

BWL World Class Programme (Weightlifting)

Selection Policy 2025 -2026 and LA 2028 Cycle APA Matrix

Period of Selection: 12 May 2025 – 30 April 2026

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

1. **Qualification opens** – The qualification window will open on 20/10/2024
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 accreditation 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, 20/04/2025.
4. **ADAMS Whereabouts submission deadline** – 15/03/2025 for submission of complete whereabouts for Q2, Q3 & 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 Senior and / or Home Nation Senior Championships
6. **Qualification ends** – The qualification window will close on 21/04/2025
7. **Selection meeting** – will take place during the week commencing 28/04/2025 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 02/05/2025. 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** – 12 May 2025
13. **Mandatory Athlete Induction Camp** – 13-15 May 2025, SBD Sheffield
14. **Period of selection ends** – 30 April 2026

Selection Policy Overview

This selection policy has been created to select athletes for the BWL World Class Programme 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 World Class programme (BWL-WCP) will be made according to the criteria outlined in this document.

This selection policy is an annual policy that will be reviewed and confirmed to that effect in October of each year (with the exception of 2024/25). 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 12 May 2025 to 30 April 2026. Selected athletes will be confirmed onto the WCP once they have signed and returned the BWL WCP 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).

In the event of deselection, World Class Programme members will be given at least one month's notice for every year they have been a BWL WCP member.

Selected athletes will be matched against a stated personal funding level based on performances over the last 12 months, along with their medal potential for LA or Brisbane. These criteria may differ from WCP selection criteria and are illustrated in the Athlete Performance Award (APA) matrix in section 11.

This policy will be reviewed annually to ensure the selection policy 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

1. Minimum Eligibility Criteria

To be considered for selection for the BWL-WCP athletes must satisfy the following criteria:

- 1.1 Be a citizen of the United Kingdom and hold a valid British passport prior to the 21 April 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.
- 1.2 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, 15 March 2025.
- 1.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 21 April 2025
- 1.4 Must be a current member of British Weight Lifting (BWL)
- 1.5 Must not be currently under:

Level	W48	W53	W58	W63	W69	W77	W86	W86+
A	189kg	207kg	222kg	229kg	247kg	250kg	254kg	275kg
	<p>Win an Olympic or World Championship total medal</p> <p><i>The athlete meets mandatory contact requirements and takes ownership of their performance improvement process and works cohesively with their support network to consistently achieve their goals.</i></p>							
B & B*	175kg	184kg	212kg	217kg	231kg	236kg	242kg	256kg
	<p>Level B – Lift a top 8 ranking at the Olympic Games or World Championships</p> <p><i>The athlete meets mandatory contact requirements and takes ownership of their performance improvement process and works cohesively with their support network to consistently achieve their goals.</i></p>							
	<p>Level B* - this award can only be offered to a former A or B funded athlete who has failed to meet their annual performance markers but demonstrates genuine medal potential for LA 2028.</p>							
C & C1	170kg	179kg	205kg	210kg	224kg	229kg	235kg	248kg
	<p>Win a European medal, or achieve a top 15 ranking at the World Championships, or lift 95% of the average load achieved by 6th to 8th place at the last three World Championships.</p>							
	<p>Level C – Athlete has elected to centralise training at the NPC (Nottingham) meets mandatory contact requirements, takes responsibility for consistently undertaking the work necessary to achieve their goals and has begun to demonstrate a basic understanding of their performance improvement process.</p> <p>Level C1 – The athlete meets mandatory contact requirements and performs in accordance with the required performance standards, but elects not to centralise training at the national performance centre in Nottingham</p>							

D & D1	161kg	169kg	194kg	199kg	213kg	217kg	222kg	235kg
	Lift 90% of the average load achieved by 6th to 8th place at the last three World Championships.							
	<p><i>Level D – Athlete has elected to centralise training at the NPC (Nottingham) meets mandatory contact requirements, demonstrates regular and consistent engagement with the MDT at E-Level to agree goals and objectives, actively engages with practitioners to determine solutions, and demonstrates progress towards those goals.</i></p> <p><i>Level D1 – The athlete meets mandatory contact requirements and performs in accordance with the required performance standards, but elects not to centralise training at the national performance centre in Nottingham</i></p>							
E	154kg	162kg	186kg	191kg	203kg	207kg	212kg	224kg
	Lift 86% of 6-8 average load at last 3 World Championship							
	<p><i>The athlete has competed at least eight times, demonstrated a minimum of 5% progress in their competition total over the past two years, has a consistent record of attending athlete development pathway training camps, and has engaged with the performance team to complete annual and pre-performance planning.</i></p>							

Men's Categories

Level	M60	M65	M71	M79	M88	M98	M110	M110+
A	286kg	307kg	325kg	343kg	371kg	377kg	390kg	449kg
	Win an Olympic or World Championship total medal <i>The athlete meets mandatory contact requirements and takes ownership of their performance improvement process and works cohesively with their support network to consistently achieve their goals.</i>							
B / B*	275kg	294kg	319kg	332kg	355kg	366kg	374kg	410kg
	Level B – Lift a top 8 ranking at the Olympic Games or World Championships <i>The athlete meets mandatory contact requirements and takes ownership of their performance improvement process and works cohesively with their support network to consistently achieve their goals.</i> Level B* - this award can only be offered to a former A or B funded athlete who has failed to meet their annual performance markers but demonstrates genuine medal potential for LA 2028.							
C / C1	267kg	285kg	309kg	322kg	344kg	355kg	362kg	397kg
	Win a European medal, or achieve a top 15 ranking at the World Championships , or lift 95% of the average load achieved by 6th to 8th place at the last three World Championships. Level C – Athlete has elected to centralise training at the NPC (Nottingham) meets mandatory contact requirements, takes responsibility for consistently undertaking the work necessary to achieve their goals and has begun to demonstrate a basic understanding of their performance improvement process. Level C1 – The athlete meets mandatory contact requirements and performs in accordance with the required performance standards, but elects not to centralise training at the national performance centre in Nottingham							
D / D1	253kg	270kg	293kg	305kg	326kg	336kg	343kg	377kg
	Lift 90% of the average load achieved by 6th to 8th place at the last three World Championships. Level D – Athlete has elected to centralise training at the NPC (Nottingham) meets mandatory contact requirements, demonstrates regular and consistent engagement with the MDT at E-Level to agree goals and objectives, actively engages with practitioners to determine solutions, and demonstrates progress towards those goals. Level D1 – The athlete meets mandatory contact requirements and performs in accordance with the required performance standards, but elects not to centralise training at the national performance centre in Nottingham							
E	242kg	258kg	280kg	292kg	312kg	321kg	328kg	360kg
	Lift 86% of 6-8 average load at last 3 World Championship							

	<i>The athlete has competed at least eight times, demonstrated a minimum of 5% progress in their competition total over the past two years, has a consistent record of attending athlete development pathway training camps, and has engaged with the performance team to complete annual and pre-performance planning.</i>
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2.1 Key Selection Events - Athletes must have lifted in no less than two (2) of the following events in the last twelve (12) months to be eligible for selection. Results from these events (which fall within the qualification period) will be considered in order of importance over results recorded at other events if they also fall within the qualification period:

- (A) *IWF - World Senior, Junior and / or Youth Championships*
- (B) *EWf - European Senior, Junior & Under 23 and / or Youth Championships*
- (C) *BWL - British Senior and / or Home Nation Senior 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)

2.2 Under the unusual circumstances due to changes to IWF Weight categories from 1 June 2025, discretion for bodyweight in accordance with appendix A.

3. Extenuating Circumstances

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

3.1 Extenuating Circumstances - Can be considered in specific situations where an athlete is unable to achieve the minimum eligibility criteria (2.0) or minimum qualification 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.

3.2 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 qualification standards (3.0) for this programme, provided that such inability does not reasonably appear to limit the athlete's ability to achieve performance objectives at least equal to the Minimum Qualification Standard during the first 3 months of their selection (MQS) (3.0) in their respective bodyweight category.

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 a performance that is at least equal to the Minimum Qualification Standard during the first 3 months of their selection (MQS) (3.0).

4. Selection Process

This selection policy has been created to select athletes for the BWL World Class Programme who demonstrate the highest potential for achieving medals and top 8 finishes at the Los Angeles 2028 and Brisbane 2032 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):

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

The selection panel will convene during the week beginning 28 April 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

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 the Tokyo 2020 and Paris 2024 Olympic Games*

(D) *UKS Performance Trajectory & 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.

4.1 Programme Size restrictions

The BWL WCP size is restricted to the maximum number of UK Sport Athlete Performance Award (APA) places. For 2024-2025 this is 12.

The maximum number of athletes who can be considered at each funding level (A-E) is 6.

4.2 Athlete Ranking - BWL, IWF and EWF competition data will be used exclusively to generate a combined ranking list including all Men & Women who have lifted the minimum standard.

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

Best total during Qualification period

Olympic 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.

4.2.1 Women's Ranking Standards – World Bronze Medal Average (2022, 2023, 2024)

W48	W53	W58	W63	W69	W77	W86	W86+
192	203	225	236	254	256	264	285

4.2.2 Men's Ranking Standard – World Bronze Medal Average (2022, 2023, 2024)

M60	M65	M71	M79	M88	M98	M110	M110+
293	319	340	361	389	394	415	444

4.3 Final Programme Selection

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

- 4.3.1 If the number of athletes who have met the minimum standard (3.1) does not match the programme size restrictions (5.1.1, 5.1.2) the Selection Panel, at its discretion, reserves the right to select the athletes who demonstrate the greatest potential to win medals at the following events (in order of priority): the Olympic Games 2028, the 2026 Commonwealth Games, and the Olympic Games 2032.
- 4.3.2 Does each athlete's current performance suggest the potential for winning a medal in the combined total at the 2025 World Championships?
- 4.3.3 Does each athlete's current performance suggest the potential for finishing top 8 in the combined total their respective category at the 2025 World Championships?
- 4.3.4 Does each athlete's progress rate suggest the potential for winning medals at the 2026 European Championships?
- 4.3.5 Does each athlete's progress rate suggest the potential for winning medals at the 2026 World Championships?
- 4.3.6 If the number of athletes selected by the selection panel exceeds the number of Programme places which BWL has been allocated by UK Sport for 2024-2025 (5.1.1) the Selection Panel, at its discretion, reserves the right to: Explore whether UK Sport is willing to increase the number of APA awards available for BWL to allocate.

5. Conditions and Obligations of Selection

The selection period for this programme shall commence on 12 May 2025 and conclude on 30 April 2026, unless said period is expressly extended by British Weight Lifting to accommodate alterations to milestone competition dates, including, but not limited to, the World Championships 2025 and European Championships 2026.

Athletes representing Great Britain are expected to meet high standards of performance, preparation, and behavior. 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.

5.1 Mandatory Conditions of Selection

From the point of selection all athletes must:

- 5.2 Continue to meet all of the Minimum Eligibility Criteria (2.0).
- 5.3 Keep selection confidential until an official team announcement has taken place by BWL.
- 5.4 Attend no less than 3 WCP camps per year
- 5.5 Wear Team kit during training and competition as requested and provided by BWL.
- 5.6 Attend an annual planning meeting within 1 month of selection and agree clear performance targets for the next 12-months.
- 5.6.1 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.
- 5.7 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. Additional Conditions of Selection

6.1 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:

- 6.1.1 *Capability to deliver against agreed performance targets*
- 6.1.2 *Athlete Health & Wellbeing (including Injury and Illness)*
- 6.1.3 *Engagement with the performance team and training camps & squads*
- 6.1.4 Submit training and bodyweight information [here](#)

6.2 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.

6.3 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.

6.4 Funding & Sponsorship Conditions – This World Class Programme is 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 World Class Programme 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.

6.5 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:

- 6.5.1 *The performance of the athlete*

6.5.2 *The performance of other individuals or the team as a whole*

6.5.3 *The reputation of BWL.*

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

Clumsy behavior, defined as behavior that is awkward or insensitive in social situations, is not abnormal or uncommon. If an athlete exhibits occasional clumsy behavior that falls below the standards outlined in the BWL Athlete Code of Conduct or the 'World Class Programme' 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 behavior 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 behavior, despite informal warnings from BWL staff or other athletes, BWL may initiate a formal investigation through the BWL complaints and disciplinary procedure.

7 Injury, Illness, and Pregnancy

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 World Class Programme, rehabilitation from injury/illness will be managed 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.

At this time, the programme membership of athletes affected by a significant performance-limiting injury or illness in any given selection year will be afforded a degree of protection.

Athletes who are unable to satisfy their agreed objectives or the criteria outlined in this policy due to significant injury/illness in the current selection year may be retained by the Selection Panel for a subsequent 12-month period.

In retaining an athlete on the BWL World Class Programme 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 whole year, or in future years. 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. For long-term injuries, BWL will follow UK Sport injury guidelines (see section 8 below).

Athletes who are not currently members of the BWL World Class Programme will not be afforded the same protections relating to performance-limiting injury/illness as described above. Potential new members who are offered programme membership may be expected to undergo a medical screening/profiling process prior to their place being confirmed. Should they have a current performance-limiting injury/illness at the start of their year, the prognosis of which is deemed likely to have an impact on the athlete's ability to progress, BWL reserves the right to withdraw their place on the programme.

Pregnancy: In the event that a weightlifter becomes pregnant during their selected year, BWL will follow UK Sport pregnancy guidelines (see section 12.8 below). The weightlifter would be expected to agree a reasonable and appropriate training and competition programme with the BWL Head of Performance and BWL Lead Performance Coach (or equivalent) that would timetable and plot the return of the weightlifter after childbirth

to full competitive level, allowing them to satisfy the aims of the BWL World Class Programme (i.e., progress to future Olympic podiums).

Provided the weightlifter adheres to this reasonable and appropriate training and competition plan throughout pregnancy (and for the agreed period after childbirth), the athlete's programme status (and the associated support) will be protected. Should the weightlifter be unable to adhere to this plan with our ongoing support or change their mind about their continued membership of the programme, and/or they otherwise fail to satisfy the required criteria in the selection policy, their membership of the BWL World Class Programme will end at the end of their current selection year (or after a transition period of one month per year the athlete has been selected to a BWL World Class Programme, whichever is later).

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
- BWL Lead Performance Coach

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 Podium athletes are expected to co-lead 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 Podium Programme are offered access to the following support services: nutrition, psychology, sport science, lifestyle support, UKSI network Physiotherapy & Sports Medicine and performance testing. The frequency and nature of support should be agreed with the BWL Head of Performance at each annual or milestone review meeting.

10.3 Non-BWL-contracted (personal) practitioners must attend an annual planning meeting within one month of selection and subsequent review meetings after each milestone event.

10.4 Personal practitioners must make themselves available to meet with the Support Services Lead and Head of Performance to discuss their approach if agreed milestones are not met.

10.5 BWL will not approve or work with practitioners who do not meet UK minimum standards or an equivalent international standard for their specific discipline.

10.6 BWL does not fund personal practitioner support at World Class Programme level; this cost is borne by the athlete if they choose to work with a non-BWL-contracted practitioner.

10.7 Athletes selected for the BWL World Class Programme are welcome to continue working with their existing personal coach. If they wish to be coached by a BWL-contracted performance/pathway 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.

10.8 Non-BWL-contracted (personal) coaches must attend an annual planning meeting within one month of selection and subsequent review meetings after each milestone event.

10.9 Personal coaches must make themselves available to meet with the Lead Performance Coach and Head of Performance to discuss their approach if agreed milestones are not met.

10.10 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).

10.11 BWL does not fund personal coaches at World Class Programme level; this cost is borne by the athlete if they choose to work with a non-BWL-contracted coach.

10.12 In-person group coaching is provided up to three times per week at the BWL National Performance Centre at the University of Nottingham for any World Class Programme athlete (subject to the international and domestic competition calendar). BWL will also fund a full membership for all WCP athletes based at the National Performance centre to access facilities (including Spa facilities and bookable High performance zone during drop in sessions)

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.

10 UKSport Athlete Performance Award

The Athlete Performance Award is in place to support athletes in covering living, training and competition costs associated with engaging in the British Weight Lifting World Class Programme.

The levels of award are based on costs incurred, and levels of performance success in the preceding twelve (12) months and LA or Brisbane medal potential.

11 LA 2028 Cycle APA Matrix and Associated Performance Criteria

The below matrix has been designed for the entire 4 years LA Olympic cycle and will stay in effect until April 30th 2029.

APA Level	Location	APA Award	Programme	Maximum length	Criteria
A	Flexible	£29,000 per annum (£2416 per month)	Podium APAs	No limit, subject to on-going achievement of performance objectives	Win an Olympic or World Championship total medal,
B	Flexible	£24,000 per annum (£2000 per month)			Top 8 ranking at the Olympic Games or World Championships,
B*	Centralised	£20,000 per annum (£1666 per month)	Games Potential APAs	LA Games Potential awards are for no more than two years.	Offered to a previous A or B funded athlete who has failed to meet their annual performance markers but demonstrates genuine medal potential for LA 2028.
C	Centralised	£19,500 per annum (£1625 per month)	Podium Potential APAs	Athletes at levels C, D and E are limited to a combined total of six years at the Podium Potential athlete performance award levels	Win a European medal, or achieve a top 15 ranking at the World Championships, or lift 95% of the average load achieved by 6th to 8th place at the last three World Championships.
C1	De-Centralised	£9750 per annum (£812.50 per month)			Lift 90% of the average load achieved by 6th to 8th place at the last three World Championships.
D	Centralised	£15,000 per annum (£1250 per month)			Lift 86% of the average load achieved by 6th to 8th place at the last three World Championships The athlete has competed at least eight times, demonstrated a minimum of 5% progress in their competition total over the past two years, has a consistent record of attending athlete development pathway training camps, and has engaged with the performance team to complete annual and pre-performance planning.
D1	De-Centralised	£7500 per annum (£625 per month)			
E	De-Centralised	£6,000 per annum (£500 per month)			

For clarity, a centralised athlete is defined as one who has committed to being physically present at the National Performance Centre in Nottingham for a minimum of three days per week, for at least 40 weeks per year.

Mandatory WCP camps and international training camps organised by the BWL WCP contribute towards the required 40 weeks of engagement.

12.1 Podium APAs (Levels A & B) – APAs at this level are designed to contribute to an athlete's living and sporting costs, whose profile indicates a strong prospect of achieving/contributing to medal-winning performances at the Olympic or Paralympic Games within the cycle and who are already achieving/contributing to international results within the medal zone.

An A level award for an Olympic medal is a 4-year award in principle, subject to adherence to an IAP and annual performance delivery. Whilst a World medal is a 2-year award in principle, subject to adherence to an IAP and annual performance delivery.

A and B Level APAs are awarded for two years in principle (irrespective of Olympic or World medals), subject to adherence to an IAP and annual performance delivery.

12.3 Purpose of LA Games Potential APAs (Level B*) – APAs at this level are designed to contribute to an athlete's living and sporting costs. This is an opportunity for athletes who have been in receipt of a Podium level award, and who did not meet the competition outcome standards, to retain an A or B award, yet remain a strong medal prospect for LA 2028.

This award is typically only a 12-month award, but can be extended in exceptional circumstances through a panel case hearing.

12.4 Purpose of Podium Potential APAs (Levels C, D & E) – APAs at this level are designed to contribute to sporting costs for athletes who have been identified and confirmed as having the potential to bridge the gap to Olympic and medal success at the Brisbane 2032 Games and have made the commitment to pursue this goal.

Levels C1 and D1 carry the same performance criteria but are for athletes not centralised to Nottingham, although they have some associated WCP commitments that are required to be fulfilled for continued nomination (see 11.6).

These awards are all annual nominations based on achieving relevant criteria.

12.5 Decentralised Funded Athlete Commitments – Athletes awarded an APA at C1 or D1 levels who remain decentralised from regular programme activity must, as a minimum, commit to adhering to the following:

- 12.5.1 Report all injuries within 24 hours to the central medical lead and, where necessary, attend a review at the NPC (Nottingham).
- 12.5.2 Follow centralised rehabilitation programming and guidance, even when in a remote setting.
- 12.5.3 Attend agreed training camps to enable effective planning, goal-setting, and performance monitoring.
- 12.5.4 Sign a WCP athlete agreement.

APAs in the year of an Olympic Games. Where a senior World Championship takes place in a Games year, either before or after an Olympic or Paralympic Games, should the NGB wish to consider the inclusion of standards relating to these events as part of their selection criteria, this will be regarded as an exceptional case by UK Sport and will require discussion and confirmation prior to the finalisation of the Games year selection policy.

12.6 APA Means Testing – Means testing is applied to all APA awards to ensure UK Sport only targets resources where there is evidence of financial need. The principle of financial need underpins all public investment.

- 12.6.1 Means testing will apply to athletes whose total income (including APA) exceeds £65,000 per annum. Where this is the case, awards will be reduced pound for pound above this threshold.

- 12.6.2 Exceptional cases will be considered for applying a higher threshold where there is substantial evidence that the essential costs of pursuing Olympic or Paralympic medal success in the sport exceed £65,000 per annum.
- 12.6.3 Where the athlete declares that their income has been over £35,000 per annum (excluding APA), the athlete will be required to provide further evidence of this income.
- 12.6.4 Examples include: a) Income over the past 12 months (as an individual). b) Income per last self-assessment tax return (through self-employment). c) Net profit stated in the last set of company accounts (through running a limited company).
- 12.6.5 In assessing income, some discretion will be applied to the treatment of gifts and goods in kind, dividends in excess of profit, and some loans (e.g., student finance), to ensure the assessment of income provides a true reflection of the resources available to the athlete.
- 12.6.6 Where an athlete joining the programme experiences a significant reduction in their income as a result (for example, leaving full-time employment), UK Sport may, entirely at its discretion, allow the athlete to access an APA in their first year. UK Sport may seek repayment of this APA if, at the next financial assessment of the athlete's income (typically after a 12-month period), there is no evidence of a reduction as declared by the athlete.
- 12.6.7 Where an athlete that has previously (i) not received an APA or (ii) received a reduced APA due to the means testing process, and is experiencing a significant reduction in their income during the APA award period, then the athlete will be eligible to reapply, providing evidence of a reduction in income and any other relevant documentation.
- 12.6.8 It is the athlete's responsibility to ensure that UK Sport is provided with accurate information on income. A series of validation checks are undertaken each year, and should it be found that inaccurate information has been provided, this may lead to the APA being withdrawn.
- 12.6.9 UK Sport reserves the right to conduct random checks and ask for further documentation from athletes above and beyond the standard annual audit carried out by external parties, to validate an athlete's income declaration.
- 12.6.10 Athletes and NGBs should be aware that knowingly making false statements and/or failing to make a full and fair disclosure of information relevant to the financial needs assessment is both a breach of the UK Sport Eligibility Policy and may constitute fraud. UK Sport takes the offence of fraud (including theft, corruption, and bribery) seriously, and where any instance of fraud or an attempt to defraud occurs, UK Sport will take appropriate action, including reporting to the police.

12.7 AMS Cover – The Athlete Medical Scheme (AMS) is private medical insurance cover for athletes whilst training and competing in their sport. It is provided as an additional benefit from UK Sport (UKS) to all APA-nominated athletes, and works alongside the support services they receive from the World Class Programme.

12.8 Injury and Illness. In the event of injury/illness (both physical and mental), and in cases where an athlete is considered likely to recover to full fitness for training and competition, the athlete should continue to receive their full APA for up to three months from the point the injury/illness occurred or was identified.

The principle of financial need underpins all public investment.

- 12.8.1 If, after three months, the athlete remains unavailable for full selection or training, an expert review should be undertaken to confirm the likelihood that the athlete remains able to pursue success in the Olympic/Paralympic Games, to agree a programme of rehabilitation, and to plot a timetable for return to full training and competition.
- 12.8.2 Each case will be considered on its own merits, and further expert advice may be sought where the long-term impact of the injury/illness is unclear (such as referral to the mental health panel). The athlete's progress against the timetable will need to be reported to UK Sport every three months thereafter, until the athlete has either fully resumed training and competition or left the programme.
- 12.8.3 Subject to satisfactory evidence of the likelihood of return, the APA should continue to be paid at the existing award level for up to a year, but will only be extended beyond this in exceptional circumstances.
- 12.8.4 Where there is medical evidence that the injury/illness will affect the long-term potential of the athlete, or where the athlete has shown neither progress nor commitment to the agreed

rehabilitation programme, the athlete can be removed from APA support, provided an appropriate period of notice is given.

12.9 Pregnancy – Being pregnant and an elite athlete should not be mutually exclusive. To ensure support is provided for athletes who wish to have a child whilst they are in membership of a high-performance programme and in receipt of an APA, the following policy will apply:

Athletes in receipt of APA funding will remain eligible to access their full APA (subject to means testing) for the duration of the pregnancy, at the APA level they were on at the time of becoming pregnant, and for up to nine months post-childbirth.

Continued access to the APA post-childbirth will be dependent on:

- 12.9.1 The athlete's intention to return to the sport and the programme being discussed and confirmed no later than six months post-childbirth.
- 12.9.2 At the point where the intention of the athlete is clear, forming a mutually agreed plan/timetable for return to training and competition – this plan should acknowledge the athlete's experience of pregnancy, the impact on them physically and mentally, and the nature of the event they are returning to.
- 12.9.3 Monitoring, reviewing, and confirming that the athlete has made the necessary commitment to this plan and is on track to return.
- 12.9.4 If the level of commitment and/or progress against this plan are not demonstrated, the athlete would be given notice and offered a period of transition before the APA funding stops (see Transition of APA completion).
- 12.9.5 At nine months post-childbirth, the potential of the athlete should be assessed and confirmed to UK Sport in order to continue to access the APA. It is important to note that this assessment should indicate the athlete's future medal potential and not necessarily performance outcomes.
- 12.9.6 An athlete who announces retirement from their sport during pregnancy or in the initial six months post-childbirth will not be given a further period of notice before the APA terminates.
- 12.9.7 In the event of complications either during the pregnancy or post-childbirth, this policy will be flexed as is reasonable to accommodate these circumstances on a case-by-case basis.
- 12.9.8 UK Sport has commissioned further research into athletes' experiences of pregnancy, with the aim of providing further guidance about how athletes should be supported through pregnancy and post-childbirth.
- 12.9.9 UK Sport reserves the right to adjust this pregnancy policy where the findings of this research suggest the policy should change.

12.10 Athlete Programme Breaks – An athlete may request 'time away' from their sport.

Typically, athlete programme breaks will be undertaken in the first two years of a cycle (typically four years).

In the event of an athlete taking a programme break, the APA can continue to be received for a maximum of 12 months.

For breaks of up to 6 months, the athlete will receive their full APA (subject to means testing) from the point the break is agreed with the Head of Performance. For requests of between 7 and 12 months, the athlete will receive 50% of their APA.

Each case will be considered on its own merits, reflecting on, but not limited to, the following criteria:

- 12.10.1 The athlete's performance trajectory and selection expectations, considering any impact on World rankings, qualification (should the request be made within the cycle), and any other considerations that might materially impact on the athlete's ability to meet agreed Games targets. Athletes should acknowledge the impact this may have on the APA nominated for at the formal athlete review.
- 12.10.2 A strong performance rationale for the break.

- 12.10.3 An agreed fitness programme being in place, ensuring an appropriate level of fitness is retained to enable a smooth transition back into the programme at a mutually agreed time.
- 12.10.4 Touch points with the programme being agreed.
- 12.10.5 Upon agreement of a programme break, the athlete will need to be renominated for an APA on the Athlete Nomination Portal, for up to a maximum of 6 months. At 6 months, an athlete review will be conducted, and a renomination is required.
- 12.10.6 For programme breaks of less than 3 months, nominations are not required.
- 12.10.7 Continued access to the APA post-programme break will be dependent on
- 12.10.8 The athlete's intention to return to the sport and the programme being discussed and confirmed no later than one month before the programme break end date.
- 12.10.9 At the point where the intention of the athlete is clear, forming a mutually agreed plan/timetable for return to training and competition.

12.11 Athletes Joining the Programme – All athletes should participate in a comprehensive induction process when joining the high-performance programme and when changing between levels of the Performance Pathway. Where athletes are new members of the programme and are receiving an APA for the first time, the sport should ensure the athlete(s) are provided with sufficient support and opportunity to effectively transition into the programme.

12.12 Transition Between Sports – Where an athlete is attempting to transfer between two sports, and is currently in receipt of an A, B, C, or Games Potential APA, the athlete can be nominated for a transitional APA for up to two years before being expected to meet the APA selection standards in the new sport.

12.13 APA continuation – The APA can be extended beyond 12 months where circumstances prevent an athlete from achieving a result or performance. This could include:

- 12.13.1 Injury, illness, or pregnancy
- 12.13.2 External factors such as cancelled competition opportunities
- 12.13.3 The sport's schedule for athlete selection not aligning to this timescale.

12.14 Transition Between Countries – Athletes who wish to transfer from another country to compete for Team GB, ParalympicsGB, and the NGB at international competitions are not eligible to receive Public Funding and/or Publicly Funded Benefits until the athlete (in addition to obtaining a British Passport or British Nationality) has received written confirmation from the BOA and the NGB of their eligibility to compete at international competitions.

Where a GB athlete wishes to transfer to and compete for another country, and/or if they have already qualified for the other country and obtained results (which means they are no longer eligible to compete for or represent GB at international competitions), then the athlete will not be entitled to receive any Public Funding and/or Publicly Funded Benefits, as outlined in paragraph 3 of the Eligibility Policy.

12.15 Athletes Leaving the Programme – NGBs must state from the outset—with UK Sport and when athletes join the high-performance programme—the policies and processes that they will follow and the support available for the health and welfare of athletes leaving the programme.

A notice period of one month must be provided to all athletes who are no longer nominated for an APA, or who will receive a reduction in APA funding due to the grade at which they have been nominated. This period of notice should be within an athlete's current award term. For example, an athlete in receipt of an APA from 1 April 2024 to 31 March 2025 should be informed that they are no longer nominated for an APA through their athlete review by 28 February 2025. This is to allow for this notice period and paperwork to be processed. UK Sport accepts that this clause may not be factored into sport athlete selection policies at the time of publication, and timelines may have already been agreed for the 2025/2026 competitive season.

Consequently, it is expected that this is included in athlete selection policies for the following season.

Athletes who are no longer nominated for an APA must receive formal and written confirmation of their one month's notice, and the period of any additional transitional funding received, as per the framework. The start

date (first day of the month) and end date (last day of the month) should be clearly stated. It is recommended that the Performance Lifestyle Practitioner is copied into this confirmation.

1 This policy point relates to providing confirmation that the athlete will no longer be nominated for an APA or be nominated at a lower APA level. It is expected that the athlete will have been given advance notice of this potential outcome as part of regular athlete review processes.

Transitional funding will be offered at the current APA grade for a period dependent on the total continuous period of programme membership. This additional transitional funding will be provided as follows:

1 year = 1 month, 2 years = 2 months, 3 years + = 3 months

Where appropriate, programmes will be expected to provide continued access to essential services and support during the transitional period, and specifically to medical services where this is necessary to support the treatment of a pre-existing medical condition.

Whilst sports are asked to accommodate as much of the transitional award period as possible within the current award term, new athletes can be nominated before the transitional award period ends. Any new athletes brought onto the programme during this period will not count towards the sport's utilisation figures.

Once an athlete leaves the programme, they will no longer receive access to medical cover through AMS. However, AMS cover will continue for up to a maximum of three months after the month their funding ceases, for an existing medical claim and treatment to finish. No new claims can be opened within this three-month extension period. If an athlete's pre-authorised treatment is postponed and the rearranged date is outside this 3-month window, the athlete must contact the AMS Manager at ams@teamgb.com as soon as possible to ensure the rearranged treatment will be covered.

Where an athlete is leaving the programme for disciplinary reasons, or due to a lack of engagement in the programme, the NGB and UK Sport, in consultation, have the discretion to revoke any transitional funding.

Any athlete returning to the programme having previously received transitional funding will begin a new period of programme membership, as per the framework above.

12.16 Suspension. The Head of Performance may recommend to UK Sport that an athlete is suspended from the BWL World Class Programme as a result of non-compliance with APA eligibility criteria, or in response to a formal disciplinary process at any time during the investment period. This would be reviewed under the UK Sport Eligibility Policy to ascertain if a funding suspension is also imposed.

Further information regarding the circumstances around suspension from the WCP is documented within BWL's Codes of Conduct, Disciplinary Policies, and the Athlete Performance Award Agreement.

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 tara.drake@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 World Class Programme, 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 MQS (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 qualification standards (3.0) for the programme but will not limit their ability to deliver a performance in excess of the MQS (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 tara.drake@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 World Class 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 (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.