

FISU WORLD UNIVERSITY WEIGHTLIFTING CHAMPIONSHIPS 2026

The FISU World University Weightlifting Championships 2026 (WUCs) will take place in Doha with competition dates of the 8th – 12th September 2026.

British Universities and Colleges Sport (BUCS) are sanctioning a GB Students delegation as National University Sports Federation (NUSF) to represent the United Kingdom of Great Britain and Northern Ireland.

The delegation will arrive in Doha (Qatar) on 5th September 2026 and depart on 13th September 2026

Nominations

All athletes who wish to be considered for selection must submit an expression of interest on the BUCS website by **11.59pm on Monday 25th May**.

Any athlete who fails to complete the online registration and submit the supporting document (including the FISU Eligibility form) by the deadline may not be considered for selection.

Please note that this process will necessitate your university confirming your eligibility in writing on the FISU Eligibility Form, and this being received by BUCS by the stated deadline.

Selections

Selections will take place week commencing **Tuesday 26th 2026**

Selected athletes will be **notified by email by COB Friday 29th May 2026**

You will have 24hrs to confirm your acceptance.

Athlete Costs

The cost of participation in this event will be in the **range of £950 – £995, plus the costs of your return flight – noting British Weightlifting will book flights and payments for these will be made to British Weightlifting.**

Payment will be required in full payment at the point of selection by **Friday 5th June, 2026.**

Athletes submitting a nomination acknowledge this requirement and accept financial liability including in the case of withdrawal related to injury or illness. Any unrecoverable costs will be passed on to the supporting National Governing Body.

The above amount includes event entry, accreditation, travel insurance, GB Students leisure kit (as listed below), accommodation and food plus transport to and from hotel accommodation. Your NGB will supply your sports competition kit.

GB Student leisure kit supplied by Canterbury includes:

- Tapered stretch pant / tracksuit bottoms
- Mid layer 3/4 zip up top
- White club-dry polo
- 2 x Club dry round-neck t-shirts
- 1 x Shorts
- Medium backpack

Anti-Doping

All athletes must complete the UKAD Complete Clean+ eLearning course and upload a copy of their course certificate upon nomination. The **Complete Clean+** eLearning can be accessed for free via the [UKAD Clean Sport Hub](#). Once registered, athletes can click onto the relevant eLearning and complete the modules at their convenience. **Complete Clean+** contains 11 modules which explore Anti-Doping topics including athletes' rights under the World Anti-Doping Code, UK Anti-Doping Rules, the Prohibited List, checking medications and supplements, the Testing Process and how to report concerns around doping in sport.

Eligibility Criteria

For an individual to be eligible to represent BUCS/GB Students they shall:

INT 1.1.1 Be a British (United Kingdom) national.

INT 1.1.2 Be a registered student at an institution which is a recognised provider of Higher Education (HE).

AND

INT 1.1.3 Be at least 18 and no older than 25 years of age on 31 December of the year of the event (i.e. born between 1 January 2001 and 31 December 2008)

AND

INT 1.1.4 Be registered on a course which is at or above one of the following minimum levels:

- Level 4 on the Framework for higher education qualifications in England, Wales and Northern Ireland (FHEQ).
- Level 7 on the Scottish Credit and Qualifications Framework (SCQF).
- Level 4 on the Regulated Qualifications Framework for England and Northern Ireland (RQF).
- Level 4 on the Credit and Qualifications Framework for Wales (CQFW).

INT 1.1.4.1 An individual at an institution outside of the UK shall be registered on a course equivalent to those covered under INT 1.1.4.

AND

INT 1.1.5 Be undertaking a study programme equivalent to:

- Where the course is credit rated under CATS (Credit Accumulation and Transfer Scheme), at least 60 credits per year.
- Where the course is run using guided learning hours, a minimum of 225 hours per year.
- Where the course is a postgraduate course which is not credit rated, no less than 50% of the full-time student programme per year.

INT 1.1.5.1 A year will be taken as 12 months from the start date of their course.

INT 1.1.5.2 An individual at an institution outside of the UK shall be undertaking a study programme equivalent to the requirements of INT 1.1.5.

AND

INT 1.1.6 Be a player who is permitted by the International or National Governing Body of the sport concerned to participate in FISU competition alongside any other competition in that sport.

INT 1.2 Special cases for participation Further to any FISU regulations in place at the time, the following individuals are classified as eligible to represent BUCS/GB Students in FISU competitions:

INT 1.2.1 Notwithstanding INT 1.1.5, an individual who is otherwise eligible under INT 1.1 on a sandwich/industrial placement as part of their course is eligible during this time.

INT 1.2.2 A former student of an eligible institution (as per INT 1.1.2) who has obtained an eligible qualification (as per INT 1.1.4) from said institution in the calendar year preceding the event. For this event Students graduating in 2023 will be eligible to compete in 2024, as former students who have obtained their qualification in the calendar year preceding the event.

See also detailed eligibility information at the end of this document in **Appendix 1**.

Please note that any athlete who is currently suspended or expelled by FISU, WADA, International or National Federation is ineligible for selection.

Sports Criteria

1. Overview

This selection policy has been created to provide an opportunity for eligible GB Weightlifters to compete at the World University Weightlifting Championships 2026, providing they demonstrate the potential to contribute towards Medals at:

- The 2028 Olympic Games and the 2032 Olympic Games
- World Championships, European Championships and Olympic qualification events.

The selection of lifters representing Great Britain at this event will be made according to the criteria outlined in this document.

British Weight Lifting ('BWL') and its funding stakeholders closely monitor the international competition calendar, and all travel advice provided by the Foreign, Commonwealth & Development Office (FCDO) for competition destinations, to determine the safety and appropriateness of attending international events.

2. Minimum Eligibility Criteria

To be considered for selection for the FISU World Championships 2026, athletes must satisfy the following criteria:

- 2.1 A citizen of the United Kingdom and hold a valid British passport prior to initial entry deadline.
- 2.2 In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months
- 2.3 Must send a clear photo copy of their passport and a copy of their WADA ADEL(ILA) certificate via email to matt.keogh@britishweightlifting.org no later than 23:59, 22nd May 2026.
- 2.4 Athlete must have submitted a declaration of interest to compete via email to matt.keogh@britishweightlifting.org before 23:59, 22nd May 2026.
- 2.5 A current member of British Weight Lifting (BWL)
- 2.6 Must not be currently under:
 - (a) disqualification, expulsion or suspension by all or any of: BWL; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion or suspension under the World Anti-Doping Code.
- 2.7 Compliant with the BWL and IWF Anti-Doping Controls and Procedures.
- 2.8 Display behaviours in-line with BWL's vision and values and consistently demonstrate appropriate performance related behaviours at international competitions.
- 2.9 Be of eligible age, (as outlined above - 18-25 years of age on 31 December 2026)

- 2.10 Must sign an 'Athlete Agreement' and display behaviours in-line with both the 'BWL codes of conduct' and BWL 'Bar None' standards at all competitions and training camps.
- 2.11 Must have an ADAMS Whereabouts profile and have submit complete whereabouts information for the full period of Q2 & Q3 no later than 23:59, 22nd May 2026.

3. Minimum Qualification criteria

3.1. **Minimum Qualification Standards** - The Athlete must have lifted the minimum qualification standard (MQS) for their age in an IWF / EWF / BWL competition at the bodyweight category they have stated interest for in their declaration of interest (1.4), during the qualification period', 22nd February - 22 May 2026. Minimum qualification standards for this event can be found below:

| 49kg | 53kg | 57kg | 61kg | 69kg | 77kg | 86kg | +87kg |
|------|------|------|------|------|------|------|-------|
| 150 | 162 | 175 | 181 | 19 | 200 | 204 | 217 |

| 60kg | 65kg | 70kg | 75kg | 85kg | 95kg | 110kg | +110kg |
|------|------|------|------|------|------|-------|--------|
| 232 | 249 | 268 | 276 | 292 | 308 | 323 | 331 |

3.2 **Key Selection Events** - Athletes must have lifted in no less than two (2) of the following events in the last twelve (12) months to be eligible for selection. Results from these events (which fall within the qualification period) will be considered in order of importance over results recorded at other events if they also fall within the qualification period:

- (A) IWF - World and EWF European Senior Championships
- (B) IWF World and EWF European Junior, Under 23 and / or Youth Championships
- (C) A British Senior and / or Home Nation Senior Championships
- (D) A British Age-group and / or Home Nation Age-Group Championships

Athletes are expected to lift in key selection events in order to demonstrate their ability to perform under pressure against high-level opponents. These events should also provide higher standards of officiating, and there is potential for the presence of anti-doping testing under the jurisdiction of UK Anti-Doping or the International Testing Agency (ITA)

4. Extenuating Circumstances

Extenuating circumstance applications will be considered at the beginning of the selection meeting, The selection panel will review Extenuating Circumstances (4.1, 4.2) prior to the Selection Process section (5.0)

4.1 Bodyweight Discretion - Athletes may request "bodyweight discretion" for cutting weight during the qualification period if doing so poses a significant risk to their health & wellbeing or performance at this competition. Please see "Appendix 2" for further details on how to request bodyweight discretion. All requests will be shared with the selection panel (but will not be reviewed until during the selection meeting). Final approval is at the absolute discretion of the selection panel.

4.2. Extenuating Circumstances - Can be considered in specific situations where an athlete is unable to achieve the minimum eligibility criteria (2.0) or minimum qualification criteria (3.0) through no fault of their own. Please see "Appendix 3" for further details on how to request extenuating circumstances. Final approval is at the absolute discretion of the selection panel.

4.3 The Selection Panel, in its sole discretion, may approve applications from athletes who have been unable to meet the minimum eligibility criteria (2.0) or minimum qualification standards (3.0) for this event, provided that such inability does not reasonably appear to limit the athlete's ability to achieve a performance at least equal to the Minimum Qualification Standard (MQS) (3.0) in their respective bodyweight category at this event. It is highly probable that athletes whose requests for extenuating circumstances are approved and who are subsequently selected for this event will be subject to additional conditions of selection (6.4) pertaining to the area(s) impacted by their extenuating circumstances (6.2.1 to 6.2.4). These conditions are intended to ensure the athlete's capability of achieving a performance that is at least equal to the Minimum Qualification Standard at this event.

It is highly probable that athletes whose requests for extenuating circumstances are approved and who are subsequently selected for this event will be subject to additional conditions of selection (6.4) pertaining to the area(s) impacted by their extenuating circumstances (6.2.1 to 6.2.4). These conditions are intended to ensure the athlete's capability of achieving a performance that is at least equal to the Minimum Qualification Standard at this event.

5. Selection Process

BWL will select a Team that possesses the greatest potential for achieving Medals and contributing to the overall Team performance at this Event. This policy permits the selection of Weightlifters who have demonstrated a commitment to the sport of Weightlifting and possess the potential to win Medals at the following Events (in order of priority):

- 2028 Olympic Games
- 2030 Commonwealth Games

The selection panel will convene during the week beginning 25th May 2026

Supporting information - The selection panel, who will be provided with access to (without limitation) the following supporting information:

- (A) The Long-list of all athletes who submitted a declaration of interest for the event
- (B) BWL Ranking list of all lifters who meet the minimum eligibility criteria (2.0)
- (C) Results from the EWF European Senior and Junior & Under 23 Championships 2025/2026
- (D) Predicted medal zones for this event
- (E) UKS Performance Trajectory & Competition History of BWL Sport 80, IWF and EWF events
- (F) Registers of Attendance for GB Training Camps and Squads over the last 12 months
- (G) A recommendation for team selection from the BWL Performance Team

The advice and experience of the BWL performance team and national coaches who work regularly with athletes during training camps and international competitions will be considered by selectors throughout the selection process to evaluate whether athletes demonstrate the necessary skills & behaviours to deliver no less than equal to their best performance at this competition and future events.

5.1 Team size restrictions

- 5.1.1. The IWF/EWF maximum team size for this event is ten (10) male and ten (10) female athletes
- 5.1.2. The number of lifters selected in each weight category will not exceed two (2)
- 5.1.3. Athletes will be required to self fund this competition.

5.2 Athlete Ranking - BWL, IWF and EWF competition data will be used exclusively to generate a combined ranking list including all Men & Women who have lifted the minimum standard. The following formula will be used to generate each athlete's percentage ranking:

$$\frac{\text{Best total during Qualification period}}{\text{Ranking Standard (Kg)}}$$

The ranking standard against which athletes are measured is based on the average total required to win a bronze medal at the last three European Junior & Under 23 Championships.

BWL Sport80 data is used exclusively to generate athlete ranking lists (4.2); however, only results recorded at the following levels of competition will be used to generate ranking lists for international qualification purposes:

- IWF / EWF / CWF competitions
- British and Home Nation Championships (or overseas equivalents)
- British and Home Nation Age-group Championships
- BUCS – Weightlifting Championships
- BWL Performance Pathway Trials events

If an athlete wishes to include competition results in the BWL Sport80 system that are not from BWL, IWF, EWF, or CWF competitions, they should contact competitions@britishweightlifting.org to explore the possibility of doing so. BWL reserves the right to reject competition results if any doubt exists regarding the standards of anti-doping, technical officiating, or the accuracy of the results.

BWL Pathway Rankings are updated online here on the 15th of each month, based on results recorded in the six months prior to the 1st of each month. Athletes and coaches should note that pathway rankings may not align perfectly with international competition qualification periods, and should check dates thoroughly when reviewing the data.

Ranking Standard

| 49kg | 53kg | 57kg | 61kg | 69kg | 77kg | 86kg | +87kg |
|------|------|------|------|------|------|------|-------|
| 161 | 178 | 197 | 201 | 210 | 217 | 219 | 226 |

| 60kg | 65kg | 70kg | 75kg | 85kg | 95kg | 110kg | +110kg |
|------|------|------|------|------|------|-------|--------|
| 256 | 267 | 296 | 314 | 331 | 341 | 355 | 366 |

5.3 Final Team Selection

Using the supporting information available (highlighted above) the selection panel must use the following criteria in order of importance to select a team for this event:

5.3.1 Does each athlete's current performance suggest the potential for winning a medal in the combined total in their respective category?

5.3.2 Does each athlete's current performance suggest the potential for finishing top 8 in the combined total their respective category?

5.3.3 Does each athlete's progress rate suggest the potential for winning medals at future senior international events?

5.3.4 Does each athlete's progress rate suggest the potential for winning medals at this competition next year?

If, after reviewing the points above (5.3.1–5.3.4), the number of athletes who have met the minimum standard (3.1) does not match the team size restrictions (5.1.1 to 5.1.4), the Selection Panel, at its discretion, reserves the right to select the athletes who they believe demonstrate the greatest potential to win medals at the following events (in order of priority): the 2028 Olympic Games, and the 2030 Commonwealth Games.

6. Conditions and Obligations of Selection

Athletes representing Great Britain are expected to meet high standards of performance, preparation, and behaviour. The following section outlines guidance on those expectations. If there is evidence suggesting that an athlete is not meeting the conditions and obligations listed below, the Selection Panel and BWL reserve the right to investigate or assess each situation further. If, following such an investigation, the Selection Panel concludes that an athlete has failed to meet any of the conditions and obligations below, the Selection Panel, at its discretion, reserves the right to: - De-select the athlete - Impose additional conditions of selection - Request further assessment

6.1 Mandatory Conditions of selection

- 6.1.1 Sign a BWL Team Members' Agreement, which will include a code of conduct
- 6.1.2 Attend agreed team camps or activities prior to the Championships as reasonably requested
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- 6.1.3 Work with the BWL performance team to agree a competition strategy which aligns to performance targets at this competition.
- 6.1.4 Adhere to specified travel dates organised by BUCS and BWL
- 6.1.5 Wear appropriate apparel as specified by BUCS and BWL at all camps, events and the Championships
- 6.1.6 Inform BWL immediately should your preparation or strategy be interrupted in any way, including injury and illness, between point of nomination and the championships.
- 6.1.7 Submit training and bodyweight information as requested by BWL
- 6.1.8 Keep their selection confidential until an official press release by BUCS and BWL has taken place
- 6.1.9 Continually promote a positive message about the sport in Great Britain across all social media platforms

6.2 Additional Conditions of Selection

At point of selection, the selection panel, at their discretion, reserves the right to set additional 'conditions of selection' in any of the following key areas:

- 6.2.1 Capability to deliver against agreed performance targets

- 6.2.2 Athlete health and wellbeing (including Injury and Illness)
- 6.2.3 Engagement with the performance team, training camps & squads
- 6.2.4 Submission of training and bodyweight information

6.3 Causes or Concerns for Injury and/or Illness

If any concern arising from an examination, observation, or otherwise indicates that an athlete's health & wellbeing could be at risk if they compete at this event, then BWL will be entitled to request an assessment of the athlete's health, form or fitness.

6.4 Causes or Concerns for Poor Preparation, form and fitness

From the point of selection all athletes must consistently demonstrate, through their training and behaviour, that they are on track to achieve agreed performance targets (6.1.6). If any concern arising from an observation of training, testing, or otherwise indicates that an athlete is not on-track to achieve agreed performance targets (6.1.6), then BWL will be entitled to request an assessment of the athlete's form and fitness.

7. Selection Panel & Appeals

The selection panel will normally comprise:

- Chair of the Performance Advisory Group (Chair) – in voting capacity
- An independent member of the BWL Performance Committee – in voting capacity
- An independent member of the BWL Performance Committee – in voting capacity
- A member of the BWL Performance Team – in voting capacity
- Member of BUCS (non-voting capacity)

A copy of the BWL Appeals Policy can be obtained [here](#).

7.1 Athletes have the right to appeal if they are not selected, in accordance with the 'BWL Selection Appeals Policy'. The deadline for submitting an appeal is 72 hours after notification of the selection decision (subject to change by BWL).

7.2 Athletes have the right to appeal if they are de-selected, in accordance with the 'BWL Selection Appeals Policy'. BWL will grant athletes a minimum of 72 hours to notify the organisation of their intention to appeal following notification of their de-selection.

7.3 If an athlete wishes to appeal the selection panel's decision, they may request access to the summary of selection meeting notes relating specifically to their selection. BWL will not take further action to remove an athlete's eligibility to compete until a decision on any appeal has been reached. BWL reserves the right to select another eligible athlete to replace a de-selected athlete until the final verification of entries meeting, subject to the conclusion of any appeal process.

7.4 The appeals panel will normally comprise:

- A legal representative (who shall be a qualified lawyer) – in a voting capacity
- An independent BWL Board member – in a voting capacity
- A second independent BWL Board member – in a voting capacity.

At the request of the Chair, other members of the BWL performance team may be in attendance to supply background information only.

All conflicts of interest will be declared. A conflicted individual will not vote on the selection, nor will they be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Panel. In the event of a tied vote, the Chair will cast the deciding vote.

Appendix 1 - Eligibility for FISU World University Championships 2026

INT 1.1 Eligible participants Further to any FISU regulations in place at the time, for an individual to be eligible to represent BUCS/GB Students in FISU competitions they shall:

INT 1.1.1 Be a British (United Kingdom) national.

INT 1.1.2 Be a registered student at an institution which is a recognised provider of Higher Education (HE).

AND

INT 1.1.3 Be within the age range limits for the specific event they are attending, as set by FISU.

AND

INT 1.1.4 Be registered on a course which is at or above one of the following minimum levels:

- Level 4 on the Framework for higher education qualifications in England, Wales and Northern Ireland (FHEQ).
- Level 7 on the Scottish Credit and Qualifications Framework (SCQF).
- Level 4 on the Regulated Qualifications Framework for England and Northern Ireland (RQF).
- Level 4 on the Credit and Qualifications Framework for Wales (CQFW).

INT 1.1.4.1 An individual at an institution outside of the UK shall be registered on a course equivalent to those covered under INT 1.1.4.

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INT 1.1.5 Be undertaking a study programme equivalent to:

- Where the course is credit rated under CATS (Credit Accumulation and Transfer Scheme), at least 60 credits per year.
- Where the course is run using guided learning hours, a minimum of 225 hours per year.
- Where the course is a postgraduate course which is not credit rated, no less than 50% of the full-time student programme per year.

INT 1.1.5.1 A year will be taken as 12 months from the start date of their course.

INT 1.1.5.2 An individual at an institution outside of the UK shall be undertaking a study programme equivalent to the requirements of INT 1.1.5.

AND

INT 1.1.6 Be a player who is permitted by the International or National Governing Body of the sport concerned to participate in FISU competition alongside any other competition in that sport.

AND

INT 1.1.7 Meet the Sport Specific Eligibility Requirements as defined in the individual competition selection policy for that competition

INT 1.2 Special cases for participation Further to any FISU regulations in place at the time, the following individuals are classified as eligible to represent BUCS/GB Students in FISU competitions:

INT 1.2.1 Notwithstanding INT 1.1.5, an individual who is otherwise eligible under INT 1.1 on a sandwich/industrial placement as part of their course is eligible during this time.

INT 1.2.2 A former student of an eligible institution (as per INT 1.1.2) who has obtained an eligible qualification (as per INT 1.1.4) from said institution in the calendar year preceding the event.

INT 1.2.3 A student who would otherwise be eligible under INT 1.1. who has their studies suspended will not be eligible to compete until such a time as their studies recommence.

INT 1.3 Gender Eligibility (including Trans+ Participation) For international competitions, the relevant gender eligibility policy or position followed will be that which the Organising Committee confirms.

INT 1.4 Anti-Doping All participants in FISU competitions are subject to the Anti-Doping rules of UK Anti-Doping (UKAD), the World Anti-Doping Agency (WADA), FISU, and the specific sport's International and/or National Governing Body. As such:

INT 1.4.1 All participants are subject to testing.

INT 1.4.2 Any individual who is serving a suspension as a result of an Anti-Doping rule violation will not be eligible to participate in any FISU competitions.

INT 1.4.3 Any trans+ athlete receiving gender affirming hormone treatment should ensure they are following the relevant Organising Committee position and acquiring a Therapeutic Use Exemption where required by that Organising Committee regulations.

All delegates will be required to complete the UKAD Introduction to Clean Sport qualification prior to attending the any GB representative event.

INT 1.5 Allowing ineligible participants to represent an institution will result in appropriate disciplinary action being taken. Athletic Union or equivalent staff should in cases of doubt refer the circumstances to the BUCS Sport Compliance and Governance Manager.

Appendix 2 – Bodyweight Discretion

Minimum criteria for consideration

The athlete and their personal coach has completed an annual planning meeting with the BWL performance team

The athlete must have a track record of consistently making weight safely and effectively

The athlete must submit a written request for discretion by email to Beverley.Kettleby@britishweightlifting.org no later than 23:59 on the last day of the qualification period. The request must clearly outline the individual's request for discretion and should consider the criteria below. *(no more than 250 words)*

Potential reasons for consideration of bodyweight discretion

Cutting weight for a qualification competition is not in the best interest of the athletes agreed development objectives (outlined in their BWL annual plan)

The athlete and / or team will gain a significant performance advantage by competing in a different category (e.g. higher ranking or the potential to win a medal)

The athlete is a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event in a different category to maintain sport funding.

The athlete has had an injury during the qualification period which has prevented them from competing in their desired category

The athlete's selection does not impact another athlete's selection within the same category that has met the regular criteria.

Catch Weights & Adjusted Qualification Standards - Athletes who wish to be considered must lift within the catch weight for the relevant category and lift the MQS (3.0) + an "add on" to be considered.

The bodyweight allowance for each category has been created by considering the upper end of what is commonly considered possible for making weight without significant risks to athlete health or reductions in performance.

- 1.5% Body mass lost through dehydration
- 0.5kg lost through fibre depletion and food volume
- Assuming the athlete is athletically lean at their weight class (circa 13-14% body fat for men and 20-21% for women), men's weight loss from fat mass is estimated at up to 1.5%, and women's weight loss is estimated at up to 2.5% from less than 6 weeks of gradual dieting to make weight safely.

The "Add on" to the minimum qualification standard (MQS) for each category is; 2 x the bodyweight allowance + 1kg (rounded to the nearest kilo)

Women's Bodyweight Categories

| | 49kg | 53kg | 57kg | 61kg | 69kg | 77kg | 86kg | +87kg |
|-------------------|------|------|------|------|------|------|------|-------|
| BW Allowance (Kg) | 51.0 | 55.1 | 59.2 | 63.3 | 71.6 | 79.8 | 89.1 | na |
| "Add on" to MQS | +4kg | +5kg | +5kg | +5kg | +6kg | +6kg | +7kg | na |

Men's Bodyweight Categories

| | 60kg | 65kg | 70kg | 75kg | 85kg | 95kg | 110kg | +110kg |
|-------------------|------|------|------|------|------|------|-------|--------|
| BW Allowance (Kg) | 62.3 | 67.5 | 72.6 | 77.8 | 88.1 | 98.4 | 113.8 | na |
| "Add on" to MQS | +5kg | +5kg | +6kg | +6kg | +7kg | +7kg | +8kg | na |

Athletes wishing to compete at W86+ or M110+ may request to do so if they have lifted the minimum standard for the category below (w86kg or M110kg category respectively).

Appendix 3 - Consideration for selection under extenuating circumstances

Criteria for consideration - Athletes experiencing challenges related to any of the following criteria may apply for Extenuating Circumstances that have affected their ability to meet minimum eligibility criteria (2.0) or minimum qualification standards (3.0) for the event but will not limit their ability to deliver a performance in excess of the MQS (3.0) at this event.

- Academic limitations
- Vocational limitations
- Financial limitations
- Poor physical wellbeing
- Poor mental wellbeing

Supporting Evidence

The athlete must submit a written request for discretion by email to Beverley.Kettley@britishweightlifting.org no later than 23:59 on the last day of the qualification period.

- The request must clearly outline the individual's request for discretion and should consider the criteria below. (no more than 250 words)
- A signed and dated supporting statement or evidence from a relevant individual (e.g., Psychiatrist, Doctor, Teacher, Line Manager, depending on the nature of the request). This individual cannot be a relative of the athlete.

Review Process –The Selection panel as a whole will be presented with the written discretion and asked to consider its relevance prior to the selection discussion (5.0)

- Is the request for exemption considered reasonable and is the evidence provided considered to be true and accurate?
- Is the athlete engaged in a BWL programme and do they have an up-to-date BWL annual plan?
- Does the panel agree that not competing during the qualification period serves the best interest of the performance of the athlete and / or team?
- Does the panel agree that competing at the target event is in the best interest of the athlete and / or team considering their individuals current extenuating circumstances?
- Could selection of the athlete displace the selection of another athlete who has fulfilled all minimum eligibility criteria? If yes this should be considered during final team selection (5.3)
- Has the athlete lifted the qualification standard in the last 12 months in the same category they have declared interest to compete in?
- Is the athlete a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event to maintain funding.
- Has the athlete fulfilled all other minimum selection criteria, and would the panel have selected them during the selection process under normal conditions?

Accepted Solutions - If the case for extenuating circumstances is granted the panel can propose any or all the following solutions:

- The panel can choose to consider historic results recorded prior to the qualification deadline and select the athlete
- The panel can choose to extend the qualification period for the athlete to allow them more time to fulfil the necessary qualification criteria that the extenuating circumstances prevent them from demonstrating.
- The panel can request that the athlete completes a 'Fitness test' on a defined date, time, and location in the presence of the performance team to demonstrate that they can achieve key performance targets.