes to request an assessment outside of a competition or training camp, then the BWL performance team will provide reasonable notice of no less than 72 hours to the athlete.

If BWL wishes to request an assessment during a competition or training camp, then the BWL performance team may request an assessment as soon as is practically possible.

Should an athlete refuse to undergo a required assessment, the Selection Panel, in its sole discretion, reserves the right to un-nominate the athlete.

## **6.1 Mandatory Conditions of Nomination**

From the point of nomination all athletes must:

- 6.1.1 Continue to meet all of the Minimum Eligibility Criteria (2.0).
- 6.1.2 Athletes must continue to maintain membership of a BWL Training squad and attend no less than 8 days of BWL training squad camps per year.
- 6.1.3 Keep nomination confidential until an official team announcement has taken place by BWL.
- 6.1.4 Attend an Induction with the third-party organisation responsible for each award they have been nominated for and complete all necessary administration required to activate the full range of support available via each award promptly.
- 6.1.5 Athletes should inform the BWL Performance Pathway Manager immediately should they become ill or injured in anyway which could affect their ability to deliver against their annual performance targets and provide reassurance and updates that they are utilising the support through these awards to return themselves to good health & fitness.

## **7. Selection Panel**

The selection panel will normally comprise:

- Chair of the Performance Advisory Group (Chair)
- An independent member of the BWL Performance Committee
- An independent member of the BWL Performance Committee
- A representative of the BWL Performance team

Other members of the BWL performance team may be in attendance to supply background information

All conflicts of interest will be declared. A conflicted individual will not vote on that nomination 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.

7.1 As a matter of best practice, a written summary of the notes from this meeting will be recorded

7.2 All long-list Athletes will be notified by email of the nomination decision no later than 17:00 on Friday of the week of selection (subject to change by BWL).

7.3 Athletes who are not selected will be provided with a clear reason for their non-nomination in accordance with this policy to allow them to make an informed decision on whether to appeal.

## **8. Appeals**

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

Athletes have the right to appeal the fairness and transparency of the process but not the decision if they are not selected in accordance with the "BWL Selection Appeals Policy." The deadline for submitting an appeal is 72 hours after notification of the nomination decision (subject to change by BWL).

Athletes have the right to appeal the fairness and transparency of the process but not the decision 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 their intention to appeal their de-nomination after notification that they have been de-selected.

If an athlete wishes to appeal the selection panel's decision, they can request access to the summary of selection meeting notes in relation to their nomination.

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 de-selected athlete until the final verification of entries meeting, subject to the conclusion of any appeal process.

#### 8.1 The Appeals panel will normally comprise:

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

At the request of the chair, other members of the BWL performance team may be in attendance to supply background information.

All conflicts of interest will be declared. A conflicted individual will not vote on that nomination 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

### Minimum criteria for consideration

- The athlete and their personal coach has 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 [matthew.keogh@britishweightlifting.org](mailto:matthew.keogh@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 Men's training squads, and it is necessary for them to compete at a milestone event in a different category to maintain sport funding.
- The athlete has had an injury during the qualification period which has prevented them from competing in their desired category
- The athlete's nomination does not impact another athlete's nomination that has met the regular criteria.

**Catch Weights & Adjusted Qualification Standards** - Athletes who wish to be considered must lift within the catch weight for the relevant category and lift the MSC (3.0) to be considered.

The bodyweight allowance for each category has been created by considering the upper end of what is commonly considered possible for making weight without significant risks to athlete health or reductions in performance.

- 1.5% Bodymass lost through dehydration
- 0.5kg lost through fiber depletion and food volume
- Assuming the athlete is athletically lean at their weight class (circa 13-14% body fat for men and 20-21% for women), men's weight loss from fat mass is estimated at up to 1.5%, and Men's weight loss is estimated at up to 2.5% from less than 6 weeks of gradual dieting to make weight safely.

### Women's Bodyweight Categories

	W48	W53	W58	W63	W69	W77	W86	W87+
Bodyweight Allowance	50.4kg	55.6kg	60.8kg	66.0kg	72.3kg	80.6kg	89.9kg	na

### Men's Bodyweight Categories

	M60	M65	M71	M79	M88	M98	M110	M110+
Bodyweight Allowance	62.3kg	67.5kg	73.6kg	81.9kg	91.1kg	101.4kg	113.8kg	na

Athletes wishing to compete at W86+ or M110+ may request to do so if they have lifted the minimum standard for the category below (w86kg or M110kg category respectively).

## **APPENDIX B - Consideration for nomination 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 (2.0) or minimum nomination criteria (3.0) for the programme but will not limit their ability to achieve a sufficient ranking in the first 3 months of this programme.

- 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 [matthew.keogh@britishweightlifting.org](mailto:matthew.keogh@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 prior to the selection discussion (5.0)

- 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?
- 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 membership to the BWL Men's training squads is in the best interest of the athlete and / or team considering their individuals current extenuating circumstances?
- Could nomination of the athlete displace the nomination of another athlete who has fulfilled all minimum eligibility criteria? If yes this should be considered during final nomination discussions
- Has the athlete lifted the qualification standard in the last 12 months in the same category they have declared interest to compete in?
- Has the athlete fulfilled all other minimum nomination criteria, and would the panel have nominated 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 the programme (or training and and/or the reputation of: BWL, the sport and/or the Programme.

**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 prior to the specified deadline.

**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.