



# **USA Weightlifting Selection Process**

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

*May 2018*

*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.*

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***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 the greater. The reason for this is a majority of nations require six 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 minimum of 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 the USA Weightlifting membership system.

In the event of 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 the 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.

- **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 and compete. (Please see [www.usaweightlifting.org](http://www.usaweightlifting.org) for up-to-date *qualifying totals* for 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*, 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 selection to IWF Grand Prix events, or other IWF Bronze events, selection will be based on the highest ROBI points during the national and international drug-tested USA Weightlifting or IWF events from 7 months to 1 month before the final entry deadline. A minimum standard of 25<sup>th</sup> rank in the World or equivalent to the 25<sup>th</sup> highest ROBI result in the bodyweight category is required, **not** removing to one per bodyweight category. **For IWF Bronze events, 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 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.

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

A further two (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 (CoachMePlus) at least once per week.

The athlete has a 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 6: Personal Coach Participation & Coach Selection Policy.**

Personal coaches are **always** welcome and are encouraged to travel with their athletes to the competition (this may be at the coaches 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 1 (one) Personal Coach, at the choice of the athlete.

Personal coach funding is defined by the 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 a current US Center for SafeSport Education Certification.
- 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 does not have an athlete on that particular team.

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 a 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 and Silver events.

NB. 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 7: 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 has represented the United States in Weightlifting in the last 10 years at the Pan Am 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 or 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 or 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 for 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.**

Qualifying for:	Qualification Period		Qualification Events	Date
<b>2018 IWF World Team</b> Ashgabat, TKM Nov 1 – Nov 10.	Dec 2017	Sep 2018	IWF 2017 Worlds American Open Finals American Open Series I National Championships Pan American Championships American Open Series II American Open Series III + Any other IWF/USAW Event in this period (AO Finals to AO), where USAW enters a team.	Nov 2-29, 2017 Dec 7-10, 2018 March 1-4, 2018 May 24-27, 2018 May 12-19, 2018 July 26-29, 2018 Sept 13-16, 2018
<b>2019 IWF Youth Worlds</b> Las Vegas, USA Mar 20-28 (TBD)	Aug 2018	Sept 2018	2018 American Open Series III 2018 Youth Olympic Games 2018 Jnr Pan Ams 2018 IWF Worlds 2018 Youth Pan Ams 2018 National Youth + Any other IWF/USAW Event in this period (to AO Finals), where USAW enters a team.	
<b>2019 IWF Jnr Worlds</b> Suva, Fiji May 2019	Sep 2018	Feb 2019	2019 National Juniors 2018 American Open Finals 2018 Youth Olympic Games 2018 Jnr Pan Ams 2018 IWF World Champ. 2018 American Open Series III + Any other IWF/USAW Event in this period (2018 Jnr Pan Ams to 2019 Natl Jnrs), where USAW enters a team.	
<b>2019 IWF World (Snr)</b> Pattaya, Thailand September 2019	Nov 2018	Jul 2019	2019 Pan American Games 2019 IWF Jnr Worlds 2019 American Open Series II 2019 National Championships 2019 American Open Series I 2018 American Open Finals 2018 IWF World Championships +Any other IWF/USAW event in this period (2018 Worlds to Pan Am Games), where USAW enters a team.	
<b>2018 U15, Jnr, Yth CSLP Cup</b> Guayaquil, Ecuador December 2018 (Self-Funded)	Jun 2018	Sep 2019	2018 American Open Series III 2018 American Open Series II 2018 Junior Worlds 2018 National Youth Championship 2018 National Championship +Any other IWF/USAW event in this period (2018 Worlds to Pan Am Games), where USAW enters a team.	

2019 CALENDAR EVENTS TO BE ADDED HERE AT OR BEFORE 30 NOVEMBER 2018.

## Appendix B: 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).