



The USA Weightlifting Stipend System
*A method to support elite training & competition
expenses.*
2017 - 2020

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The USA Weightlifting Board of Directors has approved this guide to the USA Weightlifting stipend system, approved January 2017, active from Q2 of 2017.

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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 United States of America Citizen.

Athletes must be National of the United States to be eligible to compete for Team USA, and your sport nationality must be registered as USA with the IWF.

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 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 supported athletes to have been available for testing for minimum of 6 months prior to receiving a stipend.

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 years 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 following the appropriate Qualifying Events so that athletes, coaches, and officials can see the same chart used by USAW.

Minimum & Maximum Athletes Funded

USA Weightlifting will fund a minimum of 8 Female and 8 Male athletes at any given time, to a minimum of 25th place at the World Championships, in the event that at least that number do not qualify for the minimums set out below.

USA Weightlifting will fund a minimum of 5 Female and 5 Male athletes at any given time, combined Youth and Junior, in the event that they do not meet the below minimum standards. At any one time, USA Weightlifting will fund a maximum of 8 Female and 8 Male Athletes at Junior level and 8 Female and 8 Male Athletes at Youth.

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.

However this aside, USA Weightlifting will fund the following minimum placement:

| | |
|--------|------------------------|
| Senior | 15 th Place |
| Junior | 6 th Place |
| Youth | 6 th Place |

Please see Appendix B for the Qualifying and Payment Periods.
Please 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 2017.

Note, an athlete may be paid under one or either program at any one time.

Step 4 Completing an Individual Performance Plan

Each stipend based athlete, and their personal coach, will be required to meet with USA Weightlifting's sport division 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.

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).

Injured Athletes during a Stipend Period

An athlete with a verifiable injury with supporting medical evidence will have an injured 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.
- Signed Stipend athlete/International team code of conduct form.
- Copy of the US Passport of the individual

Payments within a Qualification Window

An athlete who qualifies for a stipend will begin payments during a period after 6 weeks have elapsed, or all drug testing results have been returned from a Championship, whichever is the sooner.

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 Sports Nutrition, Sports Psychology, Sports Medicine et al.

Appendix A **Qualifying & Payment Periods**

| Qualifying for: | Payment Period | | Qualification Events/Period |
|----------------------|----------------|------------|--|
| Period 2 2017 | Start | End | |
| | 4/1/2017 | 6/1/2017 | Olympic Games + 12/1/2016 to 3/31/2017 |
| Period 3 2017 | 7/1/2017 | 9/1/2017 | 2/1/2017 to 6/30/2017 + Olympic Games |
| Period 4 2017 | 10/1/2017 | 12/31/2017 | 4/1/2017 to 8/30/2017 |
| Period 1 2018 | 1/1/2017 | 3/1/2018 | 8/1/2017 to 12/31/2017 |

Appendix B – Qualifying Totals for Stipends

Totals will be reviewed at:

Seniors – Following 2018 Senior World Championships.

Junior – Following 2017 IWF Junior World Championship for Period 3 2017

Youth – Following 2017 IWF Youth World Championships for Period 3 2017

| Stipend Payments - Senior Men | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------------|-----|------|----|------|------|------|-----|------|----|------|------|-------|-----|--------|----|-----|------|----|-----|------|--|--|--|--|
| 56kg | | 62kg | | 69kg | | 77kg | | 85kg | | 94kg | | 105kg | | +105kg | | | | | | | | | | |
| 1 | 299 | 500 | 1 | 329 | 5000 | 1 | 353 | 5000 | 1 | 369 | 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 | 447 | 4250 | | | | |
| 3 | 280 | 4000 | 3 | 313 | 4000 | 3 | 338 | 4000 | 3 | 357 | 4000 | 3 | 382 | 4000 | 3 | 392 | 4000 | 3 | 446 | 4000 | | | | |
| 4 | 286 | 3250 | 4 | 307 | 3250 | 4 | 337 | 3250 | 4 | 353 | 3250 | 4 | 374 | 3250 | 4 | 386 | 3250 | 4 | 407 | 3250 | | | | |
| 5 | 274 | 3000 | 5 | 300 | 3000 | 5 | 326 | 3000 | 5 | 349 | 3000 | 5 | 372 | 3000 | 5 | 384 | 3000 | 5 | 400 | 3000 | | | | |
| 6 | 269 | 2800 | 6 | 295 | 2800 | 6 | 325 | 2800 | 6 | 344 | 2800 | 6 | 369 | 2800 | 6 | 380 | 2800 | 6 | 397 | 2800 | | | | |
| 7 | 269 | 2750 | 7 | 292 | 2750 | 7 | 322 | 2750 | 7 | 341 | 2750 | 7 | 366 | 2750 | 7 | 378 | 2750 | 7 | 396 | 2750 | | | | |
| 8 | 264 | 2700 | 8 | 285 | 2700 | 8 | 321 | 2700 | 8 | 340 | 2700 | 8 | 363 | 2700 | 8 | 377 | 2700 | 8 | 395 | 2700 | | | | |
| 9 | 263 | 2500 | 9 | 283 | 2500 | 9 | 320 | 2500 | 9 | 339 | 2500 | 9 | 362 | 2500 | 9 | 375 | 2500 | 9 | 394 | 2500 | | | | |
| 10 | 263 | 2250 | 10 | 282 | 2250 | 10 | 319 | 2250 | 10 | 338 | 2250 | 10 | 358 | 2250 | 10 | 371 | 2250 | 10 | 391 | 2250 | | | | |
| 11 | 261 | 1500 | 11 | 279 | 1500 | 11 | 318 | 1500 | 11 | 335 | 1500 | 11 | 355 | 1500 | 11 | 371 | 1500 | 11 | 383 | 1500 | | | | |
| 12 | 259 | 1450 | 12 | 279 | 1450 | 12 | 315 | 1450 | 12 | 334 | 1450 | 12 | 353 | 1450 | 12 | 369 | 1450 | 12 | 383 | 1450 | | | | |
| 13 | 257 | 1450 | 13 | 278 | 1450 | 13 | 314 | 1450 | 13 | 333 | 1450 | 13 | 351 | 1450 | 13 | 368 | 1450 | 13 | 380 | 1450 | | | | |
| 14 | 253 | 1450 | 14 | 277 | 1450 | 14 | 313 | 1450 | 14 | 333 | 1450 | 14 | 349 | 1450 | 14 | 368 | 1450 | 14 | 377 | 1450 | | | | |
| 15 | 249 | 1450 | 15 | 277 | 1450 | 15 | 312 | 1450 | 15 | 333 | 1450 | 15 | 347 | 1450 | 15 | 360 | 1450 | 15 | 376 | 1450 | | | | |
| 16 | 249 | 1200 | 16 | 275 | 1200 | 16 | 311 | 1200 | 16 | 331 | 1200 | 16 | 345 | 1200 | 16 | 359 | 1200 | 16 | 376 | 1200 | | | | |
| 17 | 248 | 1200 | 17 | 275 | 1200 | 17 | 310 | 1200 | 17 | 330 | 1200 | 17 | 341 | 1200 | 17 | 357 | 1200 | 17 | 374 | 1200 | | | | |
| 18 | 247 | 750 | 18 | 272 | 750 | 18 | 307 | 750 | 18 | 329 | 750 | 18 | 340 | 750 | 18 | 356 | 750 | 18 | 373 | 750 | | | | |
| 19 | 247 | 750 | 19 | 271 | 750 | 19 | 306 | 750 | 19 | 328 | 750 | 19 | 336 | 750 | 19 | 355 | 750 | 19 | 369 | 750 | | | | |
| 20 | 246 | 600 | 20 | 270 | 600 | 20 | 304 | 600 | 20 | 328 | 600 | 20 | 347 | 600 | 20 | 347 | 600 | 20 | 368 | 600 | | | | |
| 21 | 243 | 600 | 21 | 270 | 600 | 21 | 304 | 600 | 21 | 325 | 600 | 21 | 335 | 600 | 21 | 347 | 600 | 21 | 367 | 600 | | | | |
| 22 | 243 | 500 | 22 | 268 | 500 | 22 | 301 | 500 | 22 | 324 | 500 | 22 | 334 | 500 | 22 | 346 | 500 | 22 | 364 | 500 | | | | |
| 23 | 241 | 500 | 23 | 266 | 500 | 23 | 300 | 500 | 23 | 323 | 500 | 23 | 333 | 500 | 23 | 344 | 500 | 23 | 364 | 500 | | | | |
| 24 | 236 | 200 | 24 | 264 | 200 | 24 | 299 | 200 | 24 | 322 | 200 | 24 | 332 | 200 | 24 | 341 | 200 | 24 | 359 | 200 | | | | |
| 25 | 236 | 200 | 25 | 264 | 200 | 25 | 296 | 200 | 25 | 320 | 200 | 25 | 331 | 200 | 25 | 341 | 200 | 25 | 358 | 200 | | | | |

| Stipend Payments - Senior Women | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------|-----|------|----|------|------|------|-----|------|----|------|------|------|-----|-------|----|-----|------|----|-----|------|--|--|--|--|
| 48kg | | 53kg | | 58kg | | 63kg | | 69kg | | 75kg | | 80kg | | +90kg | | | | | | | | | | |
| 1 | 196 | 5000 | 1 | 226 | 5000 | 1 | 243 | 5000 | 1 | 255 | 5000 | 1 | 264 | 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 | | | | |
| 3 | 191 | 4000 | 3 | 213 | 4000 | 3 | 234 | 4000 | 3 | 245 | 4000 | 3 | 257 | 4000 | 3 | 276 | 4000 | 3 | 281 | 4000 | | | | |
| 4 | 187 | 3250 | 4 | 209 | 3250 | 4 | 226 | 3250 | 4 | 244 | 3250 | 4 | 252 | 3250 | 4 | 262 | 3250 | 4 | 269 | 3250 | | | | |
| 5 | 183 | 3000 | 5 | 202 | 3000 | 5 | 222 | 3000 | 5 | 244 | 3000 | 5 | 240 | 3000 | 5 | 253 | 3000 | 5 | 260 | 3000 | | | | |
| 6 | 181 | 2800 | 6 | 201 | 2800 | 6 | 217 | 2800 | 6 | 242 | 2800 | 6 | 238 | 2800 | 6 | 245 | 2800 | 6 | 252 | 2800 | | | | |
| 7 | 180 | 2750 | 7 | 200 | 2750 | 7 | 211 | 2750 | 7 | 239 | 2750 | 7 | 237 | 2750 | 7 | 241 | 2750 | 7 | 248 | 2750 | | | | |
| 8 | 179 | 2700 | 8 | 197 | 2700 | 8 | 209 | 2700 | 8 | 234 | 2700 | 8 | 233 | 2700 | 8 | 241 | 2700 | 8 | 248 | 2700 | | | | |
| 9 | 177 | 2500 | 9 | 194 | 2500 | 9 | 209 | 2500 | 9 | 230 | 2500 | 9 | 233 | 2500 | 9 | 238 | 2500 | 9 | 245 | 2500 | | | | |
| 10 | 177 | 2250 | 10 | 192 | 2250 | 10 | 208 | 2250 | 10 | 228 | 2250 | 10 | 232 | 2250 | 10 | 232 | 2250 | 10 | 239 | 2250 | | | | |
| 11 | 176 | 1500 | 11 | 190 | 1500 | 11 | 205 | 1500 | 11 | 224 | 1500 | 11 | 230 | 1500 | 11 | 229 | 1500 | 11 | 236 | 1500 | | | | |
| 12 | 175 | 1450 | 12 | 188 | 1450 | 12 | 204 | 1450 | 12 | 222 | 1450 | 12 | 228 | 1450 | 12 | 226 | 1450 | 12 | 236 | 1450 | | | | |
| 13 | 174 | 1450 | 13 | 188 | 1450 | 13 | 202 | 1450 | 13 | 219 | 1450 | 13 | 226 | 1450 | 13 | 223 | 1450 | 13 | 229 | 1450 | | | | |
| 14 | 173 | 1450 | 14 | 186 | 1450 | 14 | 200 | 1450 | 14 | 213 | 1450 | 14 | 225 | 1450 | 14 | 222 | 1450 | 14 | 228 | 1450 | | | | |
| 15 | 171 | 1450 | 15 | 184 | 1450 | 15 | 200 | 1450 | 15 | 209 | 1450 | 15 | 222 | 1450 | 15 | 221 | 1450 | 15 | 228 | 1450 | | | | |
| 16 | 171 | 1200 | 16 | 184 | 1200 | 16 | 198 | 1200 | 16 | 208 | 1200 | 16 | 221 | 1200 | 16 | 221 | 1200 | 16 | 224 | 1200 | | | | |
| 17 | 171 | 1200 | 17 | 183 | 1200 | 17 | 196 | 1200 | 17 | 207 | 1200 | 17 | 219 | 1200 | 17 | 217 | 1200 | 17 | 223 | 1200 | | | | |
| 18 | 170 | 750 | 18 | 183 | 750 | 18 | 195 | 750 | 18 | 206 | 750 | 18 | 218 | 750 | 18 | 216 | 750 | 18 | 223 | 750 | | | | |
| 19 | 169 | 750 | 19 | 181 | 750 | 19 | 195 | 750 | 19 | 203 | 750 | 19 | 212 | 750 | 19 | 216 | 750 | 19 | 219 | 750 | | | | |
| 20 | 168 | 600 | 20 | 181 | 600 | 20 | 195 | 600 | 20 | 203 | 600 | 20 | 211 | 600 | 20 | 213 | 600 | 20 | 218 | 600 | | | | |
| 21 | 167 | 600 | 21 | 180 | 600 | 21 | 194 | 600 | 21 | 202 | 600 | 21 | 209 | 600 | 21 | 212 | 600 | 21 | 215 | 600 | | | | |
| 22 | 165 | 500 | 22 | 179 | 500 | 22 | 193 | 500 | 22 | 201 | 500 | 22 | 209 | 500 | 22 | 211 | 500 | 22 | 212 | 500 | | | | |
| 23 | 163 | 500 | 23 | 178 | 500 | 23 | 190 | 500 | 23 | 200 | 500 | 23 | 204 | 500 | 23 | 210 | 500 | 23 | 211 | 500 | | | | |
| 24 | 163 | 200 | 24 | 177 | 200 | 24 | 187 | 200 | 24 | 199 | 200 | 24 | 203 | 200 | 24 | 205 | 200 | 24 | 209 | 200 | | | | |
| 25 | 162 | 200 | 25 | 175 | 200 | 25 | 184 | 200 | 25 | 197 | 200 | 25 | 203 | 200 | 25 | 204 | 200 | 25 | 206 | 200 | | | | |

| Stipend Payments - Junior Men | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------------|-----|------|----|------|-----|------|-----|------|----|------|-----|-------|-----|--------|----|-----|-----|----|-----|-----|--|--|--|--|
| 56kg | | 62kg | | 69kg | | 77kg | | 85kg | | 94kg | | 105kg | | +105kg | | | | | | | | | | |
| 1 | 270 | 500 | 1 | 293 | 500 | 1 | 327 | 500 | 1 | 359 | 500 | 1 | 373 | 500 | 1 | 380 | 500 | 1 | 413 | 500 | | | | |
| 2 | 252 | 500 | 2 | 283 | 500 | 2 | 321 | 500 | 2 | 353 | 500 | 2 | 369 | 500 | 2 | 378 | 500 | 2 | 394 | 500 | | | | |
| 3 | 247 | 300 | 3 | 277 | 300 | 3 | 317 | 300 | 3 | 345 | 300 | 3 | 359 | 300 | 3 | 371 | 300 | 3 | 381 | 300 | | | | |
| 4 | 243 | 250 | 4 | 274 | 250 | 4 | 308 | 250 | 4 | 341 | 250 | 4 | 357 | 250 | 4 | 367 | 250 | 4 | 376 | 250 | | | | |
| 5 | 241 | 250 | 5 | 273 | 250 | 5 | 302 | 250 | 5 | 334 | 250 | 5 | 338 | 250 | 5 | 360 | 250 | 5 | 372 | 250 | | | | |
| 6 | 234 | 250 | 6 | 263 | 250 | 6 | 300 | 250 | 6 | 327 | 250 | 6 | 336 | 250 | 6 | 352 | 250 | 6 | 367 | 250 | | | | |
| 7 | 230 | 100 | 7 | 262 | 100 | 7 | 298 | 100 | 7 | 322 | 100 | 7 | 322 | 100 | 7 | 345 | 100 | 7 | 363 | 100 | | | | |
| 8 | 227 | 100 | 8 | 255 | 100 | 8 | 294 | 100 | 8 | 315 | 100 | 8 | 324 | 100 | 8 | 321 | 100 | 8 | 352 | 100 | | | | |
| 9 | 214 | 100 | 9 | 253 | 100 | 9 | 290 | 100 | 9 | 311 | 100 | 9 | 321 | 100 | 9 | 320 | 100 | 9 | 343 | 100 | | | | |
| 10 | 210 | 100 | 10 | 251 | 100 | 10 | 285 | 100 | 10 | 309 | 100 | 10 | 316 | 100 | 10 | 319 | 100 | 10 | 335 | 100 | | | | |
| 11 | 203 | 50 | 11 | 247 | 50 | 11 | 278 | 50 | 11 | 303 | 50 | 11 | 313 | 50 | 11 | 309 | 50 | 11 | 325 | 50 | | | | |
| 12 | 50 | 50 | 12 | 240 | 50 | 12 | 276 | 50 | 12 | 299 | 50 | 12 | 308 | 50 | 12 | 309 | 50 | 12 | 320 | 50 | | | | |
| 13 | 50 | 50 | 13 | 238 | 50 | 13 | 275 | 50 | 13 | 294 | 50 | 13 | 306 | 50 | 13 | 301 | 50 | 13 | 313 | 50 | | | | |
| 14 | 50 | 50 | 14 | 238 | 50 | 14 | 270 | 50 | 14 | 290 | 50 | 14 | 303 | 50 | 14 | 298 | 50 | 14 | 308 | 50 | | | | |
| 15 | 50 | 50 | 15 | 228 | 50 | 15 | 267 | 50 | 15 | 288 | 50 | 15 | 298 | 50 | 15 | 296 | 50 | 15 | 305 | 50 | | | | |

| Stipend Payments - Junior Women | | | | | | | | | | | | | | | | | |
|---------------------------------|-----|------|----|------|-----|------|-----|------|----|------|-----|------|-----|-------|----|-----|-----|
| 48kg | | 53kg | | 58kg | | 63kg | | 69kg | | 75kg | | 90kg | | +90kg | | | |
| 1 | 199 | 500 | 1 | 208 | 500 | 1 | 217 | 500 | 1 | 231 | 500 | 1 | 257 | 500 | 1 | 270 | 500 |
| 2 | 198 | 500 | 2 | 199 | 500 | 2 | 211 | 500 | 2 | 214 | 500 | 2 | 242 | 500 | 2 | 249 | 500 |
| 3 | 181 | 300 | 3 | 192 | 300 | 3 | 207 | 300 | 3 | 207 | 300 | 3 | 234 | 300 | 3 | 239 | 300 |
| 4 | 167 | 250 | 4 | 191 | 250 | 4 | 197 | 250 | 4 | 203 | 250 | 4 | 222 | 250 | 4 | 229 | 250 |
| 5 | 164 | 250 | 5 | 179 | 250 | 5 | 196 | 250 | 5 | 198 | 250 | 5 | 220 | 250 | 5 | 227 | 250 |
| 6 | 162 | 250 | 6 | 178 | 250 | 6 | 195 | 250 | 6 | 198 | 250 | 6 | 206 | 250 | 6 | 213 | 250 |
| 7 | 162 | 100 | 7 | 174 | 100 | 7 | 195 | 100 | 7 | 195 | 100 | 7 | 205 | 100 | 7 | 211 | 100 |
| 8 | 159 | 100 | 8 | 173 | 100 | 8 | 190 | 100 | 8 | 189 | 100 | 8 | 203 | 100 | 8 | 210 | 100 |
| 9 | 159 | 100 | 9 | 173 | 100 | 9 | 189 | 100 | 9 | 189 | 100 | 9 | 203 | 100 | 9 | 193 | 100 |
| 10 | 158 | 100 | 10 | 168 | 100 | 10 | 186 | 100 | 10 | 186 | 100 | 10 | 190 | 100 | 10 | 187 | 100 |
| 11 | 157 | 50 | 11 | 166 | 50 | 11 | 185 | 50 | 11 | 184 | 50 | 11 | 184 | 50 | 11 | 184 | 50 |
| 12 | 153 | 50 | 12 | 165 | 50 | 12 | 184 | 50 | 12 | 181 | 50 | 12 | 183 | 50 | 12 | 187 | 50 |
| 13 | 148 | 50 | 13 | 164 | 50 | 13 | 180 | 50 | 13 | 180 | 50 | 13 | 183 | 50 | 13 | 187 | 50 |
| 14 | 141 | 50 | 14 | 159 | 50 | 14 | 175 | 50 | 14 | 179 | 50 | 14 | 184 | 50 | 14 | 187 | 50 |
| 15 | 139 | 50 | 15 | 154 | 50 | 15 | 174 | 50 | 15 | 175 | 50 | 15 | 184 | 50 | 15 | 187 | 50 |
| 16 | 139 | 50 | 16 | 152 | 50 | 16 | 171 | 50 | 16 | 175 | 50 | 16 | 184 | 50 | 16 | 187 | 50 |
| 17 | 134 | 50 | 17 | 148 | 50 | 17 | 169 | 50 | 17 | 171 | 50 | 17 | 184 | 50 | 17 | 187 | 50 |
| 18 | 132 | 50 | 18 | 148 | 50 | 18 | 168 | 50 | 18 | 169 | 50 | 18 | 184 | 50 | 18 | 187 | 50 |

| Youth Stipend Totals - Youth Men | | | | | | | | | | | | | | | | | |
|----------------------------------|-----|------|----|------|-----|------|-----|------|----|------|-----|------|-----|-------|----|-----|-----|
| 50kg | | 56kg | | 62kg | | 69kg | | 77kg | | 85kg | | 94kg | | +94kg | | | |
| 1 | 211 | 500 | 1 | 255 | 500 | 1 | 280 | 500 | 1 | 351 | 500 | 1 | 329 | 500 | 1 | 375 | 500 |
| 2 | 211 | 500 | 2 | 235 | 500 | 2 | 276 | 500 | 2 | 321 | 500 | 2 | 328 | 500 | 2 | 350 | 500 |
| 3 | 209 | 300 | 3 | 233 | 300 | 3 | 273 | 300 | 3 | 307 | 300 | 3 | 318 | 300 | 3 | 342 | 300 |
| 4 | 208 | 150 | 4 | 232 | 150 | 4 | 268 | 150 | 4 | 317 | 150 | 4 | 317 | 150 | 4 | 324 | 150 |
| 5 | 203 | 150 | 5 | 230 | 150 | 5 | 267 | 150 | 5 | 296 | 150 | 5 | 313 | 150 | 5 | 340 | 150 |
| 6 | 201 | 150 | 6 | 230 | 150 | 6 | 260 | 150 | 6 | 290 | 150 | 6 | 313 | 150 | 6 | 300 | 150 |
| 7 | 195 | 50 | 7 | 227 | 50 | 7 | 259 | 50 | 7 | 288 | 50 | 7 | 309 | 50 | 7 | 297 | 50 |
| 8 | 193 | 50 | 8 | 224 | 50 | 8 | 258 | 50 | 8 | 287 | 50 | 8 | 305 | 50 | 8 | 293 | 50 |
| 9 | 186 | 50 | 9 | 223 | 50 | 9 | 258 | 50 | 9 | 284 | 50 | 9 | 293 | 50 | 9 | 291 | 50 |
| 10 | 180 | 50 | 10 | 221 | 50 | 10 | 257 | 50 | 10 | 283 | 50 | 10 | 287 | 50 | 10 | 280 | 50 |
| 11 | 179 | 50 | 11 | 215 | 50 | 11 | 256 | 50 | 11 | 281 | 50 | 11 | 284 | 50 | 11 | 260 | 50 |
| 12 | 178 | 50 | 12 | 215 | 50 | 12 | 254 | 50 | 12 | 279 | 50 | 12 | 282 | 50 | 12 | 258 | 50 |
| 13 | 168 | 50 | 13 | 210 | 50 | 13 | 252 | 50 | 13 | 276 | 50 | 13 | 278 | 50 | 13 | 219 | 50 |
| 14 | 165 | 50 | 14 | 210 | 50 | 14 | 247 | 50 | 14 | 265 | 50 | 14 | 275 | 50 | 14 | 285 | 50 |
| 15 | 162 | 50 | 15 | 193 | 50 | 15 | 244 | 50 | 15 | 249 | 50 | 15 | 272 | 50 | 15 | 278 | 50 |

| Youth Women Stipend Totals | | | | | | | | | | | | | | | | | |
|----------------------------|-----|------|----|------|-----|------|-----|------|----|------|-----|------|-----|-------|----|-----|-----|
| 44kg | | 48kg | | 53kg | | 58kg | | 63kg | | 69kg | | 75kg | | +75kg | | | |
| 1 | 154 | 500 | 1 | 167 | 500 | 1 | 183 | 500 | 1 | 215 | 500 | 1 | 232 | 500 | 1 | 249 | 500 |
| 2 | 145 | 500 | 2 | 159 | 500 | 2 | 181 | 500 | 2 | 209 | 500 | 2 | 220 | 500 | 2 | 237 | 500 |
| 3 | 142 | 300 | 3 | 153 | 300 | 3 | 172 | 300 | 3 | 200 | 300 | 3 | 211 | 300 | 3 | 211 | 300 |
| 4 | 138 | 150 | 4 | 151 | 150 | 4 | 166 | 150 | 4 | 199 | 150 | 4 | 208 | 150 | 4 | 207 | 150 |
| 5 | 135 | 150 | 5 | 149 | 150 | 5 | 163 | 150 | 5 | 190 | 150 | 5 | 192 | 150 | 5 | 203 | 150 |
| 6 | 129 | 150 | 6 | 148 | 150 | 6 | 161 | 150 | 6 | 185 | 150 | 6 | 185 | 150 | 6 | 201 | 150 |
| 7 | 122 | 50 | 7 | 146 | 50 | 7 | 160 | 50 | 7 | 170 | 50 | 7 | 181 | 50 | 7 | 199 | 50 |
| 8 | 114 | 50 | 8 | 143 | 50 | 8 | 158 | 50 | 8 | 179 | 50 | 8 | 179 | 50 | 8 | 184 | 50 |
| 9 | 108 | 50 | 9 | 142 | 50 | 9 | 158 | 50 | 9 | 177 | 50 | 9 | 176 | 50 | 9 | 181 | 50 |
| 10 | 101 | 50 | 10 | 141 | 50 | 10 | 153 | 50 | 10 | 175 | 50 | 10 | 167 | 50 | 10 | 172 | 50 |
| 11 | | | 11 | 136 | 50 | 11 | 152 | 50 | 11 | 171 | 50 | 11 | 154 | 50 | 11 | 170 | 50 |
| 12 | | | 12 | 132 | 50 | 12 | 152 | 50 | 12 | 169 | 50 | 12 | | | 12 | | |
| 13 | | | 13 | 141 | 50 | 13 | 152 | 50 | 13 | 164 | 50 | 13 | | | 13 | | |
| 14 | | | 14 | 125 | 50 | 14 | 150 | 50 | 14 | 160 | 50 | 14 | | | 14 | | |
| 15 | | | 15 | 149 | 50 | 15 | 149 | 50 | 15 | | | 15 | | | 15 | | |

Appendix C – Qualification for % Program – 2017 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 |
|----------------|---------|---------|---------|
| 2017 Worlds | \$3500 | \$4000 | \$5000 |
| 2018/19 Worlds | \$4500 | \$5500 | \$7500 |
| Olympic Games | \$10000 | \$15000 | \$25000 |
| Pan Am Games | \$1000 | \$2000 | \$3000 |
| 2017/18 Pan Am | \$500 | \$500 | \$1500 |
| Jnr Worlds | \$500 | \$500 | \$1000 |
| Yth Worlds | \$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 |

