

BWL Women's Training Squads (Weightlifting) Selection Policy 2025 -2026

Period of Selection: 1 October 2025 – 31 August 2026

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

1. **Qualification opens** – The qualification window will open on 01/04/2025
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 no later than 23:59, 11/09/2025.
4. **ADAMS Whereabouts submission deadline** – 11/09/2025 for submission of complete whereabouts for Q4 2025 and the WADA ADEL International-Level Athletes education programme [here](#), required by the IWF
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
 - EIF - 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 select athletes.
8. **Selection panel decisions** – All long-list Athletes will be informed of selection decisions no later than 17:00 on Friday 12/09/2025. Selection decisions will be communicated to athletes by email.
9. **Appeal deadline for non-selection** - Athletes have 72 hours following receipt of the selection decision to file an appeal. Athletes will be immediately informed if an appeal is submitted which could effect their selection.
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
12. **Period of selection begins** – 1 October 2025
13. **Period of selection ends** – 31 August 2026

1. Selection Policy Overview

This selection policy has been created to select athletes for the BWL Women's training squads who demonstrate the highest potential for achieving medals and top 8 finishes at the Los Angeles 2028 and Brisbane 2032 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):

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

The selection of lifters for the BWL Women's training squads will be made according to the criteria outlined in this document.

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 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](#)

Unless deselected, weightlifters will be selected for the period 1 October 2025 to 31 August 2026. Selected athletes will be confirmed onto the BWL Women's training squads once they have signed and returned the BWL Women's training squads Athlete Agreement.

Selected weightlifters will be required to develop an individual athlete plan and achieve the performance objectives agreed with them by the BWL Head of Performance (or their delegate).

Selected athletes may also be nominated for additional support (e.g TASS, Sports Aid, Backing the Best, Olympic Solidarity). These criteria may differ from selection criteria for this programme and athletes, or parents should look to these policies for further information.

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 and appeal panels

2. Minimum Eligibility Criteria

To be considered for the BWL Women's training squads 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.

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.

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 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 Women'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 Women's Youth, 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 Women's training squads.

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to 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 GB ranking within your weight category, within your age-group (U17, U20, U23, Senior)*
- *Top 15 GB ranking across all weight categories, within your age-group (U17, 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 selected. Please see selection process below for further information (4.0)

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) *EWB - 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

This selection policy has been created to select athletes for the BWL Women's training squads who demonstrate the highest potential for achieving medals and top 8 finishes at the Olympic Games. It enables the selection of weightlifters who have shown a commitment to the sport and possess the potential to win medals at the following events (in order of priority):

- Future Olympic Games
- Future World Senior Championships
- Future European Senior Championships
- Future Commonwealth Games
- Future European Junior & Under 23 Championships
- Future European Youth Championships

The selection panel will convene during the week beginning 15 September 2025

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 no later than 13:00 on Friday 19 September if they have not received an selection decision email.

Supporting information - The selection panel, who will be provided with access to (without limitation) the following supporting information:

- (A) *The Long-list of all athletes who submitted a declaration of interest for the programme*
- (B) *BWL Ranking list of all lifters who meet the minimum eligibility criteria (2.0)*
- (C) *Predicted medal zones and Raw results for milestone competitions*

(D) UKS Performance Trajectory & Athlete Competition History of BWL Sport 80, IWF and EWF events

(E) Registers of Attendance for GB Training Camps and Squads over the last 12 months

The advice and experience of the BWL performance team and International Arena coaches who work regularly with athletes during training camps and international competitions will be considered by selectors throughout the selection process to evaluate whether athletes demonstrate the necessary skills & behaviours to demonstrate progress towards necessary milestone targets over the next 12-months.

5.1 Programme Size restrictions

The Women's Youth training squad is restricted to a maximum of 12 athletes due to funding.

The Women's Junior training squad is restricted to a maximum of 12 athletes due to funding.

The Women's Senior training squad is restricted to a maximum of 12 athletes due to funding.

5.2 Athlete Ranking - BWL, IWF and EWF competition data will be used exclusively to generate a combined ranking list for each age-group including all Women who meet minimum eligibility criteria (3.0).

The following formula will be used to generate each athlete's percentage ranking:

Best total during Qualification period

Age-Group Ranking Standard (Kg)

If an athlete wants to include competition results in the BWL Sport 80 system that are not from BWL, IWF, or EWF competitions, they should contact matthew.curtain@britishweightlifting.org. BWL reserves the right to reject competition results if any doubt exists about the standards of anti-doping, technical officiating, or the accuracy of competition results.

Ranking Standards

Ranking standards are the average of the Bronze medal at the European Championships for each respective age group (2022, 2023, 2024). Some adjustments have been made to create a smooth upward curve (these are highlighted in red).

Level	W45	W48	W53	W58	W63	W69	W77	W77+	W86	W86+
Under 17	123kg	150kg	156kg	170kg	179kg	184kg	194kg	198kg	-	-
Under 20	-	152kg	176kg	190kg	193kg	208kg	213kg	-	218kg	222kg
Under 23	-	165kg	183kg	205kg	207kg	214kg	217kg	-	225kg	227kg
Senior	-	166kg	192kg	208kg	211kg	221kg	227kg	-	229kg	237kg

5.3 Final Selection

Using the supporting information available (highlighted above) the Selection Panel, at its discretion, reserves the right to select the athletes who demonstrate the greatest potential to win medals or finish top 8 at the following events (in order of priority) by asking the following questions:

- 5.3.1 Does each athlete's progress rate suggest the potential for winning medals or finishing top 10 in the combined total at future Olympic Games?
- 5.3.2 Does each athlete's progress rate suggest the potential for winning medals or finishing top 10 in the combined total at future World Championships?
- 5.3.3 Does each athlete's progress rate suggest the potential for winning medals or finishing top 10 in the combined total at future European Championships?
- 5.3.4 Does each athlete's progress rate suggest the potential for winning medals or finishing top 10 in the combined total at future Commonwealth Games?
- 5.3.5 Does each athlete's progress rate suggest the potential for winning medals or finishing top 10 in the combined total at future European Junior & Under 23 Championship events?
- 5.3.6 If the number of athletes selected by the selection panel exceeds the number of programme places (5.1) the Selection Panel, at its discretion, reserves the right to: Explore whether the BWL performance team can allocate more funding to accommodate additional programme places.

6. Conditions and Obligations of Selection

The selection period for this programme shall commence on 1 October 2025 and conclude on 31 August 2026, unless said period is expressly extended by British Weight Lifting to accommodate alterations to milestone competition dates or training camps.

Athletes representing 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:

- De-select the athlete
- Impose additional conditions of selection
- 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 Selection

From the point of selection all athletes must:

- 6.1.1 Continue to meet all of the Minimum Eligibility Criteria (2.0).
- 6.1.2 Keep selection confidential until an official team announcement has taken place by BWL.

- 6.1.3 Attend no less than 8 days of BWL Women's training squads camps per year.
- 6.1.4 Wear Team kit during training and competition as requested and provided by BWL.
- 6.1.5 Attend an annual planning meeting within 1 month of selection and agree clear performance targets for the next 12-months.
 - 6.1.5.1 Where an athlete fails to attend or refuses to do so the performance team, at their discretion, reserves the right to set performance objectives for the athlete.
- 6.1.6 Inform the BWL Head of Performance immediately should they become ill or injured in anyway which could effect their ability to deliver against their annual performance targets.

6.2 Additional Conditions of Selection

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

- *Capability to deliver against agreed performance targets*
- *Athlete Health & Wellbeing (including Injury and Illness)*
- *Engagement with the performance team and training camps & squads*
- *Submit training and bodyweight information*

6.2.1 Causes or Concerns for Injury and/or Illness – If any concern arising from an examination, observation or otherwise indicates that an athlete's Health & Wellbeing could be at risk if they continue to train or compete in Weightlifting then BWL will be entitled to request an assessment of the Athlete's Health, Form or Fitness.

6.2.2 Causes or Concerns for Poor lifestyle, form and 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 (6.1.6).

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 (6.1.6), then BWL will be entitled to request an assessment of the Athlete's Form & Fitness. BWL will provide reasonable notice of no less than 72 hours if it wishes to request an assessment.

6.2.3 Funding & Sponsorship Conditions – This BWL Women's training squads are funded by BWL and UK Sport. In addition to the Athlete Performance Awards (APAs) that athletes receive directly, there are significant costs associated with various other aspects of BWL Women's training squad delivery, including, but not limited to, camp costs, competition costs, staff costs, and athlete expenses. BWL asks all athletes to tag and thank UK Sport, The National Lottery for their support in in any social media posts during training camp and competition periods.

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

6.2.4 Causes or Concerns for Poor Behaviour – Athletes should revert to the BWL athlete codes of conduct, Athlete agreement and their programme induction pack for further guidance on what constitutes 'clumsy', 'inappropriate' and 'unacceptable' behaviour.

If the athlete's actions cannot be resolved, negatively impact other selected team members, or risk negatively impacting the performance of others or the team, BWL may investigate the situation through the BWL complaints and disciplinary procedure. Appropriate action, including de-selection or formal disciplinary action, may be taken if a satisfactory resolution cannot be achieved without compromising the following:

- *The performance of the athlete*
- *The performance of other individuals or the team as a whole*
- *The reputation of BWL.*

- *The health, wellbeing and safety of athletes, coaches, and support staff*

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 'BWL Women's training squad' Athlete Charter, BWL may initiate an informal resolution process involving all parties.

A resolution could include, the behaviour being challenged by a member of BWL staff or other athletes, an informal apology to those affected by the athlete's poor behaviour and formal or informal education to help the athlete understand how & why the behaviour falls below the desired standard.

If an athlete repeatedly exhibits clumsy behaviour, despite informal warnings from BWL staff or other athletes, BWL may initiate a formal investigation through the BWL complaints and disciplinary procedure.

British Weight Lifting agrees to be bound by the Sport Integrity Rules of Procedure (" Sport Integrity Rules") and agrees for the purpose of the Sport Integrity Rules that athletes are included within scope of 'Relevant Persons'. As such British Weight Lifting reserves the right to refer a matter to the Sport Integrity Service under the Rules of Procedure of that service. This may involve the commission of an independent investigation or disciplinary procedure into alleged grievances, or allegations of misconduct involving: i) athletes; ii) athlete support personnel; or iii) British Weight Lifting office holders as defined within the Rules of Procedure;

- (i) *where an individual is deemed a 'Relevant Person' under the terms of the Sport Integrity Service Rules of Procedure; and*
- (ii) *they are a respondent to allegations of misconduct as defined as a 'Relevant Matter' under the same regulations.*

In such circumstances they are required to cooperate with any investigation conducted by Sport Integrity.

The Sport Integrity Rules define Relevant Matters as.

- Abuse
- Bullying
- Direct Discrimination
- Harassment
- Indirect Discrimination
- Sexual Misconduct
- Sexual Harassment
- Unlawful Discrimination
- Victimisation
- Breach of an applicable policy by a relevant person

6 Injury and Illness

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 the Women's 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 weightlifter's selection year ends, as outlined in section 5.

In retaining an athlete on the Women's training squads who has not met their agreed objectives, or the criteria outlined in this policy due—either in full or in part—to a performance-limiting injury/illness, the Selection Panel may add return-to-fitness (relative to the specific injury or illness) performance conditions to that weightlifter's membership. These conditions will be expected to be met in order for

the weightlifter to be retained for the full selection period. These conditions may explicitly require a weightlifter to engage with appropriate science/medicine staff to support any ongoing medical or illness issues, and to engage in any testing/monitoring as reasonably required.

8. 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 selection 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.

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

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

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

9 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 selection 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-selection 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 selection.

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.

9.1 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 selection 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.

10 Coaching and Support Services

10.1 GB athletes are expected to maintain a support network of coaches and practitioners that will help them navigate the various challenges they are likely to experience throughout their athletic careers.

10.2 Athletes selected for the Women's training squads are offered access to up to 3 sessions (subject to practitioner capacity) with each of the following support services to explore performance or health challenges: nutrition, psychology, sport science. The frequency and nature of support should be agreed with the Programme lead at each annual planning or Individual development planning meeting.

10.3 The Athlete's (personal) coach must attend an annual planning meeting no later than 14 December 2025.

10.4 BWL does not fund personal coaching or practitioner support; this cost is borne by the athlete if they choose to work with a non-BWL-contracted practitioners.

10.5 Athletes selected for the Women's training squads are welcome to continue working with their existing personal coach. If they wish to be coached by a BWL-contracted coach after selection to the programme, they are advised to make this request formally by email to the BWL Head of Performance, but they are not required to do so.

10.6 BWL will not approve or work with coaches who do not hold a BWL coaching licence or an equivalent international standard (e.g. IWF International coaching license).

10.7 BWL does not fund personal coaches; this cost is borne by the athlete.

10.8 athletes selected for the Women's training squads may train at the BWL National Performance Centre at the University of Nottingham. Athletes wishing to train at the BWL NPC must inform the operations lead (Beverley.Kettleby@britishweightlifting.org) and gain approval no less than 1 week prior to the planned visit. Athlete may attend up to 1 session per month at no charge.

10.9 athletes who wish to train regularly at the National Performance centre may request to do so. Athletes must request will be reviewed by the BWL Performance team and BWL World Class Programme athletes based full-time at the facility. If agreed the cost of an on-going membership is borne by the athlete.

10.13 BWL will not actively encourage an athlete to change their personal coach or practitioner unless an athlete formally states their interest in doing so to the BWL Head of Performance. If an athlete makes a formal request, then BWL will ask the athlete to speak with their existing personal coach/practitioner to state their intention to change their provision before exploring the next steps for transition.

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 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 Women'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 selection does not impact another athlete's selection within the same category 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 women'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 selection under extenuating circumstances

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 selection criteria (3.0) for the programme but will not limit their ability to deliver a performance in excess of the MSC (3.0) 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 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 Women's training squads 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 (5.3)
- 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 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

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.