



The USA Weightlifting Stipend System
*A method to support elite training & competition
expenses.*
2018 - 2020

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The USA Weightlifting Board of Directors has approved this guide to the USA Weightlifting stipend system, approved December 2017, active from Q1 of 2018.

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Purpose

The purpose of the USA Weightlifting Stipend System is to provide Direct Athlete Support (DAS) payments to athlete for the specific purpose of supporting their training and competition expenses as an elite athlete. This supports USA Weightlifting's goal to support the training of international level athletes who are likely to be part of Team USA.

Budget

The stipend system is based on a budget of \$480,000 as announced in 2016. This amount will be adjusted yearly based on USA Weightlifting's income. This amount represents amongst the largest stipend programs in the US Olympic movement.

Philosophy on USA Weightlifting's Stipend System:

USA Weightlifting primarily targets its stipend program at the athletes most likely to score qualification points for the 2020 Olympic Games, and those athletes most likely to win international medals at key IWF and PAWF events, especially those likely to compete at the 2020 Olympic Games and 2019 Pan American Games.

Step 1 Minimum Qualifications:

To be considered to earn a stipend you must meet the following minimum requirements:

You must be a citizen of the United States of America.

Athletes must be citizens of the United States to be eligible to compete for Team USA. If dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.

You must have a valid United States of America passport

An athlete must possess a USA passport with an expiration date of a minimum of 6 months after the end of the competition, or the entry requirement of the host nation, whichever is the greater.

You must have been in the United States Anti-Doping (USADA) Random Testing Pool (RTP) for 6 months.

If you have not made yourself available for USADA's RTP, please do so immediately. USA Weightlifting has taken a stand for a doping free sport and we require all our international athletes to have been available for testing for minimum of 6 months prior to competing in any international competition. *(RTP details can be found in **Appendix E**).*

Other Requirements

Athletes must be current members of USA Weightlifting and in good standing in order to compete. Good standing means a current membership, and no code of conduct violations within the most recent 12 months.

Step 2 Make a total for Qualifying Competitions:

Each International Competition has declared *Qualifying Events* specified during a *Qualification Period*. Please check **Appendix A** or www.teamusa.org/USA-Weightlifting for that specific information.

Each Qualifying Competition has a *Qualifying Total* that must be reached in a USAW sanctioned event. The certified official results must be on file with USAW. If you have met the Qualifying Total for the Qualifying Event, you may now enter and compete. (Please see www.teamusa.org/USA-Weightlifting accurate Qualifying Totals for events).

Step 3 Making a Stipend Qualification Total:

USAW uses a Place and Score Projection to determine the athletes who give Team USA's best contribution to Olympic Qualification. This is done by averaging results from previous 2 years the competition took place to set a relative event result. That standard is used to determine where the qualifying totals stack up against the relative projection.

A current Aggregate Place and Score Chart with athlete totals will be posted on our website at the start of each Stipend Period so that athletes, coaches, and officials can see the same chart used by USAW.

Minimum & Maximum Athletes Funded

Senior Athletes: USA Weightlifting will fund a minimum of 8 Female and 8 Male senior level athletes at any given time, to a minimum of 15th place on the Stipend Ranking chart. In the event the minimum of 8 is not reached, USA Weightlifting will continue to move down the ranking chart until the minimum is reached to a maximum of 25th place.

Junior Athletes: USA Weightlifting will fund a minimum of 5 female and 5 male junior level athletes at any given time, to a minimum of 6th place on the Stipend Ranking chart. In the event the minimum of 5 is not reached, USA Weightlifting will continue to move down the ranking chart until the minimum is reached to a maximum of 20th place.

NOTE: *At the Junior Level, USA Weightlifting will fund a maximum of 8 female and 8 male athletes.*

Youth Athletes: USA Weightlifting will fund a minimum of 5 female and 5 male youth level athletes at any given time, to a minimum of 6th place on the Stipend Ranking chart. In the event the minimum of 5 is not reached, USA Weightlifting will continue to move down the ranking chart until the minimum is reached to a maximum of 15th place.

NOTE: At the Youth Level, USA Weightlifting will fund a maximum of 8 female and 8 male athletes.

USA Weightlifting seeks to provide funding to those athletes who have the maximum impact in Olympic Qualification and medal opportunities at World Championships and Olympic Games.

USA Weightlifting will offer additional bonus funding (as below) for the following:

- Actual Points production for Qualification
- Medal winning at the IWF World Championships, World Junior Championships
- World Records

See **Appendix D** for Bonus Payment Schedule.

See **Appendix B** for the Qualifying and Payment Periods.

See **Appendix A** for the Qualifying Period.

USA Weightlifting will also fund athletes of outstanding ability as Senior, Youth & Junior Athletes, at \$3000 (Snr), \$2000 (Jnr) and \$1500 (Yth) per month where that athlete reaches the following % of the Bronze medal average at the Olympic Games & World Championships

Age Group	% of the 5-yr Bronze Medal Av.
Senior	95%
Junior	90%
Youth	85%

Please see **Appendix C** for those numbers for 2018.

Note: An athlete may be paid under one program at any one time.

Step 4 Completing an Individual Performance Plan:

Each stipend based athlete, along with their personal coach, will be required to meet with USA Weightlifting's Sport Performance Department to agree on a training, performance and competition plan for the period. Such a plan seeks to outline the support that USA Weightlifting can further give an athlete in competition.

NOTE: If an athlete does not complete an Individual Performance Plan within the first 2 weeks of being added to the stipend program, their stipend will be stopped until the plan is completed.

Step 5 Achieving a Bonus Payment:

Bonus payments will be made for the following items:

- Medals at the IWF World Championships & Olympic Games
- Medals at the Youth Olympic Games

- Medals at the Pan American Games.
- Medals at the IWF World Junior & World Youth Championship.
- Points at Point-Scoring Events (Paid at the end of Scoring Window).
- World Records (Youth, Junior & Senior World Records).

Step 6 Other Information:

Injured Athletes during a Stipend Period

An athlete with a verifiable injury with supporting medical evidence will have an injury period of up to 4 months beyond the stipend qualification period. USA Weightlifting may require an independent medical report on the athlete.

Required Documentation

In order to receive a stipend an athlete must provide the following items:

- IRS W9 Form
- Direct Deposit Form
- Signed Individual Performance Plan agreement, countersigned by Associate Executive Director, Sport.

High Performance Funding

USA Weightlifting has allocated a fund for professional services and support for athletes additional to stipend funding. Such funding is used as part of the Individual Performance Plan in accordance with the needs of the athlete. It includes but is not limited to:

- Sport Nutrition
- Sports Psychology
- Sports Medicine

Appendix A: **Qualifying & Payment Periods**

Qualifying for:	Payment Period		Qualification Events/Period
Period 1 2018	Start	End	
	1/1/2018	3/1/2018	8/1/2017 to 12/31/2017
Period 2 2018	4/1/2018	6/1/2018	12/1/2017 to 3/31/2018
Period 3 2018	7/1/2018	9/1/2018	2/1/2018 to 6/30/2018
Period 4 2018	10/1/2018	12/1/2018	4/1/2018 to 8/30/2018
Period 1 2019	1/1/2019	3/1/2019	8/1/2018 to 12/31/2018

Appendix B: Qualifying Totals for Stipends

Senior Men Stipend																							
	56K			62K			69K			77K			85K			94K			105K			>105K	
1	299	5000	1	329	5000	1	353	5000	1	369	5000	1	391	5000	1	406	5000	1	426	5000	1	458	5000
2	299	4250	2	315	4250	2	339	4250	2	363	4250	2	388	4250	2	399	4250	2	421	4250	2	447	4250
3	290	4000	3	313	4000	3	338	4000	3	357	4000	3	382	4000	3	392	4000	3	416	4000	3	436	4000
4	286	3250	4	307	3250	4	337	3250	4	353	3250	4	374	3250	4	386	3250	4	407	3250	4	433	3250
5	274	3000	5	300	3000	5	326	3000	5	349	3000	5	372	3000	5	384	3000	5	400	3000	5	430	3000
6	269	2800	6	295	2800	6	325	2800	6	344	2800	6	369	2800	6	380	2800	6	397	2800	6	427	2800
7	269	2750	7	292	2750	7	322	2750	7	341	2750	7	366	2750	7	378	2750	7	396	2750	7	427	2750
8	264	2700	8	285	2700	8	320	2700	8	340	2700	8	363	2700	8	377	2700	8	395	2700	8	424	2700
9	263	2500	9	283	2500	9	319	2500	9	339	2500	9	362	2500	9	375	2500	9	394	2500	9	424	2500
10	263	2250	10	282	2250	10	318	2250	10	338	2250	10	358	2250	10	371	2250	10	391	2250	10	418	2250
11	261	1500	11	279	1500	11	315	1500	11	335	1500	11	355	1500	11	369	1500	11	383	1500	11	414	1500
12	259	1450	12	279	1450	12	314	1450	12	334	1450	12	353	1450	12	368	1450	12	383	1450	12	410	1450
13	257	1450	13	278	1450	13	313	1450	13	333	1450	13	351	1450	13	368	1450	13	380	1450	13	408	1450
14	253	1450	14	277	1450	14	312	1450	14	333	1450	14	349	1450	14	360	1450	14	377	1450	14	405	1450
15	249	1450	15	277	1450	15	311	1450	15	333	1450	15	347	1450	15	359	1450	15	376	1450	15	402	1450
16	249	1200	16	275	1200	16	310	1200	16	331	1200	16	345	1200	16	356	1200	16	376	1200	16	398	1200
17	248	1200	17	275	1200	17	307	1200	17	330	1200	17	341	1200	17	355	1200	17	373	1200	17	396	1200
18	247	750	18	272	750	18	306	750	18	329	750	18	340	750	18	347	750	18	369	750	18	392	750
19	247	750	19	271	750	19	304	750	19	328	750	19	336	750	19	347	750	19	368	750	19	388	750
20	246	600	20	270	600	20	304	600	20	325	600	20	336	600	20	346	600	20	367	600	20	386	600
21	243	600	21	270	600	21	301	600	21	324	600	21	335	600	21	344	600	21	364	600	21	383	600
22	243	500	22	268	500	22	300	500	22	323	500	22	334	500	22	341	500	22	364	500	22	375	500
23	241	500	23	266	500	23	299	500	23	322	500	23	333	500	23	337	500	23	359	500	23	373	500
24	236	200	24	264	200	24	296	200	24	320	200	24	332	200	24	334	200	24	358	200	24	366	200
25	236	200	25	264	200	25	295	200	25	319	200	25	331	200	25	329	200	25	356	200	25	355	200

Senior Women Stipend																							
	48K			53K			58K			63K			69K			75K			90K			>90K	
1	196	5000	1	226	5000	1	243	5000	1	255	5000	1	264	5000	1	280	5000	1	287	5000	1	340	5000
2	191	4250	2	219	4250	2	238	4250	2	250	4250	2	259	4250	2	278	4250	2	285	4250	2	322	4250
3	191	4000	3	213	4000	3	234	4000	3	245	4000	3	257	4000	3	276	4000	3	281	4000	3	296	4000
4	187	3250	4	209	3250	4	226	3250	4	244	3250	4	252	3250	4	262	3250	4	269	3250	4	290	3250
5	183	3000	5	202	3000	5	222	3000	5	244	3000	5	240	3000	5	253	3000	5	260	3000	5	283	3000
6	181	2800	6	201	2800	6	217	2800	6	242	2800	6	238	2800	6	245	2800	6	252	2800	6	270	2800
7	180	2750	7	200	2750	7	211	2750	7	239	2750	7	237	2750	7	241	2750	7	248	2750	7	266	2750
8	179	2750	8	197	2750	8	209	2750	8	234	2750	8	233	2750	8	241	2750	8	248	2750	8	260	2750
9	177	2500	9	194	2500	9	209	2500	9	230	2500	9	232	2500	9	238	2500	9	245	2500	9	258	2500
10	177	2250	10	192	2250	10	208	2250	10	228	2250	10	230	2250	10	232	2250	10	239	2250	10	256	2250
11	176	1500	11	190	1500	11	205	1500	11	224	1500	11	228	1500	11	229	1500	11	236	1500	11	255	1500
12	175	1450	12	188	1450	12	204	1450	12	222	1450	12	226	1450	12	226	1450	12	236	1450	12	254	1450
13	174	1450	13	188	1450	13	202	1450	13	219	1450	13	225	1450	13	222	1450	13	229	1450	13	254	1450
14	173	1450	14	186	1450	14	200	1450	14	213	1450	14	222	1450	14	221	1450	14	228	1450	14	252	1450
15	171	1450	15	184	1450	15	198	1450	15	209	1450	15	221	1450	15	221	1450	15	228	1450	15	251	1450
16	171	1200	16	184	1200	16	196	1200	16	208	1200	16	219	1200	16	217	1200	16	224	1200	16	250	1200
17	169	1200	17	183	1200	17	195	1200	17	207	1200	17	218	1200	17	216	1200	17	223	1200	17	246	1200
18	168	750	18	181	750	18	195	750	18	206	750	18	212	750	18	216	750	18	223	750	18	245	750
19	167	750	19	181	750	19	195	750	19	203	750	19	211	750	19	213	750	19	219	750	19	243	750
20	165	600	20	180	600	20	194	600	20	202	600	20	209	600	20	211	600	20	218	600	20	239	600
21	163	600	21	179	600	21	193	600	21	201	600	21	209	600	21	208	600	21	215	600	21	237	600
22	163	500	22	178	500	22	190	500	22	200	500	22	204	500	22	205	500	22	212	500	22	232	500
23	161	500	23	177	500	23	189	500	23	199	500	23	203	500	23	204	500	23	211	500	23	227	500
24	161	200	24	175	200	24	187	200	24	197	200	24	199	200	24	202	200	24	209	200	24	217	200
25	159	200	25	174	200	25	184	200	25	196	200	25	198	200	25	194	200	25	203	200	25	215	200

Junior Men Stipend																							
56K			62K			69K			77K			85K			94K			105K			>105K		
1	262	500	1	299	500	1	319	500	1	351	500	1	359	500	1	382	500	1	374	500	1	419	500
2	243	500	2	287	500	2	313	500	2	336	500	2	354	500	2	375	500	2	373	500	2	397	500
3	239	300	3	281	300	3	305	300	3	333	300	3	347	300	3	363	300	3	370	300	3	395	300
4	237	250	4	278	250	4	305	250	4	332	250	4	344	250	4	361	250	4	365	250	4	380	250
5	234	250	5	277	250	5	302	250	5	331	250	5	341	250	5	346	250	5	363	250	5	377	250
6	230	250	6	268	250	6	299	250	6	331	250	6	338	250	6	338	250	6	360	250	6	366	250
7	227	100	7	264	100	7	295	100	7	328	100	7	337	100	7	331	100	7	352	100	7	364	100
8	225	100	8	262	100	8	292	100	8	322	100	8	335	100	8	329	100	8	336	100	8	359	100
9	222	100	9	260	100	9	285	100	9	318	100	9	332	100	9	328	100	9	331	100	9	352	100
			10	257	100	10	283	100	10	316	100	10	327	100	10	327	100	10	329	100	10	348	100
			11	252	50	11	281	50	11	310	50	11	322	50	11	319	50	11	325	50			
			12	248	50	12	279	50	12	303	50	12	320	50	12			12	322	50			
			13	247	50	13	269	50	13	301	50	13	319	50	13			13	304	50			
			14	243	50	14	264	50	14	298	50	14	318	50	14			14	299	50			
			15	232	50	15	251	50	15	297	50	15	311	50									
			16	225	50	16	250	50	16	293	50												
			17	192	50	17	229	50	17	290	50												
									18	288	50												
									19	285	50												
									20	285	50												

Junior Women Stipend																							
48K			53K			58K			63K			69K			75K			90K			>90K		
1	187	500	1	202	500	1	218	500	1	240	500	1	230	500	1	248	500	1	240	500	1	273	500
2	184	500	2	195	500	2	215	500	2	226	500	2	222	500	2	242	500	2	229	500	2	256	500
3	175	300	3	191	300	3	210	300	3	209	300	3	221	300	3	234	300	3	227	300	3	241	300
4	168	250	4	190	250	4	199	250	4	208	250	4	218	250	4	221	250	4	222	250	4	235	250
5	168	250	5	177	250	5	196	250	5	205	250	5	213	250	5	215	250	5	219	250	5	234	250
6	163	250	6	175	250	6	194	250	6	202	250	6	209	250	6	209	250	6	201	250	6	223	250
7	162	100	7	166	100	7	194	100	7	195	100	7	205	100	7	209	100	7	196	100	7	211	100
8	159	100	8	166	100	8	191	100	8	189	100	8	202	100	8	208	100	8	196	100	8	206	100
9	155	100	9	164	100	9	190	100	9	185	100	9	200	100	9	202	100				9	198	100
10	146	100	10	162	100	10	188	100	10	183	100	10	194	100	10	189	100				10	180	100
11	141	50	11	161	50	11	185	50	11	180	50	11	190	50	11	187	50						
12	138	50	12	161	50	12	183	50				12	174	50									
13	132	50	13	158	50	13	180	50															
			14	155	50	14	176	50															
			15	152	50	15	169	50															
			16	130	50	16	158	50															

Youth Men Stipend																							
50K			56K			62K			69K			77K			85K			94K			>94K		
1	214	500	1	248	500	1	281	500	1	320	500	1	342	500	1	326	500	1	331	500	1	368	500
2	213	500	2	238	500	2	276	500	2	301	500	2	317	500	2	323	500	2	323	500	2	351	500
3	211	300	3	235	300	3	270	300	3	299	300	3	307	300	3	311	300	3	320	300	3	345	300
4	210	150	4	234	150	4	266	150	4	289	150	4	300	150	4	309	150	4	315	150	4	344	150
5	207	150	5	231	150	5	263	150	5	287	150	5	296	150	5	306	150	5	304	150	5	343	150
6	203	150	6	226	150	6	259	150	6	285	150	6	292	150	6	305	150	6	298	150	6	326	150
7	200	50	7	224	50	7	256	50	7	282	50	7	290	50	7	302	50	7	295	50	7	324	50
8	197	50	8	222	50	8	255	50	8	280	50	8	284	50	8	300	50	8	292	50	8	317	50
9	193	50	9	220	50	9	254	50	9	275	50	9	282	50	9	293	50	9	291	50	9	312	50
10	188	50	10	219	50	10	252	50	10	272	50	10	282	50	10	290	50	10	279	50	10	307	50
11	187	50	11	215	50	11	251	50	11	267	50	11	279	50	11	287	50	11	268	50	11	297	50
12	186	50	12	212	50	12	249	50	12	266	50	12	277	50	12	285	50	12	266	50	12	295	50
13	181	50	13	211	50	13	246	50	13	264	50	13	275	50	13	283	50	13	245	50	13	288	50
14	179	50	14	202	50	14	243	50	14	263	50	14	268	50	14	277	50				14	280	50
15	175	50	15	198	50	15	241	50	15	258	50	15	260	50	15	273	50				15	276	50

Appendix C: **Qualification for % Program – 2018 Update**

Numbers are rounded to the nearest whole kilogram.

Women	48	53	58	63	69	75	90	+90
Snr	179	195	219	230	243	250	257	277
Jnr	169	185	207	218	230	237	243	262
Yth	160	174	196	206	217	224	230	248

Men	56	62	69	77	85	94	105	+105
Snr	274	298	320	338	363	374	392	418
Jnr	259	282	303	320	344	355	371	396
Yth	245	266	287	302	325	335	351	374

Appendix D: **Schedule of Bonus Payments to Athletes**

Any payment made is in addition to USOC Operation Gold Payments.

IWF World Records

	Yth World Record	Jnr World Record	Snr World Record
Snatch	\$1000	\$2000	\$5000
Clean & Jerk	\$1000	\$2000	\$5000
Total	\$1000	\$2000	\$5000

Maximum Payment per Annum - \$10,000

Medal Payments

	Bronze	Silver	Gold
2018/19 Worlds	\$4500	\$5500	\$7500
Olympic Games	\$10000	\$15000	\$25000
Pan Am Games	\$1000	\$2000	\$3000
2018 Pan Am	\$500	\$500	\$1500
2018 Jnr Worlds	\$500	\$500	\$1000
2018 Yth Olympic Games	\$250	\$250	\$500

Points Bonus Payments

Bonus payments will be paid on a team basis for qualification for International Games events – Olympic Games, Pan Am Games and Youth Olympic Games.

Team bonuses will be paid at the close of qualification, after the confirmation that drug testing results have been received. Payment of the Team bonus will be paid as a % that individual achieved of the points.

Bonuses are paid based on qualification at the IWF World Championships, IWF Youth World Championships and Pan American Championships. Amounts are per gender.

Qualification	Tier 1 (Full Team)	Tier 2	Tier 3	Tier 4
Olympic Games	\$75,000	\$60,000	\$40,000	\$15,000
Pan Am Games	\$15,000	\$10,000	\$7,500	\$5,000
Youth Olympic Games	\$5000	\$2500	N/A	N/A

Appendix E: RTP Information

To submit yourself to the USAW RTP, to meet the minimum six (6) month requirement, you must add the “USADA RTP Athlete Certification to your membership profile. To do that follow the steps below:

Step 1: log into your USA Weightlifting membership profile

Step 2: Select the “RTP Athlete Sign-Up” from the home page (Anti-Doping -> Sign-up)



Step 3: Complete the athlete information required and submit the certification

Step4: Your application will be processed by the sport department and you will receive an email once it has been completed.

If you have any questions about the certification please contact Lorene.halford@usaweightlifting.org.