

Weightlifting Wales Athlete Support Policy 2024/25

1. Athlete Support

This policy is to provide an opportunity for athletes to access financial support providing they demonstrate the potential to contribute towards Commonwealth Games and/or future Games. It has been created in line with Weightlifting Wales (WW) [Strategic Plan 2020- 2024](#).

1.1 There are two tiers of athlete support:

Tier One provides a grant of £1,400, payable in two instalments of £700 every six months. Athlete will receive biannual individual performance planning, and the entry costs of any Welsh International competition will be covered.

Tier Two provides a grant of £500, payable in two instalments of £250 every six months. Athlete will receive biannual individual performance planning, and the entry costs of any Welsh International competition will be covered.

1.2 Athletes receiving athlete support will be made aware of any changes following the reviews via email.

1.3 Athlete support package financial benefits are subject to change in line with investment from Sport Wales. These changes will take place on review dates, April and October.

1.4 Athletes on the Talented Athlete Scholarship Scheme (TASS) will not be eligible.

2. Minimum Eligibility Criteria

To be eligible for an athlete support package, 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 Athlete must submit an [application of interest](#) no later than 31 March 2024 for April review and 30 September for October.

2.4 An athlete must not be in dispute with WW, or British Weight Lifting.

2.5 An athlete must remain compliant with Anti-Doping procedures and complete all relevant UKAD Education & Training required by Weightlifting Wales.

2.6 Athlete must sign the 'WW Athlete agreement'.

2.7 Athlete must comply with the WW Athlete agreement, including the code of conduct, social media policy and display appropriate behaviours at 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. However, all athletes must meet the minimum standard 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. Athlete support reviews will take place at the end of April and October.

Registered Competition data: 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.

3.2 Minimum eligible age is 18 at the end of the review date.

3.3 Athlete must achieve the minimum selection standard (3.4 or 3.5). Achieving the standard enables an athlete to be considered by the performance panel, it does not guarantee selection.

3.4 Tier One Minimum Standard

Table A

Tier One Female minimum standard

Bodyweight Category	F45	F49	F55	F59	F64	F71	F76	F81	F87	F87+
Total (kg)	146	157	173	184	191	201	204	210	214	228

Bodyweight Category	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Total (kg)	220	252	267	277	294	307	312	315	321	337

Tier One Male minimum standard

3.5 Tier Two Minimum Standard

To be eligible for **ATHLETE SUPPORT TIER TWO** you must have achieved the minimum standard of 102% of the Commonwealth Pathway Standard. Table C displays totals that are 102% of the Commonwealth Pathway for eligible age categories.

Table C

Tier Two Male minimum-standard						
<i>Age 31 December of review year</i>	18	19	20	21	22	23+
<i>Weight Category</i>						
M55	185	191	198	205	211	218
M61	211	218	226	235	242	250
M67	223	232	240	249	257	264
M73	233	241	250	258	266	274
M81	246	255	264	273	282	291
M89	257	266	275	286	295	304
M96	261	271	281	291	300	309
M102	264	273	284	294	303	312
M109	269	279	289	300	309	318
M109+	282	292	303	314	323	334

Tier Two Female minimum-standard						
<i>Age 31 December of review year</i>	18	19	20	21	22	23+
<i>Weight Category</i>						
F45	122	126	131	136	140	145
F49	131	136	141	146	150	155
F55	145	151	156	161	166	171
F59	154	160	165	171	177	183
F64	159	165	171	177	183	189
F71	168	174	181	187	193	199
F76	171	177	184	190	196	202
F81	176	183	189	196	202	208
F87	180	186	193	199	206	212
F87+	191	198	205	212	219	225

4. Selection Process

The WW selection panel will convene to select athletes for athlete support during April and October 2024 (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
- List of athletes who have submitted an application of interest
- Male Commonwealth Pathway Standards
- Female Commonwealth Pathway Standards
- 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 If the total number of athletes eligible for selection is greater than the amount of support available, the selection panel at their discretion reserves the right to select the athletes who demonstrate the greatest potential at the following events next Commonwealth Games and future Commonwealth Games.

The following criteria are to be considered:

- 4.2.1 Competition Results
- 4.2.2 Performance projected trajectory
- 4.2.3 Commonwealth Pathway Standard
- 4.2.4 Engagement with Training Squads and performance reviews (if applicable).

4.3 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.

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 Group (Chair)
- Non-Executive Board Member from Performance Sub Group
- WW Performance / Development Staff member

WW Staff member 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 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 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 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 having their athlete support removed.
- 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 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'.

6.13 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.

6.14 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.

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

TIMELINE *All dates are subject to change.*

1. Athlete must submit an online [application of interest](#) form by 31 March 2024 for April Review, and 30 September 2024 for October Review.
2. Athlete must compete within the qualifying period, six months prior to the review month and meet the minimum selection criteria.
3. Qualification period closes on 31 March 2024 and 30 September 2024
4. Selection takes place the week commencing April and October 2024
5. Selection invites will be sent out to athletes following the selection meeting.
6. All non-selected athletes from the application of interest list will be notified.
7. Appeal deadline is 72 hours after notification of non-selection or withdrawal.

APPENDIX B

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 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 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 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 displayed by age and weight categories.

[FEMALE CWPS](#)

[MALE CWPS](#)

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.

TASS - Talented Athlete Scholarship Scheme. This scheme provides athletes with a needs-led, quality-assured package of support including strength and conditioning, physiotherapy, personal development, nutrition and sports psychology. Athletes will also benefit from the TASS Medical Scheme, which provides fast access to private medical treatment in the event of a sports-related illness or injury, and Mental Health support via our partner Sporting Chance.