



International Selection Policy

Event: 2016 European Junior & u23 Weightlifting Championships

Date: 1st-10th December 2016

Location: Eilat, Israel

1. Overview

This international selection policy has been created to objectively outline how a lifter can aim to qualify for an international competition.

2. Eligibility

To be considered for selection for the 2016 European Junior & u23 Weightlifting Championships, athletes must fulfil the following criteria:

- 1.** Hold a valid Irish passport or hold residency for a minimum of 3 years in the Island of Ireland.
- 2.** In the case of multiple citizenship, the athlete must not have represented another country within a twelve month period.
- 3.** Be a current member of Weightlifting Ireland, and be in good standing with Weightlifting Ireland and/or its affiliated bodies or partners.
- 4.** Be compliant with the Weightlifting Ireland anti-doping procedures.
- 5.** Be aged between fifteen and nineteen years old (inclusive) on the 1st of January 2016 to qualify as Junior lifter. Be aged twenty and twenty two years old (inclusive) on the 1st of January 2016 to qualify as an u23 lifter.
- 6.** Have achieved the relevant Weightlifting Ireland qualification standard during the outlined qualification period (see Part 3 below) and at one of the following approved events (see Part 4 below).
- 7.** Have competed in both; National Club Championships, January 2016 and the National Senior Championships 2016.
- 8.** Attend at least two of the designated preparatory High Performance Squad Sessions for the 2016 European Junior & u23 Weightlifting Championships.

9. Previously attended at least two other High Performance Squad Session dating as back to August 2014.

3. Qualification*

Qualification Period: February 27th 2016 (National Yth/Jnr) – September 10th 2016 (FQE)

Men's	2016 - Junior Standard	2016 - U23 Standard
56	190	195
62	204	210
69	220	226
77	235	241
85	248	255
94	260	267
105	271	278
105+	288	295

Women's	2016 - Junior Standard	2016 - U23 Standard
48	117	120
53	127	130
58	136	140
63	144	148
69	153	157
75	160	164
75+	169	174

4. Approved Competitions List

Qualification totals will only be accepted from the following list of competitions within the qualification window:

- National Youth & Junior Championships, February 2016
- Intervarsities, March 2016
- European Championships, April 2016
- Connacht Open, May 2016
- Leinster Open, June 2016
- Grand Prix, June 2016
- National Senior Championships, July 2016
- Final Qualification Event (FQE), September 2016

5. Fitness & Selection/Deselection

Weightlifting Ireland reserve the right to deselect a qualified athlete if it is deemed that the athlete cannot show a satisfactory level of fitness in the run-up to an event. Fitness will be monitored during designated High Performance Squad Sessions & at competitions. Following qualification for an international event Weightlifting Ireland will monitor form, injury, body

weight changes & commitment to ensure that the qualified athlete(s) is performing at a satisfactory level.

6. Responsibilities

Upon being selected for the 2016 European Junior & u23 Championships, athletes will be required to:

- Sign a 'Code of Conduct Contract' & 'Squad Member Agreement'
- Where possible, wear Weightlifting Ireland apparel at High Performance Squad Sessions & at international events
- Take all necessary steps to ensure the performance committee are informed in advance of reasonable requests for absence at High Performance Squad Sessions & at international events, e.g. injury, illness, personal obligations
- Refrain from making public announcements about selection until after an official Weightlifting Ireland press release has taken place

7. Selection Panel

The selection panel will be chaired by the Weightlifting Ireland Performance Director and will also include two other High Performance Committee members. All conflicts of interest will be declared and in the event of a conflict, the chairperson will decide whether or not the conflicted individual can take part in the selection discussion. A conflicted individual will not be permitted to vote. Depending on the severity of the conflict, the chair may ask that the conflicted party refrain from discussion while that order of business is conducted. Decisions made will then be presented before the Weightlifting Ireland Board before being released to the public.

8. Appeals

Athletes have the right to their non-selection or de-selection in accordance with "WI Selection Appeals Policy". A copy can be obtained from our website:

www.weightliftingireland.com