Weightlifting Wales Athlete Support Policy 2026/27

1. Athlete Support

This policy is to provide an opportunity for athletes to access financial support providing they demonstrate the potential to contribute towards Commonwealth Games 2030 and/or future Games. It has been created in line with Weightlifting Wales (WW) Strategic Plan 2026-2030.

1.1 There are two tiers of athlete support:

Tier One provides a grant of £1,400, payable in two instalments of £700 every six months. Athlete will receive biannual individual performance planning, and the entry costs of any Welsh International competition will be covered.

Tier Two provides a grant of £500, payable in two instalments of £250 every six months. Athlete will receive biannual individual performance planning, and the entry costs of any Welsh International competition will be covered.

1.2 Athletes receiving athlete support will be made aware of any changes following the reviews via email.

1.3 Athlete support package financial benefits are subject to change in line with investment from Sport Wales. These changes will take place on review dates, April and October.

1.4 **Athletes on the Talented Athlete Scholarship Scheme (TASS), or receiving alternative external NGB funding, will not be eligible for Welsh Athlete Support**.

2. Minimum Eligibility Criteria

To be eligible for an athlete support package, athletes must satisfy the following criteria:

2.1 Athlete must be eligible to compete by nationality for Wales as per the CGF Constitution. This means (in summary):

- Born in Wales;
- Parent was born in Wales;
- Grandparent was born in Wales; and/or
- Continuous residency in Wales (three years).

An athlete declaring nationality eligibility for Wales must provide supporting documentary evidence to the WW Performance Pathway Manager by the end of the qualifying period. Athlete must also be listed under Wales on their British Weightlifting (BWL) Sport 80 account.

2.2 Athlete must be a current member of Weightlifting Wales (WW) and not suspended.

2.3 An athlete must not be in dispute with WW, or British Weightlifting.

2.4 An athlete must remain compliant with Anti-Doping procedures and complete all relevant UKAD Education & Training required by Weightlifting Wales.

2.5 Athlete must sign the current 'WW Athlete agreement'.

2.6 Athlete must comply with the WW Athlete agreement, including the code of conduct, social media policy and display appropriate behaviours in and out of the sporting environment in line with the 'WW Athlete agreement'.

3. Selection Criteria

Weightlifting Wales will select an athlete as per the selection process set out in section 4 below. However, all athletes must meet the minimum standard in section 3.

3.1 Athlete must have achieved the relevant 'minimum selection standard' for their category in an approved competition six months prior to the review dates. Athlete support reviews will take place at the end of April and October.

Registered Competition data: All Welsh Sport 80 registered competitions, all British National championships, Welsh and British representation at international competitions. Where an athlete has competed in a tier 3 event in another home nation it is their responsibility to contact Weightlifting Wales with the results.

3.2 Minimum eligible age is 18 at the end of the review date.

3.3 Athlete must achieve the minimum selection standard (3.4 or 3.5). Achieving the standard enables an athlete to be considered by the performance panel, it does not guarantee selection.

3.4 **Tier One Minimum Standard**

Table A

Tier One Female minimum standard

Bodyweight Category	F49	F53	F57	F61	F69	F77	F86	F86+
Total (kg)	159	173	183	191	200	207	214	228

Tier One Male minimum standard

Bodyweight Category	M60	M65	M70	M75	M85	M95	M110	M110+
Total (kg)	252	267	277	290	302	309	319	337

3.5 **Tier Two Minimum Standard**

To be eligible for **ATHLETE SUPPORT TIER TWO** you must have achieved the minimum standard below. Junior is categorised as being U23 by 31st December of the year of review.

Table C

Tier Two Male minimum standard				Tier Two Female minimum standard		
Weight Category	**Junior**	**Senior**		*Weight Category*	**Junior**	**Senior**
M60	226	247		**F49**	141	152
M65	240	261		**F53**	156	167
M70	250	270		**F57**	165	178
M75	264	284		**F61**	171	185

M85	275	297		**F69**	181	194
M95	281	303		**F77**	184	200
M110	289	310		**F86**	193	206
M110+	303	329		**F86+**	205	220

4. Selection Process

The WW selection panel will convene to select athletes for athlete support during April and October (subject to change by WW).

4.1 The selection process will be conducted by the Weightlifting Wales selection panel, who will be provided with the following supporting information:

- WW athlete database of eligible Welsh athletes
- Performance data tracking the previous 18 months
- Selection Policy Criteria
- Athlete Profile containing key information about each athlete to support voting members to make informed, objective decisions. This includes the following information: (for example:

  - Competition results history
  - Progression trajectory
  - National Squad register of attendance (if applicable)
  - Current fitness
  - Any other supporting evidence submitted by the athlete or WW.

The advice and experience of the WW performance team and International coaches who work regularly with athletes during training camps and international competitions will be considered throughout the selection process.

4.2 If the total number of athletes eligible for selection is greater than the amount of support available, the selection panel at their discretion reserves the right to select the athletes who demonstrate the greatest potential at the following events: 2030 Commonwealth Games and future Commonwealth Games.
The following criteria are to be considered:

4.2.1 Competition Results
4.2.2 Performance projected trajectory
4.2.3 Performance tracking over the past 18 months
4.2.4 Engagement with Training Squads and performance reviews (if applicable).

4.3 Where an athlete has met the minimum criteria (3.4 or 3.5) but has not shown progression in their performances, their selection will be at the discretion of the panel. A lack of progression would be deemed not having equalled or improved on their personal best of the past 18 months or shown an average total

reduced over the previous 6-month period. Injuries and extenuating circumstances will be taken into account. This will be in line with potential for excellence at the 2030 Commonwealth Games and beyond.

5. Performance Selection Panel

The Performance selection panel will (subject to illness or other legitimate reason for absence) be chaired by the Chair of the WW Performance Sub Committee and comprise of:

- WW Non-Executive Director, Performance Sub Group Member
- WW Non-Executive Director, Performance Sub Group Member
- WW Non-Executive Director, Performance Sub Group Member
- WW Head Coach

WW Performance Pathway Manager (NON-voting capacity) will present documents and data to the panel. Other members of WW may be in attendance in a non-voting capacity to supply background information and technical or medical information.

- WW Sport Science & Medical personnel
- WW Team Manager for Event

For selection to take place a minimum of three people with voting capacity must be present.

All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the selection Panel.

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

Athletes will be informed by email of the selection decision. A written summary of the notes from this meeting will be recorded and available to an athlete on request in the event an athlete wishes to consider appealing the selection panel's decision. Athletes who are not selected or who are deselected will be provided with a clear reason for their non-selection in accordance with this policy to allow them to make an informed decision on whether to appeal.

6. Conditions of Selection

Once selected, all athletes must maintain all the following conditions of selection, (and failure to do so may result in withdrawal of support at the discretion of the selection panel):

6.1 Abide by the WW Athlete code of conduct
6.2 Fully comply with the athlete agreement.
6.3 Abide by the WW Social Media Policy
6.4 An athlete must remain compliant with Anti-Doping procedures
6.5 Complete any additional anti-doping education that is necessary to maintain eligibility to compete
6.6 Work with the performance team to agree, implement and review performance plans.
6.7 Wear appropriate apparel as specified by WW at all camps, events, and competitions.
6.8 Inform WW immediately of any injuries and illness

6.9 Attendance at squads and camps is compulsory. In unforeseen circumstances where athletes are unable to attend, they must communicate non-attendance sufficiently. Repeated non-attendance may lead to the athlete having their athlete support removed.

6.10 If an athlete does not continue to maintain the minimum qualification standard on the selection review dates the athlete support will be removed.

6.11 Athletes must have competed in the most recent Welsh Age Group and/or Welsh Senior Championships. Unless absence has been agreed with the Performance team, with a valid and evidenced reason.

6.12 The Selection panel under the advice of the WW Performance team reserve the right to withdraw athlete support for any athlete who fails to adhere to the terms outlined in this selection policy & the 'WW Athlete Agreement'.

6.13 If an athlete displays inappropriate or unacceptable behaviour that reflects poorly on WW, themselves or other selected team members, WW is entitled to investigate the situation fully.

6.14 If WW concludes that an athlete has been found not to have met the above criteria for continued selection, the selection panel at their discretion reserves the right to:

- Remove athlete support package from the athlete
- set further conditions of selection
- request further assessment of health & fitness.

6.15 An athlete who has their athlete support withdrawn will be entitled to appeal the decision and provide written representation in accordance with the WW appeals procedure (7).

7. Appeals

Athletes have the right to appeal their athlete support withdrawal in accordance with the "WW Appeals Procedure". A copy can be requested from Weightlifting Wales. WW will give athletes a minimum of 72 hours to notify WW of their intention to appeal their withdrawal from the athlete support package. If the athlete fails to submit the Notice of Appeal within the time limit set out in this Appeals Process they will have lost their right of appeal.

APPENDIX A

TIMELINE *All dates are subject to change.*

1. Athlete must have a signed and current WW Athlete Agreement in place.
2. Athlete must compete within the qualifying period, six months prior to the review month and meet the minimum selection criteria, unless there is valid reasoning and medical dispensation evidenced to the Performance team.
3. Qualification period close on the 31st March and 30th September respectively.
4. Selection takes place the week commencing April and October.
5. Selection invites will be sent out to athletes within 24 hours following the selection meeting.
6. All non-selected athletes who have met the minimum standard or received funding in the previous period will be notified.
7. Appeal deadline is 72 hours after notification of non-selection or withdrawal.

APPENDIX B

DEFINITION OF KEY TERMS

Approved Competition data Weightlifting Wales athlete data base monitors all Welsh BARs registered competitions, all British National championships, Welsh and British representation at international competitions. Where an athlete has competed in a tier 3 event in another home nation it is their responsibility to contact Weightlifting Wales with the results. The relevant scoresheet will then be sourced to update the data base.

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

Commonwealth Games Federation (CGF) - the organisation which governs the Commonwealth Games

Commonwealth Games Wales (CGW) - is the lead body for Commonwealth sport in Wales and our membership is made up of the Governing Bodies in Wales. Also referred to as Team Wales.

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

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

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

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

then details of this kind of Dispute may be notified to the Selection Panel if WW or BWL believes it will ensure factors such as (and without limitation) fairness, safety of any other individuals participating in or attending the Event (or training and preparing for the Event) and/or the reputation of: WW, BWL, the sport and/or the Event.

Extenuating circumstances – circumstances that are unexpected, unavoidable, and outside of your control.

Sport Wales – a funding organisation that provides funding to support grassroots and the development of elite sport pathways in Wales for athletes who demonstrate potential to win medals at the Commonwealth games.

TASS - Talented Athlete Scholarship Scheme. This scheme provides athletes with a needs-led, quality-assured package of support including strength and conditioning, physiotherapy, personal development, nutrition and sports psychology. Athletes will also benefit from the TASS Medical Scheme, which provides fast access to private medical treatment in the event of a sports-related illness or injury, and Mental Health support via our partner Sporting Chance.