WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

WEIGHTLIFTING WALES PARA POWERLIFTING NATIONAL SQUAD POLICY 2027/28

1. Introduction

This policy outlines the process by which Weightlifting Wales will select athletes for the Welsh Para Powerlifting National Squad. It has been created in line with Weightlifting Wales (WW) Strategic Plan 2026 - 2030.

- Establishing a high-performance environment for elite para powerlifters to develop as a person and compete successfully at Wales and UK national events, and major international events.

2. Minimum Eligibility Criteria

To be considered for selection for the Welsh Para Powerlifting National 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 (minimum 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 '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. National Squad 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 selection criteria 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. Squad selection will take place in January and July.

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.

3.2 Once a national squad athlete has meet the minimum standard at an approved competition they will be eligible for selection at the next review date.

3.3 Age categories that are eligible for the Welsh National Squad are Senior and U23. Athletes must be at least 18 years of age at the time of selection to be eligible for the National Squad.

3.4 Minimum standards

Male Minimum Standards **Female Minimum Standards**

	Senior	U23			Senior	U23
49kg	109	104		41kg	50	48
54kg	117	111		45kg	57	55
59kg	125	119		50kg	63	60
65kg	135	128		55kg	75	72
72kg	144	137		61kg	80	76
80kg	147	140		67kg	82	79
88kg	154	146		73kg	84	81
97kg	159	150		79kg	86	83
107kg	163	155		86kg	88	85
107+kg	169	160		86+kg	90	86

4 Selection Process

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

4.1 The maximum squad size will be 8 athletes, with a maximum of 2 athletes per weight category.

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

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 at the 2030 Commonwealth Games. 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 Group with a quorum of 3 members and comprise of:

5.1 Nomination Panel:

WW Non-Executive Director, Performance Sub Group Member
WW Non-Executive Director, Performance Sub Group Member
WW Non-Executive Director, Performance Sub Group Member
Head Coach (non-voting)
Performance & Pathway Manager (non-voting)

WW Performance Staff members attending 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 de-selected.

6.11 Athletes must have competed in the most recent Para Powerlifting Home Nations Open, unless absence has been agreed with the Performance team, with a valid and evidenced reason. Athletes are also recommended to attend the Welsh Senior Championships and/or the Welsh Age Group Championships.

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 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 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.

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.