



Event: European Senior Championships 2021

Date: 03-11 April 2021

Location: Moscow (Russia) – *Tokyo 2020 Gold qualification event*

Covid-19

Due to the on-going challenges caused by Covid-19, the 2021 international weightlifting competition calendar remains very uncertain.

BWL feels strongly that any decision to send teams to international competitions in-light of the challenges around the world must be continually reviewed on a case by case basis. BWL will continue to review guidance shared by the British Government, UK Sport, Public Health organisations across the UK and other key stake holders to inform our understanding of the risks, challenges and restrictions across both the domestic and international landscape.

We appreciate this is a difficult and uncertain time for all of Britain's leading Weightlifters, but we ask you to respect that the health and safety of all athletes, support staff and their families will remain our main priority for any decisions made on the selection of GBR international competition teams while the challenges around Covid-19 continue.

If at any stage BWL feel that the safety of athletes or staff could be at risk or insufficient information is available to inform our planning or decision making, then we reserve the right not to send a team to 'EWF European Senior Championships 2021' with immediate notice.

All athletes who are provisionally selected will be asked to undergo a virtual 1-1 with the BWL talent manager to explore (1) the risks of Covid-19, (2) the risks of preparing for competition in a home training environment in the event of further lockdowns and (3) the opportunity to 'opt in or 'opt out' based on the information they hear during their 1-1. In the case of under 18s a Parent/Guardian must be present.

1. Overview

This selection policy has been created to provide an opportunity for GB lifters to compete at the EWF European Senior Championships providing they demonstrate the potential to contribute towards:

- 2020 Olympic Games selection
- Medals at Birmingham 2022 Commonwealth Games

2. Minimum Eligibility Criteria

To be considered for selection for the European Senior Championships 2021, athletes must satisfy the following criteria:

- 2.1 A citizen of the United Kingdom and hold a valid British passport prior to initial entry deadline
- 2.2 In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months
- 2.3 Athlete must have submitted a declaration of interest to compete via email to stuart.martin@britishweightlifting.org before 17:00, 31/01/2021
- 2.4 A current member of British Weight Lifting (BWL),
- 2.5 Athlete must not be in dispute with BWL, affiliated bodies or stakeholders.

- 2.6 Compliant with the BWL and IWF Anti-Doping Controls and Procedures.
- 2.7 Display behaviours in-line with BWL's vision and values and consistently demonstrate appropriate performance related behaviours at international competitions.
- 2.8 Have lifted the relevant minimum qualification standard (3.1) at an IWF/EWF/BWL competition (Tier 1, Tier 2 or BWL Virtual) during the qualification period between 01/09/2019 – 15/02/2021
- 2.8.1 *Extenuating circumstances for lack of access can be considered at the Discretion of the BWL Performance Pathway manager but must be requested no later than 31/02/2021*
- 2.9 All athletes must submit a 'Virtual Submission' between 08/02/2021 – 14/02/2021 to demonstrate fitness in line with guidance outlined in 'Appendix 2'
- 2.9.1 *Athletes who have not Lifted the Minimum Qualification standard (3.1) prior to 08/02/2021 may attempt to do so by virtual submission.*
- 2.9.2 *Athletes who have already lifted the Minimum Qualification standard (3.1) prior to 08/02/2021 in a relevant competition during the qualification period (2.9) will be expected to demonstrate that they are capable of lifting a minimum of 95% of the MQS (3.2) by virtual submission*
- 2.9.3 *BWL does not expect athletes to 'Cut weight' for virtual submissions, the short time frames between the IWF's announcement of this competition and selection deadlines, risk adding unnecessary pressure on athlete preparation which BWL feel could encourage poor weight making practice, therefore a bodyweight discretion will be given for virtual submissions (3.1)*
- 2.10 Athlete must be listed on the BWL Rankings, formulated from registered BWL competitions and logged on the Sport80 - BARS system
- 2.11 Athletes must have submitted completed ADAMS online before 23:59, 31/01/2021. Whereabouts must cover the full period of 01/02/2021–12/04/2021 to satisfy IWF regulations

Any queries about changes to the 'Minimum Eligibility Criteria' for this competition should be sent to BWL Talent Pathway Manager stuart.martin@britishweightlifting.org

3. Qualification standards

BWL will select a team which (1) provides athletes on track to qualify for the Tokyo 2020 Olympic Games with a necessary opportunity to secure qualification, (2) provides athletes with Birmingham 2022 Commonwealth Games medal potential with the opportunity to gain necessary competition experience.

3.1 Minimum Qualification standard - lifted during the qualification period (2.8, 2.9.1)

Women's MQS	W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
Qualification Total (kg)	146	156	174	184	194	204	211	218	223	238
Bodyweight Discretion (kg)	47.5	51.5	57.5	62	67	74.5	80	85	91.5	>87

Men's MQS	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Qualification Total (kg)	224	257	272	283	299	309	318	323	327	343
Bodyweight Discretion (kg)	58	64	70	76.5	85	93.5	100.5	107	114.5	>109

3.2 95% of the Minimum Qualification standard - lifted in the virtual submission (2.9.2)

Women AQS	W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
Qualification Total (kg)	139	148	165	175	184	194	200	207	212	226

Men's AQS	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Qualification Total (kg)	213	244	258	268	284	293	302	306	311	326

4. Selection Process

The selection panel will convene to select athletes during the week beginning 15/02/2021 (subject to change by BWL). The selection process will be conducted by a BWL selection panel.

BWL Athlete Dashboard - The selection panel will be provided with key information about each athlete to support voting members to make informed, objective decisions. The Dashboard includes the following information on each athlete.

- *BWL Performance Funnels*
- *Analysis of BWL Sport80 competition results*
- *The advice and experience of BWL International Arena coaches and the BWL performance team will also be considered throughout the selection process.*

Selection process will take place in 3 phases

Phase 1 (Selection based on Tokyo 2020 medal potential)

4.1 Athletes who have lifted the minimum standard (3.1) and remain eligible to qualify for Tokyo 2021 are automatically selected with funding available through the UK Sport Aspiration fund.

Phase 2 (Selection based on Birmingham 2022 medal potential)

4.2 If the athlete has achieved the minimum qualification standard (3.2), the BWL selection panel must determine if the athlete is on trajectory to rank in the top 5 for their category at Birmingham 2022 considering the following.

4.2.1 *Performance Trajectories*

4.2.2 *The lifter's Average number of successful lifts made in the last 4 competition should be $\geq 4/6$ lifts (see appendix 2)*

4.2.3 *International performance trends*

4.2.4 *The athlete's 'Virtual Submission Videos'*

Phase 3 (Final selection of the team)

4.3 The IWF/EIF maximum team size for this event is ten (10) male and ten (10) female athletes

4.4 The number of lifters selected in each weight category will not exceed two (2)

4.5 If the number of athletes per category selected using the criteria in (4.1) and (4.2) is greater than the maximum number of athletes per weight category (4.4), the selection panel at their discretion reserves the right to select the athletes who have demonstrated the greatest potential to medal at Tokyo 2020 and/or Birmingham 2022.

4.6 If the number of athletes identified using the criteria in (4.1) and (4.2) is greater than the maximum Team Size (4.3), the selection panel at their discretion reserves the right to select athletes who have demonstrated the greatest potential to medal at Tokyo 2020 and/or Birmingham 2022.

4.7 If the number of athletes identified using the criteria in (4.1) and (4.2) is less than the maximum Team Size (4.3), the selection panel at their discretion reserves the right to select athletes who have demonstrated the greatest potential to medal at Tokyo 2020 and/or Birmingham 2022.

4.8 The selection panel at their discretion reserves the right to set additional conditions of selection for any/all athlete's in any of the following key areas.

4.8.1 *Capability to deliver against performance targets*

4.8.2 *Athlete Health & Fitness*

4.8.3 *Performance trajectory*

4.9 An athlete must consistently display performance related behaviours, which provide the selection panel with confidence that the athlete will not negatively affect the performance of other selected athletes or the team as a whole.

The selection panel at their discretion reserves the right to deselect an athlete at this stage if reasonable doubts exist about any athlete's behaviour, which they feel could negatively impact the following.

- 4.9.1 *The performance of the athlete,*
- 4.9.2 *The performance of the team as a whole*
- 4.9.3 *The reputation of BWL.*
- 4.9.4 *The health and safety of the athletes, support staff or their family members considering Covid-19*

5. Self-funding

If BWL/UKS funding is not available to fund an athlete's participation the selection panel at their discretion reserves the right to offer an athlete the opportunity to self-fund, considering the following.

5.1 The athlete has confirmed an ability to self-fund, by emailing stuart.martin@britishweightlifting.org before 17:00, 31/01/2020 to declare their ability to self-fund.

5.2 The athlete has demonstrated willingness to adhere fully to BWL travel and accommodation arrangements at previous international competitions.

If the selection panel decides it is appropriate to offer an athlete the opportunity to self-fund, the athlete must.

5.3 The athlete must have paid the full agreed amount of financial costs to BWL before the 01/03/2020 (subject to change by BWL). A breakdown of approximate costs will be provided at point of selection, costs are expected to be around £2000 per person

5.4 The deadline for refunds on flights will be communicated with athletes at point of purchase. BWL work with ATPI travel to ensure we use safe, efficient and cost-effective travel routes. Flexible flights are purchased where possible to account for emergency changes but in cases where cost is critical, flights may be non-transferrable and/or non-refundable.

5.5 Accommodation/Accreditation. Refunds after the EWF deadline for final entries will be determined by the EWF or Host Federation.

5.6 BWL provides travel insurance for all individuals through our insurers (RSA). In the event you cannot attend a competition and would like to investigate a claim you must be able to evidence relevant extenuating circumstances that align to the policy. In the event you wish to make a claim please contact Sue.Ward@britishweightlifting.org.

5.7 Athletes selected with aspiration funding must remain on trajectory to qualify for Tokyo 2020. If a UK Sport review concludes that an athlete is no longer on trajectory and removes their aspiration funding, the athlete will be given the option to self-fund or withdraw from competition.

5.8 In the event that an athlete who has agreed self-funding fails to make payment prior to the payment deadline (5.3), BWL retains the right to deselect the athlete with immediate action.

Athletes are advised to sign-off fundraising ideas with Ashley.Metcalf@britishweightlifting.org to avoid any potential conflicts or embarrassment with current or potential partners.

6. Obligations

Selected athletes will be required to:

6.1 Sign a BWL Team Members' Agreement, which will include a code of conduct

6.2 Attend agreed team camps or activities prior to the Championships as reasonably requested

6.3 Work with the BWL performance team to agree a competition strategy which aligns to performance targets at this competition.

6.4 Adhere to specified travel dates organised by BWL

6.5 Wear appropriate apparel as specified by BWL at all camps, events and the Championships

- 6.6 Inform BWL immediately should your preparation or strategy be interrupted in any way, including injury and illness, between point of nomination and the championships.
- 6.7 Submit training and bodyweight information as requested by BWL
- 6.8 Keep their selection confidential until an official press release by BWL has taken place
- 6.9 Continually promote a positive message about the sport in Great Britain across all social media platforms

7. Confirmation of Fitness and deselection

Each selected athlete must consistently display performance related behaviours, which provide the BWL Performance team with confidence that they are capable of achieving key performance targets.

The BWL performance team at their discretion reserve the right to deselect any athlete who has fails to adhere to the terms outlined in this selection policy or who has failed or refused to prove their form or fitness as highlighted below;

- 7.1 Any cause for concern over injury, illness, strength or body composition/weight arising from an examination or otherwise will lead to the athlete needing to demonstrate their fitness by undergoing fitness assessments at intervals deemed appropriate by BWL
- 7.2 If an athlete displays behaviour that reflects poorly on BWL, themselves or other selected team members, BWL is entitled to investigate the situation fully. In the event that the actions of the athlete cannot be resolved, negatively affect other selected team members or there is a risk that there will be a negative effect on performance of other individuals or the team at the championships, then BWL may outline an appropriate course of action to resolve the situation or deselect the athlete in question.
- 7.3 Athletes are expected to achieve key performance targets at the championships, BWL will be entitled to specify any reasonable method requiring a selected athlete to confirm their continued health, fitness or body composition/weight.

8. Selection Panel

The selection panel will be chaired by a member of BWL's Performance Advisory Group and will comprise of

- 8.1 Chair of the Performance Advisory Group (Chair)
- 8.2 BWL International Arena Coach
- 8.3 BWL International Arena Coach

Other members of BWL may be in attendance in a non-voting capacity to supply background information and technical or medical information.

All conflicts of interest will be declared. A conflicted individual will not vote on that particular selection but may participate in the general selection discussions, at the discretion of the Chair of the Panel.

In the event of a tied vote the Chair of the Performance Committee will cast the deciding vote.

9. Appeals

Athletes have the right to appeal their non-selection or de-selection in accordance with the "BWL Selection Appeals Policy". A copy can be obtained by contacting the BWL main office. Deadline for submitting appeals is 13:00, 21/02/2021 (subject to change by BWL).

Appendix 1

Decision Making in international competition - Athletes must be able to consistently and reliably execute maximal lifts in the competition environment

The BWL Performance Program expects an athlete to demonstrate an average number of good lifts

	Snatch 1	Snatch 2	Snatch 3	Jerk 1	Jerk 2	Jerk 3	AVG Success Ratio
Total count	408	408	408	408	408	408	
Good lifts	332	294	224	353	294	185	4.12 / 6 lifts
No Lifts	76	114	184	55	114	223	
Success ratio	81%	72%	55%	87%	72%	45%	68.71%

Data from World & Olympic Medallists 2009-2019

Athletes who demonstrate the ability to consistently deliver >4/6 lifts in domestic and international competitions with maximal loads (to the rules). In doing so lifters enable arena coaches to take advantage of field of play tactics to maximise athlete ranking.

In-line with new Olympic and Commonwealth Qualification procedures athletes must be capable of delivering maximal and near maximal performances a minimum of 4 times per year. Success ratio in senior athletes is therefore calculated from each athlete's 4 best in person competition performances across the 2 years prior to the selection deadline for each competition.

Appendix 2 – Virtual Submission Protocol

Due to a combination of the IWF's late announcement of this competition and the challenges caused by the Covid-19 Pandemic, BWL wish to provide athletes with the opportunity to submit a virtual submission as 'proof of fitness' and / or the opportunity to lift the minimum qualification standard to qualify for the IWF Junior World Championships 2021

2.9 - 'All Athletes must submit a virtual submission in the 'British Open Series 1' between 08/02/2021 – 14/02/2021'

The following information will outline the protocol for your submission. Please read this information thoroughly, submissions which do not meet the requirements of the protocol outlined will be rejected.

Athletes must submit

- Only one (1) 'Weigh-in Video'
- A minimum of one (1) and a maximum of three (3) 'Lifting Video' for Snatch
- A minimum of one (1) and a maximum of three (3) 'Lifting Video' for Clean & Jerk

'Weigh in Video' submission

1. 'The Lifter' will be given a 1.0kg addition / discretion to their bodyweight, for their outfit.
 - o E.g. a lifter weighing 64kg in clothing will be considered as weighing 63kg
2. The Lifter must weigh-in wearing the same outfit they wear during all 6 submission attempts
 - o E.g. T-shirt & Leggings or an all in one Lifting suit
3. The Lifter must weigh-in without footwear or accessory equipment
 - o E.g. Knee Sleeves or Belt
4. The Scale must have a digital display
5. The Scale's Digital display must be visible, and the Lifter must be fully visible when stepping onto the scale throughout the weigh-in video.
6. The 'Weigh-in Video' must contain a time stamp (Date & Time)

'Lifting Video' submission

7. The 'Lifting Video' must contain a time stamp
8. Lifts must be completed within 3 hours of your weigh in.
 - *E.g. Weigh in filmed at 10:00, Lifts filmed between 10:00 and 13:00.*
9. The submission video may contain up to;
 - Three (3) attempts of the snatch lift
 - Three (3) attempts of the Clean & Jerk lift
10. The 'Lifting Video' must;
 - Capture an unobscured view of the Bar, Weight Plates and Lifter from the start to the end of the lift
 - The camera must be placed directly in front of the lifter and raised to approximately chest height.
 - All Weight Plates must be in kilograms.
 - **IF you are** using competition colour weight plates, you must show the plates on each side of the bar after they have been loaded.
 - **IF you are not** using competition colour weight plates, you must unload and show the plates on each side of the bar after they have been loaded.

Virtual Submissions may be rejected for the following reasons;

11. The Lifter must not use Pulling straps
12. The Submissions must include a 'Weigh in Video'
13. 'Lifting Videos' that do not display the Weight in Kg of Weight plates after a lift will be rejected.
14. Videos filmed from the ground or from the side will not be accepted.
15. Virtual submission was submitted outside of the Qualification window

If any issues arise which prevent an athlete from uploading their submission, the athlete must email stuart.martin@britishweightlifting.org to confirm the difficulties they are having before the end of the submission deadline, 23:59, 17/01/2021)

Any questions about 'Virtual submissions' or 'Qualification Standards' should be sent to stuart.martin@britishweightlifting.org