

Weightlifting Wales International Athlete Policy - 2026/27

1. Policy Function

This policy is created in conjunction with the **National Squad Policy, Athlete Support Policy** and individual competition selection policies. The aim of this policy is to provide an opportunity for Welsh athletes living outside of the United Kingdom who are eligible for selection, according to the regulations below, to be considered for squad and competition selection.

This is in lieu of being able to compete within the United Kingdom or representing Wales at certain international events that are normally required as part of the selection process. It has been created in line with Weightlifting Wales (WW) [Strategic Plan 2026-2030](#) to continue developing the base of Welsh weightlifters for Commonwealth Games 2030 and beyond.

2. Minimum Eligibility Criteria

To be eligible for athlete selection, 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; or appropriate international alternatives and additions as required.

2.5 Athlete must sign the '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. In order for a competition outside of the United Kingdom where the athlete is not representing Wales to be considered, the following steps must be completed:

3.1 Weightlifting Wales must be notified of the competition and the athlete's attendance at the event and provided the following information:

- 3.1.1 Place of competition and organiser
- 3.1.2 Athlete weight recorded at weigh-in
- 3.1.3 Athlete attempts, with a preference for a link provided to the complete results standings
- 3.1.4 Any further information provided to the athlete, including anti-doping

3.2 Each athlete's competition history will be submitted as per the Selection Process detailed in Section 4 and discussed as to whether it meets the necessary standards and criteria to warrant selection and/or nomination.

3.3 National Championships are preferred as a method of competition, but regional and local competitions will be considered if sufficient evidence and information is provided.

4. Selection Process

The WW selection panel will convene to nominate athletes for international approval at minimum twice a year, or in preparation for a selection meeting (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 Where a senior 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.

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
- WW Non-Executive Director
- WW Non-Executive Director
- WW Head Coach

WW Performance 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 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'.
- 6.10 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.
- 6.11 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.

6.12 A deselected athlete will be entitled to appeal the decision and provide written representation in accordance with the WW appeals procedure (See section 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

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. In the case of international events outside of Wales representation, this will be administered on a case-by-case basis.

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.