



Weightlifting Wales Nomination Policy

Commonwealth Games 2026

Glasgow, Scotland

Approved by the Board of Directors: September 2025

Amended: pending

Glasgow 2026 Commonwealth Games Weightlifting Selection Handbook

Summary of Key Points:

- **To be eligible for nomination by Weightlifting Wales, athletes must have competed in at least two IWF-recognised sanctioned competitions during the qualification period of 1 June 2025 to 18 May 2026.**
 - **One of these competitions must include participation in the specific bodyweight category the athlete is being nominated for.**
- **Where selected, athletes are expected to compete at the 2025 Commonwealth Weightlifting Senior Championships unless exemption has been granted by the Head Coach.**
 - **Participation in other Key Events such as the British Championships (2025, 2026), and Welsh Championships (2025) is also recommended as part of building a robust performance profile.**
- **Athletes must achieve a top six (6) ranking in their category on the IWF Commonwealth Ranking List by the close of the qualification period. This ranking will exclude Host CGA athletes and any first-place athlete from the 2025 Commonwealth Championships if already qualified.**
- **Weightlifting Wales may consider athletes ranked in the top 8 (eight) if they meet the remaining qualification criteria and have displayed clear potential for excellence at the 2030 Commonwealth Games and beyond.**
- **18 May 2026 - Final qualification event and close of the qualification period.**
- **All athletes must be current members of Weightlifting Wales and:**
 - **Not be suspended or under current investigation.**
 - **Not be in dispute with Weightlifting Wales or BWL.**
- **All nominated athletes must adhere to the CGW Code of Conduct at all times and the WW Code of Conduct and have a signed WW Athlete Agreement in place.**
- **All athletes must be fully compliant with ADAMS and maintain their Whereabouts.**

The full policy can be viewed on the Weightlifting Wales qualification and selection website page [here](#).