

Event: EWF European Junior & Under 23 Championships 2020 (Version.2)

Date: 10-20 September 2020

Location: Rovaniemi (Finland)

Covid-19

Due to the on-going challenges caused by Covid-19, the 2020 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 Junior & Under 23 Championships 2020' 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 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.

A number of Amendments have been made to this policy considering Covid-19. These amendments have been highlighted in yellow throughout

1. Overview

This selection policy has been created to provide an opportunity for GB lifters to compete at the EWF Junior and Under 23 Championships providing they demonstrate the potential to contribute towards:

- Birmingham 2022 and Paris 2024 qualification
- Medals at Major senior international events in the future.

2. Minimum Eligibility Criteria

To be considered for selection for the European Senior Championships 2020, 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 12:00, 08/07/2020

- 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 Be of eligible age
- Junior – 15-20 years of age on 31st December 2020
 - Under 23 – 21-23 years of age on 31st December 2020
- 2.9 Have achieved the relevant BWL qualification standard at an IWF/EWF/BWL (Tier 1, Tier 2 or Virtual Submission) competition during the qualification period between 31/03/2019 – 12/07/2020
- 2.10 All Athletes must submit a 'Virtual Submission' between 06/07/2020-12/07/2020 in line with the guidance in 'Appendix 3'
- *The athlete's 'Virtual Submission' must be sent to +447471032234 via WhatsApp by 23:59, 12/07/2020*
- 2.11 Athlete must be listed on the BWL Rankings, formulated from registered BWL competitions and logged on the Sport80 - BARS system
- 2.12 Athletes must have submitted completed ADAMS online before 12:00, 09/06/2020.
Whereabouts must cover the full period of 10/06/2020–20/09/2020 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 supports the development of athletes with current or future international medal winning potential;

3.1 Minimum Qualification standard - lifted during the qualification period (2.9)

The athlete must have achieved the 'BWL Amended Covid-19 minimum standards' – see 'Appendix 4'
Bodyweight discretion will be given to athletes for virtual submission – see 'Appendix 4'

An athletes "Age" Is defined as their age on 31st December 2020

- *e.g. an athlete who is 23 on 01/December 2020 must lift the standard for a 23 year old to qualify for any competition in 2020*

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;

- 3.1.1 *BWL Performance funnels*
- 3.1.2 *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.

4. Selection Process

The selection panel will convene to select athletes during the week beginning 29/06/2020 (subject to change by BWL). The selection process will be conducted by a BWL selection panel. The Selection process will take place in 3 phases outlined below.

Selection Phase 1 (Selection based on developing athletes with potential)

- 4.1 If the athlete has achieved the minimum qualification standard (3.1), the BWL selection panel must determine if the athlete is on trajectory to medal at international championship events in future considering the following;
 - 4.1.1 *The lifter's Annual Progress Rate should be $\geq 104\%$ (see appendix 1)*
 - 4.1.2 *The lifter's Average number of successful lifts made in competition should be $\geq 4/6$ lifts (see appendix 2)*
 - 4.1.3 *International performance trends*
 - 4.1.4 *The athlete's 'Virtual Submission'*

Selection Phase 2 (Final selection of the team)

- 4.2 The IWF/EIF maximum team size for this event is ten (10) male and ten (10) female athletes
- 4.3 The number of lifters selected in each weight category will not exceed two (2)
- 4.4 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 Paris 2020 and/or Birmingham 2022.
- 4.5 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.
- 4.6 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.
- 4.7 The selection panel at their discretion reserves the right to set additional conditions of selection for any/all athlete's where reasonable doubt exists around;
 - 4.7.1 *Capability to deliver against performance targets*
 - 4.7.2 *Athlete Health & Fitness*
 - 4.7.3 *Performance trajectory*
 - 4.7.4 *An Athlete's ability to train safely in-line with Covid-19 social distancing laws without interruption for a minimum of 10-weeks prior to the competition start date*
- 4.8 Athletes must consistently display performance related behaviours, which provide the selection panel with confidence that they have the capability to achieve performance objectives.

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;

 - 4.8.1 The performance of the athlete,
 - 4.8.2 The performance of the team as a whole
 - 4.8.3 The reputation of BWL.
 - 4.8.4 *The health and safety of the athletes, support staff or their family members*

5. Self-funding

If BWL 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 or home nation has confirmed an ability to self-fund, by emailing stuart.martin@britishweightlifting.org before **23:59, 12/07/2020** 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 **12:00, 30/07/2020** (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 otherwise failed to adhere to the terms of this selection policy; who has failed 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, 08/07/2020 (subject to change by BWL).

Appendix 1 - Annual Progress Rate

Junior athletes must demonstrate annual progress of 104% across the 12 months prior to the selection deadline

To qualify for international competition athletes are expected to demonstrate progress rates which give the selection panel confidence that their performance trajectory is aligned to success at Olympic, Commonwealth, World and European Senior level. Progress rates will be calculated from the best performance recorded at an IWF/EWF/BWL licensed competition 12-15 months prior to the qualification deadline for the international competition which the athlete is being considered for.

Annual Progress Rate is calculated using the formula;

$$\left(\frac{\text{Best competition performance during Selection Period}}{\text{Best competition performance during 12–15 months prior to the selection deadline}} \right) \times 100 = \text{Progress rate (\%)}$$

Appendix 2 – Average Number of successful lifts made in competition

The BWL Performance program expects athletes to demonstrate an average of >=4/6 successful lifts in the competition environment.

	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 should 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.

Athletes should be capable of delivering maximal and near maximal performances a minimum of 4 times per year In-line with new Olympic and Commonwealth Qualification procedures. Success ratio in senior athletes is calculated from each athlete's 4 best competition performances across the 12-months prior to the selection deadline for each competition.

Average number of successful lifts in competition is calculated from the 4 best competition performances in the twelve (12) months prior to the selection deadline. using the following formula;

$$\left(\frac{\text{TOTAL Number of successful attempts in 4 Best competition performances}}{\text{TOTAL Number of attempts in 4 Best competition performances}} \right) \times 6 = \text{Average Success Ratio (/6)}$$

Appendix 3 – Virtual Submission Protocol

Due to 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.

*BWL recognises that not every athlete has the same opportunity to prepare for competitions during Covid-19, however we wish to strongly discourage athletes who **do not** have access to appropriate and safe training facilities in-line with government guidelines from entering a 'virtual submission' or risking their health or the health of others to prepare for this competition.*

*In the case of Athletes who **do** have access to appropriate and safe training facilities and have not lifted the required 'qualification standard' in a BWL Sport 80 competition you **may** submit a 'Virtual Submission' to demonstrate your ability to lift the BWL Qualification standard, if you are in the condition to do so. BWL does not expect athletes to 'Cut weight' at this time, Bodyweight discretion will be given in line with 'appendix 4'*

*In the case of Athletes who **do** have access to appropriate and safe training facilities and have already lifted the required qualification standard in a BWL Sport 80 competition, a 'Virtual submission' **must** still be submitted to demonstrate;*

- a. That they are capable of lifting at least 95% of the qualification standard in 'Appendix 4' ('Qualification Standard' x 0.95)*
- b. That their current bodyweight falls in line with the bodyweight discretion in 'Appendix 4'*

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 one (1) 'Weigh In Video', one (1) 'Lifting Video' (for Snatch) and one (1) '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.
 - 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
 - E.g. T-shirt & Leggings or an all in one Lifting suit
3. The Lifter **must** weigh-in without footwear or accessory equipment
 - 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, 12/07/2020)

Appendix 4 – Amended Covid-19 Minimum Standards

BWL 2020 Amended Minimum Standards										Bodyweight Discretion only applies to Virtual Submissions		
	Senior	World Uni	Under 23	Age on 31/December					BW Discretion (Kg)	BW Discretion (%)	+1kg for Outfit	
				Junior	17	16	15	14				13
W40					115	110	106	102	98	43	7.5%	44
W45	147	137	142	133	122	117	113	108	104	48	7.5%	49
W49	158	147	151	142	130	125	120	115	111	53	7.5%	54
W55	171	168	166	158	146	140	135	129	124	59	7.0%	60
W59	186	174	176	165	159	152	146	140	135	63	7.0%	64
W64	192	182	193	171	166	159	153	147	141	68	6.5%	69
W71	206	189	198	177	170	164	157	151	145	75	6.0%	76
W76	211	195	203	183	175	168	162	155	149	80	5.5%	81
W81	217	203	207	186	178	171	164	158	152	85	5.0%	86
W81+					187	180	172	166	159	NA	NA	NA
W87	222	209	213	191						91	5.0%	92
W87+	231	215	221	198						NA	NA	NA
M49					179	171	165	158	152	53	7.5%	54
M55	229	207	217	204	196	188	180	173	166	59	7.5%	60
M61	252	237	237	222	213	205	197	189	181	66	7.5%	67
M67	273	252	259	242	233	223	214	206	198	72	7.0%	73
M73	283	261	273	256	246	236	227	218	209	78	7.0%	79
M81	300	276	293	274	264	253	243	233	224	86	6.5%	87
M89	313	289	306	287	276	265	254	244	234	94	6.0%	95
M96	325	294	315	295	284	272	262	251	241	101	5.5%	102
M102	332	297	328	307	295	283	272	261	251	107	5.0%	108
M102+					310	297	285	274	263	NA	NA	NA
M109	341	303	335	314						114	5.0%	115
M109+	351	317	343	331						NA	NA	NA

2. All minimum qualification standards are expressed in Kilograms (Kg)
3. The relevant total must be achieved during the qualification period outlined in this selection policy (2.9)
4. Direct any queries to the [BWL Performance manager](#)
5. Bodyweight Discretion applies to Virtual Submissions only.

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