



ENGLAND  
WEIGHT  
LIFTING



**Event:** IWF World Championships

**Date:** 2<sup>nd</sup> – 11<sup>th</sup> October 2025

**Location:** Forde (Norway)

### **Timeline and critical dates (Subject to change by BWL/IWF/EFW)**

1. **Qualification opens** – The qualification window will open on 22/03/2025
2. **Inform BWL of Intention to attempt to gain selection for Glasgow 2026 Commonwealth Games Qualification events** – Athletes seeking nomination must confirm their intention and agreement to this Policy by submitting the online form [here](#) no later than 13:00, 01/06/2025.
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](mailto:tara.drake@britishweightlifting.org) no later than 23:59, 01/06/2025.
4. **ADAMS Whereabouts submission deadline** – 01/6/2025 for submission of complete whereabouts for 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 Championship
  - EWF - European Senior, Junior & Under 23 and / or Youth Championships
  - A British Senior and / or Home Nation Senior Championships
  - A British Age-group and / or Home Nation Age-Group Championships
6. **England Testing Day (HPZ, University of Nottingham) 21/06/2025** – an opportunity for athletes to lift at catch weight and be considered for preliminary entries for this event.
7. **Qualification ends** – The qualification window will close on 22/06/2025
8. **Selection meeting** – will take place during the week commencing 23/06/2025 The selection committee will convene to select athletes.
9. **Selection panel decisions** – All long-list Athletes will be informed of selection decisions no later than 17:00 on Friday 27/06/2025. Selection decisions will be communicated to athletes by email.
10. **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.
11. **Appeals panel meeting** - All appeals will be heard within 72 hours of the appeals deadline
12. **Appeals decision** - All Athletes effected by the decision of an appeal will be informed within 24 hours of the conclusion of the appeals meeting .
13. **Initial submission of entries** – 3 months before the event (tbc by IWF)
14. **British Championships** – Athletes who have not competed in the bodyweight category in which they have formally indicated an interest for the IWF World Championships 2025 will be expected to compete and lift at least equal to the MQS in that bodyweight category.
15. **Final submission of entries** – 1 month before the event (tbc by IWF)
16. **Final deadline for deselection appeals** – 5 days prior to final verification meeting date
17. **Final Verification of entries** – 2 weeks prior to the start of competition (tbc by IWF)

## 1. Overview

This selection policy has been created by BWL to select a Team that possesses the greatest potential for achieving Medals and contributing to the overall Team performance at the IWF World Championships 2025. 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
- Future World Championships
- Future European 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 **Eligible to represent England** and a citizen of the United Kingdom and hold a valid British passport prior to preliminary entry deadline for this event.

(a) In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months and have been approved by the IWF according to their regulations.

2.2 Must send a clear photo copy of their passport and a copy of their WADA ADEL(ILA) certificate via email to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 23:59, 15/06/2025.

2.3 Must have submitted a Declaration of interest [here](#) no later than 23:59, 01/06/2025

2.4 Must be a current member of British Weight Lifting (BWL)

2.5 Must not be currently under:

(a) disqualification, expulsion or suspension by all or any of: BWL; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion or suspension under the World Anti-Doping Code.

2.6 Must remain compliant with the BWL and IWF Anti-Doping Controls and complete all relevant UKAD Education & Training required by British Weightlifting and the IWF

2.7 Must attend an Induction workshop and Annual planning meeting no later than 15/06/2025.

- 2.8 Must sign an 'Athlete Agreement' and display behaviours in-line with both the 'BWL codes of conduct' and 'England' Athlete charter 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 3 & Quarter 4 for 2025 no later than 23:59, 15/06/2025.

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 IWF World Championships.*

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to [tara.drake@britishweightlifting.org](mailto:tara.drake@britishweightlifting.org) no later than 15/06/2025.

### 3. Minimum Qualification criteria

**3.1 Minimum Qualification Standards** - The athlete must have achieved the minimum qualification standard (MQS) for their corresponding age and bodyweight category in an IWF, EWF, or BWL competition during the qualification period: 22 March 2025 – 22 June 2025. Minimum qualification standards for this event can be found below

#### 3.1.1 Women's Minimum Qualification Standard

W48	W53	W58	W63	W69	W77	W86	W86+
150	165	179	185	192	201	209	215

#### 3.1.2 Men's Minimum Qualification Standard

M60	M65	M71	M79	M88	M94	M110	M110+
238	257	278	290	312	314	317	341

*Athletes must be 15 years of age or older to compete at a senior international event.*

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

- (A) IWF - World 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
- (D) A British Age-group and / or Home Nation Age-Group Championships

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

**3.3 England Testing Day** – As a consequence of the delayed announcement of the Commonwealth Games qualification system by the Commonwealth Weightlifting Federation (CWF) BWL has limited time to submit preliminary entries for an England team for this qualification event and recognises that athletes have a limited time to prepare and compete in the new weight categories to qualify for this event.

- 3.3.1 The preliminary entry deadline and ADAMS deadline for the IWF World Championships requires BWL to nominate an England team for the World Championships no later than 01 July 2025 (before the conclusion of the 2025 British Championships).
- 3.3.2 BWL can nominate a maximum of 20 Men and 20 Women at the preliminary entry stage.

To address the aforementioned constraints, British Weight Lifting (BWL) will organise a Testing Day on 21 June 2025 at the University of Nottingham High Performance Zone (HPZ). In order to attend the Testing Day and register a total under competition conditions. Athletes must meet the following criteria:

- a) Athlete meets all minimum eligibility criteria (2.0) for this event by 1 June 2025
- b) Athlete must have lifted within 20kg of the MQS for this event (3.1) since 1 January 2025 in a IWF / EWF or BWL recognised event since 1 January 2025
- c) Athletes must have lifted within the catchweight for the weight category in which they have formally indicated an interest for the IWF World Championships 2025, as stated in Appendix A, in an IWF, EWF, or BWL recognised event since 1 January 2025.
- d) Athlete must submit an application to attend the England Testing day [here](#)

Notwithstanding the provisions of clause 3.3, the following context is provided for the avoidance of any ambiguity:

- 3.3.3 In the event that another athlete has achieved the Minimum Qualification Standard (MQS) at a British Weight Lifting (BWL), International Weightlifting Federation (IWF), European Weightlifting Federation (EWF), or other officially recognised competition (namely, a competition duly recorded on the BWL Sport80 system) during the designated official qualification period, the combined total lifted by that athlete in said competition shall take precedence, for the purpose of nomination to the preliminary entry list, over any combined total lifted by an athlete within the same weight category at the England Testing Day.
- 3.3.4 For the avoidance of doubt, the combined totals lifted by athletes participating in the England Testing Day shall not confer automatic selection to the England team for this Commonwealth Games Qualification event.
- 3.3.5 Athletes electing to participate in the England Testing Day shall be required to compete at the 2025 British Championships in the weight category in which they have formally indicated an interest for the IWF World Championships 2025 and lift a combined total no less than the Minimum Qualification Standard (MQS) as specified in clause 3.1 for that respective category. Failure to satisfy this mandatory requirement shall result in the athlete forfeiting their eligibility for selection to the International Weightlifting Federation (IWF) World Championships.
- 3.3.6 For the avoidance of any ambiguity, it is hereby expressly stated that combined totals recorded at the England Testing Day shall not be recognised as official competition results.

## 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

The selection panel will convene during the week beginning 23/06/2025

**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) *Results from the **Commonwealth Championships 2024***
- (D) *Predicted medal zones for this event*
- (E) *UKS Performance Trajectory & Competition History of BWL Sport 80, IWF and EWF events*
- (F) *Results from the England Testing day 21 June 2026*

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 *The IWF allow a maximum of Two (2) male and Two (2) female reserves to be nominated.*

**5.2 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 use to generate each athletes percentage ranking:

$$\frac{\text{Best total during Qualification period}}{\text{Commonwealth Ranking Standard (Kg)}}$$

*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](mailto: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.*

#### 5.2.1 Women's Commonwealth Ranking Standard

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

#### 5.2.2 Men's Commonwealth Ranking Standard

M60	M65	M71	M79	M88	M94	M110	M110+
267	283	295	314	335	343	351	391

### 5.3 Final Team Selection

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

- 5.3.1 If the number of athletes who have met the minimum standard (3.1) does not match the team size restrictions (5.1.1 to 5.1.4) 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, and the Olympic Games 2028.
- 5.3.2 Does each athlete's current performance suggest the potential for winning a medal in the combined total in their respective category?
- 5.3.3 Does each athlete's current performance suggest the potential for finishing top 8 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 this competition next year?
- 5.3.6 If the number of athletes selected by the selection panel exceeds the number BWL has budget to fund for this event the Selection Panel, at its discretion, reserves the right to:
  - (a) Explore whether BWL can find additional budget to fund additional athletes for this event.
  - (b) Explore part or self-funded options for athletes

## 6. Conditions and Obligations of Selection

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 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 Stay in official IWF / EWF accommodation for no less than four (4) nights around competition.
- 6.1.5 Wear Team kit during training and competition as requested and provided by BWL.
- 6.1.6 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.
- 6.1.7 Inform the BWL Head of Performance 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 [here](#)

## **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 BWL, UK Sport, and/or Home Nation funding bodies. The cost of sending one athlete to an international competition ranges from £1,500-4,500 depending on location and length of stay (excluding additional staff costs). BWL asks all athletes to tag and thank UK Sport, The National Lottery, and their respective Home Nation funding body (if applicable) for their support in funding their participation in any social media posts during 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](mailto: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:**

- 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.

### **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 [tara.drake@britishweightlifting.org](mailto: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 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 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**

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**Criteria for consideration** - Athletes experiencing challenges related to any of the following criteria may apply for Extenuating Circumstances that have affected their ability to meet minimum eligibility criteria (2.0) or minimum 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 [tara.drake@britishweightlifting.org](mailto: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 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

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**British Olympic Association (BOA)** – the organisation which governs and approves the selection of “Team GB” athletes and Officials for the Olympic Games.

**British Weight Lifting (BWL)** – the National Governing Body for Weightlifting and Weight Training in the UK

**Commonwealth Games England (CGE)** – the organisation which governs and approves the selection of “Team England” athletes and Officials for the Commonwealth Games.

**Commonwealth Games Federation (CGF)** – the organisation which governs the Commonwealth Games

**Commonwealth Weightlifting Federation (CWF)** – the commonwealth federation which governs the sport of Weightlifting across the Commonwealth, overseeing the Commonwealth Championships and the Weightlifting event at the Commonwealth Games.

**Dispute** – any claim, action, suit, arbitration, proceeding, investigation, complaint or prosecution to which the Athlete is a party or materially involved details of which it appears necessary (in BWL’s sole discretion) to make available to the Selection Panel.

For example only (and without limitation to BWL’s discretion) if an athlete is under investigation for and/or charged with conduct which:

- A) (if convicted) amounts to criminality for which a custodial sentence may be given and/or criminality which harms or places in danger other individuals; or
- B) would bring or brings BWL and/or the sport into serious disrepute;

then details of this kind of Dispute may be notified to the Selection Panel if BWL believes it will ensure factors such as (and without limitation) fairness, safety of any other individuals participating in 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.

**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.

## **APPENDIX D – England Testing Day competition conditions**

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Athletes must register intent to attend no later than 13:00 on Wednesday 11<sup>th</sup> June 2025

Athletes will be sent a testing time slot no later than 17:00 on Friday 13<sup>th</sup> June 2025

### **Competition Conditions:**

#### **1.0 Weigh-in**

- 1) Each athlete must weigh in wearing a competition singlet, in accordance with BWL Technical and Competition Rules (TCCR) regulations regarding attire.
- 2) Each athlete must declare their opening attempts at weigh-in. The combined total of the opening attempts must be within 20kg of the minimum qualification standards for the World Championships (as outlined in section 3.1).

#### **2.0 Warm-up**

- 1) Each athlete will warm up using an Eleiko WL Training Barbell and WL training Discs.
- 2) Each athlete will have approximately 20 minutes to warm up for the Snatch.
- 3) Each athlete will have approximately 20 minutes to warm up for the Clean & Jerk.
- 4) Each athlete will have their own platform for warm-up.

#### **3.0 Lifting Test**

- 1) Athletes will lift on a warm-up platform with dimensions of 3m x 2.5m.
- 2) Athletes may invite one coach to support them.
  - a) This coach must hold a current and valid BWL License.
  - b) This coach will be the only person permitted inside the HPZ, apart from the athlete and designated officials.
- 3) Athletes will have three attempts for the Snatch.
- 4) Athletes will have three attempts for the Clean & Jerk.
- 5) Lifters will have one minute to lift the barbell from the floor to overhead once their name is called.
- 6) Lifters will be paired with another athlete and will alternate attempts.
- 7) Each pair of lifters will have 10 minutes to complete three attempts each, from start to finish.
- 8) Attempts will be recorded directly onto an iPad positioned in front of the lifter.
- 9) A member of the performance team, holding a Technical Official qualification, will give the "down" signal once the lifter is stationary with the barbell overhead.
- 10) A member of the performance team will record the lifters' attempts in a spreadsheet.
  - a) Attempts deemed successful according to the rules will be marked in **Green**.
  - b) Attempts deemed unsuccessful according to the rules will be marked in **Red**.
  - c) If an athlete wishes to dispute a "no lift" decision, the performance team will note the disagreement by marking the lift in **Orange**.
    - i) Video footage of that lift will be shared with the selection committee for review.
- 11) Immediately after completing a lift, the lifter must declare their next attempt to the performance team.

**Disputing the Validity of a lift:** Athletes and coaches are reminded that the performance team member responsible for judging the validity of an attempt is human. Therefore, it is expected that any interaction regarding a decision is conducted respectfully and without interrupting the testing process.

Should any individual disrupt the testing procedures in any way to dispute a decision, this will be noted by the performance team and communicated to the selection committee for this event, and it may impact their nomination decision. The purpose of the opportunity to state disagreement (10.c) is to allow the selection committee to review video footage of the lift and provide a second opinion to determine the validity of the lift. Athletes who disagree with the subsequent decision of the selection panel are encouraged to appeal via the standard BWL appeals procedure.

## APPENDIX E – Policy Changes

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### Version 2 – updated 10 May 2025

1. Changes to men's minimum qualification totals
  - Errors identified in the MQS for this policy in section 3.0
2. Changes to the men's 98kg weight category
  - a. On 8<sup>th</sup> May 2025 the IWF changed the men's 98kg to the men's 94kg category, therefore this change has been mapped in sections 3.0, 5.0 and Appendix A.
  - b. The men's 94kg ranking standard (5.0) has also been amended accordingly
  - c. The bodyweight allowance in Appendix A as been amended accordingly

### Version 3 – updated 21 June 2025

3. Changes to Team size restrictions following IWF amends to competition regulations
  - a. *The IWF maximum team size for this event is **Eight (8)** male and **Eight (8)** female athletes.*