



USA Weightlifting Selection Procedures

*Applicable for events occurring
After the 2022 IWF World Championships to
August 30, 2024*

Approved: September 27, 2022

Numbers/Calendar Updated: December 3, 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.

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.

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 of the most likely and highest ranked athletes, 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.

Minimum Selection 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.
- 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 over the age of 18 years old must complete, upon selection to an international team, a USA Weightlifting background check via USA Weightlifting's membership system. All athletes over the age of 18 years old (at the time of selection to the team) 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.

USADA Athlete/Coach Advantage Certification

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.

USA Weightlifting Membership

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

Qualification for Olympic Qualification Competitions

Olympic Games Eligibility

After the Grand Prix 1 (or whichever competition is the third Olympic Qualification event in case the schedule changes) in 2023, the Olympic Qualification events will rank first those athletes with Olympic eligibility. Those without Olympic eligibility but who meet other requirements will be ranked after those individuals who do have Olympic eligibility.

Application:

The following qualification outline is applicable only to Paris 2024 Olympic Games qualification events, excluding the 2022 IWF World Championships (The 2022 IWF World Championships qualification period started prior to the approval of the Paris 2024 Qualification Procedures and changes will not be made to a competition in the middle of a selection period).

The following are remaining current Olympic Qualification Events:

- 2023 IWF World (Senior) Championships
- 2023 Continental (Senior) Championships or 2023 Continental (Senior) Games (If Continental Games is the qualifier, external USOPC selection procedures will be used)
- 2023 IWF Grand Prix I
- 2023 IWF Grand Prix II
- 2024 Continental (Senior) Championships
- 2024 IWF World Cup

Please note: If the IWF/IOC approve any additional Olympic Qualification events they will be included in the list above after approval.

Qualification:

Athletes will be ranked in order of where their total would place them on the IWF OQR in the closest Olympic weight class per the Paris 2024 IOC Qualification weight class allocation (see **Appendix D** for weight class comparison to Olympic weight classes). Rankings will be created off of an athletes best total within the qualifying period according to the OQR from the BEGINNING of the qualification period. Since the OQR will change as qualification events take place, the OQR used for an Olympic Qualification event will be the OQR as of the date the qualification period starts for that competition. For example, if a qualification period starts at the 2023 North American Open Series I on March 3, 2023 the OQR used for ranking during the entire 6 month qualification period will be the OQR as it is on March 3, 2023. The OQR used for each weight class and each qualification event can be found in **Appendix E**.

Once an athlete makes a total at an IWF/USAW sanctioned national/international event within the qualification period, they will be ranked. Each time an athlete beats their total at another qualification event within the period, that total will replace their previous on the ranking. If an athlete competes in two different weight classes (to classify in two different Olympic weight classes) they will be appear twice on the ranking with the highest ranked total counting for

team selection. If an athlete ranks below 10th place, there will also be a percentage next to their ranking to signify who is closer to 10th and thus, ranks higher.

If an athlete competes in a Non-Olympic weight class, their total will be evaluated to the Olympic weight class they would fit in to (see **Appendix D** for weight class comparison to Olympic weight classes). For example, if an athlete competes as a women's 55kg athlete their total will be considered in the women's 59kg weight class for ranking. The athlete's weight class will still be that of which they competed in to qualify. So, for example, while the women's 55kg athlete's total is considered on the women's 59kg OQR, they will still be ranked as a women's 55kg athlete for the competition.

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. Alternatively, they may move at the Verification of Final Entries at the unanimous agreement of the Snr. Director of Sport Performance and the National Teams Director.

Three Athletes Ranked per Weight Class

In some instances there will be 3 or more athletes ranked per weight class where 2 athletes in the Olympic weight class have already been selected. If there is an athlete who is third in their weight class but ranks as the first/second in the next weight class they will be placed on to the team as the next weight class up.

Tie Breaker

If two athletes are in the same placement on the OQR there will be a tie breaker implemented to determine ranking. The athlete's total which is the closest (percentage wise) to the next placement will be ranked first. If both athletes are the same percentage away from the next placement, the higher ranking will go to the athlete who achieved the total that ranked them first.

Alternate Athlete Selection:

A further two athletes who have the next highest OQR ranking, regardless of weight class, will be named as alternates assuming USA Weightlifting can use them in the weight class above OR can prove, at the time of selection they are moving down a category and already weigh within a defined percentage of the lower weight class. If an athlete is the 3rd (or greater) in their current weight class and cannot be utilized in the next weight class, the next highest ranked athlete with an available weight class will be selected. Athletes must have approval and work with the USA Weightlifting High Performance team in order to move weight classes.

Proof of Readiness:

All athletes who qualify for an Olympic Qualification event must adhere to the Readiness Plan and proof of readiness outlined in Step 4 of the following section as well as Step 5 in the event of failure to prove readiness.

Youth/Junior/Senior (non-Olympic)/FISU Age group Competition Qualification

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) sanctioned events that are not continental championships or world championships. FISU events will also require an interest form to be submitted. Late entries are NOT permitted

The following selection relates only to competitions for Youth/Junior age group specific competitions AND non-Olympic qualification event senior level competitions. If athletes are looking to qualify for an Olympic Qualification event please see the above criteria.

*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. (See **Appendix F** for policy regarding postponed/rescheduled competitions)*

Step 1: Make a Total for Qualifying Competitions

Each international competition has designated qualifying competitions and specific qualification periods to be used to determine qualification. (For the current qualification calendar, please see **Appendix A**).

Each qualifying competition has a qualifying minimum that must be obtained at an USAW sanctioned local/national event for an athlete to be eligible to compete. The certified official results must be on file in the USAW membership system. You can find qualification totals for national events at www.usawweightlifting.org.

If a previously unidentified IWF sanctioned event arises (i.e. Switzerland Challenge "210") 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 2: Achieving Ranking and Minimum Qualification Total/NRS

National Ranking Score (NRS): NRS is the average of the top three for Pan American and FISU events (where there is data available), and top five for IWF world level and non-Olympic qualification senior level events for as many championships as is available at the time of selection (e.g. the 2023 Youth World Championships will consider the 2018, 2019, 2021 and 2022 Youth World Championships events). For a list of the NRS numbers per weight class and age group, please see **Appendix C**. To calculate an athlete's NRS for

a specific competition, the athlete will take their qualification total and divide that number by the NRS correlating to that competition and weight class. That will give the percentage used on the official team rankings.

For ad-hoc events, or events which are not regularly in the calendar, the world average will be used for the appropriate age group. For FISU level events, the Pan American numbers will be used if there is not enough data for that specific FISU event.

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 compete in the bodyweight category with the lower NRS score.

Minimum Qualification Total (Youth/Junior/Non-Olympic Senior): For Youth/Junior/Non-Olympic Qualification Senior level events, athletes must achieve the minimum qualification total for their weight class in order to be eligible for ranking. The minimum qualification total will be calculated as the 81% of 3rd place for each body weight category in the respective age group from the previous year. For example, for the 2021 IWF Youth World Championships in the women's 55kg weight class the third place total was 171. The minimum qualification total for the Youth Women's 55kg weight class would then be 138. If an athlete achieves a total lower than their weight classes minimum qualification total, they will not be eligible for the competition.

A ranking list will be made available after each qualifying event www.usaweightlifting.org under the "International Team Standings" section. Only the top 25 athlete's will be listed for each team, any athlete past the top 25 will not be listed on the rankings for each team.

For funding information for international competitions, please refer to the "USA Weightlifting Funding System" document found at www.usaweightlifting.org under the "International Team and Athlete Funding Information" section.

Step 3: Selection to a Team

At the end of the qualifying period for any event, USA Weightlifting will select, by name, the maximum number of athletes per gender permitted by the organizing committee (generally limited by the IWF rules to ten athletes per gender and two per bodyweight category). The athletes with the highest % NRS will be named to the team, to a maximum of two per IWF 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) have been named (using athletes who meet the minimum qualification total requirement). All athletes have a choice to either accept or decline their invite to an international team.

A further two athletes who have the highest NRS scores, regardless of weight class, will be named as alternates assuming USA Weightlifting can use them in the weight class above OR can prove, at the time of selection they are moving down a category and already weigh within a defined percentage of the lower weight class. If an athlete is the 3rd (or greater) in their current weight class and cannot be utilized in the next weight class (up or down) the next highest ranked athlete with an available weight class will be selected. Athletes must have approval and work with the USA Weightlifting High Performance team in order to move weight classes (up or down).

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 90% of the NRS % in that category according to the readiness clause and High Performance needs (see Readiness). Alternatively, they may move at the Verification of Final Entries for the specific opportunity to medal, at the unanimous agreement of the Snr. Director of Sport Performance and the National Teams 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. If neither athlete has a second NRS score in the qualifying period, the most recent total achieved in the same weight class at an International/National event, within the calendar year, will be used.

Personal Coach & 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 (the Coach 1 of record listed in an athletes membership profile unless otherwise requested as the Coach 2 by the athlete), reflective of the most likely environment in a multi-sport Games situation.

If a head coach has four or more fully funded athletes, the head coach will choose a second funded coach to serve as a support coach. The support coach must be a USAW certified coach and a club coach working with the head coach. The support coach will not be in the back during the actual competition, that is reserved for the head coach. The purpose of the support coach is to assist the head coach with managing the athletes. Approval of the second coach will be subject to a review of the total number of credentials USAW is allotted at that particular international competition. The second coach does not earn international coach credit or status.

For how coaches are selected and funded for competitions please see the "Coach Selection and Funding" document located at www.usaweightlifting.org under the "Selection Procedures" section.

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 wishes to work collaboratively, in a culture of trust, with 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 High 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.

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. 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.
7. One week before departure – body weight must be shown via video with a time stamp, unless otherwise discussed, and approved by the High Performance staff. An athletes weight must be no more than 5% above their competition weight class.

Step 5: Competition

In preparation for a competition, the Snr. Technical Director, National Teams Director and coaching staff (including the personal coach) will discuss the appropriate lift attempts to maximize placement for Team USA. If the High Performance team has issues with an athlete adhering to the below minimum requirements or potential removal from a team they will defer to the appropriate existing USA Weightlifting Panels/Committees to review the issue.

The following issues fall under the jurisdiction of the committees listed below. All issues, excluding Background check issues (as these are confidential), will have a member of the High Performance Team present when meeting on an athlete situation:

- (i) Background check issues – Background Check Hearing Panel
- (ii) Illness – Sports Medicine Commission
- (iii) Injury – Sports Medicine Commission
- (iv) Readiness to Compete Failure – High Performance Department and AAC

Provisions for substitutions:

Injury: An athlete may be replaced if the Sports Medicine Commission, determines that an athlete:

- Is unable to perform to their full potential
- Their performance would mean an alternate or if prior to final entry deadline, another ranked athlete, would perform better
- If competing risks injury complication.

Illness: An athlete may be replaced if the Sports Medicine Commission determines that they are unable to perform to their full potential due to an illness.

NOTE: Refusal to be examined by the appointed doctor, for injury or illness, 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 High Performance Department and AAC, determines that another athlete will now outperform the athlete.

Removal from Team: USA Weightlifting 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.

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 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.

Calendar Adjustments:

Calendar adjustments from the IWF/PAWF or other applicable governing bodies will be reflected in calendar updates, provided there is a minimum of two calendar months prior to the final qualification event for the relevant competition. When such updates occur, the qualification period will be updated to be 6 months up to the revised final qualification.

Appendix A: International Qualification Calendar

Important Note: USA Weightlifting cannot be held responsible for any move of an international event on which an individual may have been relying on for selection, qualification or funding. Calendar updates which do not otherwise affect the method of selection will be automatically made when the IWF/PAWF or other applicable governing body informs USA Weightlifting or publishes the revised dates, provided there is a minimum of two months prior to the final selection event. Please see the Calendar Policy for more information.

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

Competition	Qualification Period	Qualification Events	Qual. Event Dates
2023 Pan American Championships DATE: March 25 – April 2, 2023	Jul 24, 2022 - Jan 24, 2023	2022 Pan American Championships 2022 North American Open Series 2 Pan American Junior Championships 2022 50 th Challenge “210” 2022 U17/U15 Pan American Youth Championships 2022 North American Open Finals 2022 IWF World Championships <i>(FINAL QUALIFICATION EVENT)</i> <i>(Any IWF/USAW sanctioned events in the period)</i>	July 24-29, 2022 Sept. 15-18, 2022 Oct. 19-23, 2022 Oct. 28-29, 2022 Nov. 21-25, 2022 Dec. 1-4, 2022 Dec. 5-16, 2022
2023 IWF Grand Prix I DATE: June 2023 Location: TBC	Sep 2022 – Mar 2023	Qualification events to be confirmed once dates are confirmed with IWF.	Qualification events to be confirmed once dates are confirmed with IWF.
2023 IWF Youth World Championships DATE: TBD Location: Tirana, ALB	Qual Start – Qual End	Qualification Events <i>(FINAL QUALIFICATION EVENT)</i> <i>(Any IWF/USAW sanctioned events in the period)</i>	Dates of Qual Event

<p>2023 IWF Junior World Championships</p> <p>DATE: TBD</p> <p>Location: Guadalajara, MEX</p>	Qual Start – Qual End	<p>Qualification Events <i>(FINAL QUALIFICATION EVENT)</i> <i>(Any IWF/USAW sanctioned events in the period)</i></p>	Dates of Qual Event
<p>2023 IWF World Championships</p> <p>DATE: TBD</p> <p>Location: Riyadh, KSA</p>	Qual Start – Qual End	<p>Qualification Events <i>(FINAL QUALIFICATION EVENT)</i> <i>(Any IWF/USAW sanctioned events in the period)</i></p>	Dates of Qual Event
<p>2023 Pan American Games</p> <p>DATE: Oct 20 – Nov 5, 2023</p> <p>Location: Santiago, CHI</p>	<i>*See external USOPC owned Selection Procedures</i>	<i>*See external USOPC owned Selection Procedures</i>	<i>*See external USOPC owned Selection Procedures</i>
<p>2022 51st “Challenge 210”</p> <p>DATE: Oct 27-28, 2023</p> <p>Location: Tramelan, SUI</p> <p><i>Interest form submission required</i></p>	Feb 27, 2023 – August 27, 2023	<p>2023 North American Open Series 1/University National Championships</p> <p>2023 Pan American Championships</p> <p>2023 USA Weightlifting Nationals Week <i>(Any IWF/USAW sanctioned events in the period)</i></p>	<p>March 2-5, 2023</p> <p>March 25-April 2, 2023</p> <p>June 24–July 2, 2023</p>
<p>2023 Grand Prix II</p> <p>DATE: December 2023</p> <p>Location: TBC</p>	Mar 2023-Sept 2023	Qualification events to be confirmed once dates are confirmed with IWF.	Qualification events to be confirmed once dates are confirmed with IWF.

Appendix B: Minimum qualifications for Youth, Junior and FISU level competitions. (All numbers updated as of November 28, 2022).

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

Youth Women (Applicable for Youth World and U17 Pan American Championships):

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	101	120	124	136	148	151	157	162	168	171

Competition Used: 2022 IWF Youth World Championships

U17 Youth Men (Applicable for Youth World and U17 Pan American Championships):

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	141	181	201	218	233	234	235	243	245	246

Competition Used: 2022 IWF Youth World Championships

U15 Youth Women:

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	81	82	83	104	105	106	107	108	109	115

*For U15 Pan American Championships ONLY. Competition used: 2022 U15 Pan American Championships (where third place is not applicable, lowest placement used)

U15 Youth Men:

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	97	126	127	178	179	180	181	182	183	184

*For U15 Pan American Championships ONLY. Competition used: 2022 U15 Pan American Championships (where third place is not applicable, lowest placement used)

Junior Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	121	122	151	161	165	180	181	182	183	204

Competition Used: 2022 IWF Junior World Championships

Junior Men:

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	185	216	245	265	266	275	291	292	293	303

Competition Used: 2022 IWF Junior World Championships

FISU Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	109	110	130	131	156	157	158	159	160	164

Competition Used: 2022 FISU America Games

FISU Men:

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	176	177	192	204	217	246	247	248	258	259

Competition Used: 2022 FISU America Games

Senior Women (Applicable to all Senior/Open Non-Olympic Qualification Events):

wtcls	45	49	55	59	64	71	76	81	87	+87
Total										

Competition Used: 2022 IWF World Championships (numbers will be entered once 2022 competition has completed)

Senior Men (Applicable to all Senior/Open Non-Olympic Qualification Events):

wtcls	55	61	67	73	81	89	96	102	109	+109
Total										

Competition Used: 2022 IWF World Championships (numbers will be entered once 2022 competition has completed)

Appendix C: National Ranking Score (NRS)

NOTE: Numbers rounded to the nearest kilogram, where the number for the higher weight category does not exceed the lower category, 1kg is added (numbers with 2022 competition data will be updated once the 2022 competitions are completed):

Senior (Applicable to all Non-Olympic Qualification Senior/Open and FISU Level Events) – Top 5 Average from World Championships (2018, 2019, 2021,2022)

Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total										

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total										

World Junior – Top 5 Average (2019, 2021,2022)

Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	150	167	194	198	209	220	221	222	223	246

Men:

Wtcls	55	61	67	73	81	89	96	102	109	+109
Total	228	267	301	319	331	340	350	356	373	388

Pan Am Junior – Top 3 Average (2019, 2020, 2021, 2022)

Women:

wtcls	45	49	55	59	64	71	76	81	87	+87
Total	143	168	184	197	208	213	214	215	216	229

Men:

wtcls	55	61	67	73	81	89	96	102	109	+109
Total	230	262	277	304	307	316	331	332	333	334

World Youth – Top 5 Average (2019, 2021, 2022)

Women:

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	118	140	158	171	180	189	196	197	202	207

Men:

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	178	220	250	271	282	289	303	314	315	316

Pan Am youth – Top 3 Average (2019, 2021, 2022)- Applies to both U17 and U15 Rankings

Women:

wtcls	40	45	49	55	59	64	71	76	81	+81
Total	112	117	133	162	170	174	181	185	186	197

Men:

wtcls	49	55	61	67	73	81	89	96	102	+102
Total	165	199	214	235	236	270	271	272	273	274

Appendix D: Non-Olympic Weight Class to Olympic Weight Class Breakdown

Below is the charts of how Olympic weight classes will be evaluated to Olympic weight classes per the Paris 2024 Qualification system approved by the IOC.

IWF Men Bodyweight Categories	Olympic Men Bodyweight Categories
55kg ($\leq 55.00\text{kg}$)	61kg ($\leq 61.00\text{kg}$)
61kg (55.01kg-61.00kg)	
67kg (61.01kg-67.00kg)	73kg (61.01kg-73.00kg)
73kg (67.01kg-73.00kg)	
81kg (73.01kg-81.00kg)	89kg (73.01kg-89.00kg)
89kg (81.01kg-89.00kg)	
96kg (89.01kg-96.00kg)	102kg (89.01kg-102.00kg)
102kg (96.01kg-102.00kg)	
109kg (102.01kg-109.00kg)	+102kg ($> 102.00\text{kg}$)
+109kg ($> 109.00\text{kg}$)	

IWF Women Bodyweight Categories	Olympic Women Bodyweight Categories
45kg ($\leq 45.00\text{kg}$)	49kg ($\leq 49.00\text{kg}$)
49kg (45.01kg-49.00kg)	
55kg (49.01kg-55.00kg)	59kg (49.01kg-59.00kg)
59kg (55.01kg-59.00kg)	
64kg (59.01kg-64.00kg)	71kg (59.01kg-71.00kg)
71kg (71.01kg-76.00kg)	
76kg (71.01kg-76.00kg)	81kg (71.01kg-81.00kg)
81kg (76.01kg-81.00kg)	
87kg (81.01kg-87.00kg)	+81kg ($> 81.00\text{kg}$)
+87kg ($> 87.00\text{kg}$)	

Appendix E: Olympic Qualification Event OQRs

Below are the OQR rankings used for each Olympic Qualification event. The name of the event is listed above with the date the OQR was pulled. The numbers will not change for each individual event. (Continental Championships will only be included if IWF decides that will be the Olympic Qualifier, otherwise Continental Games will be used and those selection procedures will be external USOPC Selection Procedures)

2023 Grand Prix 1 Rankings OQR June 2023

Date OQR Pulled:

Ranking	W49kg	W59kg	W71kg	W81kg	W+81kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Ranking	M61kg	M73kg	M89kg	M102kg	M+102kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

2023 IWF World Championships Rankings OQR [Competition Date]

Date OQR Pulled:

Ranking	W49kg	W59kg	W71kg	W81kg	W+81kg
1.					
2.					
3.					
4.					
5.					
6.					

7.					
8.					
9.					
10.					

Ranking	M61kg	M73kg	M89kg	M102kg	M+102kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

2023 IWF Grand Prix II Rankings OQR December 2023

Date OQR Pulled:

Ranking	W49kg	W59kg	W71kg	W81kg	W+81kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Ranking	M61kg	M73kg	M89kg	M102kg	M+102kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

2023 Pan American Championships Rankings OQR [Competition Date]

Date OQR Pulled:

Ranking	W49kg	W59kg	W71kg	W81kg	W+81kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Ranking	M61kg	M73kg	M89kg	M102kg	M+102kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

2024 Pan American Championships Rankings OQR [Competition Date]

Date OQR Pulled:

Ranking	W49kg	W59kg	W71kg	W81kg	W+81kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Ranking	M61kg	M73kg	M89kg	M102kg	M+102kg
1.					

2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

2024 IWF World Cup OQR [Competition Date]

Date OQR Pulled:

Ranking	W49kg	W59kg	W71kg	W81kg	W+81kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Ranking	M61kg	M73kg	M89kg	M102kg	M+102kg
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Appendix F: 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.

Appendix G: Policy for Team Reselection when an International Event is Postponed

A competition team has been named and the competition is delayed within the calendar year.

The team originally named will be re-invited using the ranking list after the final qualification event. Athletes who accepted/declined the first time around will be required to re-accept/decline. No changes will be made to the qualification period or rankings.

A competition team has been named and the competition is delayed to a different calendar year.

The High Performance department will examine the final qualification event depending on how far the competition moves from the original date. In consultation with the AAC/Board of directors it will be determined if the current qualification period allows for the most competitive team to attend the competition. If confirmed the current qualification period is applicable, the team originally named will be re-invited using the ranking list after the original final qualification event.