



WEIGHTLIFTING IRELAND

European Senior Championships | Qualifying Procedures

Event Details:

European Senior Championships - 2024

Dates: February 12th – 20th, 2024

Venue: Sofia, Bulgaria

This selection policy has been created to provide an opportunity for WI athletes to compete at the European Senior Championships providing they meet the criteria outlined in this document. Selection of lifters representing Weightlifting Ireland at this event will be made according to the criteria outlined in this document.

For an athlete to be considered for selection for this competition they must satisfy the following minimum eligibility criteria:

1. Hold a valid Irish passport and have been deemed eligible to represent Ireland based on approval by the Board of Weightlifting Ireland.
 - a. In the case of multiple citizenship, the athlete must **NOT** have represented any other country at a competition or competitions organised by the EWF, IWF or any of its continental federations, within a twelve-month period.
2. Be a current member of Weightlifting Ireland and be in good standing with Weightlifting Ireland and/or its affiliated bodies or partners.
3. A completed formal “**Application of Interest**” must have been received via our online form for athletes to be considered for selection.
 - a. This form should be completed a minimum of 6 months prior to any international competition you wish to be selected for.
4. Be compliant with the Weightlifting Ireland & Sport Ireland anti-doping procedures and complete all relevant Sport Ireland Education & Training required by Weightlifting Ireland and the EWF/IWF.





5. Athlete must not be currently under:
 - a. disqualification, expulsion, or suspension by all or any of: WI; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by WI; or disqualification, expulsion, or suspension under the World Anti-Doping Code.
6. Athletes, Coaches, and Team Members must meet the codes of conduct laid out by Weightlifting Ireland by signing the "WI Code of Conduct" agreement.
 - a. By signing up for membership of WI, you agree to adhere to the WI Code of Conduct and if said code is violated, it will impact an athletes consideration during the selection process.
7. Be fully compliant with the ADAMS whereabouts system no later than **90 days** before the start of the event.
 - a. ADAMS Whereabouts must be complete with overnight accommodation, regular activities, training location and a daily 1-hour time slot for the full period required.
 - b. **Athletes are solely responsible** for ensuring that they are set up on the ADAMS system and have submitted their whereabouts in time. For further information please email: [ADAMS@weightliftingireland.com]
8. Athletes must have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned EWF, IWF or Weightlifting Ireland event within **6 months prior** to the competition date.
 - a. Athletes must achieve the minimum qualification standard **before the preliminary entry deadline**.
 - b. If any athlete wishes for their results to be considered for selection from a competition hosted by another federation, not outlined above (USAW, BWL, MWA, etc.) this request must be sent in via email to the WI Board before said competition to review and approve or decline.
9. To be deemed eligible, athletes must have competed at the following:
 - a. National Senior Championships - 2023
 - b. One or more second tier international-level competition (including, but not limited to the Celtic Nations, Women's International Grand Prix, Small Nations, Welsh Open, etc).
10. Athletes, must be willing to assist at Weightlifting Ireland competitions and events during 2023/2024 in order to be considered for selection. For further information contact: [competitions@weightliftingireland.com]



The minimum standards for men and women to be considered for the European Senior Championships in 2024 are as follows:

| Men | | Women | |
|---------------------|--------------|---------------------|--------------|
| <u>Weight Class</u> | <u>Total</u> | <u>Weight Class</u> | <u>Total</u> |
| -55kg | 218kg | -45kg | 130kg |
| -61kg | 235kg | -49kg | 140kg |
| -67kg | 251kg | -55kg | 153kg |
| -73kg | 263kg | -59kg | 160kg |
| -81kg | 279kg | -64kg | 168kg |
| -89kg | 291kg | -71kg | 179kg |
| -96kg | 301kg | -76kg | 185kg |
| -102kg | 308kg | -81kg | 190kg |
| -109kg | 314kg | -87kg | 197kg |
| +109kg | 333kg | +87kg | 204kg |

*** ALL Totals have been increased by 4% from 2018 numbers.*

Selection Process:

1. The WI Board will convene to select athletes prior to the preliminary entry deadline set out by the EWF/IWF.
2. According to EWF/IWF regulations the following rules apply:
 - a. 4.1 The maximum team size for this event is Ten (10) male and Ten (10) female athletes. WI may also nominate Two (2) male and Two (2) female reserves.
 - b. 4.2 The maximum number of lifters selected in each weight category will not exceed two (2).
 - c. If there are more than two (2) athletes eligible for selection for a weight category, the highest ranked athletes will be selected.
3. Athletes must be compliant with the WI “Fit to Compete” policy in order to be selected. WI policy available here : [“WI Fit to Compete Policy”](#)
 - a. The provisions of this policy are effective from the date an athlete/coach submits an application of interest in representing Weightlifting Ireland at any international competition.
 - b. This policy is applicable to all levels of International competition for Youth, Junior, U23, Senior & Masters athletes.



4. Once selected all athletes must maintain all of the following conditions of selection, (failure to do so may result in de-selection at the discretion of the WI Board before the final entry deadline):
 - a. Meet all of the Minimum Eligibility Criteria detailed above.
 - b. Abide by the WI Code of Conduct.
 - c. Maintain full and complete ADAMS Whereabouts for the full period of their selection.
 - d. Complete any additional anti-doping education that is necessary to maintain eligibility to compete.
 - e. Work with the WI Team Coaches to agree a competition strategy which aligns to performance targets at this competition.
 - f. Stay in the competition accommodation for at the least four (4) nights around competition, to meet potential EWF/IWF anti-doping control requirements.
 - g. Athlete must send a clear photocopy of their passport and a passport style headshot via email to the Team Lead prior to the preliminary entry deadline.
 - h. Wear appropriate apparel as specified by WI at all squad sessions, events, and this competition.
 - i. Adhere to specified travel dates/arrangements organised by WI.
 - j. Inform WI immediately should their preparation become interrupted in any way, including injury and illness, between point of selection and your day of competition.
 - k. Keep selection confidential until an official team announcement has been published by WI online.
5. Athletes will be informed by email of the selection decision on the week of the preliminary deadline (subject to change by WI).
6. Athletes who are not selected or who are deselected will be provided with clear rationale for their non-selection to allow them to make an informed decision on whether to appeal or not.
7. Until 2 weeks before the final verification of entries deadline, WI reserve the right to select another eligible athlete to replace a deselected athlete subject to conclusion of any appeal process.
8. Selection for any international competition is at the discretion of the Weightlifting Ireland Board and in exceptional circumstances the Board reserves the right to select athletes who have not met all the above criteria, if it is deemed to be in the best interest of Weightlifting Ireland and its members.





Appeals:

1. Athletes have the right to appeal their non-selection or de-selection in accordance with the “WI Selection Appeals Policy” – found : [HERE](#)
2. The Appeal Procedure is commenced when an athlete affected by a selection decision makes a formal written appeal by email (the `notice of appeal`) to the Chair of the Weightlifting Ireland appeals panel and the President.
3. This must be done within twenty-four (24) hours of the selections being announced or communicated (sent by email) to an athlete, whichever is first.

Funding & Sponsorship:

1. Weightlifting Ireland is funded by Sport Ireland, but we currently receive no funding for international competitions as part of our core grant.
 - a. The WI Board have approved a policy to fully fund two (2) Team Coaches for international competitions, as and when possible/needed.
 - b. One male & one female coach will be selected from the WI Coaching Team as and when availability allows to attend international competitions.
2. Funding for selected athletes will be done on a “case by case” basis for each international competition, depending on the level of the EWF/IWF competition and available funds.
 - a. Some international events are considered “development international” competitions and selected athletes may not be eligible for WI funding.
 - b. Selected athletes may need to fully-self fund for “development international” competitions.
3. If funding is made available for selected athletes, WI will aim to cover the following expenses for selected athletes, as and when possible:
 - a. Entry Fee
 - b. Transportation Fee
 - c. Anti-Doping Fee
 - d. Accommodation (2-4 nights)
4. WI recognise that selected athletes may have sponsors who support them in the lead up to this competition, where these sponsors have asked to be promoted by the athlete following their selection, we recommend they contact the WI Board to discuss any potential conflicts with current or potential WI partners.

