



# **USA Weightlifting Selection Process**

*Step-by-Step  
Guide to the Selection System  
2018-2020*

*Amended 3 June 2019*

*Note: 2018 Youth Olympic Games, 2019 Pan American Games and 2020 Olympic Games selection procedures will be published separately as Games events require USOC approval and ownership*

*The USA Weightlifting Board of Directors and USA Weightlifting Athlete Advisory Council approved this Step-by-Step guide in April 2018 for use in 2018 with the understanding that adjustments could be necessary if changes are made to IWF and Olympic qualifications. This version replaces the most recent guide from November 2017. This does not affect competitions that precede the 2018 IWF World Championship.*

**Author:**

**Phil Andrews**

*Chief Executive Officer*

**Reviewed by:**

*Mike Gattone (USA Weightlifting Snr Dir – Sports Performance & Coaching Education), Pyrros Dimas (USA Weightlifting Technical Director), Travis Cooper (USOC Athlete Advisory Council Rep for Weightlifting), USA Weightlifting Athlete Advisory Council, USA Weightlifting Board of Directors.*

**Approved by:**

USA Weightlifting Board of Directors.

USA Weightlifting Athlete Advisory Council.

Office Phone: (719) 866-3386  
Cell Phone: (719) 200-6020  
FAX: (719) 866-4741  
Email: [phil.andrews@usaweightlifting.org](mailto:phil.andrews@usaweightlifting.org)

**USA Weightlifting**

Business Hours: Monday through Friday  
8:00 AM – 5:00 PM (MT)

Address: USA Weightlifting, Inc.  
One Olympic Plaza  
Colorado Springs, CO 80909

Website: <http://weightlifting.teamusa.org>  
Email: [usaw@usaweightlifting.org](mailto:usaw@usaweightlifting.org)

***These procedures do not govern the Olympic Games, Youth Olympic Games or Pan American Games. For those procedures, governed by the United States Olympic Committee, please see [www.usaweightlifting.org](http://www.usaweightlifting.org)***

## **Purpose:**

The purpose of this document is to provide athletes, coaches, and officials a step-by-step outline of qualifications to become a member of USA Weightlifting's International Squad: Team USA.

## **Philosophy on Team USA Selection:**

USA Weightlifting has been given the responsibility by the United States Olympic Committee to govern the sport of Weightlifting in the United States of America. One of USAW's duties is to put forth international teams to represent the USA.

Since our Olympic Qualification is determined by the World Ranking of the individual athlete, USA Weightlifting has taken the view that selection should align with the ROBI ranking points system of the IWF.

## **Step 1: Minimum Qualifications**

To be considered for an international team 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, at the time of the final qualification event.

**You must have a valid United States of America Passport.**

An Athlete must possess a US 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 greater. The reason for this is a majority of nations require 6 months after entry.

**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 a minimum 6 months prior to competing in any international competition (*RTP details can be found in **Appendix C***).

**You must be the correct age for the competition.**

The IWF recognizes four (4) age groups:

- Youth: 13-17 years of age
- Junior: 15-20 years of age
- Senior: 15+ years of age
- Masters: 35+ years of age

*All groups are calculated based on a participant's age on December 31 of the year the competition takes place.*

**You must also comply with all requirements of the applicable governing body.**

Note: USA Weightlifting Masters Committee guide selections for Masters will apply.

For Olympic Games and Youth Olympic Games, the relevant International Olympic Committee and International Weightlifting Federation rules will apply.

For International University Sports Federation (FISU) governed events, the relevant FISU rules will apply.

**Background Check Requirement**

All Athletes must Complete, upon selection to an international team, a USA Weightlifting background check via USA Weightlifting's membership system.

In the event if a red-light background check (generally a felony), the athlete will be called for a hearing before the USA Weightlifting Selection Committee to address issues the criminal offence may have on their participation.

The Performance Oversight Committee, *voting unanimously only*, has the right to remove an athlete from a team in the event of a red light background check if the committee, in its unanimous opinion, believes that selection may put at risk health, physical or mental, of a member of the delegation or if there is a risk of a sexual offence.

The committee may take professional advice from, but not exclusive to, the USA Weightlifting CEO, USA Weightlifting outside counsel, USOC Athlete Ombudsman and/or US Center for SafeSport in reaching its conclusion.

**Minimum Standard Requirements**

Athletes must reach a minimum of 81% of the Bronze medal in the bodyweight category of the previous IWF World Championship in their age group.

**Other Requirements**

Athletes must be current members of USA Weightlifting and in good standing to compete.

Step 2: **Make a total for qualifying competitions.**

Each international competition has designated *qualifying competition* and specific *qualification periods* to be used to determine qualification. Please

check Appendix A or [www.usaweightlifting.org](http://www.usaweightlifting.org) for that specific information.

Each *qualifying competition* has a *qualifying total* that must be obtained in a USAW sanctioned event for an athlete to be eligible to compete. The certified official results must be on file with USAW. If you have met the *qualifying total* for the *qualifying competition* and meet all eligibility requirements, then you may enter to compete (Please see [www.usaweightlifting.org](http://www.usaweightlifting.org) for up-to-date *qualifying totals* for competitions). See **Appendix B** for minimum qualifications totals for self-funded competitions.

If a previously unidentified IWF sanctioned event arises (i.e. IWF Grand Prix) or the date of a specified competition changes to take place during the *qualification period* (6 months to the final qualification event set by USA Weightlifting), USAW will include verified results for making an international team if approved in advance by USA Weightlifting. If the event takes place during the *qualification period* for the specified international competition for the age group concerned, then the results will be considered.

**For IWF Bronze events ONLY, USA Weightlifting reserves the right to give priority to athletes who require an eligibility event for that Olympic qualification period. Such consideration will not be given to an athlete who was unable to previously meet eligibility criteria due to a sanction related to doping control.**

**Step 3: Achieving a ROBI score, Ranking and Selection to a Team.**

USA Weightlifting will select by name at the end of the qualifying window for any event, the ten (10) athletes with the highest ROBI score will be named to the team, to a maximum of two (2) per IWF bodyweight category. ROBI score is defined by the IWF.

If invites are declined, USA Weightlifting will proceed down in order of ROBI score until either 10 athletes (or the maximum permitted for the competition, whichever is the greater) have been named, or alternatively a total equivalent to the 25<sup>th</sup> ranked total for the preceding year, per the IWF website on the final day of qualification, has been reached. For youth and junior athletes, USA Weightlifting will proceed down as far as the 12<sup>th</sup> ranked individual at the start of the ranking list, inclusive of the 3<sup>rd</sup> or lower in a given category.

In the event an athlete scores in more than one bodyweight category, the highest individual ROBI score will be considered.

A further 2 athletes who have the highest ROBI scores not yet selected will be named as reserve athletes, regardless of bodyweight category.

In the event that ROBI scores are tied, the next highest ROBI scores for the athletes are considered, with the athlete with the highest second ROBI score in the qualifying period having the advantage.

A ranking list will be made available after each qualifying event at [www.usaweightlifting.org](http://www.usaweightlifting.org).

For funding details, please see separate documentation.

In November of the preceding year, USA Weightlifting will publish a calendar of events the organization plans to attend in the following year based upon the IWF Calendar as at 1 November of the year. The calendar will be published together with qualifying events by a latest of 30 November of the year.

For 2018, ROBI scores will be generated against new bodyweight categories using the actual bodyweight of the lift. In other words if lifts are completed in the pre-July 2018 bodyweight categories, they will be assigned and assessed based on the athlete's actual bodyweight.

#### **Step 4: Completing a Competition Readiness Plan**

A Competition Readiness Plan will be agreed upon by the USA Weightlifting sport performance staff, the personal coach and the athlete for the interim period prior to the international competition. The Competition Readiness Plan will include the training plan and readiness markers for competition. The plan specifically will include upload of training video to the USA Weightlifting video system (CoachMe Plus) at least once per week.

The athlete has responsibility to achieve these agreed goals ahead of the competition. Failure to do so may result in removal from a team, or the removal of funding.

#### **Step 5: Personal Coach Participation & Coach Selection Policy**

Personal coaches are **always** welcome and encourage to travel with their athletes to the competition (this may be at the coach's own expense), provided they meet the necessary deadlines and requirements to join the delegation and obtain proper credentials. Access to the warm up room is provided for one (1) personal coach **only**, at the choice of the athlete, reflective of the most likely environment in a multi-sport games situation.

Personal coach funding is defined by USA Weightlifting Funding System, elsewhere.

A personal coach must be:

- Sworn to be the coach of the athlete by the athlete
- A USA Weightlifting certified coach
- Hold a valid USA Weightlifting background check
- Hold current US Center for SafeSport education training proof
- Hold a current USADA Coaches Advantage certification

USA Weightlifting will provide two independent coaches to the

competition. Where this is not the USA Weightlifting staff coaches, a coach will be assigned from those with International and Senior International coach ranking, who do not have an athlete on that particular team for championships using the name “IWF World Championships” or “Pan American Championship” at all age groups. For ad-hoc events USA Weightlifting may choose to appoint coaches who have an athlete on the team, where that coach has relevant experience.

The coach or coaches will be selected, on the recommendation of the USA Weightlifting staff, by the Performance Oversight Committee.

Generally, it is expected that such coaches have previously served as funded coaches for USA Weightlifting in competition of similar standing.

If no personal coaches are funded by any other means, the personal coach of the top athlete by ROBI score, regardless of gender, will be funded to IWF Gold events.

Note: Though the Pan American Games is an IWF Silver event, selection and funding for athletes and coaches is a separate system in a separate document.

## **Step 6: Competition**

In preparation for a competition, the Technical Director, National Teams and coaching staff (including the personal coach) will discuss the appropriate lift attempts to maximize placement for Team USA.

**Performance Oversight Committee** – The Team Selection Committee will be chaired by the CEO. It will have four additional members:

- (i) Two athlete representatives, one of each gender, who have represented the United States in Weightlifting in the last 10 years at the Pan American Games, the Olympic Games or the IWF World Championships, and who is selected by the USA Weightlifting Nominating & Governance Committee. To avoid the potential for a conflict of interest, it is **strongly** encouraged that the athlete representative to the Team Selection Committee be a retired athlete.
- (ii) Coach, appointed by the USA Weightlifting Coaching Committee from among their membership.
- (iii) The elected USOC Athlete Advisory Council (AAC) representative, or in the event of a conflict of interest (the AAC representative has a material interest in an athlete being selected), the alternate AAC representative.

The role of the Performance Oversight Committee is to be the hearing and oversight body for any clarifications required or disputes regarding selection. The Performance Oversight Committee is also the body with the jurisdiction to remove an athlete in the case of (i) Background check issues, (ii) Illness, (iii) Injury or (iv) Readiness to

compete.

In the event that any member of the Performance Oversight Committee has a direct interest (same club, a coach of, an athlete of) a particular matter, they must recuse themselves from that discussion. A member of the POC must also recuse themselves in the event of being in the same bodyweight category (defined as having competed at a national event or higher within the last 12 months) as the individual being discussed, or the individual who may benefit from the exclusion of the athlete

**Provisions for substitutions:**

Injury: An athlete may be replaced if a physician appointed by the Performance Oversight Committee in consultation with the USA Weightlifting Sports Medicine Committee determines that he/she is unable to perform to his or her full potential, and where their performance would mean an alternate or if prior to the final entry deadline, another ranked athlete, would perform better or if competing risks injury complication. Refusal to be examined by the appointed doctor can also be grounds for replacement on the team.

Illness: An Athlete may be replaced if the physician appointed by the Performance Oversight Committee determines that he/she is unable to perform to his/her full potential due to an illness. Refusal to be examined by the appointed physician can also be grounds for replacement on the team.

Lack of Readiness: An athlete may be replaced if he/she has not satisfied the terms and conditions of his/her Competition Readiness Plan, such that the Performance Oversight Committee determines that another athlete will now out perform the athlete.

Removal: To remove an athlete, an 80% vote of the Performance Oversight Committee, in addition to the agreement of the USA Weightlifting Performance Staff, and a simple majority vote of the Board of Directors, that the removal is in the best interests of Team USA is required.

**Funding** – IWF World Championships (Senior), Pan American Championships (Senior) are fully funded and are protected are funding, for other event funding see separate funding documentation.

**Reasons for Removal** – USAW reserves the right to remove any athlete that violates the Code of Conduct Policy, USAW Code of Ethics, SafeSport, or who commits a violation of the applicable anti-doping rules.

**Choice** – An athlete has the choice to accept the invitation to join the international team or decline.

USAW further reserves the right to change these rules if the IWF or IOC changes any applicable rules. USAW will notify athletes and coaches promptly of any such changes.



Appendix A: **International Team Qualification Events and Periods**

**\*Dates and locations subject to change by the IWF and PAWF.**

**NOTE: For Silver and Bronze competitions (including those not mentioned below), USA Weightlifting will use a final closest to 2 months outside of the competition and include a further six (6) months of national and international qualification. Ranking will be an invitation to express interest as soon as the regulation is received from the Organizing Committee or IWF.**

**E.G. For a competition on November 28, the last qualification would be the American Open Series 3 as the final qualification event at least two months outside of the competition.**

**IMPORTANT NOTE: For 2019 IWF World Championship qualification, due to RTP requirements the field will be narrowed to 20 men and 20 women by the above ranking system on May 13. Only these 40 individuals will be able to further compete to be named to the 2019 IWF World Championship team.**

Qualifying for:	Qualification Period:		Qualification Events	Dates
<b>2019 Junior Pan American Championships</b> La Habana, CUB May 20-28, 2019 (Gold Level Event)	Sep-18	Feb-19	Junior Pan American Championships	Sep 5-12, 2018
			American Open Series III	Sep 13-16, 2018
			Youth Olympic Games	Oct 6-18, 2018
			IWF Senior World Championships	Nov 1-10, 2018
			American Open Final	Dec 6-9, 2018
			II International CSLP Cup 5th	Dec 7-12, 2018
			International Qatar Cup	Dec 19-23, 2018
			EGAT's Cup Int'l Championships	Feb 9-11, 2019
			Junior National Championships	Feb 14-17, 2019
			<i>+ any other IWF/USAW Event in this period (2018 Junior Pan Ams to 2019 Junior Nationals), where USAW enters a team.</i>	
<b>2019 IWF Junior World Championships</b> Suva, FIJ June 1-8, 2019 (Gold Level Event)	Sep-18	Feb-19	Junior Pan American Championships	Sep 5-12, 2018
			American Open Series III	Sep 13-16, 2018
			Youth Olympic Games	Oct 6-18, 2018
			IWF Senior World Championships	Nov 1-10, 2018
			American Open Final	Dec 6-9, 2018
			II International CSLP Cup 5th	Dec 7-12, 2018
			International Qatar Cup	Dec 19-23, 2018
			EGAT's Cup Int'l Championships	Feb 9-11, 2019
			Junior National Championships	Feb 14-17, 2019

*+ any other IWF/USAW Event in this period  
(2018 Junior Pan Ams to 2019 Junior  
Nationals), where USAW enters a team.*

<b>2019 British Weightlifting Championships - Senior Open</b> Coventry, GBR June 8-9, 2019 <b>(Bronze Level Event)</b>	Sep-18	Mar-19	Junior Pan American Championships	Sep 5-12, 2018
			American Open Series III	Sep 13-16, 2018
			Youth Olympic Games	Oct 6-18, 2018
			IWF Senior World Championships	Nov 1-10, 2018
			American Open Final	Dec 6-9, 2018
			II International CSLP Cup 5th	Dec 7-12, 2018
			International Qatar Cup	Dec 19-23, 2018
			EGAT's Cup Int'l Championships	Feb 9-11, 2019
			Junior National Championships	Feb 14-17, 2019
			IWF World Cup	Feb 20-25, 2019 Feb 28-Mar 3, 2019
			American Open Series I	
			<i>+ any other IWF/USAW Event in this period (2018 Junior Pan Ams to 2019 AO 1), where USAW enters a team.</i>	

<b>2019 Japan-China-Korea Friendship Tournament</b> Tokyo, JPN July 6-7, 2019 <b>(Silver Level Event)</b>	Sep-18	Mar-19	Junior Pan American Championships	Sep 5-12, 2018
			American Open Series III	Sep 13-16, 2018
			Youth Olympic Games	Oct 6-18, 2018
			IWF Senior World Championships	Nov 1-10, 2018
			American Open Final	Dec 6-9, 2018
			II International CSLP Cup 5th	Dec 7-12, 2018
			International Qatar Cup	Dec 19-23, 2018
			EGAT's Cup Int'l Championships	Feb 9-11, 2019
			Junior National Championships	Feb 14-17, 2019
			IWF World Cup	Feb 20-25, 2019 Feb 28-Mar 3, 2019
			American Open Series I	
			Uni/U25 National Championships	Mar 7-10, 2019
			<i>+ any other IWF/USAW Event in this period (2018 Junior Pan Ams to 2019 Uni/U25 Nationals), where USAW enters a team.</i>	

<b>2019 Pan American Games</b> Lima, PER Jul 26 - Aug 11, 2019	Sep Doc	Sep Doc	Separate USOC Document	Sep USOC Doc
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(Silver Level Event)

<b>2019 Cup of Blue Swords</b>	Nov-18	May-19	IWF Senior World Championships	Nov 1-10, 2018
Meissen, GER			American Open Final	Dec 6-9, 2018
Aug 30-31, 2019			II International CSLP Cup 5th	Dec 7-12, 2018
<b>(Bronze Level Event)</b>			International Qatar Cup	Dec 19-23, 2018
			EGAT's Cup Int'l Championships	Feb 9-11, 2019
			Junior National Championships	Feb 14-17, 2019
			IWF World Cup	Feb 20-25, 2019
				Feb 28-Mar 3, 2019
			American Open Series I	
			Uni/U25 National Championships	Mar 7-10, 2019
			Las Vegas International Open	Mar 7-10, 2019
			IWF Youth World Championships	Mar 8-15, 2019
			Senior Pan American Championships	Apr 20-28, 2019
			Senior National Championships	May 9-12, 2019
			<i>+ any other IWF/USAW Event in this period (2018 World Championships to 2019 Nationals), where USAW enters a team.</i>	

<b>2019 Youth Pan American Championships</b>	Feb-19	Jun-19	EGAT's Cup Int'l Championships	Feb 9-11, 2019
Guayaquil, ECU			Junior National Championships	Feb 14-17, 2019
Aug 29 - Sep 5, 2019			IWF World Cup	Feb 20-25, 2019
				Feb 28-Mar 3, 2019
			American Open Series I	
			Uni/U25 National Championships	Mar 7-10, 2019
			Las Vegas International Open	Mar 7-10, 2019
			IWF Youth World Championships	Mar 8-15, 2019
			Senior Pan American Championships	Apr 20-28, 2019
			Senior National Championships	May 9-12, 2019
			Ibero-American Championships CSLP	May 11-12, 2019
			Junior Pan American Championships	May 20-28, 2019
			IWF Junior World Championships	June 1-8, 2019
			Youth National Championships	June 27-30, 2019
			<i>+ any other IWF/USAW Event in this period (Jan 2019 to 2019 Youth Nationals), where USAW enters a team.</i>	

<b>2019 IWF Senior World Championships</b>	Nov-18	Jul-19	IWF Senior World Championships	Nov 1-10, 2018
Pattaya, THA			American Open Final	Dec 6-9, 2018
			II International CSLP Cup 5th	Dec 7-12, 2018

Sep 16-25, 2019 (Gold Level Event) <b>* FIELD NARROWED TO TOP 20 PER GENDER ON May 13, 2019</b>	International Qatar Cup EGAT's Cup Int'l Championships Junior National Championships IWF World Cup American Open Series I Uni/U25 National Championships Las Vegas International Open IWF Youth World Championships Senior Pan American Championships Senior National Championships Ibero-American Championships CSLP	Dec 19-23, 2018 Feb 9-11, 2019 Feb 14-17, 2019 Feb 20-25, 2019 Feb 28-Mar 3, 2019 Mar 7-10, 2019 Mar 7-10, 2019 Mar 8-15, 2019 Apr 20-28, 2019 May 9-12, 2019 May 11-12, 2019
	<b>FIELD NARROWED TO TOP 20 PEOPLE OF EACH GENDER</b> Junior Pan American Championships IWF Junior World Championships Youth National Championships British International Open Tokyo Test Event American Open Series II <i>+ any other IWF/USAW Event in this period (2018 World Championships to 2019 AO Series II), where USAW enters a team.</i>	May 20-28, 2019 June 1-8, 2019 June 27-30, 2019 June 7-10, 2019 July 25-28, 2019 July 25-28, 2019

<b>2019 San Diego Open</b> San Diego, CA Oct 3-6, 2019  (Bronze Level Event)	Jan-19      Jul-19	EGAT's Cup Int'l Championships Junior National Championships IWF World Cup American Open Series I Uni/U25 National Championships Las Vegas International Open IWF Youth World Championships Senior Pan American Championships Senior National Championships Ibero-American Championships CSLP Junior Pan American Championships IWF Junior World Championships Youth National Championships British International Open Tokyo Test Event American Open Series II	Feb 9-11, 2019 Feb 14-17, 2019 Feb 20-25, 2019 Feb 28-Mar 3, 2019 Mar 7-10, 2019 Mar 7-10, 2019 Mar 8-15, 2019 Apr 20-28, 2019 May 9-12, 2019 May 11-12, 2019 May 20-28, 2019 June 1-8, 2019 June 27-30, 2019 June 7-10, 2019 July 25-28, 2019 July 25-28, 2019
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*+ any other IWF/USAW Event in this period  
(Jan 2019 to 2019 AO Series II), where  
USAW enters a team.*

<b>2019 Alexander Cup</b> Grodno, BLR Nov 1-5, 2019  (Silver Level Event)	Jan-19	Jul-19	EGAT's Cup Int'l Championships	Feb 9-11, 2019
			Junior National Championships	Feb 14-17, 2019
			IWF World Cup	Feb 20-25, 2019
			American Open Series I	Feb 28-Mar 3, 2019
			Uni/U25 National Championships	Mar 7-10, 2019
			Las Vegas International Open	Mar 7-10, 2019
			IWF Youth World Championships	Mar 8-15, 2019
			Senior Pan American Championships	Apr 20-28, 2019
			Senior National Championships	May 9-12, 2019
			Ibero-American Championships CSLP	May 11-12, 2019
			Junior Pan American Championships	May 20-28, 2019
			IWF Junior World Championships	June 1-8, 2019
			Youth National Championships	June 27-30, 2019
			British International Open	June 7-10, 2019
			Tokyo Test Event	July 25-28, 2019
			American Open Series II	July 25-28, 2019
			<i>+ any other IWF/USAW Event in this period (Jan 2019 to 2019 AO Series II), where USAW enters a team.</i>	

<b>IWF Grand Prix ODESUR</b> Lima, PER Nov 8-10, 2019  (Silver Level Event)	Jun-19	Sep-19	IWF Junior World Championships	June 1-8, 2019
			Youth National Championships	June 27-30, 2019
			British International Open	June 7-10, 2019
			Tokyo Test Event	July 25-28, 2019
			American Open Series II	July 25-28, 2019
			Pan American Games	July 26-Aug 11, 2019
			Cup of Blue Swords	Aug 30-31, 2019
			American Open Series III	Sep 12-15, 2019
			<i>+ any other IWF/USAW Event in this period (2019 Junior World Championships to 2019 AO Series III), where USAW enters a team.</i>	

Doha, QAT Dec 5-10, 2019		Youth National Championships	June 27-30, 2019
		British International Open	June 7-10, 2019
		Tokyo Test Event	July 25-28, 2019

		American Open Series II	July 25-28, 2019
		Pan American Games	July 26-Aug 11, 2019
		Cup of Blue Swords	Aug 30-31, 2019
		American Open Series III	Sep 12-15, 2019
		<i>+ any other IWF/USAW Event in this period (2019 Youth Nationals to 2019 AO Series III), where USAW enters a team.</i>	

<b>2020 IWF Junior World Championships</b> Cairo, EGY Mar 5-15, 2020 (Gold Level Event) <b>* FIELD NARROWED TO TOP 20 PER GENDER ON September 16, 2019</b>	Jun-19	Dec-19	IWF Junior World Championships	June 1-9, 2019
			Junior Pan American Championships	June 23-30, 2019
			National Youth Championships	June 27-30, 2019
			Tokyo 2020 Test Event	July 6-7, 2019
			American Open Series II	July 25-28, 2019
			Pan American Games	July 26-31, 2019
			Cup of Blue Swords	Aug 28-31, 2019
			Youth Pan American Championships	Aug 29 - Sep 5, 2019
			American Open Series III	Sept 12-14, 2019
			<b>FIELD NARROWED TO TOP 20 PEOPLE OF EACH GENDER</b>	
			IWF Senior World Championships	Sept 18-17, 2019
			San Diego International Open	Oct 2-6, 2019
			Alexander Cup	Nov 1-4, 2019
			IWF Grand Prix ODESUR CSLP	Nov 8-10, 2019
		South American, Ibero & CSLP Junior/Youth	Dec 1-8, 2019	
		American Open Finals	Dec 5-8, 2019	
		<i>+ any other IWF/USAW Event in this period (2019 Junior World Championships to 2019 AO Final), where USAW enters a team.</i>		

<b>2020 Senior Pan American Championships</b> Santo Domingo, DOM Mar 28 - Apr 5, 2020 (Gold Level Event)	Jun-19	Dec-19	IWF Junior World Championships	June 1-9, 2019
			Junior Pan American Championships	June 23-30, 2019
			National Youth Championships	June 27-30, 2019
			Tokyo 2020 Test Event	July 6-7, 2019
			American Open Series II	July 25-28, 2019
			Pan American Games	July 26-31, 2019
			Cup of Blue Swords	Aug 28-31, 2019
			Youth Pan American Championships	Aug 29 - Sep 5, 2019
			American Open Series III	Sept 12-14, 2019
			IWF Senior World Championships	Sept 18-17, 2019

San Diego International Open	Oct 2-6, 2019
Alexander Cup	Nov 1-4, 2019
IWF Grand Prix ODESUR CSLP	Nov 8-10, 2019
South American, Ibero & CSLP Junior/Youth	Dec 1-8, 2019
American Open Finals	Dec 5-8, 2019
<i>+ any other IWF/USAW Event in this period (2019 Junior World Championships to 2019 AO Final), where USAW enters a team.</i>	

**Appendix B: Minimum qualifications for Self-funded international events. For international events that are self-funded athletes must receive a minimum total that is 81% of third place from the preceding world championships. The numbers for the current minimums are listed below for each age group.**

**Senior (Updated after 2019 IWF World Championships):**

**Women**

wtcls	45	49	55	59	64	71	76	81	87	+87
Min Total	134	165	173	189	194	186	198	198	204	252

**Men**

wtcls	55	61	67	73	81	89	96	102	109	+109
Min Total	215	245	267	280	294	301	319	319	340	354

**Junior (Updated after 2019 IWF Junior World Championships):**

**Women**

wtcls	45	49	55	59	64	71	76	81	87	+87
Min Total	122	139	160	158	173	167	172	167	156	198

**Men**

wtcls	55	61	67	73	81	89	96	102	109	+109
Min Total	181	218	243	253	279	280	280	292	309	321

**Youth (Updated after 2019 IWF Youth World Championships):**

**Women**

wtcls	40	45	49	55	59	64	71	76	81	+81
Min Total	87	104	125	139	152	154	150	162	158	159



**Men**

wtcls	49	55	61	67	73	81	89	96	102	+102
Min Total	143	176	197	218	220	222	246	252	227	250

## Appendix C: 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

**Step 4:** 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](mailto:Lorene.halford@usaweightlifting.org).



















