

Programme: Women's Training Squads (Weightlifting)

Period of Selection: 1 October 2026 – 31 August 2027

Executive Summary

This policy outlines the selection process and criteria for British Weight Lifting (BWL) athletes aiming to be selected for the Women's Training Squads the primary objective is to select eligible lifters who demonstrate the potential to win medals at future Senior World / European Championships, or Major Games.

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

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

Timeline and Critical Dates

(Subject to change by BWL)

1. **Qualification opens:** 05/03/2026
2. **Declaration of interest & Passport information:** Confirm intention to be selected and agreement with this policy via the online form [here](#) and submit a copy of your passport no later than 23:59 on 1 September 2026
3. **Qualification ends:** 05/09/2026
4. **Selection meeting:** Week commencing 14/09/2026
5. **Selection decision:** Athletes informed by email no later than 17:00 on 18/09/2026
6. **Appeal deadline:** 72 hours following receipt of the selection decision
7. **Appeals panel meeting:** Within 72 hours of the appeals deadline
8. **Appeals decision:** All affected athletes informed within 24 hours of the appeals meeting
9. **Engagement dates:** Athletes are expected to attend no less than 80% of all Training squad days and / or room nights they are offered
10. **Women's Youth & Junior Training Squad Provisional Camp Dates:**
 - Camp 1 – 7-9 November 2026, University of Nottingham
 - Camp 2 – 13-17 February 2027, University of Nottingham
 - Camp 3 – 2-5 April 2027, University of Nottingham
11. **Women's Senior Training Squad**, due to low camp engagement in 25-26 athletes will be offered a number of room nights to plan their engagement individually.

1. Overview

This selection policy has been created to provide an opportunity for eligible GB Weightlifters to be selected for the BWL Women's Training Squads providing they demonstrate the potential to finish top 8 or Medal at:

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

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

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.

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

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

2. Minimum Eligibility Criteria

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

- 2.1 Be a citizen of the United Kingdom and hold a valid British passport prior to preliminary entry deadline for this event.
 - (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 via email to performance.admin@bwl.sport no later than 23:59, 1 September 2026
- 2.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 1 September 2026
- 2.4 Must be a current member of British Weight Lifting (BWL)
- 2.5 Must not be currently under:
 - (a) disqualification, expulsion or suspension by all or any of: BWL; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion or suspension under the World Anti-Doping Code.
- 2.6 Must remain compliant with the BWL and IWF Anti-Doping Controls and complete all relevant UKAD Education & Training required by British Weightlifting and the IWF
- 2.7 Must sign an 'Athlete Agreement' and display behaviours in-line with both the 'BWL codes of conduct' and BWL 'Bar None' standards at all competitions and training camps.
- 2.8 Athletes will be required to identify any personal coach(es) and practitioners who they are working with. To be eligible athletes must only work with coaches who are not banned or in dispute with IWF, BWL, WADA, IOC, UKS or any other competent body.
- 2.9 Athletes must meet all the UKSport eligibility criteria that can be found at [Eligibility | UK Sport](#)
- 2.10 Athletes must meet the following age at 23:59 on 31st December 2027 to be eligible for consideration to each Training Squad:

- 2.10.1 Youths Training Squad members must be 13-17 years of age
- 2.10.2 Juniors & u23s must be 18-23 years of age
- 2.10.3 Seniors must be 19 years of age or older

If the Athlete meets the Minimum Eligibility Criteria at the time of selection, but subsequently, prior to or during the Event fails to meet them, then BWL shall have absolute discretion to deselect the Athlete from this event.

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to performance.admin@bwl.sport no later than 31 August 2026.

3. Minimum Selection criteria

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

- 3.1.1 Top 3 GB ranking within your weight category, within your age-group (U17, U20, U23)
- 3.1.2 Top 15 GB ranking across all weight categories, within your age-group (U17, U20, U23)
- 3.1.3 Demonstrate a trajectory aligned to finishing top 8 at the European Junior, U23 or Seniors in the next 5 years

Achieving the Minimum Selection Criteria establishes eligibility for consideration but does not guarantee automatic selection.

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

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

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

4. Extenuating Circumstances

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

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

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

5. Selection Process

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

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

The selection panel will convene during the week beginning 14 September 2026

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

- a) Declaration of interest long-list
- b) BWL Ranking list of eligible athletes
- c) Previous edition competition results
- d) Predicted medal zones for each Age group's European Championships
- e) UKS Performance Trajectory & Competition History (BWL Sport 80, IWF and EWF)
- f) GB Training Camp attendance registers (past 12 months)
- g) Formal selection recommendation from the BWL Performance Team for the relevant age group

The advice and experience of the BWL performance team and national 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 deliver no less than equal to their best performance at this competition and future events.

5.1 Team size restrictions

- 5.1.1 The Women's Youth training squad is restricted to a maximum of 12 athletes
- 5.1.2 The Women's Junior & under 23 training squad is restricted to a maximum of 12 athletes
- 5.1.3 The Women's Senior training squad is restricted to a maximum of 12 athletes

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

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

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

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

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

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

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

Level	W45	W49	W53	W57	W61	W69	W77	W77+	W86	W86+
Under 17	127kg	152kg	158kg	172kg	177kg	189kg	200kg	204kg	-	-
Under 20	-	161kg	178kg	197kg	201kg	210kg	217kg	-	219kg	226kg
Under 23	-	170kg	185kg	199kg	209kg	219kg	223kg	-	227kg	229kg
Senior	-	171kg	195kg	207kg	214kg	226kg	230kg	-	234kg	245kg

5.3 Final Team Selection

Using the supporting information available (highlighted above) the selection panel must use the following criteria in order of importance to select a team for this event:

- 5.3.1 Potential to medal or finish top 8 at LA 2028
- 5.3.2 Potential to medal or finish top 8 at Brisbane 2032
- 5.3.3 Potential to medal or finish top 8 at future World Championships
- 5.3.4 Potential to medal or finish top 8 at future European Championships
- 5.3.5 Potential to medal or finish top 8 at future Commonwealth Games
- 5.3.6 Potential to medal or finish top 8 at future European Junior & Under 23 Championships

If the number of athletes selected by the Selection Panel exceeds the number BWL has the budget to fund for this event (5.1.4), the Selection Panel, at its discretion, reserves the right to explore whether BWL can source additional budget to fund additional athlete selections.

6. Conditions of Selection

The selection period for this programme shall commence on 1 October 2026 and conclude on 31 August 2027, unless said period is expressly extended by British Weight Lifting to accommodate alterations to milestone competition dates or training camps.

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

- Deselect the athlete
- Impose additional conditions of selection
- Request further assessment

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

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

6.1 Mandatory Conditions of Selection

From the point of selection all athletes must:

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

6.2 Additional Conditions of Selection

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

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

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

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

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

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

6.3 Funding & Sponsorship Conditions

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

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

6.4 Athlete Behavioural Standards

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

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

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

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

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

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

7. Selection Panel

7.1 The selection panel will normally comprise:

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

Observers from UK Sport, BOA, BEAA, and the BWL performance Team may attend. Conflicts of interest must be declared; Conflicted individual will abstain from voting and discussion, unless their views are specifically requested by the Chair of the Panel. The Chair casts the deciding vote in the event of a tie.

7.2 Communication

Written minutes will be recorded, All long-list athletes will be notified of the selection decision by 17:00 on 18/09/2026. Non-selected Athletes will receive written feedback detailing the reasons for non-selection, to inform their decisions on whether to appeal.

8. Appeals

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

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

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

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

8.4 The appeals panel will comprise:

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

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

All conflicts of interest will be declared. A conflicted individual will not vote on the selection, nor will they be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Panel. In the event of a tied vote, the Chair will cast the deciding vote.

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

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

9. Coaching and Support Services

9.1 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.

9.2 Athletes selected for a BWL 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 performance planning meeting.

9.3 The Athlete's (personal) coach must attend an annual planning meeting no later than 14 December 2026.

9.4 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.

9.5 Athletes selected for a BWL 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 required to state their intention to do so formally by email to their assigned performance manager.

9.6 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).

9.7 athletes selected for a BWL training squads may train at the BWL National Performance Centre (NPC) at the University of Nottingham. Athletes wishing to train at the NPC must email performance.admin@bwl.sport 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.

9.8 athletes who wish to train regularly (or full-time) 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.

9.9 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 their assigned performance manager. 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 transitioning to a new coach.

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

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

Supporting Evidence

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

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

- Is the request for exemption considered reasonable and is the evidence provided considered to be true and accurate?
- Is the athlete engaged in a BWL training squad and do they have an up-to-date annual plan?
- Does the panel agree that not competing during the qualification period serves the best interest of the performance of the athlete and / or team?
- Does the panel agree that selecting the individual for the programme is in the best interest of the athlete and / or team considering their individuals current extenuating circumstances?
- Could selection of the athlete displace the selection of another athlete who has fulfilled all minimum eligibility criteria? If yes this should be considered during final team selection (section 5.3)
- Has the athlete lifted the qualification standard in the last 12 months in the same category they have declared interest to be selected for?
- Is the athlete a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to participate in this squad to maintain funding.
- Has the athlete fulfilled all other minimum selection criteria, and would the panel have selected them during the selection process under normal conditions?

Accepted Solutions - If the case for extenuating circumstances is granted the panel can propose any or all the following solutions:

- The panel can choose to consider historic results recorded prior to the qualification deadline and select the athlete
- The panel can choose to extend the qualification period for the athlete to allow them more time to fulfil the necessary qualification criteria that the extenuating circumstances prevent them from demonstrating.
- The panel can request that the athlete completes a 'Fitness test' on a defined date, time, and location in the presence of the performance team to demonstrate that they can achieve key performance targets.

APPENDIX B - 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 or attending the Event (or training and preparing for the Event) and/or the reputation of: BWL, the sport and/or the Event.

An Engaged athlete – an athlete who is present at 80% or more of the BWL Camps & Training Squad opportunities they are invited to attend and has worked in collaboration with the NGB to maintain an up-to-date performance plan which includes a competition plan and clearly articulated development objectives.

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

European Weightlifting Federation (EWF) – the continental federation which governs the sport of Weightlifting in Europe, overseeing major continental championships etc.

International Olympic Committee (IOC) – the organisation which governs the Olympic Games and affiliated international federations (e.g., the IWF)

International Weightlifting Federation (IWF) – the federation which governs the sport of Weightlifting globally

Long List Athlete – An athlete who has completed an application of interest and submitted all other necessary documents 6 months before the event.

Performance Targets – With consideration for the expectations of key funding partners BWL reserves the right to agree individualised performance targets specific to the athlete, event, or both. BWL will communicate performance targets in writing with each athlete no less than 6 weeks before any event. If no performance target is set BWLs generic performance targets for international competition will apply. BWLs generic performance target for international competition are as follows:

- Athletes should make a minimum of 4/6 lifts
- Athlete should lift no less than equal to their Personal Best for the selected weight category

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

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