



WEIGHTLIFTING IRELAND

National Team Competition | Selection Policy

1. Introduction

Weightlifting Ireland aims to develop athletes and a national programme capable of sustainable international success. This document outlines a framework and transparency for the identification and selection of athletes to Irish teams. This selection policy is designed to cover the selection of athletes to Irish teams for all major competitions. Please note that in the case of the Olympic Games, Weightlifting Ireland will use the criteria to select athletes to nominate to the Olympic Federation of Ireland (OFI).

The OFI has sole responsibility for final selection to the Irish Olympic Team. Please note that the timelines and eligibility factors for each competition will be bound by those set down externally by the International Olympic Committee (IOC), The International Weightlifting Federation (IWF), European Weightlifting Federation (EWF) and the Olympic Federation of Ireland (OFI).

This policy is subject to change by Weightlifting Ireland in order to facilitate amendments to international competition or OFI requirements. Any amendments to the policy will be communicated to the training panels.

The objectives of the policy are:

- i. to provide a clear and fair process for the selection of athletes for both men and women's squads for all major competitions; and
- ii. to select athletes who will achieve the best possible results in accordance with the targets outlined in the Weightlifting Ireland Strategic plan.



2. Selection/Nomination Panel

The selection of athletes and coaches for international representation will be decided by the Board of Weightlifting Ireland.

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 on the Selection Panel.

In the event of a tied vote the Chair will cast the deciding vote.

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.

3. Eligibility

i. International Federation Criteria (IWF)

All athletes must be qualified to compete for Ireland under the rules and regulations of the IWF. In the event of any changes by IWF to the criteria, Weightlifting Ireland is bound by these and will amend the criteria to reflect the changes.

ii. Olympic Games

Qualification and entry regulations for the major competition and the Olympic Games are determined according to criteria published by IWF/EWF and the IOC.

In addition, athletes/coaches must:

- Sign and adhere to the OFI Team Member Agreement
- Sign the IOC Eligibility Form

Weightlifting Ireland Requirements:

All athletes that wish to be considered for selection must:

- Be an Irish passport holder.
- Sign and submit a Weightlifting Ireland Members Code of Conduct : ["[WI Members Code of Conduct](#)"]
- Be committed to anti-doping and comply with all anti-doping requirements of Sport Ireland, IWF and WADA.



- Attend all relevant National Training Days and Camps in the lead up to the competition, unless the Head Coach or Team Lead have granted an exemption:
 - Unforeseen circumstances within a 7 day period prior to the National Training Day or Camp need to be communicated to the Head Coach/Team Lead as soon as possible.
 - In circumstances where an athlete is suffering from injury or illness a doctor's note must be provided.
 - If an athlete is unavailable due to work or study commitments a letter from an employer or academic mentor is required.

iii. Development non-IWF events/competitions

To be eligible for these events, athletes must meet the qualifying criteria as set out by the Board of Weightlifting Ireland for each respective event.

4. Selection Criteria

- i. Identification of eligible athletes for selection is an on-going and open process. In selecting the team, the WI Board will select those athletes who, in the opinion of the Board in its sole and absolute discretion, have potential to achieve the highest performance for Ireland and who will contribute to the overall performance of the team.
- ii. Current performance in international competition, club fixtures, national training days, training camps and tournaments, in-competition performance will be reviewed;
- iii. Past international level performance;
- iv. Individual competencies:
 - Technical ability across a wide range of skills
 - Positional flexibility, stability & strength
 - Potential to improve / coachability
 - Consistent positive attitude and commitment
 - Ability to communicate positively and proactively
- v. Any athlete carrying an injury must have written confirmation from their personal doctor confirming that in all probability the athlete will be fit to perform to the highest level at the relevant competition.



5. Alternates and Substitutes

If a selected athlete becomes injured after selection, an alternate athlete may be selected. The WI Board reserves the right to select an alternate athlete following the announcement of the Team.

6. Performance Readiness and Injury within Selection

i. Injury and/or Illness

An athlete who has been selected or is due to be selected and has become ill or injured will be assessed by a doctor nominated by Weightlifting Ireland to confirm whether or not the athlete will be fit to perform at the highest possible level at the competition. In the case of the Olympic Games, this assessment will be led by the Team Ireland Chief Medical Officer in accordance with the OFI policy on fitness to compete/fitness to perform.

ii. Loss of Form and/or Physical Fitness

An athlete can be replaced due to loss of form but will be given a chance to rectify such a situation, prior to any final decisions being made. The Weightlifting Ireland Board will be made aware of such situations and a mutually agreed time frame will be set between Head Coach, the Team Lead and Athlete for reassessment. Within the context of the Olympic Games, this discussion will also include the Chef de Mission due to the jurisdiction of the OFI and the timeline restrictions of the IOC and Local Organising Committee.

iii. Breach of Discipline

An athlete can be replaced due to a breach of discipline at any stage of the selection process. This can include failure to comply with the Code of Conduct outlined in Weightlifting Ireland athlete agreement. The Head Coach/Team Lead will be made aware of such situations and a mutually agreed time frame will be set between Head Coach and Athlete for reassessment.

iv. Breach of Anti-Doping

Any athlete who fails to comply with anti-doping will automatically be removed from the national squad and will be replaced. The Head Coach/Team Lead will report such breaches to discipline to the WI Board in a timely manner.

v. Ineligibility

Any athlete who becomes ineligible, (due to any breaches to the conditions outlined in Section 4) will automatically be removed from the national squad.





7. Removal of an Athlete once Selected

If an athlete is unable to continue or is removed from the squad, the procedure for the removal of the athlete and replacement of a different athlete is as follows. Within the context of the Olympic Games, decisions will be made in consultation with the Chef de Mission in accordance with the OFI procedure and within the IWF, IOC and Local Organising Committee regulations on alternate athletes:

- i. Head Coach/Team Lead will be consulted
- ii. Consideration for a replacement will be given to identified alternate athletes within the training squad
- iii. Consideration for a replacement will be given to other identified alternate athletes not currently within the training squad.
- iv. The Head Coach in consultation with the Team Lead will then fill this position with the alternate athlete
- v. Athletes judged most suitable in line with team fit.

8. Appeals

The process to appeal the selection may be made in accordance with the Weightlifting Ireland Appeals Policy : [HERE](#)

9. Timelines

The International Selection Timeline will correspond with the IWF and EWF competition programme and potential selection will be prior to the preliminary entry deadline.

The timeline for selecting participants for Development and non-IWF competitions will be determined by the international host and the board of Weightlifting Ireland.

Weightlifting Ireland's Selection Timeline for the Paris 2024 Olympic Games will sync with the IWF - Weightlifting Olympic Qualification System [[IWF - Weightlifting Olympic Qualification](#)]

Athletes who want to find out about individual selection for a particular event can contact the Secretary of Weightlifting Ireland at any time for more information via email : [secretary@weightliftingireland.com]

