



## Sport England – Team England Futures Programme (Weightlifting)

### BWL Nomination Policy 2026

#### **Selection Timeline and Critical Dates (Subject to change by BWL/Sport England/UK Sport)**

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1. **Qualification opens** – The qualification window will open on 01/10/25.
2. **Inform BWL of Intention to attempt to gain nomination** – 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 [matt.keogh@britishweightlifting.org](mailto:matt.keogh@britishweightlifting.org) no later than 23:59, 18/01/26.
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 nomination, 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 or EWF - European Senior
  - IWF World or EWF European Junior & Under 23 and / or Youth Championships
  - A British Age-group and / or Home Nation Senior Championships
6. **Qualification ends** – The nomination window will close on 18/01/25 at 23:59..
7. **Selection meeting** – will take place during the week commencing 19/01/25. The selection committee will convene to nominate athletes to Sports Aid.
8. **Selection panel decisions** – All long-list Athletes will be informed of nominate decisions no later than 23/01/25. 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 the Team England Futures Programme.

The purpose of this programme is to provide an insight into a multi-sport, major Games environment. The aim is to better prepare athletes to deliver medal winning performances as either Team England, Team GB or Paralympics GB debutants at future Games, while also giving support staff a first-hand look at the opportunities they could be presented with, as well as challenges they may face.

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

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

Team England Futures is a programme, supported by Sport England, that will see young athletes and aspiring team support staff provided with a truly unique experience and insight into a multi-sport, major Games environment.

The programme will reinforce the importance of the Commonwealth Games as a developmental opportunity within the talent and performance pathway, particularly one hosted on home soil. Participating athletes and support staff in the programme will gain a greater understanding into being part of a diverse, multi-sport team and its values.

They will also see first-hand the inspiration and impact of athletes from multiple sports competing alongside each other, as part of one team – a very special element of the Commonwealth Games experience.

The programme will assist athletes and support staff in recognising how to perform at their best, how to handle the pressure and distractions associated with a major Games, and how to make the most of the experience. This will be achieved through a blend of interactive online workshop sessions, spectator and behind-the-scenes experiences and visits to the various athlete training and accommodation facilities.

There will also be time for crucial interaction with Team England athletes and other inspirational ambassadors throughout to share experiences and to educate the next generation of potential major games athletes.

The aim is to better prepare athletes to deliver medal winning performances as either Team England, Team GB or Paralympics GB debutants at future Games, by experiencing a first-hand look at the opportunities they could be presented with, as well as challenges they may face.

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 will nominate athletes who demonstrate outstanding ability and a performance trajectory that suggests potential for future senior international success. BWL will nominate support staff who have shown commitment to pathway programmes and a desire to lead at future international events/games. BWL will send nominations to Sports Aid who will then select athletes and support staff onto the programme.

## 2. Minimum Eligibility Criteria

To be considered for the Team England Futures Programme:

- 2.1 Be a citizen of the United Kingdom and hold a valid British passport. 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) *Aged 18+ years on 31/12/26*
- 2.2 Must send a clear photo copy of their passport and a copy of their WADA ADEL(ILA) certificate via email to [matt.keogh@britishweightlifting.org](mailto:matt.keogh@britishweightlifting.org) no later than 23:59, 18th January 2026.
- 2.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 18/01/26.
- 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' while representing BWL on the programme.
- 2.8 Priority for nominations will be to athletes who are current members of BWL Training Squads.

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 un-nominate the athlete

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to [matt.keogh@britishweightlifting.org](mailto:matt.keogh@britishweightlifting.org) no later than Friday 16th January 2026.

## 3. Minimum Nomination 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, U17, U15)*
- Demonstrate an upward trajectory aligned to finishing minimum of top 6 at the 2030 Commonwealth games.
- Be 18 or over on 31/12/26.
- Athletes must demonstrate the aptitude, maturity, and professionalism to fully engage with the programme. They must be available to commit to the full duration of the programme in Glasgow (on select dates between **23 Jul – 1 Aug 2026** as well as on additional selected dates leading up to the Games.

Achieving these criteria makes you eligible for consideration only, it does not assure that you will be nominated for a place on the programme. 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 or EWF - European Senior*
- B. *IWF World or EWF European Junior & Under 23 and / or Youth Championships*
- C. *A British Age-group and / or Home Nation Senior 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 A" 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 A about how to apply for an EC.

#### **5. Selection Process**

The selection panel will convene during the week beginning 19<sup>th</sup> January 2026. At the beginning of the nomination meeting, the 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 [matt.keogh@britishweightlifting.org](mailto:matt.keogh@britishweightlifting.org) urgently if they do not receive a nomination decision email by 17:00 on 23rd January 2026.

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.

##### **5.1 Programme Size restrictions**

Nominations are restricted to 2 athletes.

## **5.2 Award Criteria and purpose**

- 5.2.1 Athletes must be age 18 or older on 31/12/2026.
- 5.2.2 The purpose of this programme is to provide an insight into a multi-sport, major Games environment. The aim is to better prepare athletes to deliver medal winning performances as either Team England, Team GB or Paralympics GB debutants at future Games.
- 5.2.3 If nominated, athletes will have the opportunity to attend two days/nights at the Team England Prep camp and two days/nights in Glasgow for the games, as well as attending kitting out days in the lead up.
- 5.2.4 Selected athletes will also attend online education sessions in the run up to the games.

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

## **6. Conditions and Obligations of Selection**

The nomination period for this programme shall commence as specified above, 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 de-select the athlete.

if an athlete's is de-selected during a training camp or competition overseas then BWL will initiate their repatriation as expeditiously as is reasonably safe and practicable.

### **6.1 Mandatory Conditions of Nomination**

From the point of nomination all athletes must:

- 6.1.1 Be available to commit to the full duration of the programme in Glasgow (on select dates between 23 Jul – 1 Aug 2026) as well as on additional selected dates leading up to the Games.
- 6.1.2 Attend all online education modules in the lead up to the games
- 6.1.3 Continue to meet all of the Minimum Eligibility Criteria (2.0).
- 6.1.4 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.
- 6.1.5 Keep nomination confidential until an official team announcement has taken place by BWL.
- 6.1.6 Attend an Induction with Sports Aid/Team England and complete all necessary administration required to activate the full range of support available promptly.

- 6.1.7 Athletes should inform the BWL Performance Pathway Manager immediately should they become ill or injured in anyway which could affect their ability to engage with the programme.
- 6.1.8 Athletes should document time on the programme and review the learnings and share with Performance pathway staff.

## **7. Selection Panel**

The nomination 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 nomination (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 - 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 [matt.keogh@britishweightlifting.org](mailto:matt.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 B - 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.