



ENGLAND
WEIGHT
LIFTING



Event: British Championships - England
(Glasgow 2026 Qualification event)

Date: 16-17th May 2026

Location: Telford International Centre (England)

Timeline and critical dates (Subject to change by BWL/IWF/EWF)

1. **Qualification opens** – The qualification window will open on 22/03/2025
2. **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, 15/12/2025.
3. **ADAMS Whereabouts submission deadline** – 15/12/2025 for submission of complete whereabouts for Q1 & Q2 2025 and the WADA ADEL International-Level Athletes education programme [here](#) required by the IWF
4. **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](#) no later than 23:59, 6/03/2026.
5. **Athletes must have lifted in, or been selected for, at least one (1) of the following events**
 - EWF – 2026 European Senior Championships
 - IWF – 2025 World Senior Championships
 - EWF – 2025 European Junior Championships
 - EWF – European Youth Championships
6. **Submission of preliminary entries** – 2 months before the event (16 March 2026)
7. **Selection meeting (Phase 1)** – will take place during the week commencing 06/04/2026 The selection committee will convene to select 10 Male and 10 Female athletes to submit for the final entries
8. **Submission of final entries** – 1 month before the event (16 April 2026)
9. **Qualification ends** – The qualification window will close on 26/04/2026
10. **Selection meeting (Phase 2)** – will take place during the week commencing 27/04/2026 The selection committee will convene to finalise the select of athletes from the final entries
11. **Selection panel decisions** – All long-list Athletes will be informed of selection decisions no later than 17:00 on Friday 01/05/2026. Selection decisions will be communicated to athletes by email.
12. **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.
13. **Appeals panel meeting** - All appeals will be heard within 72 hours of the appeals deadline
14. **Appeals decision** - All Athletes effected by the decision of an appeal will be informed within 24 hours of the conclusion of the appeals meeting .
15. **Final Verification of entries** – 2 weeks prior to the start of competition (5th May 2026)

1. Overview

This selection policy has been created to BWL will select a Team that possesses the greatest potential for achieving Medals and contributing to the overall Team performance at the Glasgow 2026 Commonwealth Games. This policy permits the selection of Weightlifters who have demonstrated a commitment to the sport of Weightlifting and possess the potential to win Medals at the following Events (in order of priority):

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

British Weight Lifting ("BWL") and its funding stakeholders closely monitor the international competition calendar, available [here](#), and all travel advice provided by the British Home Office for competition destinations to determine the safety and appropriateness of attending international events.

Selection of lifters representing England at this event will be made according to the criteria outlined in this document.

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 well-being of athletes and staff.

Long-list athletes will be notified of any such changes to this policy via email, and updates to this policy will be published on the BWL website [here](#)

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

- Review and verify the 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

2. Minimum Eligibility Criteria

To be considered for selection for this event, 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 case of multiple citizenship, the athlete must have complied with IWF regulations as referenced in section 4 (a) of the IWF bylaws [here](#)

2.2 Must send a clear photo copy of their passport and a copy of their WADA ADEL(ILA) certificate via email to tara.drake@britishweightlifting.org no later than 23:59, 15/12/2025.

2.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 6/03/2026.

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 attend an Induction workshop and Annual planning meeting no later than 15/12/2025.

- 2.8 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.
- 2.9 Must have an ADAMS Whereabouts profile and have submitted complete whereabouts information for the full period of Quarter 1 & Quarter 2 for 2025 no later than 23:59, 15/12/2025.

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.

In accordance with IWF regulations Athletes must have be no younger than 15 years of age at the time of competing to be eligible to compete at the EWF European Championships.

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to Beverley.Kettley@britishweightlifting.org no later than 15/12/2025.

3. Minimum Qualification criteria

3.1 Minimum Qualification Standards

- 3.1.1 The athlete must have competed in at least one (1) Glasgow 2026 qualification event prior to the British Championships to remain eligible for the Glasgow 2026 Commonwealth Games, in accordance with the IWF Commonwealth Games Qualification System.
- 3.1.2 The athlete must be ranked in the top two (2) in England for their weight category during the qualification period. They must also have achieved a total of at least ninety-five per cent (95%) of the top-ranked English athlete's best total in their desired weight category during the same period: 22 April 2025 – 26 April 2026.
- 3.1.3 At least one (1) of the top two ranked athletes in the athlete's chosen weight category must have competed in no more than one (1) Glasgow 2026 qualification competition during the qualification period.
- 3.1.4 Athletes must be fifteen (15) years of age or older to compete at a senior international event in accordance with IWF rules.

4. Extenuating Circumstances

Extenuating circumstance applications will be considered at the beginning of the selection meeting, The selection panel will review Extenuating Circumstances (4.1, 4.2) prior to the Selection Process section (5.0)

4.1 Bodyweight Discretion - Athletes may request "bodyweight discretion" for cutting weight during the qualification period if doing so poses a significant risk to their health & wellbeing or performance at this competition. Please see "Appendix A" for further details on how to request bodyweight discretion. All requests will be shared with the selection panel (but will not be reviewed until during the selection meeting). Final approval is at the absolute discretion of the selection panel.

4.2 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.

4.3 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 event, provided that such inability does not reasonably appear to limit the athlete's ability to achieve a performance at least equal to the Minimum Qualification Standard (MQS) (3.0) in their respective bodyweight category at this event.

It is highly probable that athletes whose requests for extenuating circumstances are approved and who are subsequently selected for this event 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 at this event.

5. Selection Process

BWL will select a Team that possesses the greatest potential for achieving Medals and contributing to the overall Team performance at this Event. This policy permits the selection of Weightlifters who have demonstrated a commitment to the sport of Weightlifting and possess the potential to win Medals at the following Events (in order of priority):

- 2026 Commonwealth Games
- 2028 Olympic Games
- 2030 Commonwealth Games

Selection Phase 1 - The selection panel will convene during the week beginning 06/04/2026 to consider requests for extenuating circumstances (section 4) and shortlist athletes down to eight (8) men (plus two reserves) and eight (8) women (plus two reserves) who best fit the minimum eligibility criteria (Section 3) and the selection criteria outlined in this policy, ensuring compliance with IWF mandatory entry requirements. Athletes not selected at this stage may appeal in accordance with the guidance provided in Section 8 of this policy.

Selection Phase 2 - The selection panel will convene again during the week beginning 27/04/2026 to finalise the selection of athletes from "Selection Phase 1" for the British Championships following the conclusion of the qualification period, in accordance with the Selection criteria outlined in this policy.

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 event*

(B) *BWL Ranking list of all lifters who meet the minimum eligibility criteria (2.0)*

(C) *IWF Commonwealth Ranking lists, found [here](#)*

(D) *Predicted medal zones for Glasgow 2026 Commonwealth Games*

(E) *Performance Trajectory & Competition History of BWL Sport 80, IWF, EWF and CWF events*

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 deliver no less than equal to their best performance at this competition and future events (1.0)

5.1 Team size restrictions

5.1.1 *The IWF maximum team size for this event is Eight (8) male and Eight (8) female athletes.*

5.1.2 *The IWF maximum number of lifters selected in each weight category will not exceed two (2)*

5.1.3 *BWL can fund up to 16 athlete entries for this event.*

5.2 Athlete Ranking - BWL, IWF, and EWF competition data will be used exclusively to generate a combined ranking list. This will include all men and women who have competed in, or been selected for, at least one (1) Glasgow 2026 qualification event prior to the 2026 British Championships. The following formula will be used to generate each athlete's percentage ranking:

Best total during Qualification period

Commonwealth Games Ranking Standard (Kg)

Key Selection Events - In the event that two (2) athletes have lifted the same total during the qualification period, results from the following events (falling within the qualification period) will be prioritised over those recorded at other competitions, in this order:

- (A) EWF – 2026 European Senior Championships or IWF – 2025 World Senior Championships
- (B) Other Glasgow 2026 Qualification events during the qualification period found [here](#)
- (C) Other BWL Sport 80 events during the qualification period

If an athlete wants to include competition results in the BWL Sport 80 system that are not from BWL, IWF, or EWF competitions, they are advised to follow the guidance [here](#). 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.

5.2.1 Women's Ranking Standard

W48	W53	W58	W63	W69	W77	W86	W86+
162	186	198	206	211	212	224	239

5.2.2 Men's Ranking Standard

M60	M65	M71	M79	M88	M94	M110	M110+
267	283	295	314	335	348	351	391

5.3 Team Selection Criteria

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 If the number of athletes who have met the minimum qualification standards (3.1) does not match the team size restrictions (5.1.1 to 5.1.3) 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 2026 Commonwealth Games, the Olympic Games 2028, the 2030 Commonwealth Games.
- 5.3.2 Does each athlete's current performance suggest the potential for winning a medal at Glasgow 2026 in the combined total in their respective category?
- 5.3.3 Does each athlete's current performance suggest the potential for finishing top 6 at Glasgow 2026 in the combined total their respective category?
- 5.3.4 Does each athlete's progress rate suggest the potential for winning medals at future senior international events?
- 5.3.5 Does each athlete's progress rate suggest the potential for winning medals at future age-group international events?

6. Conditions and Obligations of Selection

Athletes representing England 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 the event).

If BWL wishes to request an assessment before-departure for competition, 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 after-departure for competition, 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 after departure for this event or any associated training camps BWL will initiate their repatriation as expeditiously as is reasonably safe and practicable.

6.1 Mandatory Conditions of Selection

From the point of selection all athletes must:

- 6.1.1 Continue to meet all of the Minimum Eligibility Criteria (2.0).
- 6.1.2 Keep selection confidential until an official team announcement has taken place by BWL.
- 6.1.3 Adhere to travel itineraries organised by BWL, unless otherwise agreed.
- 6.1.4 Wear Team kit during training and competition as requested and provided by BWL.
- 6.1.5 Attend a performance planning meeting and agree clear performance targets for this competition within 4 weeks notification of their selection. Where an athlete fails to attend or refuses to do so the performance team, at their discretion, reserves the right to set performance objectives for the athlete.
- 6.1.6 Inform the England Team Manager immediately should preparation for this event become interrupted in any way

6.2 Additional Conditions of Selection

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

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

6.3 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 compete at this event then BWL will be entitled to request an assessment of the Athlete's Health, Form or Fitness.

6.4 Causes or Concerns for Poor Preparation, 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.

6.5 Funding & Sponsorship Conditions

This event is funded by Sport England. The cost of entry and anti-doping fees for English athletes will be covered by BWL. Consequently, BWL asks all athletes to tag and thank Sport England for their support in funding their participation in any social media posts throughout the competition period.

BWL recognise that athletes may have personal sponsors who support them in the lead-up to this competition. 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.

6.6 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:

6.1.1 *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*

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 respective "Age-group" 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. Selection Panel

7.1 The selection panel will normally comprise:

- Independent Chair of the Performance Advisory Group (Chair)
- A member of the BWL Performance Committee
- A member of the BWL Performance Committee
- An England Team Manager or Coach

Other members of the BWL performance team or Team England 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.

7.2 A written summary of the notes from this meeting will be recorded

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

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.

8. Appeals

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

8.1 Athletes have the right to appeal 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).

8.2 Athletes have the right to appeal 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.

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

8.4 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.

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 Beverley.Kettley@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 Podium & Academy 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) + an "add on" 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	M94	M110	M110+
Bodyweight Allowance	62.3kg	67.5kg	73.6kg	81.9kg	91.1kg	97.32kg	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 event but will not limit their ability to deliver a performance in excess of the MQS (3.0) at this event.

- 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 Beverley.Kettley@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 competing at the target event 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?
- Is the athlete a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event 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 C - Definition of Key Terms

British Weight Lifting (BWL) – the National Governing Body for Weightlifting 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.

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 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

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.

APPENDIX D – Policy Changes
