



International Selection Policy

Event: 2016 European Weightlifting Championships

Date: 9th-18th April 2016

Location: Forde, Norway

1. Overview

This international selection policy has been created in line with Weightlifting Ireland's aims of qualifying one male athlete & one female athlete for the Rio 2016 Olympic Games. Weightlifting Ireland will focus on gaining one male & one female quota place through the 2016 European Senior Weightlifting Championships. Weightlifting Ireland will be selecting eight (8) male and seven (7) female lifters.

2. Eligibility

To be considered for selection for the 2016 European 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 fifteen years or older in 2016.
- 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 Senior Championships July 2015 & National Club Championships (FQE) January 2016,
- 8.** Attend at least two of the designated preparatory High Performance Squad Sessions for the 2016 European Weightlifting Championships.

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

3. Qualification*

Qualification Period: July 18th 2015 (Nationals) – January 31st 2016 (Clubs)

Men's	2016 A Standard	2016 B Standard
56	205	199
62	221	214
69	238	231
77	254	246
85	268	260
94	281	273
105	293	284
105+	311	302

Women's	2016 A Standard	2016 B Standard
48	126	122
53	137	133
58	147	143
63	156	151
69	165	160
75	173	168
75+	183	178

*Should an athlete not achieve the above standards Weightlifting Ireland may still select a lifter in order to positively serve the purpose of Olympic qualification, providing the athlete has clearly shown the ability to comfortably open at the minimum standard.

4. Approved Competitions List

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

- National Club Championships, January 2016
- Ulster Open, December 2015
- World Championships, November 2015
- Celtic Nations, November 2015
- European Junior & u23 Championships, October 2015
- National Senior Championships, July 2015

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 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