



USA Weightlifting Selection Process

Step-by-Step

Guide to the Selection System

Events occurring May 1, 2020 to May 1, 2024

Approved Oct 7, 2019 – AMENDED Apr 3, 2020

Updated: January 14, 2021

Note: Youth Olympic Games, Pan American Games and Olympic Games selection procedures will be published separately as Games events required USOPC approval and ownership.

The USA Weightlifting Board of Directors and USA Weightlifting Athlete Advisory Council approved this step-by-step guide in October 2019 for use in 2020-2024 with the understanding that adjustments could be necessary if changes are made to IW and Olympic qualifications.

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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 & Paralympic 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 teams and represent Team USA.

Philosophy on Team USA Selection:

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

USA Weightlifting takes the view that selection should reflect first and foremost the needs of Olympic qualification, followed by the desire for medals in international competition, while providing developing athletes the opportunity for international experience.

Right to Amend:

USA Weightlifting may not under any circumstances adjust the selection procedure for a competition for which qualification competition has already commenced, unless a change in the action of the IWF, PAWF, Pan Am Sports, USOPC, IOC or FISU (or other applicable governing body with responsibility for the competition) causes an unavoidable change. Any change must be agreed upon by 70% or more super majority of both the USA Weightlifting Board of Directors and USA Weightlifting Athlete Advisory Council.

USA Weightlifting may amend the selection procedures by a 70% or more super majority of the USA Weightlifting Board of Directors and USA Weightlifting Athlete Advisory Council, where there is at least two months before the qualification competitions commence for a given competition. Notice must be given, with reasoning, electronically to all potentially affected athletes and coaches in this event.

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**
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 competition, or the entry requirement of the host nation, whichever is greater. The reason for this is a majority of nations require 6 months validity after entry.

- You must have been in the USA Weightlifting Random Testing Pool (RTP) for 6 months.**

If you have not entered yourself in the USA Weightlifting RTP to make yourself available for the United States Anti-Doping Association (USADA) 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 (Details on how to add yourself to the USA Weightlifting RTP can be found in Appendix C).

USA Weightlifting will make efforts to place athletes who meet the 81% minimum of each age category total, two weeks after the national event concerned, into the USA Weightlifting RTP (final responsibility is with the athlete to make themselves available 6 months ahead of the international competition). Please note that for new athletes, it is quite possible that the 81% will not be met more than 6 months ahead of international competition.

You must be the correct age for the competition

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 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

Masters: USA Weightlifting Masters Committee, under the jurisdiction of the IWF Masters Committee guide selections for Masters will Apply.

Olympics: For the Olympic Games and Youth Olympic Games, the relevant International Olympic Committee, US Olympic & Paralympic Committee and International Weightlifting Federation Rules will apply.

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

Pan American Games: For Pan American Games, US Olympic & Paralympic Committee, Pan Am Sports and International Weightlifting Federation rules will apply.

International Weightlifting: For International Weightlifting Federation governed events, International Weightlifting Federation rules will apply.

Background Check & SafeSport Training Requirement

All athletes must complete, upon selection to an international team, a USA Weightlifting background check via USA Weightlifting's membership system. All athletes must also complete the latest version of US Center of SafeSport Training.

Red Light Background Screens: In the event of a red-light background check, the athlete will be called for a hearing before the USA Weightlifting Performance Oversight Committee to address issues the criminal offense may have on their participation.

The Performance Oversight Committee, voting unanimously only, has the right to remove an athlete from a team if they believe 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 offense.

The committee may take professional advice from, but not exclusive to, the USA Weightlifting CEO, USA Weightlifting outside counsel, USOPC Athlete Ombudsman and/or USA 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. Such a total must be their ranking total for the competition (For a list of the 81% for each age group, see Appendix B).

Minimum Standard – Elite Athlete Injury Waiver

A senior elite athlete is able to apply for an injury waiver for the purpose of Olympic qualification to appear in a Bronze Olympic Qualification event only. A waiver should be applied by contacting the CEO of USA Weightlifting, and be supported by medical documentation. A waiver will be granted by USA Weightlifting if two MD qualified doctors who are participants in USA Weightlifting's Sports Medicine program with a specialization in sports medicine agree that the athlete was unable to participate in the qualification competitions for the bronze competition. In this instance the last total made by the athlete will be used for the purposes of ranking even if that is made outside of the qualification window.

Olympic Games Eligibility

After the first period of Olympic Qualification, the Olympic Qualification events will rank first those with Olympic eligibility remaining, except for youth & junior athletes. Those without Olympic eligibility but who meet other requirements will be ranked after those individuals who do have Olympic eligibility.

Other Requirements

Athletes must be current members of USA Weightlifting and in good standing to compete. Individuals who compete in self-funded events are liable for financial amounts spent on their behalf, USA Weightlifting will give the benefit of any recoupable funds spent on the individual.

In the event an individual fail to pay, or agree and stick to a payment plan, before the commencement of an event, USA Weightlifting will require a deposit of at least 75% of anticipated costs before costs are incurred. In the event this is not received, USA Weightlifting will withdraw the individual from the final entry of the USA.

An athlete must have a current USADA Athlete Advantage training, and a coach must have a current USADA Coaches Advantage training to participate in any international competition.

Step 2: Make a Total for Qualifying Competitions.

Each international competition has designated qualifying competitions 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 to compete (please see www.usaweightlifting.org for up-to-date qualifying totals for national competitions). See **Appendix B** for minimum qualification total for international 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.

Step 3: Achieving Ranking and Selection to a Team.

USA Weightlifting will select, by name, at the end of the qualifying window for any event, the maximum number of athletes per gender permitted by the Organizing committee (generally limited by the IWF rules to ten (10) athletes per gender).

The athletes with the highest % of the NRS will be named to the team, to a maximum of two (2) per IWF bodyweight category.

A further 2 athletes who have the highest NRS scores, not yet selected, will be named as reserve athletes. One reserves may be the “3rd” in the bodyweight category and a second who has the highest NRS score regardless of bodyweight category. If invites are declined, USA Weightlifting will proceed down in order of NRS score until either 10 athletes (or the maximum permitted for the competition, whichever is greater) have been named or alternatively total equivalent to the 81% total for the preceding year of the World Championship of the age group (senior applies to University Worlds), per the IWF website on the final day of qualification, has been reached.

From 2021, the World Championships ONLY will invite those who reached 81% qualifying minimum first, and will invite to number 12 on the ranking list in the above manner described, ranked in NRS% order.

NRS is the average of the top 3 for Pan American and FISU events, and top 5 for IWF world level events for as many championships as is available at the time of selection (e.g. the 2021 World Championship will consider the 2018 and 2019 World Championship events). For the data score, please see **Appendix D**.

There is a minimum standard for the (Snr) Pan American and (Snr) World Championship, which is calculated by using the 25th ranked individual in the Olympic ranking for the bodyweight category (or bodyweight category above in a non-Olympic category), and the total that would generate that ROBI. This will be updated at the end of the Olympic Qualification, duplicate nations are not removed for this calculation.

For ad-hoc events, or events which do not have a history of with new bodyweight categories or which are not regularly in the calendar, the world average will be used for the appropriate age group.

For youth and junior events, USA Weightlifting will proceed down as far as the 12th ranked individual at the start of the ranking list and no further, inclusive of the 3rd or lower in a given category, plus the reserves.

In the event an athlete scores in more than on bodyweight category, the highest individual NRS score will be considered, unless the athlete declares that they wish to use the lower NRS score.

In the event an athlete who qualifies wishes to change bodyweight category, they may do so provided there are not already TWO athletes selected at that category, and they may prove fitness at the same NRS% score at the new category (see Readiness). Alternatively, they may move at the Verification of Final Entries for the specific

opportunity to medal, at the unanimous agreement of the CEO, Snr. Director of Sport Performance and the Technical Director.

In the event that NRS scores are tied, the next highest NRS scores for the athletes are considered, with the athlete with the highest second NRS 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 the “USA Weightlifting Funding System” 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 of November 1st of the year. The calendar will be published together with qualifying events by a latest of November 30th of the year.

In the event that an international event is postponed after the selection of the team, by more than one month, the invite process will be re-commenced, such that the Anti-Doping rules of the IWF allow.

Step 4: Preparing for Competition

In preparation for competition, the athlete and the personal coach have an obligation to collaborate and cooperate with the Team USA High Performance team, specifically including video of the athlete at least once per week on their heaviest training day of the week, on weight management, and on competition attempt management. USA Weightlifting explicitly wish to work collaboratively, in a culture of trust, with both athletes and personal coaches.

Specifically, it is expected for those athletes who are expecting to require cutting weight to compete, keep USA Weightlifting, particularly the medical doctor assigned to the competition, informed of their weight cut progression in order that USA Weightlifting can be aware of any medical support or sports nutrition needs in this circumstance.

A Competition Readiness Plan out to 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. This plan is always an option for any athlete and is not designed to be punitive, instead designed to promote the best competition result possible.

Where an athlete has previously competed and performed at under the performance that ranked them for the team (or equivalent NRS score at a new category), there is an

obligation to complete a formal Competition Readiness Plan in writing. The athlete and personal coach will be made aware of this at the time of team selection.

The plan specifically will include upload of training video, to the readiness folder for that athlete created by the USA Weightlifting Sport Performance team, at least once per week – this measure is obligatory for all athletes, and failure to upload, may result in removal from the team, subject to an 80% vote of the Performance Oversight Committee.

The athlete has a responsibility to achieve these agreed goals ahead of the competition. Failure to do so **will** result in removal from a team (via an 80% or higher vote from the Performance Oversight Committee), or the removal of funding for that team, in these circumstances.

Defining Readiness to Compete, Obligatory Expectations of the Athlete & the Personal Coach

1. Within 2 weeks of an athlete being named to a team, and in the first week USAW staff establishes an individual's readiness folder, or another official athlete management system, each top ten named individual, and the 2 alternates and any athlete ranked 3rd or lower in the category, must begin posting weekly training videos. These videos should be of the athletes heaviest snatch, clean & Jerk, and squat related performances of the week. Failure to post weekly videos, as soon as the system goes live, will be considered a failure to prove readiness.
2. 4 weeks prior to the competition, every team member, and alternate, must post videos of snatch and clean & jerk with proof of date. The snatch and clean & jerk must total 90% of the qualifying total made for the event. Each athlete will be provided with the 90% total they must hit for their competition bodyweight, and with a progression agreed upon with the statistics consultant, listing 90% estimates for bodyweight up to 5 kilos above competition weight. At the same time, athletes must post a photo, with date, showing their current bodyweight. Failure to post this 90%, will be considered a failure to prove readiness.
3. During the preparation period, any time a sickness, or injury occurs, it must be reported to the Sport Performance staff. If an injury or sickness is not reported, it may be used as a reason to not achieve 90% later in the preparation period. Failure to report an injury as soon as it occurs, will be considered a failure to prove readiness.
4. In the event that an injury or sickness is reported, a local medical professional from the following categories: MD, DO, DPT must be consulted. USAW Sport Performance staff and the medical committee must be included into the process – USA Weightlifting will provide the recommended support for the injured athlete. Failure to do so, will be considered a failure to prove readiness.

5. If an illness or injury, does affect the ability to demonstrate 90% of the total 4 weeks out from the competition, and it was reported immediately, and properly, that injury or illness may serve as a reason to not demonstrate 90%. This will only be the case, if the medical professional submits, in writing, that the injury/illness is clearing up and will be alleviated in the next 7 days allowing for 90%. Failure to do so, will be considered a failure to prove readiness.
6. The final heavy workout of the program must be posted to the athlete management system provided above, which unless otherwise agreed upon with the personal coach and the athlete, should work up to the planned openers for the competition, which should also be discussed with the Senior Director Sport Performance and the personal coach. If this discussion does not occur, the openers shall be considered the highest opener taken by the athlete in any competition at the bodyweight category (or adjusted to the new bodyweight category). Failure to do so, will be considered a failure to prove readiness.

Step 5: Personal Coach Participation & Coach Selection Policy

Personal coaches are **always** welcome and 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 one (1) personal coach **only**, at the choice of the athlete, reflective of the most likely environment in a multi-sport games situation.

The choice of personal coach may not change after selection to the team, except in the instance of the suspension of membership in USA Weightlifting of the chosen personal coach.

Personal coach funding is defined by the USA Weightlifting Funding System, elsewhere. In the event a coach self-funds to the IWF World Championships, IWF Junior Championships, IWF Youth World Championships, Pan American Games or Pan American (Snr) Championships, USA Weightlifting will cover the entry cost of the coach.

In the event a coach self-funds to the IWF World Championships, IWF Junior World Championships, IWF Youth World Championships, Pan American (Snr) Championships or Pan American Games and their athlete wins a medal in the total, or wins a Gold medal at the Pan American Youth or Pan American Junior Championships, the coach will be refunded their self-funded element.

A personal coach must be:

- Sworn to be the coach of the athlete by the athletes, at the time of selection
- A USA Weightlifting certified coach (minimum of Level 1)
- Hold a valid USA Weightlifting background check

- Hold a current US Center for SafeSport education training
- Hold a current USADA Coaches Advantage Certification

USA Weightlifting will provide either one or two independent coaches to the competition, where this competition has more than 6 US athletes. Where this is not the USA Weightlifting staff coaches, a coach will be assigned from those with International or Senior International coach ranking. Generally, it is expected that such coaches have previously served as funded coaches for USA Weightlifting in competition of a similar standing.

If no personal coaches are funded by any other means, the personal coach of the top athlete by NRS score, regardless of gender, will be funded, provided that the event has at least 6 US athletes entered.

A personal coach must have been the personal coach for one calendar year before the competition in order to be funded, or from the beginning of the membership of the athlete (if the athlete has not been a member for more than a year).

If a personal coach has more than 3 athletes on a team (aggregated over both genders), USA Weightlifting will fund the coach in full.

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, nationals teams and coaching staff (including the personal coach) will discuss the appropriate lift attempts to maximize placement for Team USA.

Performance Oversight Committee – the Performance Oversight Committee (POC) will be chaired by the CEO. It will have four additional members:

- (i) Two athlete representatives, one of each gender, who have represented the US in Weightlifting in the last 10 years at the Pan American Games, the Olympic Games or the IWF (Snr) World Championships, and who is selected by the USA Weightlifting Nominating & Governance Committee.
- (ii) Coach, appointed by the USA Weightlifting Coaching Committee from among their membership.
- (iii) The elected USOPC 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 selection), the alternate AAC representative.

The role of the Performance Oversight Committee is to be the hearing and oversight body for any clarification required or disputes regarding selection. The Performance

Oversight Committee is also the body with jurisdiction to remove an athlete in the case of:

- (i) Background check issues
- (ii) Illness
- (iii) Injury
- (iv) Readiness to Compete Failure

In the event that any member of the Performance Oversight Committee has 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 they are unable to perform to their full potential, and where their performance would mean an alternate or if prior to final entry deadline, another ranked athlete, would perform better or if competing risks injury complication. Refusal to be examined by the appointed doctor is grounds for replacement on the team.

Illness: An athlete may be replaced if the physician appointed by the Performance Oversight Committee determines that they are unable to perform to their full potential due to an illness. Refusal to be examined by the appointed physician is grounds for replacement on the team.

Lack of Readiness: An athlete may be replaced if they have not satisfied the terms and conditions of their Competition Readiness Plan, such that the Performance Oversight Committee determines that another athlete will now outperform the athlete. If an individual has not completed a readiness plan, the consensus judgement of the sport performance team will be used.

Removal: To remove an athlete, an 80% vote of the Performance Oversight Committee, in addition to the agreement of the USA Weightlifting Sport 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 (Snr) World Championships, Pan American (Snr) Championships are fully funded and are protected, for other event funding see “USA Weightlifting Funding System” documentation.

Reasons for Removal – USAW reserves the right to remove any athlete that violates the Code of Conduct Policy, International Team Code of Conduct, USA Weightlifting 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.

Right of Amendment

USA Weightlifting has the right to amend these procedures provided the first qualification competition for a particular competition has not yet started. Such an amendment requires a 70% majority of both the USA Weightlifting Board of Directors & USA Weightlifting Athlete Advisory Council.

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

Appendix A: International Team Qualification Events and Periods

*Dates, event quotas and locations are subject to change by the IWF and PAWF.

NOTE: For all silver, bronze and ad-hoc competitions (including those not mentioned below which later appear on the IWF calendar), 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 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 a national event in September as the qualification event at least two months outside of the competition). Late entries are NOT permitted.

Competition	Qualification Period	Qualification Events	Qual. Event Dates
South-American, Ibero-American & Open Senior Championships Cali-Valle del Cauca, COL Mar 17-23, 2020 (POSTPONED) Oct 1-6, 2020 (POSTPONED) Dec 12-19, 2020 (POSTPONED) Feb 23-27, 2021 (POSTPONED) Mar 3-7, 2021 (POSTPONED) Mar 12-16, 2021	Jul 2019 – Dec 2019	Tokyo Test Event 2019 AO Series II Pan American Games Cup of Blue Swords Pan American Youth Championships 2019 AO Series III IWF World Championships San Diego Int'l Open 12 th Mediterranean Cup 49 th Challenge 210 IWF Grand Prix ODESUR Naim Suleymanoglu Tournament 2019 IBERO Championships 2019 AO Finals <i>(any IWF/USAW sanctioned events in the period)</i>	Jul 6-7, 2019 Jul 25-28, 2019 July 26-31, 2019 Aug 28-31, 2019 Aug 29-Sep 5, 2019 Sep 12-14, 2019 Sep 18-27, 2019 Oct 2-6, 2019 Oct 4-8, 2019 Oct 24-26, 2019 Nov 8-10, 2019 Nov 11-13, 2019 Dec 1-8, 2019 Dec 5-8, 2019
1 st East Asian Championships Seoul, KOR April 2021 (Date TBD)	Jun 2020 – Dec 2020	2020 Online AO Finals/National Championships/Youth Nationals <i>(any IWF/USAW sanctioned events in the period)</i>	Dec 3-6, 2020

<i>Interest Form Required</i>			
<p>2020 Pan American Championships</p> <p>Santo Domingo, DOM</p> <p>Apr 18-24, 2020 (POSTPONED) Apr 18-25, 2021</p> <p>NOTE: 2018-2020 Selection Procedures used for team selection. Please see the "USAW Selection Policy Addendum 1" for more information.</p>	<p>Jun 2019 – Dec 2020</p>	<p>IWF Junior World Championships</p> <p>Pan American Junior Championships</p> <p>2019 Youth Nationals</p> <p>Tokyo Test Event</p> <p>2019 AO Series II</p> <p>Pan American Games</p> <p>Cup of Blue Swords</p> <p>Pan American Youth Championships</p> <p>2019 AO Series III</p> <p>IWF World Championships</p> <p>San Diego Int'l Open</p> <p>12th Mediterranean Cup</p> <p>49th Challenge 210</p> <p>IWF Grand Prix</p> <p>ODESUR CSLP</p> <p>Naim Sueymanoglu Tournament</p> <p>2019 IBERO Championships</p> <p>2019 AO Finals</p> <p>Roma World Cup</p> <p>2020 National University/Junior/U25 Championships</p> <p>Malta Int'l Open</p> <p>2020 AO Series I</p> <p>2020 Online AO Finals/National Championships/Youth Nationals</p> <p><i>(any IWF/USAW sanctioned events in the period)</i></p>	<p>Jun 1-9, 2019</p> <p>Jun 23-30, 2019</p> <p>Jun 27-30, 2019</p> <p>Jul 6-7, 2019</p> <p>Jul 25-28, 2019</p> <p>Jul 26-31, 2019</p> <p>Aug 28-31, 2019</p> <p>Aug 29-Sep 5, 2019</p> <p>Sep 12-14, 2019</p> <p>Sep 18-27, 2019</p> <p>Oct 2-6, 2019</p> <p>Oct 4-8, 2019</p> <p>Oct 24-26, 2019</p> <p>Nov 8-10, 2019</p> <p>Nov 11-13, 2019</p> <p>Dec 1-8, 2019</p> <p>Dec 5-8, 2019</p> <p>Jan 27-31, 2020</p> <p>Feb 7-9, 2020</p> <p>Feb 27-Mar 1, 2020</p> <p>Mar 5-8, 2020</p> <p>Dec 3-6, 2020</p>
<p>2020 Pan American Junior Championships (rescheduled)</p>	<p>Jan 2020 – Mar 2021</p>	<p>Roma World Cup</p> <p>2020 National University/Junior/U25 Championships</p>	<p>Jan 27-31, 2020</p> <p>Feb 7-9, 2020</p>

<p>Manizales, COL</p> <p>May 20-29, 2021</p> <p>PLEASE NOTE: Eligibility of birth year has not yet been confirmed by the IWF/PAWF. At this time we will consider eligible athletes, those who would be eligible in the junior age group through last year.</p>		<p>Malta Int'l Open 2020 AO Series I Online Qualification Event 2020 Online AO Finals/National Championships/Youth Nationals 2021 North American Series 1 – Hybrid <i>(any IWF/USAW sanctioned events in the period)</i></p>	<p>Feb 27-Mar 1, 2020 Mar 5-8, 2020 Jun 25-Jul 1, 2020</p> <p>Dec 3-6, 2020</p> <p>Mar 4-7, 2021</p>
<p>2021 IWF Junior World Championships</p> <p>Jeddah, KSA</p> <p>Mar 4-7, 2021 (POSTPONED) May 23-31, 2021</p>	<p>Jun 2020-Dec 2020</p>	<p>2020 Online AO Finals/Nationals/Youth National Championships <i>(any IWF/USAW sanctioned events in the period)</i></p>	<p>Dec 3-6, 2020</p>
<p>2021 Pan American Youth Championships & U15 Championships</p> <p>San Juan, PUR</p> <p>June 2021 (date TBD)</p> <p><i>Interest form for U15 Championships will be required. Announcement with interest form will be made once dates have been set for the competition.</i></p>	<p>Sep 2020-Mar 2021</p>	<p>2020 Online AO Finals/Youth Nationals/National Championships 2021 North American Series I/National University Championships Hybrid <i>(any IWF/USAW sanctioned events in the period)</i></p>	<p>Dec 3-6, 2020</p> <p>Mar 4-7, 2021</p>

<p>2021 IWF Youth World Championships</p> <p>Tashkent, UZB</p> <p>Sep 20-29, 2021</p>	<p>Sep 2020-Mar 2021</p>	<p>2020 Online AO Finals/Youth Nationals/National Championships</p> <p>2021 North American Series 1/National University Championships</p> <p><i>(any IWF/USAW sanctioned events in the period)</i></p>	<p>Dec 3-6, 2020</p> <p>Mar 4-7, 2021</p>
<p>2021 Pan American Junior Championships</p> <p>San Luis Potosi, MEX</p> <p>October 2021 (TBC)</p>	<p>Dec 2020-Jun 2021</p>	<p>2020 Online AO Finals/Youth Nationals/National Championships</p> <p>2021 North American Open Series I/University National Championships Hybrid</p> <p>Rescheduled 2020 Pan American Championships</p> <p>2021 National Championships Week</p> <p><i>(any IWF/USAW sanctioned events in the period)</i></p>	<p>Dec 3-6, 2020</p> <p>Mar 5-7, 2021</p> <p>April 18-25, 2021</p> <p>Jun 25-Jul 4, 2021</p>
<p>2021 Pan American Championships</p> <p>Guayaquil, ECU</p> <p>November 1-7, 2021</p>	<p>Dec 2020-Jun 2021</p>	<p>2020 Online AO Finals/Youth Nationals/National Championships</p> <p>2021 North American Series I/National University Championships Hybrid</p> <p>2020 South American, IBERO-American & OPEN Senior Championships</p> <p>Rescheduled 2020 Pan American Championships</p> <p>2021 National Championships Week</p>	<p>Dec 3-6, 2020</p> <p>Mar 5-7, 2021</p> <p>Mar 11-16, 2021</p> <p>April 18-25, 2021</p> <p>Jun 25-July 4, 2021</p>

		<i>(any IWF/USAW sanctioned events in the period)</i>	
2021 IWF World Championships Lima, PER November 2021 (TBD)	Dec 2020-Jun 2021	2020 Online AO Finals/Youth Nationals/National Championships 2021 North American Series I/National University Championships Hybrid 2020 South American, IBERO-American & OPEN Senior Championships Rescheduled 2020 Pan American Championships 2021 National Championships Week <i>(any IWF/USAW sanctioned events in the period)</i>	Dec 3-6, 2020 Mar 5-7, 2021 Mar 11-16, 2021 April 18-25, 2021 Jun 25-July 4, 2021

Appendix B: Minimum qualifications for self-funded international events, ad-hoc events, and other international competitions.

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

Senior Women:

Wtcls	45	49	55	59	64	71	76	81	87	+87
Total	134	165	173	189	194	186	198	199	204	211*

*Bottom placement at the 2019 IWF World Championships.

Senior Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	215	245	267	280	294	301	319	320	340	354

Separate - Senior Worlds & Pan Ams Minimums

Women:

Wtcls	45	49	55	59	64	71	76	81	87	+87
Total	170	173	194	200	213	226	227	228	229	240

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	254	268	292	315	325	330	355	361	367	380

*Min standard for these competitions is greater of the 25th placed Olympic Ranked total (non-Olympic merged to higher category), or the 81% standard.

Junior Women:

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

Junior Men:

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

Youth Women:

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

Youth Men:

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

Appendix C: RTP Information

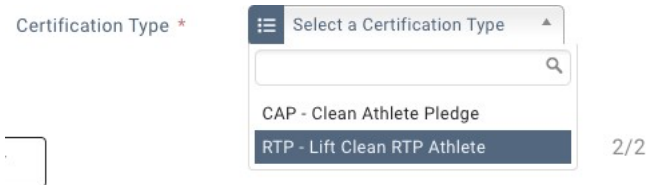
To submit yourself to the USAW RTP, to meet the minimum six (6) month requirement. You must add the “RTP-Lift Clean RTP Athlete” certification to your membership profile. To do that. Follow the steps below:

Step 1: Log into your USA Weightlifting membership profile

Step 2: Select the “certifications” section of your membership

Step 3: Click “Add Certification Category” and select “Anti-Doping Education”

Step 4: Under “Select a Certification type” select the “RTP-Lift Clean RTP Athlete” option.



Step 5: Complete the required sections and then click “add”. Your certification will be valid for 2 years from the date you completed the certification add. You will be eligible for competitions and the Funding system 6 months from your start date. If you have any questions about the certification please contact Lorene.halford@usaweightlifting.org.

Appendix D: National Ranking Score (NRS)

**Numbers updated on January 14, 2021 per updated international results from the IWF. For all competitions where teams have not yet been selected.*

The NRS is the percentage of the following average numbers per level:

World Senior – Top 5 Average (2018, 2019)

Women:

Wtcls	45	49	55	59	64	71	76	81	87	+87
Total	164	199	217	231	241	242	257	258	258	306

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	264	305	326	346	368	371	397	392	417	448

**Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1Kg is added.*

Pan Am Senior – Top 3 Average (2019)

Women:

Wtcls	45	49	55	59	64	71	76	81	87	+87
Total	156	185	204	214	228	234	239	240	248	271

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	229	278	297	328	355	356	378	379	387	396

**Numbers rounded to nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1Kg is added.*

World Junior – Top 5 Average (2019)

Women:

Wtcls	45	49	55	59	64	71	76	81	87	+87
Total	154	174	199	199	213	213	214	215	216	253

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	222	267	300	318	344	344	348	352	374	396

**Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1Kg is added.*

Pan Am Junior – Top 3 Average (2019)

Women:

Wtcls	45	49	55	59	64	71	76	81	87	+87
Total	160	165	185	188	215	216	217	218	219	227

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	235	269	277	318	319	320	339	340	341	342

*Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1Kg is added.

World Youth – Top 5 Average (2019)

Women:

Wtcls	40	45	49	55	59	64	71	76	81	+81
Total	114	131	155	171	186	187	192	193	201	202

Men:

Wtcls	49	55	61	67	73	81	89	96	102	+102
Total	184	218	244	272	276	277	295	316	317	318

*Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1Kg is added.

Pan Am Youth – Top 3 Average (2019) *Typo corrected 10/28/2019

Women:

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	121	129	150	157	186	187	199	200	201	210

Men:

Wtcls	49	55	61	67	73	81	89	96	102	+102
Total	172	212	233	256	257	258	279	280	281	282

*Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1Kg is added.