



## *International Selection Policy*

**Event:** 2016 European Youth (u15 & u17) Weightlifting Championships

**Date:** 11<sup>th</sup> - 17<sup>th</sup> September 2016

**Location:** Nowy Tomysl, Poland

### **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 Youth (u15 & u17) 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 thirteen and fourteen years old (inclusive) on the 1<sup>st</sup> of January 2016 to qualify as an u15 lifter. Be aged between fifteen and sixteen years old (inclusive) on the 1<sup>st</sup> of January 2016 to qualify as an u17 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; National Youth/Junior Championships, January 2016 and one other competition from the approved competition list (see Part 4).
- 8.** Attend at least two of the designated preparatory High Performance Squad Sessions for the 2016 European Youth (u15 & u17) Weightlifting Championships.

### 3. Qualification\*

**Qualification Period:** December 5<sup>th</sup> 2015 (Ulster Open) – July 15<sup>th</sup> 2016 (Nationals)

Men's u15	2016 Standard
45	140
50	154
56	169
62	182
69	196
77	210
85	221
85+	231

Men's u17	2016 Standard
50	159
56	174
62	188
69	202
77	216
85	228
94	239
94+	249

Women's u15	2016 Standard
40	88
44	96
48	104
53	113
58	121
63	129
63+	142

Women's u17	2016 Standard
44	99
48	107
53	116
58	125
63	133
69	140
69+	147

### 4. Approved Competitions List

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

- Ulster Open, December 2015
- National Club Championships, January 2016
- 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

**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 Youth (u15 & u17) 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](http://www.weightliftingireland.com)