

Weightlifting Wales Development Squad Policy 2025/26

1. Introduction

This policy outlines the process by which Weightlifting Wales will select athletes for the Development Squad. It has been created in line with Weightlifting Wales (WW) [Strategic Plan 2026-2030](#):

- Provide a long-term, athlete-centered approach to developing individuals into elite weightlifters and para powerlifters,

2. Minimum Eligibility Criteria

To be considered for selection for the Weightlifting Wales development squad, 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 Weight Lifting (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 Weight Lifting (BWL).

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 'WW Athlete agreement'.

2.6 Athlete must comply with the WW athlete agreement, 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. Development Squad Selection Criteria

Weightlifting Wales will select an athlete as per the selection process set out in section 5 below.

However, all athletes must meet the minimum selection criteria in section 3 here:

- 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. Squad selection will take place in January and July.
- 3.2 Once a development squad athlete has meet the minimum standard at an approved competition they will be eligible for selection at the next review date.

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 database.

- 3.3 Age categories that are eligible for the Development Squad are Junior (under 20), Youth (under 17) and Under 15.
- 3.4 Developing athlete's minimum standard is 85% of the Commonwealth pathway standard for athlete's age and weight category, all totals are displayed in Tables 1 and 2. Athletes within 2% of the standard and/or who have a performance trajectory of achieving the standard within the next six months will be considered by the selection panel.

Table 1

Male Development Squad Minimum Standards Age 31st December of review year

Age	20	19	18	17	16	15	14	13
Bodyweight	Minium Standard Totals (kg)							
Male 56kg (YOUTH)				150	144	138	132	127
Male 60kg	186	179	173	166	159	153	148	142
Male 65kg	194	187	180	174	167	160	153	147
Male 71kg	202	195	189	181	174	166	160	154
Male 79kg	215	208	200	191	184	177	170	163
Male 88kg	227	220	212	204	195	188	180	172
Male 94kg	229	221	213	205	197	189	181	174
Male 98kg	227	219	211	203	194	187	180	172
Male 98+kg (YOUTH)				211	204	195	187	180
Male 110kg	243	235	226					
Male 110+kg	254	245	237					

Table 2

Female Development Squad Minimum Standards Age 31st December of review year

Age	20	19	18	17	16	15	14	13
Bodyweight	Minium Standard Totals (kg)							
Female 44kg (YOUTH)				92	88	85	81	78
Female 48kg	115	111	107	103	98	94	91	86
Female 53kg	125	121	117	112	107	103	99	95
Female 58kg	136	131	126	121	116	112	108	103
Female 63kg	141	136	131	126	120	115	111	106
Female 69kg	146	141	136	130	125	121	116	111
Female 77kg	155	150	145	139	133	128	123	118
Female 77+kg (YOUTH)				150	144	139	133	128
Female 86kg	159	153	148					
Female 86+kg	169	163	157					

4. Selection Process

The WW selection panel will convene to select athletes during the review months (subject to change by WW).

4.1 The maximum squad size will be 20 athletes

4.2 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 for each age and weight category
- Selection Policy Criteria
- Male Commonwealth Pathway Standards
- Female Commonwealth Pathway Standards

4.3 If the total number of athletes eligible for selection using the criteria in (4.2) is greater than the maximum squad size (4.1), the selection panel at their discretion reserves the right to select the athletes who demonstrate the greatest potential. The following criteria are to be considered:

4.3.1 Competition results

4.3.2 Engagement with Training Squads and performance reviews

4.3.3 Progression trajectory

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:

- Non-Executive Board Member from Performance Sub-Committee (chair)
- Non-Executive Board Member from Performance Sub-Committee
- Non-Executive Board Member from Performance Sub-Committee

WW Staff member (e.g. Performance Pathway Manager) in a 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 Performance / Development staff
- WW Sport Science & Medical personnel
- WW Team Manager for Events

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 will be informed by email of the selection decision.

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.

6. Conditions of Selection

Once selected, all athletes must maintain all the following conditions of selection, (and failure to do so may result in de-selection 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 An athlete must remain compliant with Anti-Doping procedures

- 6.4 Complete any additional anti-doping education that is necessary to maintain eligibility to compete
- 6.5 Work with the performance team to agree performances plans
- 6.6 Wear appropriate apparel as specified by WW at all camps, events, and competition
- 6.7 Inform WW immediately of any injury and illness
- 6.8 Strict embargo on squad selection. Selection is confidential until an official announcement has taken place by WW.
- 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 being deselection from the squad..
- 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 It is an athlete's responsibility to carefully read the WW 'athlete agreement' and fully comply with the requirements of these legal documents regarding advertising their sponsors. Failure to do so could result in deselection. WW recognise that Athletes may have sponsors who support them, where these sponsors have asked to be promoted by the athlete following their selection, we recommend they contact the WW Performance Pathway Manager to discuss any potential conflicts with current or potential partners.
- 6.13 The Selection panel under the advice of the WW Performance team reserve the right to de-select any athlete who fails to adhere to the terms outlined in this selection policy & the 'WW athlete agreement'.
- 6.14 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. If the actions of the athlete cannot be resolved, then WW may outline an appropriate course of action to resolve the situation, which may include informal or formal disciplinary action and deselection.

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:

- De-select the athlete
- Set further conditions of selection
- Request further assessment of health & fitness.

A deselected athlete will be entitled to appeal the decision and provide written representation in accordance with the WW appeals procedure (7.0).

7. Appeals

Athletes have the right to appeal their non-selection in accordance with the “WW Appeals Procedure”. A copy can be requested from Weightlifting Wales.

In addition, athletes have the right to appeal if they are de-selected in accordance with the “WW Appeals Procedure”. WW reserves the right to deselect athletes if sufficient evidence exists to suggest that an athlete is not meeting the conditions of this selection policy. WW will give athletes a minimum of 72 hours to notify WW of their intention to appeal their deselection.

DEFINITION OF KEY TERMS

Approved Competition data Weightlifting Wales athlete data base monitors 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. The relevant scoresheet will then be sourced to update the data base.

British Weight Lifting (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 Pathway Standards (CWPS) – Standards are based on analysis of medal zones across previous Commonwealth Games with regression from the medal standard based on the progress rates of medal-winning UK athletes. Totals are displayed by age and weight categories.

[FEMALE CWPS](#)

[MALE CWPS](#)

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.

Performance Targets – With consideration for the expectations of key funding partners WW reserves the right to agree to individualised performance targets specific to the athlete, event, or both.

Sport Wales – the national organisation responsible for developing and promoting sport and physical activity in Wales. They provide 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.