



**Event:** IWF Junior World Championships 2021

**Date:** 20-31 May 2021

**Location:** Jeddah (Saudi Arabia)

### **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 'IWF Junior World 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 IWF Junior World Championships providing they demonstrate the potential to contribute towards:

- Birmingham 2022, Paris 2024 and Commonwealth Games 2026 qualification
- Medals at Major senior international events in the future.

## **2. Minimum Eligibility Criteria**

To be considered for selection for the Junior World 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](mailto:stuart.martin@britishweightlifting.org) before 12:00, sunday 21/02/2021
- 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 Be of eligible age
- Youth – 15-20 years of age on 31<sup>st</sup> December 2021
- 2.9 Have lifted the relevant BWL minimum qualification standard (3.1) at an IWF/EWF/BWL competition (BWL Tier 1, Tier 2 or Virtual) during the qualification period between 01/01/2021 – 22/03/2021
- 2.10 All athletes must submit a 'Virtual Submission' for 'the 2021 British Open Series 3' between 15/03/2021 – 22/03/2021
- Athletes who have not Lifted the Minimum Qualification standard (3.1) prior to 15/03/2021 may attempt to do so during this period
  - Athletes who have already lifted the Minimum Qualification standard (3.2) prior to 15/03/2021 in a relevant competition during the qualification period (2.9) will be expected to demonstrate fitness by lifting a minimum of 95% of the relevant MQS (3.1)
  - 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)
- 2.11 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 23:59, 22/12/2021.  
Whereabouts must cover the full period of 23/02/2021–31/05/2021 to satisfy IWF regulations
- Please see 'BWL first steps to competing internationally' [here](#) for more information about how to set up an ADAMS account and submit accurate whereabouts

Any queries about 'Minimum Eligibility Criteria' for this competition should be sent to BWL Talent Pathway Manager [stuart.martin@britishweightlifting.org](mailto: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 (MQS) - lifted during the qualification period

Women's MQS	W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
Qualification Total (kg)	133	142	158	165	171	177	183	186	191	198
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)	204	222	242	256	274	287	295	307	314	331
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)	126	134	150	157	163	168	173	176	182	188

  

Men's AQS	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Qualification Total (kg)	193	211	230	243	261	272	280	291	298	314

*If 2 athletes in the same category lift the same qualification total during the qualification period (2.9) BWL will consider the athlete with lighter bodyweight to be ranked highest,*

### **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;

3.2.1 *BWL Performance funnels*

3.2.2 *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 22/03/2021 (subject to change by BWL). The selection process will be conducted by a BWL selection panel. The Selection process will take place in 2 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 Athlete's Performance Standard during the qualification period (2.9)*

4.1.2 *The Athlete's Annual Progress Rate should be  $\geq 103\%$  (see appendix 1)*

4.1.3 *The average number of successful lifts made by the Athlete in the last 4 competitions should be  $\geq 4/6$  lifts (see appendix 2)*

4.1.4 *International performance trends*

4.1.5 *The athlete's 'Virtual Submission'*

### **Selection Phase 2 (Final selection of the team)**

4.2 The IWF 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) is greater than the maximum number of athletes per weight category (4.3), the selection panel at their discretion reserves the right to select the athletes who have demonstrated the greatest potential to medal at Birmingham 2022, Paris 2024 and/or 2026 commonwealth games.

4.5 If the number of athletes identified using the criteria in (4.1) is greater than the maximum Team Size (4.2). the selection panel at their discretion reserves the right to select athletes who have demonstrated the greatest potential to medal at Birmingham 2022, Paris 2024 and/or 2026 commonwealth games.

4.6 If the number of athletes identified using the criteria in (4.1) is less than the maximum Team Size (4.2), the selection panel at their discretion reserves the right to select athletes who have demonstrated the greatest potential to medal at Birmingham 2022, Paris 2024 and/or 2026 commonwealth games.

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 UK Government Guidance 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 able 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](mailto:stuart.martin@britishweightlifting.org) before 12:00, 22/01/2021 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 have paid the full agreed amount of financial costs to BWL before 12:00, 05/April 2021 (subject to change by BWL). A breakdown of approximate costs will be provided at point of selection, costs are expected to be around £2500 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 IWF deadline for final entries (05/February) will be determined by the IWF 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](mailto:Sue.Ward@britishweightlifting.org).

5.7 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](mailto: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 (Independent / Chair)
- 8.2 BWL International Arena Coach
- 8.3 BWL International Arena Coach

Other members of BWL or Home Nation Committees 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 12:00, 29/03/2021 (subject to change by BWL).

## Appendix 1 – Calculating Annual Progress Rate

### What do you need to do?

Junior athletes should demonstrate minimum annual progress of  $\geq 103\%$  across the last 12 months prior to the selection deadline

Progress rates will be calculated from the best performance recorded at an IWF/EIF/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;

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

### Why do you need to do it?

To qualify for international competition athletes are expected to demonstrate progress rates which indicate that their performance trajectory is aligned to success at Olympic, Commonwealth, World and European Senior level.

## Appendix 2 – Calculating Average Number of successful lifts made in competition

### What do you need to do?

Athletes should make an average of  $\geq 4/6$  successful lifts in BWL/IWF/EIF competitions across the last 12 months prior to the selection deadline (or their last 4 competitions they have competed in, whichever is more recent)

Average number of successful lifts in competition is calculated using the following formula;

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

### Why do you need to make 4/6 lifts?

Consistently making  $>4/6$  lifts in domestic and international competitions with maximal loads is a measure of an athlete's reliability under competition pressures. Data suggests that 4/6 lifts is approximately the number of lifts by international medallists. Making 4/6 lifts demonstrates thoughtful, strategic decision making by the lifter and coaching team, which allows them to take advantage of field of play tactics which maximise an athlete's ranking.

	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	<b>4.12 / 6 lifts</b>
No Lifts	76	114	184	55	114	223	
Success ratio	81%	72%	55%	87%	72%	45%	<b>68.71%</b>

Data from World & Olympic Medallists 2009-2019

### Why do BWL evaluate the number of lifts across 4 competitions?

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.