

# GREAT BRITAIN PARA POWERLIFTING SELECTION POLICY

British Weight Lifting (BWL)

## SENIOR AND ROOKIE/NEXT GENERATION WORLD CHAMPIONSHIPS 2026

### KEY INFORMATION

<b>Competition name</b>	2026 World Championships
<b>Location</b>	Manama, Bahrain
<b>Annual Milestone Event</b>	Yes
<b>Event dates</b>	01/12/2026 – 10/12/2026
<b>Qualification period</b>	01/12/2025 – 14/09/2026 (inclusive)
<b>Deadline for injury mitigation evidence</b>	07/09/2026
<b>Eligible competitions</b>	BWL approved, WPPO approved and/or BWL Performance trials as agreed
<b>Expression of interest deadline</b>	01/07/2026
<b>Maximum team size / entry limits*</b>	8 athletes
<b>Mandatory Paralympic qualification event?</b>	No
<b>WPPO licence season</b>	2026 Summer Season
<b>Selection meeting (provisional)</b>	WC 14/09/2026
<b>Selection notification date</b>	WC 14/09/2026
<b>Selection acceptance deadline</b>	21/09/2026
<b>Appeals window</b>	3 working days from notification
<b>BWL contact email (role address)</b>	<a href="mailto:Tom.whittaker@britishweightlifting.org">Tom.whittaker@britishweightlifting.org</a> / Paralympic Performance Director

\*Team size may be adjusted at the time of selection subject to discretionary rationale and available funds

### OVERVIEW

This selection policy sets out how British Weight Lifting (BWL) will identify and select athletes to represent Great Britain in Para Powerlifting at the competition named in the Key Information section.

The overarching purpose is to select a team that maximises overall team performance, aligns with UK Sport milestone targets (often medal- and rank-based) and supports a cycle-long strategy to qualify and develop the strongest possible medal-winning team for the next Paralympic Games.

This policy supports selection of both senior (Elite) and junior pathway athletes (Rookie / Next Generation), ensuring that competition opportunities are used strategically to build Paralympic medal capability across the cycle.

**Funding routes:** selected athletes will be funded by BWL only. Self-funding by athletes is not permitted.

BWL is committed to equal opportunity in selection. No athlete will be disadvantaged on grounds of age, disability, gender, race, religion, sex, sexual orientation, or any other protected characteristic.

## 1. GREAT BRITAIN ELIGIBILITY

---

Purpose of this section: to define who enters the selection conversation. Only athletes who meet the relevant eligibility requirements below will be considered for selection, except where discretion is permitted in this policy and where World Para Powerlifting (WPPO) / International Paralympic Committee (IPC) entry rules still allow participation.

### 1.1. WCP Athlete Eligibility Requirements

World Class Programme (WCP) athletes must satisfy the following at the time of selection and throughout the event period:

1.1.1. **WCP membership and planning:** be a member of the BWL World Class Programme (WCP) for the current membership year and have an Individual Athlete Plan (IAP) that includes this competition as part of the agreed annual/cycle strategy. The Paralympic Performance Director will confirm in writing before the selection meeting which athletes' IAPs include this competition as an agreed target; this confirmation will form part of the selection information provided to the panel under Section 3.8.

1.1.2. **Expression of interest (mandatory):** submit an expression of interest by the deadline in Key Information, confirming intended weight class, articulating how you have met eligibility criteria and a proposed performance target for the event should you be selected.

1.1.3. **Nationality / passport:** be eligible to represent Great Britain and hold any required passport/visa documentation with sufficient validity for travel.

1.1.4. **Good standing / conduct:** be compliant with BWL, WPPO and any other recognised body's conduct, safeguarding, and integrity requirements and not be subject to any formal disciplinary process, investigation, or sanction from BWL, WPPO, IPC, or any other recognised sporting body at the time of selection.

1.1.5. **Anti-doping compliance:** be compliant with all anti-doping requirements and controls as directed by BWL, UKAD and IPC (and any other relevant authorities).

1.1.6. **WPPO licence:** hold or be able to hold the required WPPO licence for the season stated in Key Information.

1.1.7. **Classification:** hold an appropriate sport class status (Confirmed or Review for 2026/2027) for the sport and meet any WPPO/IPC classification requirements for entry.

1.1.8. **Event minimum standards:** meet any WPPO minimum qualifying standards published in the event information (where applicable). BWL will communicate any published WPPO minimum qualifying standards to all athletes as soon as they are received.

1.1.9. **BWL Minimum Qualifying Standard (MQS):** meet the BWL MQS (Section 2) in the relevant weight class within the qualification period.

1.1.10. **Minimum competition appearances (mandatory):** compete in a minimum of two eligible results-generating events within the qualification period. Eligible events include BWL/WPPO approved competitions and BWL-authorized trials or testing sessions. All results must be from a BWL/WPPO approved competition or BWL performance trial.

**Note on trajectory data:** For an athlete to establish a trajectory / rate of progress, at least one eligible competition result within the final 8 weeks of the qualification period is required. This is not a mandatory eligibility requirement, but without it the panel will not have sufficient data to apply the RoP framework when differentiating between eligible athletes, and this will impact selection outcomes.

Weight category entry discretion (where rules permit): BWL may enter an athlete into a different weight class than the class in which MQS was achieved (even if the MQS was not met in the alternative class) where doing so maximises overall team performance, milestone target delivery, and/or future Paralympic medal outcomes. Athlete preference will be considered but is not determinative.

## 1.2. Non-WCP Athlete Eligibility Requirements

To be considered, non-WCP athletes must satisfy all applicable requirements in Sections 1.1.2 to 1.1.10, including expression of interest, minimum competition appearances, and MQS achievement within the qualification period.

Non-WCP athletes are expected to meet MQS in the weight class they intend to compete in, unless BWL applies permitted weight class discretion at any qualification event (this must be agreed with the Paralympic Performance Director in advance of the competition).

## 1.3. Disputes

Any report, claim, action, investigation, complaint, or prosecution to which the athlete is a party or materially involved, where BWL considers it relevant to selection, must be disclosed to the Selection Panel in writing before the date of selection. Non-disclosure may result in non-selection or de-selection.

Examples of the kind of dispute that may be disclosed to the panel include (without limitation to BWL's discretion):

- (a) any investigation or charge relating to conduct which, if proven, would amount to criminality for which a custodial sentence may be given, or which harms or places in danger other individuals; or
- (b) conduct which brings or would bring BWL and/or the sport into serious disrepute.

BWL will disclose relevant dispute information to the panel where it considers it necessary to protect cultural integrity, the fairness of selection, the safety of individuals participating in or attending the event, or the reputation of BWL, the sport, or the event. The examples above are illustrative only and do not limit BWL's discretion as to what is relevant.

## 2. GREAT BRITAIN MINIMUM QUALIFYING STANDARDS

Meeting the BWL Minimum Qualifying Standard (MQS) makes an athlete eligible for consideration (subject to Section 1) but does not guarantee selection. BWL is under no obligation to select athletes in every weight category or to select all athletes who meet MQS.

### SENIOR AND ROOKIE / NEXT GENERATION — MEN

Weight Class	49	54	59	65	72	80	88	97	107	107+
Senior MQS (kg)	144	151	161	173	180	187	195	200	208	215
Rookie / Next Gen MQS (kg)	98	106	114	120	127	133	139	143	147	148

**SENIOR AND ROOKIE / NEXT GENERATION — WOMEN**

Weight Class	41	45	50	55	61	67	73	79	86	86+
Senior MQS (kg)	94	96	99	102	104	108	114	120	124	130
Rookie / Next Gen MQS (kg)	55	58	62	67	70	74	76	78	81	83

**3. GREAT BRITAIN SELECTION****3.1. Process Overview and Order of Selection**

The Selection Panel will convene on the date/week stated in Key Information to apply this policy. Only athletes who meet Section 1 eligibility will be considered, except where discretion is permitted.

Order of selection consideration (applied in this sequence):

- (1) Eligible WCP athletes will be considered first, working in order of UK Sport funding tier; Podium first, Academy second, Confirmation athletes third.
- (2) Discretionary WCP selections (where permitted by this policy) will be considered second.
- (3) Eligible non-WCP will be considered third
- (4) Discretionary non-WCP athletes (and any other discretionary selections permitted by this policy) will be considered last.

If all places are filled at any stage within the order of selection (1-4), it will be at that stage that section 3.4 is applied to all athletes at that stage of the order of selection.

Selected athletes must accept selection in writing by the deadline in Key Information and comply with all athlete obligations (Section 7). Failure to do so may result in de-selection.

**Discretion:** the panel may select an athlete who has not met all non-essential eligibility or selection considerations where credible evidence shows the selection supports overall team performance, UK Sport milestone delivery, mandatory Para Games qualification strategy (where relevant), and/or future Paralympic medal outcomes.

**Post-selection conditions** The selection panel may set post-selection conditions and performance targets that must be met before departure and/or by an agreed date, in order to maintain selection. Conditions will be communicated to the athlete in writing at the time of selection notification. If conditions or targets are not met, as confirmed through agreed monitoring, testing, or performance review, the athlete may be de-selected from the team prior to departure in accordance with Section 6.

**3.2. WCP Athlete Selection**

WCP athletes who satisfy eligibility will be considered for selection. In determining selection and prioritisation within eligible WCP athletes, the panel will consider evidence including (without limitation) the following, giving equal weight to most recent competition performance and trajectory:

**Competition performance and targets**

- Most recent verified competition performance within the qualification period and consistency of performance across the period.
- Whether the athlete has performed in competition aligned with agreed performance targets at and since the 2025 World Championships, at an agreed bodyweight aligned with their Individual Athlete Plan.
- Where an athlete has delivered a performance at a bodyweight outside their declared weight class, this will be considered valid where it is part of and aligned to their Individual Athlete Plan

and reflects a commitment to a strategic development plan agreed with the Paralympic Performance Director.

### Trajectory

- Trajectory and Rate of Progress (RoP) assessed using the standardised RoP method set out in Section 3.5, interpreted alongside Paralympic medal potential, milestone targets, and readiness to deliver at the event.

### Health and readiness

- Health status, readiness and ability to compete (Section 5). Injury status and history, and evidence from the Lead WCP Physio that the athlete has managed their health effectively in the last 6 months.
- Where an athlete is returning from injury: evidence that they are on track to return to pre-injury competition totals and are following their return-to-training plan in collaboration with WCP performance staff. Evidence must include training records and, where available, training video submission demonstrating rate of recovery and return to pre-injury form across the qualification period.

### Weight management and reliability

- Positive track record of managing bodyweight pre-competition and in an overseas competition environment.

### Conduct and compliance

- History of operating in accordance with the BWL Code of Conduct at international events (Appendix B). Where an athlete is being considered for the first time and has no international competition history, evidence that the athlete has adhered to agreed WCP membership obligations will be used as a proxy.
- Behaviour, conduct and compliance with WCP obligations.

**Annual milestone event provision** Where this event is an annual milestone event within the Paralympic cycle, BWL retain the right at their discretion to select a current WCP athlete who has not met all eligibility or selection criteria, in order to provide them with an annual opportunity to deliver a performance that can influence their ongoing funding status and WCP membership. Selection under this provision must be recorded with this rationale by the panel.

## 3.3. Non-WCP Athlete Selection and New Athletes

Non-WCP athletes who meet eligibility may be selected where doing so supports overall team performance and cycle objectives. The panel will consider (without limitation), giving equal weight to most recent competition performance and trajectory:

- Performance level achieved within the qualification period relative to credible rank/medal benchmarks.
- Trajectory and Rate of Progress assessed using the standardised RoP method set out at Section 3.5, using verified eligible competition results (and any permitted verified alternatives only where an exception applies), **RoP for non-WCP athletes needs to be 1kg per 30 days or more.**
- Training quality, resilience, and readiness for international performance demands.
- Health status and injury risk management evidence.
- Weight-making reliability and overseas readiness.
- Behaviour, conduct, and compliance with programme requirements.

### 3.4. Team Size Limits (Decision Framework Order)

Where maximum team size, budget constraints, or WPPO entry limits are met by the number of eligible athletes, meeting MQS makes an athlete eligible but does not guarantee selection. In such cases, the panel will prioritise selection using the following decision framework order:

**Consideration 1: Paralympic medal potential (next Paralympic Games)** — Evidence the athlete can contribute to Paralympic medals, based on current performance level, credible medal trajectory and/or established international medal capability. If a decision between athletes cannot be made based on Consideration 1, then Consideration 2 should be applied next.

**Consideration 2: Competition performance potential (rank/medals at this event)** — Evidence the athlete is likely to deliver a higher finishing position and better support team outcomes at this event, contributing to milestone targets. An athlete with a steeper trajectory may be selected over another athlete if, at the time of competition, it is anticipated using RoP that one athlete will finish higher /contribute to a better overall team outcome supporting milestone targets. Where athletes are from different weight classes and no historical rank data exists, the panel shall project each athlete's DOTS score forward to competition day using their Adjusted RoP (calculated in accordance with Section 3.5.1 and Appendix C). The athlete with the higher projected DOTS score on competition day shall be considered more likely to achieve a higher finish position. If athletes remain inseparable on projected DOTS score, Consideration 3 shall be applied.

**Consideration 3: Development trajectory and future medal contribution** — Evidence of steep and consistent progression using the standardised Rate of Progress (RoP) assessment set out at Section 3.5, and the likelihood that this competition will accelerate future medal delivery across the current cycle and the following cycle. Where athletes are from different weight classes, the panel shall apply the same projected DOTS score method set out in Section 3.4 Consideration 2, calculating each athlete's projected DOTS score on competition day using their Adjusted RoP in accordance with Section 3.5.1 and Appendix C. The athlete with the higher projected DOTS score on competition day shall be selected.

Where trajectory is used as a differentiator under this framework, the panel will apply Section 3.5 to ensure comparability between athletes who have competed at different times and frequencies within the qualification period.

Where athletes remain inseparable after applying the framework, the panel may consider additional factors including weight class strategy for team outcome maximisation and Paralympic team size at the next Games, reliability of making weight, health robustness, availability, and behavioural/culture risk.

Where RoP is Not Calculable for one or more athletes, the panel will revert to these additional factors as the differentiating framework, applied in the order listed, with rationale documented.

### 3.5. Calculating Trajectory / Rate of Progress (RoP)

Rate of Progress (RoP) is used as a tie-break factor when athletes are otherwise comparable on Paralympic medal potential and likely rank / impact at this event, and the programme must differentiate selection due to team size or entry limits.

RoP is calculated using a consistent method so athletes are compared fairly even if they compete at different times or have different numbers of competition opportunities.

#### 3.5.1. Adjusted RoP — cross-weight-class comparison

Where the panel must differentiate between athletes competing in different weight classes, whether under Consideration 2 or Consideration 3 of Section 3.4, each athlete's DOTS score shall be projected forward to competition day using their Adjusted RoP. The athlete with the higher projected DOTS score on

competition day shall be preferred. The full calculation method, coefficients, and worked example are set out in Appendix C.

Adjusted RoP expresses rate of progress in DOTS points per 30 days, converting each lift to a bodyweight-normalised score using the athlete's actual verified competition bodyweight. This enables fair cross-weight-class comparison of both current performance level and trajectory. The same baseline, recency, and minimum evidence rules apply as for standard RoP (Sections 3.5B through 3.5I).

Adjusted RoP is used only where athletes from different weight classes must be compared and standard kg/30d RoP does not provide a fair basis for differentiation. Standard kg/30d RoP remains the primary method for within-class comparisons or where historical results exist to predict placing. Where athletes are from the same weight class, Considerations 2 and 3 of Section 3.4 are applied using standard RoP only.

Both the Adjusted RoP and the projected DOTS score on competition day shall be included in the selection information pack provided to the panel under Section 3.8 for all eligible athletes where cross-weight-class comparison may be required.

The Adjusted RoP and projected DOTS method is valid for cross-weight-class comparison within the same gender only. It does not provide a valid basis for comparing a male and a female athlete. Where the panel must differentiate between a male and a female athlete for a remaining place and Consideration 2 cannot be applied due to absence of historical rank data, the panel shall not use projected DOTS score as the basis for differentiation. Instead, the panel shall apply the additional factors set out at the end of Section 3.4 including likely contribution to team medal outcomes at this event and across the cycle, weight class strategy management, health robustness, behavioural conduct, exercising qualitative judgement and recording full rationale in the panel's decision record.

#### **A. Eligible data**

RoP will only be calculated using verified results from Eligible Competitions within the Qualification Period (as defined in Key Information). Results must be achieved under recognised competition conditions.

#### **B. Baseline performance (anti-gaming)**

The Baseline Total (BT) is set as the highest of:

- (a) the athlete's best verified competition total achieved in the 12 months prior to the Qualification Period start date; or
- (b) the athlete's best verified competition total achieved within the first 6 weeks of the Qualification Period.

If there is no verified result in the prior 12 months, BT will be the first verified result within the Qualification Period and recorded as Limited Baseline Evidence.

BT date rule (standardisation): if BT comes from before the Qualification Period, the BT date used for the calculation will be the Qualification Period start date.

#### **C. Best-So-Far (BSF) method**

After each eligible competition, BSF is the highest verified total achieved up to that date. This prevents a single poor performance from artificially inflating progress and reflects best demonstrated capability over time.

#### **D. Recency requirement**

Athletes must have at least one verified Eligible Competition result within the final 8 weeks of the Qualification Period (the Recency Period), unless an exception applies under Section I. If the recency requirement is not met, RoP will be recorded as Insufficient Current Evidence for selection purposes.

#### **E. Best performance used**

RoP is always calculated using the athlete's best verified total achieved within the Recency Period (BSF\_recency), because this best reflects current competition readiness, even if an earlier total was higher.

### F. Rate of Progress calculation (kg per 30 days)

$$\text{RoP} = ((\text{BSF\_recency} - \text{BT}) \div \text{days between BT date and BSF\_recency date}) \times 30$$

Where RoP is negative (indicating performance regression within the recency period), this will be recorded as **Negative RoP** and the panel will note this as evidence of regression risk alongside the numerical value when making comparisons.

### G. Minimum evidence standard

To calculate RoP, athletes must have:

- at least two verified Eligible Competition results within the Qualification Period;
- results separated by  $\geq 8$  weeks; and
- at least one eligible result within the Recency Period.

If these conditions are not met, RoP will be recorded as Not Calculable / Insufficient Evidence. Where this applies, the panel will revert to the additional factors listed at the end of Section 3.4.

### H. Category changes

If an athlete competes in more than one bodyweight category during the Qualification Period, RoP will be calculated within each category if possible and interpreted primarily in the category intended for selection (as declared/confirmed in advance, where applicable).

### I. Exceptions (documented)

Where an athlete cannot meet the recency requirement due to verified medical/injury reasons (Section 5), the Panel may apply discretion to accept an alternative recent verified performance marker (e.g. sanctioned trial or programme-validated assessment), and/or use the most recent Eligible Competition result for RoP, with the rationale recorded in the selection decision notes.

## 3.6. Zero RoP

Where BSF\_recency equals BT (i.e. no progress has been demonstrated within the recency period), RoP will be recorded as 0 kg/30 days. This is treated as distinct from Negative RoP (regression) and from Not Calculable (insufficient data). A zero RoP indicates performance plateau and will be noted by the panel as part of the evidence picture alongside other selection considerations.

## 3.7. Selection Panel

Role	Status	Notes
1. Chair (Chair of the Performance Committee)	Voting	
2. Paralympic Performance Director	Voting	
3. Lead Performance Coach	Voting	
4. Head of Weightlifting Performance	Voting	
UK Sport Advisor	Non-voting	Contributes to discussion
BEAA Representative	Non-voting	Contributes to discussion
BWL CEO	Non-voting	Contributes to discussion

Quorum: a minimum of three voting panel members is required to convene a valid selection meeting. If quorum is not met, the Chair must either reschedule or seek written confirmation from absent voting members before decisions are recorded as final.

Conflicts of interest: panel members must declare any conflict of interest at the start of the meeting. Where the Chair has a conflict on a specific athlete, the casting vote for that athlete passes to the most senior remaining non-conflicted voting panel member (seniority is in order aligned with the numerical value against each voting panel member – 1 = most senior). In all other tied votes, the Chair has the casting vote.

### 3.8. Selection Information

The panel will use verified information including athletes' competition results (domestic and international), international results books, world rankings, authorised testing/trials data, health/fitness information, behavioural/compliance records, projected DOTS score on competition day and Adjusted RoP (DOTS points/30 days) for all eligible athletes where cross-weight-class comparison is required under Section 3.4 Considerations 2 or 3 (calculated in accordance with Section 3.5.1 and Appendix C).

## 4. TIMELINE OF CRITICAL EVENTS

<b>Policy published</b>	<b>08/06/2026</b>
<b>Expression of interest deadline</b>	<b>01/07/2026</b>
<b>Qualification period start</b>	<b>01/12/2025</b>
<b>Deadline for injury mitigation evidence</b>	<b>07/09/2026</b>
<b>Qualification period end</b>	<b>14/09/2026</b>
<b>Selection meeting</b>	<b>WC 14/09/2026</b>
<b>Selection notification</b>	<b>WC 14/09/2026</b>
<b>Selection acceptance deadline</b>	<b>WC 21/09/2026</b>
<b>Appeals deadline (3 working days from notification)</b>	<b>3 working days from selection notification date</b>
<b>Travel briefing / operational deadlines</b>	<b>TBC post selection</b>

## 5. GREAT BRITAIN CONFIRMATION OF FITNESS

BWL may require/request performance and/or medical review pre-selection and/or post-selection to confirm that selected athletes can compete safely and credibly at the required performance level (equivalent of their qualification standard and/or anticipated performance standard at the time of selection). This may include medical screening, musculoskeletal assessment, and performance verification aligned to WPPO rules.

Personal data: BWL will process personal and sensitive data (including health, medical, and performance information) in accordance with its Privacy Policy and UK GDPR obligations. Athletes may request access to the data used in their selection assessment by contacting the BWL contact email in Key Information.

### 5.1. Performance Verification

If an athlete has credible evidence explaining why a performance could not be delivered in the 8 weeks prior to selection, BWL can decide to host a performance verification trial to ensure opportunity to establish a trajectory and rate of progress.

## 5.2. Injury Return Evidence

Where an athlete is selected or being considered for selection whilst returning from injury, BWL may request the following evidence to support the panel's assessment of readiness and trajectory:

- A current report from the Lead WCP Physio and/or the athlete's treating medical professional confirming diagnosis, treatment status, and expected return to full competition readiness.
- Training records covering the qualification period, demonstrating engagement with the return-to-training plan agreed with WCP performance staff.
- Training video submission from across the qualification period, where available and appropriate, demonstrating rate of recovery and return to pre-injury form.
- A written assessment from the Lead Performance Coach confirming whether the athlete is on track to return to pre-injury competition totals within the timeframe required to compete effectively at this event.

All evidence must be submitted to the BWL contact email in Key Information **no later than 7 days before the end of the qualification period** (i.e. by 07/09/2026). Late submission may be accepted at the Paralympic Performance Director's discretion but cannot be guaranteed to reach the panel before selection.

An athlete who cannot meet the recency requirement due to verified injury (Section 3.5, part I) must submit evidence under this section. Discretion to accept an alternative performance marker will not be exercised without it.

## 6. GREAT BRITAIN DE-SELECTION

---

BWL may de-select an athlete at any time where the athlete fails to maintain specific eligibility, cannot demonstrate fitness/readiness aligned with Section 5, fails to comply with anti-doping or conduct requirements, fails to follow reasonable performance/medical direction, or fails to comply with operational travel and accommodation requirements.

Appeal rights apply equally to de-selection decisions made under this section. The same grounds, timelines, and process set out in Section 8 apply, with the appeal window commencing from the date of written de-selection notification.

## 7. GREAT BRITAIN OBLIGATIONS

---

All selected athletes must comply with BWL obligations including (without limitation):

- Read, sign and return the BWL selection letter and Code of Conduct (Appendix B) by the acceptance deadline in Key Information. Returning this document confirms the athlete's understanding of the grounds on which selection is confirmed and the standards of behaviour expected.
- Comply with anti-doping requirements and whereabouts/testing obligations, including notifying UKAD/BWL of any required whereabouts information for those on testing pools.
- Attend agreed team camps, training days, or preparatory activities prior to the competition as directed by BWL.
- Comply with team travel dates and accommodation arrangements organised by BWL.

- Compete in the bodyweight category in which they were selected, unless otherwise agreed in writing with the Paralympic Performance Director before competition.
- Wear appropriate kit as specified by BWL at all camps, squad activities, and the competition.
- Establish an agreed performance target for this event with the BWL Paralympic Performance Director before departure.
- Inform the BWL Paralympic Performance Director immediately should preparation be interrupted in any way after selection, including injury, illness, or any change in training status.
- Submit training and bodyweight data as requested by BWL in the period between selection and competition.
- Maintain a social media presence, where one exists, that reflects positively on themselves, the sport, BWL, UK Sport, and the National Lottery.

Failure to meet these obligations during or after selection, and throughout the competition, may result in de-selection under Section 6.

## 8. APPEALS

---

Athletes may appeal selection and de-selection decisions only on the grounds set out below. Appeals must be submitted in writing to the BWL contact email in Key Information by the appeals deadline stated in Section 4.

Appeal window: 3 working days. Day 1 is the first full working day after receipt of the written selection or de-selection notification. Appeals must be submitted by 23:59 on Day 3.

Full details of the appeals process can be found in the [BWL Para Powerlifting Appeals Policy and Procedures](#). Athletes are encouraged to review this document before submitting an appeal.

BWL will acknowledge receipt of an appeal within 1 working day. An appeals panel will convene within 5 working days of the appeals deadline. The outcome will be communicated in writing within 2 working days of the appeals panel meeting.

### Grounds for appeal:

- There has been a failure by BWL to apply the applicable selection criteria; and/or
- There has been a failure to adhere to the procedure set out in the applicable selection policy.
- A decision was made based on an error of fact.
- A member of the selection panel had an undisclosed conflict of interest that materially affected the decision.

## APPENDICES

---

### Appendix A: UK Sport milestone targets / competition objectives for the 2026 World Championships

- **Ranks 1-3** – 1-3 Athletes
- **Ranks 4-6** – 1-2 Athletes
- **Ranks 7-8** – 1-2 Athlete

## Appendix B: Behavioural Standards and Code of Conduct Summary

This Code of Conduct sets the benchmark for fair and reasonable behaviour, requiring all athletes and staff members to uphold a minimum standard of conduct that safeguards every member of our teams.

Adherence ensures that individuals remain safe, perform at their best, and represent our Nation positively during international competition. These high standards reflect the behaviour and commitment expected of international athletes and coaches, as ambassadors of Great Britain and British Weight Lifting under UK Sport funding.

This Code of Conduct applies to all athletes and coaches participating in domestic and international competitions supported by British Weight Lifting, as well as anyone representing Great Britain in any capacity.

### General Principles

- Follow all health and safety rules and regulations set by organisers and/or BWL to protect individuals.
- Respect the rights and worth of every athlete, coach, technical official, and other persons involved in IPC World Para Powerlifting, treating everyone equally.
- Uphold respect, confidentiality, and individuality for all athletes and coaches.
- Act with dignity, courtesy, and good manners to support fellow athletes and staff members in their performance.
- Do not tolerate or engage in any form of discrimination.
- Collaborate fully and productively with team managers, coaches, athletes, technical officials, support staff, and BWL representatives in the best interests of yourself, your performance, and others.
- Promote positive aspects of the sport; never condone rule violations or the use of prohibited substances.
- Do not carry or consume alcohol or illegal substances—drinking is strictly prohibited when on international duty.
- Take responsibility for your own needs and whereabouts, remain organised, be properly equipped, and punctual for all official events, activities, and team meetings.
- Do not publicly air frustrations with the sport, governing bodies, or others involved (including via social media).
- Use social media responsibly and in a manner that promotes World Para Powerlifting, BWL, sponsors, National Lottery, UK Sport, and reflects positively on yourself.
- Avoid swearing, abusive language, and irresponsible behaviour, including actions dangerous to self or others, violence, bullying, harassment, and any form of abuse. Do not bring World Para Powerlifting or BWL into disrepute.
- Wear prescribed team kit during all activities relating to team or squad selection.
- Role model the athlete charter and operate in a way that reflects the values of the athlete cohort.
- Ensure your actions and behaviours do not harm a teammate's performance.
- Avoid creating unnecessary distractions for support staff; respect their focus on optimising team performance.
- Do not spend time in hotel rooms with athletes of the opposite sex.
- Ensure staff are informed and have agreed to your whereabouts if not in official competition facilities or travelling independently, including meeting family or friends (as agreed with Paralympic Performance Director or Team Manager).

### Additional Requirements for Young Athletes (Under 18 Years Old)

- Notify the team manager if you need to go somewhere, providing details of why, where, who with, and when you will return.
- Never leave the hotel, training, or competition venue without a member of staff.
- Do not socialise in other athletes' hotel rooms.
- Observe curfews as instructed.
- Use safe transport or travel arrangements approved by the Paralympic Performance Director/Team Manager.
- Report accidental injuries, inappropriate or unacceptable behaviour, or any distress, confusion, misunderstanding, or misinterpretation to parents/guardians and/or Paralympic Performance Director/Team Manager as soon as possible.
- Report suspected misconduct by coaches, athletes, or other persons to the Paralympic Performance Director/Team Manager promptly.

### **Breach of Code of Conduct**

Any breach of this Code of Conduct may result in disciplinary action by British Weight Lifting and/or withdrawal from the Great Britain Team, including early travel home from camp or competition.

### **Acknowledgement for Staff and Athletes**

<b>First Name -</b>
<b>Second Name -</b>
<b>Signature</b>
<b>Date -</b>
<b>Parent/Guardian Sign (if the athlete is under 18 years of age at the time of selection)</b>
<b>Print Name -</b>
<b>Date -</b>

## Appendix C — Adjusted RoP: Calculation Method and Coefficients

### Purpose

Adjusted RoP is used by the selection panel where athletes from different weight classes must be compared under Section 3.4 Consideration 2 or Consideration 3, and standard kg/30d RoP does not provide a fair basis for differentiation.

The method converts each athlete's lift to a DOTS score using their actual competition bodyweight, then projects that score forward to competition day using their Adjusted RoP (DOTS points per 30 days). The athlete with the higher projected DOTS score on competition day is preferred.

This single calculation serves both considerations: it reflects current relative performance level and incorporates trajectory, so the panel does not need to apply them separately for cross-weight-class comparisons. The full calculation is set out in Steps 1 and 2 below.

### Step 1 — Convert each lift to a DOTS score

$$\text{DOTS} = \text{Lift (kg)} \times 500 \div (\text{A} \cdot \text{BW}^4 + \text{B} \cdot \text{BW}^3 + \text{C} \cdot \text{BW}^2 + \text{D} \cdot \text{BW} + \text{E})$$

Where:

- **Lift** = the verified competition total in kg (BT or BSF\_recency as appropriate)
- **BW** = the athlete's actual verified competition bodyweight in kg at the time the lift was recorded
- **A, B, C, D, E** = gender-specific polynomial coefficients (see table below)

### Coefficients

Coefficient	Men	Women
A	-0.0000010930	-0.0000010706
B	0.0007391293	0.0005158568
C	-0.1918759221	-0.1126655495
D	24.0900756	13.6175032
E	-307.75076	-57.96288

These are the standard DOTS polynomial coefficients used by the International Powerlifting Federation and adopted by World Para Powerlifting (pDOTS) for combined weight class rankings. They are derived from statistical modelling of competition data across the full competitive population and normalise performance for bodyweight. BWL will update these coefficients if WPPO publishes para-specific polynomial parameters.

### Step 2 — Calculate Adjusted RoP

$$\text{Adjusted RoP} = ((\text{DOTS}_{\text{BSF\_recency}} - \text{DOTS}_{\text{BT}}) \div \text{days between BT date and BSF\_recency date}) \times 30$$

Where:

- **DOTS\_BSF\_recency** = DOTS score of the athlete's best lift in the recency period, calculated using the athlete's actual bodyweight at that competition
- **DOTS\_BT** = DOTS score of the athlete's baseline total, calculated using the athlete's actual bodyweight at the BT competition (or the period start date if BT is pre-period, per Section 3.5B)

The same baseline, recency, and minimum evidence rules apply as for standard RoP (Sections 3.5B through 3.5I).

### Data requirement

The athlete's actual verified competition bodyweight is required for each relevant lift. This is recorded at weigh-in and should be available from competition results documentation. Where actual bodyweight was not recorded, the midpoint of the athlete's declared weight class may be used as a proxy. Any use of a proxy bodyweight must be noted in the panel's decision record.

### Limitation

The DOTS coefficients are calibrated on full three-lift powerlifting data (squat, bench press, deadlift). Para powerlifting is a single-lift discipline. Absolute DOTS scores will therefore be lower than full-meet benchmarks for the same bodyweight. This does not affect the validity of the method for its intended purpose, which is relative comparison within this athlete cohort, not comparison against external benchmarks.

### Worked example — projecting DOTS score to competition day

Two eligible athletes from different weight classes are being compared. Competition date is 1 December 2026. BSF\_recency date for both athletes is 20 August 2026 — 103 days before competition. Days between BT date (01/12/2025) and BSF\_recency date = 262.

- **Athlete A** (Men's 80kg, actual BW 79.2kg): BT = 183kg → DOTS\_BT = 126.9 pts. BSF\_recency = 192kg → DOTS\_BSF = 133.2 pts. Adjusted RoP =  $(133.2 - 126.9) \div 262 \times 30 = 0.71$  **DOTS pts/30 days**. Projected DOTS on competition day =  $133.2 + (0.71 \times 103 \div 30) = 135.6$  **pts**
- **Athlete B** (Men's 49kg, actual BW 48.6kg): BT = 90kg → DOTS\_BT = 92.1 pts. BSF\_recency = 98kg → DOTS\_BSF = 100.3 pts. Adjusted RoP =  $(100.3 - 92.1) \div 262 \times 30 = 0.94$  **DOTS pts/30 days**. Projected DOTS on competition day =  $100.3 + (0.94 \times 103 \div 30) = 103.5$  **pts**

Athlete A has the higher projected DOTS score on competition day and is selected. Despite Athlete B's steeper trajectory, Athlete A's substantially higher current performance level means the gap cannot be closed by competition day. The projection accounts for this automatically.

**Alternative scenario:** If Athlete B's BSF\_recency were 121kg (DOTS = 123.8 pts), reflecting a steeper rate of progress of 3.63 DOTS pts/30 days, projected DOTS on competition day =  $123.8 + (3.63 \times 103 \div 30) = 136.3$  **pts** — now above Athlete A's 135.6 pts. In this scenario Athlete B would be selected. This illustrates how the method rewards genuine trajectory improvement, not just current performance level.