



USA Weightlifting Selection Process

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

Amended 16 November 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

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.

- **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 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 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* (6 months to the final qualification event sent 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 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 25th 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 12th ranked individual at the start of the ranking list, inclusive of 3rd 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 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

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 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 1 (one) 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 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 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 does not have an athlete on that particular team for Championships using the name “IWF World Championship” 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 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 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
2019 EGAT's Cup International Weightlifting Championships Chang Mai, THA Feb 4 – Feb 8, 2019 (Silver Level Event)	May 2018	Nov 2018	Senior Pan American Championships National Championships Youth Pan American Championships Youth National Championships IWF Junior World Championships American Open Series II Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships + Any other IWF/USAW Event in this period (National Championships to IWF Senior World Championships), where USAW enters a team.	May 24-27, 2018 June 3-10, 2018 June 14-17, 2018 July 7-14, 2018 July 26-29, 2018 Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018
2019 IWF World Cup Fuzhou, CHN Feb 20-25, 2019 (Silver Level Event)	June 2018	Dec 2018	Youth Pan American Championships Youth National Championships IWF Junior World Championships American Open Series II Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final + Any other IWF/USAW Event in this period (Youth Pan Ams to AO Finals), where USAW enters a team.	June 3-10, 2018 June 14-17, 2018 July 7-14, 2018 July 26-29, 2018 Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018
2019 IWF Youth World Championships Las Vegas, NV March 8-15, 2019	June 2018	Sep 2018	Youth Pan American Championships Youth National Championships IWF Junior World Championships American Open Series II Junior Pan American Championships American Open Series III + Any other IWF/USAW Event in this period (Youth Pan Ams to AO Final), where USAW enters a team.	June 3-10, 2018 June 14-17, 2018 July 7-14, 2018 July 26-29, 2018 Sep 5-12, 2018 Sep 13-16, 2018
2019 Las Vegas Int'l Open Las Vegas, NV March 8-15, 2019 (Bronze Level Event)	June 2018	Dec 2018	Youth Pan American Championships Youth National Championships IWF Junior World Championships American Open Series II Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final +Any other IWF/USAW event in this period (Youth Pan Ams to AO Final), where USAW enters a team.	June 3-10, 2018 June 14-17, 2018 July 7-14, 2018 July 26-29, 2018 Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018
2019 Senior Pan American Championships Guatemala City, GUA Apr 20-28, 2019 (Gold Level Event)	Sep 2018	Feb 2019	Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final II International CSLP Cup 5 th International Qatar Cup EGAT's Cup Int'l Championships	Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 Dec 19-23, 2018 Feb 9-11, 2019

			Junior National Championships <i>+Any other IWF/USAW event in this period (2018 Junior Pan Ams to 2019 Junior National Championships), where USAW enters a team.</i>	Feb 14-17, 2019
IWF Grand Prix ODESUR CSLP Lima, PER May 11-12, 2019 (Silver Level Event)	Sep 2018	Mar 2019	Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final II International CSLP Cup 5 th International Qatar Cup EGAT's Cup Int'l Championships Junior National Championships IWF World Cup American Open Series I <i>+Any other IWF/USAW event in this period (2018 Junior Pan Ams to 2019 AO I), where USAW enters a team.</i>	Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 Dec 19-23, 2018 Feb 9-11, 2019 Feb 14-17, 2019 Feb 20-25, 2019 Feb 28-Mar 3, 2019
2019 Junior Pan American Championships La Habana, CUB May 20-28, 2019 (Gold Level Event)	Sep 2018	Feb 2019	Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final II International CSLP Cup 5 th International Qatar Cup EGAT's Cup Int'l Championships Junior National Championships <i>+Any other IWF/USAW event in this period (2018 Junior Pan Ams to 2019 Junior Nationals), where USAW enters a team.</i>	Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 Dec 19-23, 2018 Feb 9-11, 2019 Feb 14-17, 2019
2019 IWF Junior World Championships Suva, FIJ June 1-8, 2019 (Gold Level Event)	Sep 2018	Feb 2019	Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final II International CSLP Cup 5 th International Qatar Cup EGAT's Cup Int'l Championships Junior National Championships <i>+Any other IWF/USAW event in this period (2018 Junior Pan Ams to 2019 Junior Nationals), where USAW enters a team.</i>	Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 Dec 19-23, 2018 Feb 9-11, 2019 Feb 14-17, 2019
2019 Japan-China-Korea Friendship Tournament Tokyo, JPN July 6-7, 2019 (Silver Level Event)	Sep 2018	Mar 2019	Junior Pan American Championships American Open Series III Youth Olympic Games IWF Senior World Championships American Open Final II International CSLP Cup 5 th International Qatar Cup EGAT's Cup Int'l Championships Junior National Championships IWF World Cup American Open Series I Uni/U25 National Championships <i>+Any other IWF/USAW event in this period (2018 Junior Pan Ams to 2019 Uni/U25 Nationals), where USAW enters a team.</i>	Sep 5-12, 2018 Sep 13-16, 2018 Oct 6-18, 2018 Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 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

2019 Pan American Games Lima, PER July 26-Aug 11, 2019 (Silver Level Event)	Sep Doc	Sep Doc	Separate USOC Document	Sep USOC Doc
2019 Cup of Blue Swords Meissen, GER August 30-31, 2019 (Bronze Level Event)	Nov 2018	May 2019	IWF Senior World Championships American Open Final II International CSLP Cup 5 th 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 <i>+Any other IWF/USAW event in this period (2018 World Championships to 2019 Nationals), where USAW enters a team.</i>	Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 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 8-15, 2019 Mar 8-15, 2019 Apr 20-28, 2019 May 9-12, 2019
2019 Youth Pan American Championships Guayaquil, ECU September 2019 (TBD)	Jan 2019	Jun 2019	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 IWF Grand Prix ODESUR CSLP Junior Pan American Championships IWF Junior World Championships Youth National Championships <i>+Any other IWF/USAW event in this period (Jan 2019 to 2019 Youth Nationals), where USAW enters a team.</i>	Feb 9-11, 2019 Feb 14-17, 2019 Feb 20-25, 2019 Feb 28-Mar 3, 2019 Mar 7-10, 2019 Mar 8-15, 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
2019 IWF Senior World Championships Pattaya, THA Sep 16-25, 2019 (Gold Level Event)	Nov 2018	May 2019	IWF Senior World Championships American Open Final II International CSLP Cup 5 th 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 <i>+Any other IWF/USAW event in this period (2018 World Championships to 2019 Nationals), where USAW enters a team.</i>	Nov 1-10, 2018 Dec 6-9, 2018 Dec 7-12, 2018 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 8-15, 2019 Mar 8-15, 2019 Apr 20-28, 2019 May 9-12, 2019

III International CSLP Cup TBD December 2019 TBD	Jun 2019	Sep 2019	IWF Junior World Championships Youth National Championships JPN-CHN-KOR Friendship Tor American Open Series II Pan American Games Cup of Blue Swords American Open Series III	June 1-8, 2019 June 27-30, 2019 July 6-7, 2019 July 24-28, 2019 Jul 26-Aug 11, 2019 August 30-31, 2019 Sep 12-15, 2019
6th International Qatar Cup TBD, QAT December 2019 TBD	June 2019	Sep 2019	IWF Junior World Championships Youth National Championships JPN-CHN-KOR Friendship Tor American Open Series II Pan American Games Cup of Blue Swords American Open Series III	June 1-8, 2019 June 27-30, 2019 July 6-7, 2019 July 24-28, 2019 Jul 26-Aug 11, 2019 August 30-31, 2019 Sep 12-15, 2019

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.