



# 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 21, 2022

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

**IMPORTANT NOTE:** It is anticipated that these selection procedures will require significant and immediate review due to changes in the Olympic qualifying process, which will be made in a timely manner as possible after such a procedure is made public by the IWF/IOC/PAWF.

**USA Weightlifting cannot be held responsible for any move of an international even on which an individual may have been relying on for selection, qualification or funding.**

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 the IWF and Olympic qualifications.

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These procedures do not govern the Olympic Games, Youth Olympic Games, Pan American Games or Junior Pan American Games. For those procedures, governed by the United States Olympic & Paralympic 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 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, Panam 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 a 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 six 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 six months validity after entry.
- You must have been in the USA Weightlifting Random Testing Pool (RTP) for six 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 requires all international athletes to have been available for testing for a minimum of six 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 six 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 six 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.

Pan American Games: For Pan American Games or Junior Pan American Games, US Olympic & Paralympic Committee, Panam 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 U.S. Center for 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 the 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 Ombuds and/or U.S. 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 Championships in their age group. Such a total must be their ranking total for the competition (for a list of 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 and 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 fails 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](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 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 during the qualification period (six 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 athletes per gender). The athletes with the highest % of the NRS will be named to the team, to a maximum of two per IWF bodyweight category.

A further two athletes who have the highest NRS scores, not yet selected, will be named as reserve athletes. One reserve 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 Championships of the age group (senior applied 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 three for Pan American and FISU events, and top five for IWF world level events for as many championships as is available at the time of selection (e.g. the 2021 World Championships will consider the 2018 and 2019 World Championships events). For the data score, please see **Appendix D**.

There is a minimum standard for the (Snr) Pan American and (Snr) World Championships, which is calculated by using the 25th ranked individual in the most recent World Championships for the bodyweight or the 81% minimum, whichever is greater.

For ad-hoc events, or events which do not have a history 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 one 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 the 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](http://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 first 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 USA Weightlifting High Performance team, specifically in submitting 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 is 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 it is designed to promote the best competition results 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 two 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 two alternates and any athlete ranked third or lower in the category, must begin posting weekly training videos. These videos should be of the athlete's heaviest snatch, clean and 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. Four weeks prior to the competition, every team member, and alternate, must post videos of snatch and clean and jerk with proof of date. The snatch and clean and 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 progression agreed upon with the statistics consultant, listing 90% estimates for bodyweight up to five 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 must be consulted: MD, DO, DPT. USAW Sport Performance staff and the medical committee must be included in 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 four 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 seven 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 of 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 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 for 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 World 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 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 athlete, at the time of selection
- A USA Weightlifting certified coach (minimum of Level 1)
- Hold a valid USA Weightlifting background check
- Hold a current U.S. 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 six U.S. 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 six U.S. 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 three 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, 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 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 U.S. in weightlifting in the last ten years at the Pan American Games, the Olympic Games or the IWF (Snr) World Championships, and who are selected by the USA Weightlifting Nominating & Governance Committee.
- (ii) Coach, appointed by the USA Weightlifting Coaching Committee from among its 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 selected), 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 ground 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 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.

### **Guide to the International Qualification Calendar and Policy:**

As of January 21, 2022 the final qualification event for an international team can be domestic or international per an amendment made to the selection procedures approved by the AAC and Board of directors. This will affect any competitions where the qualification period begins on or after January 21, 2022. The international qualification Calendar has been adjusted to reflect this change on this date.

Each qualification period is six months in length (with the exception of international university events), and the final qualifier must be:

- At least three months from the start of competition, for IWF World Championship events (youth, junior and senior) and multi-sport Games events.
- At least two months from the start of competition, for all other IWF sanctioned events.

For example: If the World Championships (Snr) takes place in May, the final qualification must be completed in February.

Qualification events are U.S. national events (North American Open Series, National Championships (excluding National Garage Championships) and North American Open Finals) and any in-person international IWF sanctioned event that appears on the IWF calendar.

**Note:** 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 a national event in September as the qualification event at least two months outside of the competition) for IWF sanctioned events that are not continental championships or world championships. Late entries are NOT permitted.

### **\*\* Special Accommodation for 2022 IWF Youth World Championships**

Due to the late date change and a rankings error by USA Weightlifting, the 2022 IWF Youth World Championship ranking list is considered final after the final qualification event, the 2021 North American Open Finals.

However, since the Men's team has not yet received 10 athletes meeting the minimum qualification criteria, such athletes will be given the opportunity to make the minimum qualifying total at the North American Open Series 1. The ranking order of the athlete will not change at this event.

## Appendix A: International Qualification Calendar

**IMPORTANT NOTE: It is anticipated that these selection procedures will require significant and immediate review due to changes in the Olympic qualifying process, which will be made in a timely manner as possible after such a procedure is made public by the IWF/IOC/PAWF.**

**USA Weightlifting cannot be held responsible for any move of an international even on which an individual may have been relying on for selection, qualification or funding.**

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

Competition	Qualification Period	Qualification Events	Qual. Event Dates
2022 Canadian Commonwealth Qualifier  February 25-28, 2022  Montreal, CAN	Jun 2021 – Dec 2021	2021 National Championships Week Rescheduled 2020 Pan American Junior Championships 2020 Olympic Games 2021 U17/U15 Pan American Youth Championships 2021 North American Open Series 2 2021 Pan American Junior Championships 2021 IWF Youth World Championships 2021 Pan American Championships 2021 Junior Pan American Games 2021 North American Open Finals <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	Jun 25 – Jul 4, 2021  Jul 9-15, 2021  Jul 23 – Aug 8, 2021 Aug 16-23, 2021  Sept 15-19, 2021  October 2021  Oct 5-12, 2021  Nov 1-7, 2021  Nov 25 – Dec 5, 2021  Dec 2-5, 2021
2022 Singapore Weightlifting International  February 26-27, 2022	Jun 2021 – Dec 2021	2021 National Championships Week Rescheduled 2020 Pan American Junior Championships	Jun 25 – Jul 4, 2021  Jul 9-15, 2021

<p>Singapore</p> <p><i>Expression of interest required</i></p>		<p>2020 Olympic Games  2021 U17/U15 Pan American Youth Championships  2021 North American Open Series 2  2021 Pan American Junior Championships  2021 IWF Youth World Championships  2021 Pan American Championships  2021 Junior Pan American Games  2021 North American Open Finals  <b>(FINAL QUALIFICATION EVENT)</b>  <i>(Any IWF/USAW sanctioned events in the period)</i></p>	<p>Jul 23 – Aug 8, 2021  Aug 16-23, 2021    Sept 15-19, 2021    October 2021    Oct 5-12, 2021    Nov 1-7, 2021    Nov 25 – Dec 5, 2021    Dec 2-5, 2021</p>
<p>XL Torneo Int. “Manuel Suarez In Memoriam”</p> <p>March 13-20, 2022</p> <p>Cardenas, CUB</p> <p><i>*Interest form response required</i></p>	<p>Jun 2021 – Dec 2021</p>	<p>2021 National Championships Week  Rescheduled 2020 Pan American Junior Championships  2020 Olympic Games  2021 U17/U15 Pan American Youth Championships  2021 North American Open Series 2  2021 Pan American Junior Championships  2021 IWF Youth World Championships  2021 Pan American Championships</p>	<p>Jun 25 – Jul 4, 2021  Jul 9-15, 2021    Jul 23 – Aug 8, 2021  Aug 16-23, 2021    Sept 15-19, 2021    October 2021    Oct 5-12, 2021    Nov 1-7, 2021    Nov 25 – Dec 5, 2021</p>



		2021 Junior Pan American Games 2021 North American Open Finals <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	Dec 2-5, 2021
2022 U17/U15 Pan American Youth Championships  April 4-8, 2022  San Juan, PUR	Jun 2021 – Dec 2021	National Championships Week Rescheduled 2020 Pan American Junior Championships Olympic Games 2021 U17/U15 Pan American Youth Championships 2021 North American Open Series 2 2021 Pan American Junior Championships 2021 IWF Youth World Championships 2021 Pan American Championships 2021 Junior Pan American Games 2021 North American Open Finals <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	June 25-Jul 4, 2021  July 9-15, 2021  July 23-Aug 8, 2021 Aug 16-23, 2021  Sept 15-19, 2021  Oct 17-24, 2021  Oct 5-12, 2021  Nov 1-7, 2021  Nov 25 – Dec 5, 2021  Dec 2-5, 2021
2022 IWF Junior World Championships  Mar 20-27, 2022	Jun 2021 – Dec 2021	2021 National Championships Week Rescheduled 2020 Pan American Junior Championships	Jun 25 – Jul 4, 2021  Jul 9-15, 2021

<p>(POSTPONED) May 2-10, 2022</p> <p>Hersonissos, GRE</p>		<p>2020 Olympic Games 2021 U17/U15 Pan American Youth Championships 2021 North American Open Series 2 2021 Pan American Junior Championships 2021 IWF Youth World Championships 2021 Pan American Championships 2021 Junior Pan American Games 2021 North American Open Finals <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i></p>	<p>Jul 23 – Aug 8, 2021 Aug 16-23, 2021</p> <p>Sept 15-19, 2021</p> <p>Oct 17-24, 2021</p> <p>Oct 5-12, 2021</p> <p>Nov 1-7, 2021</p> <p>Nov 25 – Dec 5, 2021</p> <p>Dec 2-5, 2021</p>
<p>2022 IWF Youth World Championships</p> <p><del>May 2022</del> (POSTPONED) June 11-18, 2022</p> <p>San Luis Potosi, MEX Leon, MEX</p>	<p>Jun 2021 – Dec 2021</p>	<p>National Championships Week Rescheduled 2020 Pan American Junior Championships Olympic Games 2021 U17/U15 Pan American Youth Championships 2021 North American Open Series 2 2021 Pan American Junior Championships 2021 IWF Youth World Championships 2021 Pan American Championships</p>	<p>June 25-Jul 4, 2021</p> <p>July 9-15, 2021</p> <p>July 23-Aug 8, 2021 Aug 16-23, 2021</p> <p>Sept 15-19, 2021</p> <p>Oct 17-24, 2021</p> <p>Oct 5-12, 2021</p> <p>Nov 1-7, 2021</p> <p>Nov 25 – Dec 5, 2021</p>

		2021 Junior Pan American Games 2021 North American Open Finals <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	Dec 2-5, 2021
2022 Pan American Championships  July 12-20, 2022  Bogota, COL	Sep 2021 – Mar 6, 2022	2021 North American Open Series 2 2021 Pan American Junior Championships 2021 IWF Youth World Championships 2021 Pan American Championships 2021 Junior Pan American Games 2021 North American Open Finals 2021 IWF World Championships Canadian Invitational 2022 Singapore Weightlifting International 2022 NAO1 & University National Championships <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	Sept 15-19, 2021  Oct 17-24, 2021  Oct 5-12, 2021  Nov 1-7, 2021  Nov 25 – Dec 5, 2021  Dec 2-5, 2021  Dec 7-17, 2021  Feb 25-27, 2022 Feb 26-27, 2022  March 3-6, 2022
2022 Ibero-American Championships  Aug 29-Sep 5, 2022	Dec 29, 2021 – Jun 29, 2022	Canadian Invitational 2022 Singapore Weightlifting International	Feb 25-27, 2022 Feb 26-27, 2022  Mar 3-6, 2022

<p>Montevideo, URU</p> <p><i>*Interest form response required</i></p>		<p>2022 North American Open Series 1/University Nationals</p> <p>2022 XL Torneo Int. "Manuel Suarez In Memoriam"</p> <p>2022 U17/U15 Pan American Youth Championships</p> <p>2022 IWF Junior World Championships</p> <p>2022 IWF Youth World Championships</p> <p><b>(FINAL QUALIFICATION EVENT)</b></p> <p><i>(Any IWF/USAW sanctioned events in the period)</i></p>	<p>Mar 13-20, 2022</p> <p>Apr 4-8, 2022</p> <p>May 2-10, 2022</p> <p>Jun 11-18, 2022</p>
<p>2022 Pan American Junior Championships</p> <p>Sept. 5-12, 2022</p> <p>Lima, PER</p>	<p>Jan 5, 2022 – Jul 5, 2022</p>	<p>Canadian Invitational</p> <p>2022 Singapore Weightlifting International</p> <p>2022 North American Open Series 1/University Nationals</p> <p>2022 XL Torneo Int. "Manuel Suarez In Memoriam"</p> <p>2022 U17/U15 Pan American Youth Championships</p> <p>2022 IWF Junior World Championships</p> <p>2022 IWF Youth World Championships</p>	<p>Feb 25-27, 2022</p> <p>Feb 26-27, 2022</p> <p>Mar 3-6, 2022</p> <p>Mar 13-20, 2022</p> <p>Apr 4-8, 2022</p> <p>May 2-10, 2022</p> <p>Jun 11-18, 2022</p>

		2022 National Championships Week <b>(FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	Jun 25 – Jul 3, 2022
2022 IWF World Championships  October 2022  Chongqing, CHN  <b>*with the assumption the World Championships will be held after October 20</b>	Jan 2022 – Jul 2022	Canadian Invitational 2022 Singapore Weightlifting International 2022 North American Open Series 1/University Nationals 2022 XL Torneo Int. “Manuel Suarez In Memoriam” 2022 U17/U15 Pan American Youth Championships 2022 IWF Junior World Championships 2022 IWF Youth World Championships 2022 National Championships Week <b>*2022 Pan American Championships (FINAL QUALIFICATION EVENT)</b> <i>(Any IWF/USAW sanctioned events in the period)</i>	Feb 25-27, 2022 Feb 26-27, 2022  Mar 3-6, 2022  Mar 13-20, 2022  Apr 4-8, 2022  May 2-10, 2022  Jun 11-18, 2022  Jun 25 – Jul 3, 2022  <b>*Jul 12-20, 2022</b>
2022 FISU America Games  October 22-24, 2022  Merida, MEX	Single Qualification Event  <b>Please Note:</b> If you are 26 y/o you can compete at NAO1 if	2022 University Nationals (this will be the sole qualifying event for this competition)	Mar 3-6, 2022

<p><i>*Interest form response required</i></p>	<p>you provide proof of eligibility before competition same as University Nationals.</p>	<p><b>(FINAL QUALIFICATION EVENT)</b></p>	
<p>2022 50<sup>th</sup> “Challenge 210”</p> <p>October 28-29, 2022</p> <p>Tramelan, SUI</p>	<p>Feb 28, 2022-August 28, 2022</p>	<p>2022 North American Open Series 1/University Nationals</p> <p>2022 XL Torneo Int. “Manuel Suarez In Memoriam”</p> <p>2022 U17/U15 Pan American Youth Championships</p> <p>2022 IWF Junior World Championships</p> <p>2022 IWF Youth World Championships</p> <p>2022 National Championships Week</p> <p>2022 Pan American Championship</p> <p><b>(FINAL QUALIFICATION EVENT)</b></p> <p><i>(Any IWF/USAW sanctioned events in the period)</i></p>	<p>Mar 3-6, 2022</p> <p>Mar 13-20, 2022</p> <p>Apr 4-8, 2022</p> <p>May 2-10, 2022</p> <p>Jun 11-18, 2022</p> <p>Jun 25 – Jul 3, 2022</p> <p>Jul 12-20, 2022</p>

**Appendix B: Minimum qualifications for self-funded international events, ad-hoc events and other international competitions.** *(All numbers updated as of December 17, 2021. Numbers will be reflected in all initial rankings where the first qualifier is on or after January 1, 2022.)*

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

**Senior Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	137	139	163	177	178	187	196	197	198	225

**Senior Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	206	228	255	271	294	300	317	318	337	363

**Separate – Senior Worlds & Pan Ams minimums**

**Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	137	139	163	177	178	187	196	206	198	225

\*These totals consider the 25th place (or lowest place available where 25 athletes did not compete) from the last World Championship, or 81% whichever is greater.

**Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	206	254	255	271	294	300	321	322	337	363

\*These totals consider the 25th place (or lowest place available where 25 athletes did not compete) from the last World Championship, or 81% whichever is greater.

**Junior Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	117	134	152	156	166	180	181	182	183	184

**Junior Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	185	215	244	249	264	275	283	284	313	319

**Youth Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	96	115	130	139	140	149	158	161	163	164

\*For U17 Pan American Championships and IWF Youth World Championship rankings

**Youth Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	148	174	213	220	230	247	258	264	271	272

\*For U17 Pan American Championships and IWF Youth World Championship rankings

**U15 Youth Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	61	108	109	123	124	125	126	127	128	129

\*For U15 Pan American Championships rankings

**U15 Youth Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	130	132	154	160	179	180	181	182	183	194

\*For U15 Pan American Championships rankings

***For Rankings started before January 1, 2022*****Senior Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	134	165	173	189	194	195	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	134	165	180	189	202	203	204	205	206	211

\*These totals consider the 25th place from the last World Championship, or 81% whichever is greater.

**Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	215	245	289	301	325	326	347	348	349	354

\*These totals consider the 25th place from the last World Championship, or 81% whichever is greater.

**Junior Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	117	134	152	156	166	180	181	182	183	184

\*Updated with 2021 Junior Worlds numbers

**Junior Men:**



wtcls	55	61	67	73	81	89	96	102	109	+109
Total	185	215	244	249	264	275	283	284	313	319

\*Updated with 2021 Junior Worlds numbers

**Youth Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	87	104	125	139	152	154	155	162	163	164

\*For U17 Pan American Championships and IWF Youth World Championships rankings

**Youth Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	143	176	197	218	220	222	246	252	253	254

\*For U17 Pan American Championships and IWF Youth World Championships rankings

**U15 Youth Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	61	108	109	123	124	125	126	127	128	129

\*For U15 Pan American Championships rankings

**U15 Youth Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	130	132	154	160	179	180	181	182	183	194

\*For U15 Pan American Championships rankings



### **Appendix C: RTP Information**

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

Step 1: Log in to your USA Weightlifting membership profile

Step 2: Click View on your Member Card

Step 3: Click the Certifications Tab

Step 4: Click Add Certification Category

Step 5: Click Add next to RTP certification: A form will appear for you to complete.

Step 6: 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](mailto:Lorene.Halford@usaweightlifting.org).

## Appendix D: National Ranking Score (NRS)

\*Numbers updated on December 17, 2021 per updated international results from the IWF. For all competitions where the first qualifier is on or after January 1, 2022, the NRS is the percentage of the following average numbers per level. **NOTE: Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1kg is added:**

### World Senior – Top 5 Average (2018, 2019, 2021)

#### Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	165	191	211	228	235	238	252	253	254	296

#### Men:

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	261	297	322	343	366	370	395	396	414	451

### Pan Am Senior – Top 3 Average (2019, 2020, 2021)

#### Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	155	185	198	216	226	234	239	240	248	262

#### Men:

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	235	274	307	323	349	353	376	377	378	395

### World Junior – Top 5 Average (2019, 2021)

#### Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	150	173	197	198	210	217	218	219	220	241

#### Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	226	268	302	317	336	341	348	355	377	391

### Pan Am Junior – Top 3 Average (2019, 2020, 2021)

#### Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	146	170	186	195	209	210	211	212	213	224

**Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	229	262	277	301	304	315	332	333	334	335

**World Youth – Top 5 Average (2019, 2021)****Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	117	137	158	172	180	188	197	198	201	205

**Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	181	218	253	272	280	289	306	321	322	323

**Pan Am youth – Top 3 Average (2019, 2021)- Applies to both U17 and U15 Rankings****Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	112	129	145	165	177	178	196	197	198	212

**Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	170	209	233	234	253	266	276	277	278	279

***NRS Numbers for Rankings started before January 1, 2022*****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	398	417	448

**Pan Am Senior – Top 3 Average (2019, 2020)****Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	157	187	201	216	230	234	239	240	251	269

**Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	233	278	304	331	355	356	382	383	384	397

**World Junior – Top 5 Average (2019, 2021)****Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	149	173	197	197	210	217	218	219	220	243

**Men:**

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	226	268	302	317	336	341	348	355	377	391

**Pan Am Junior – Top 3 Average (2019, 2020)****Women:**

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	150	170	185	191	207	209	215	216	217	222

**Men:**

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	232	266	278	308	309	319	334	335	336	337

**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

**Pan Am youth – Top 3 Average (2019, 2021)- Applies to both U17 and U15 Rankings****Women:**

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	121	129	145	162	176	182	196	197	198	212

**Men:**

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	171	201	233	234	253	266	276	278	279	280