



Weightlifting New Zealand's Selection Policy for Senior, Junior & Youth 2026 International Weightlifting Events (v4)

1. Introduction

a) Scope: This Policy sets out how Weightlifting New Zealand (WNZ) will consider athletes for selection into New Zealand teams to compete in Senior, Junior & Youth 2026 International Weightlifting Events. Subject to this policy, these International Events include:

- a) Youth, Junior, Senior Oceania Championships/Youth & Junior Commonwealth Championships/World Cup;
- b) IWF Junior World Championships
- c) IWF Youth World Championships;
- d) FISU World University Championships;
- e) IWF Senior World Championships;

b) Application: This Policy applies to all Senior, Junior & Youth Athletes wishing to be considered by WNZ for a New Zealand Team to compete in Youth, Junior & Senior 2026 International Weightlifting Events.

c) 2026 Commonwealth Games: A separate Policy exists for this event.

d) 2028 Olympic Games: A separate Policy will be made available for this event.

e) Note: Dates and venues of the events within this Policy are subject to late changes due to changes made by IWF, OWF and CWF

2. Eligibility

d) Eligibility: To be eligible to be considered for selection to a New Zealand Team by WNZ under this Policy, an Athlete must:

- I. For a Youth Athlete, be between 13 and 17 years of age (as of 31 December 2026);
- II. For a Junior Athlete, be between 15 and 20 years of age (as of 31 December 2026);
- III. For a Senior Athlete, be 15 years or older (as of 31 December 2026);
- IV. Be a New Zealand citizen with a NZ passport;

- V. In the case of multiple citizenship, sport nationality must be registered as New Zealand with the IWF and not have represented another country within the past 12 months unless otherwise approved by IWF and WNZ;
- VI. The eligibility of Athletes with formal refugee or asylum status will be in accordance with IWF rules and approval procedures.
- VII. Be a current financial member of WNZ and in good standing;
- VIII. Not be under investigation for any breach of, nor to have breached and serving a period of ineligibility under, any rule under the WNZ Constitution, or any rules or regulations of WNZ or the IWF;
- IX. Not be under investigation for any breach of, or anti-doping rule violation under, any part of the WNZ Anti-Doping Regulation (which includes the Sports Anti-Doping Rules), the IWF Anti-Doping Regulations, or the WADA Code and serving a period of ineligibility for such breach or violation;
- X. Not have used or administered any substance which, if it had been detected as being present in the Athlete’s body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in the Sports Anti-Doping Rules, the IWF Anti-Doping Regulations, or the WADA Code;
- XI. Have submitted accurate ADAMS Whereabouts information for the 3 month period prior to and including the event
- XII. Not be under investigation for, charged with, or convicted of any criminal offence, unless any sentence imposed has been served by the Athlete;
- XIII. Have provided WNZ with key contact details for communication purposes (including current physical address, email address and telephone number);
- XIV. Agree to participate in any pre-event camps, training sessions or other activities as required;
- XV. WNZ may seek to verify any or all of the eligibility criteria.

e) **No Consideration:** The Selectors may not consider an Athlete for selection under this Policy if the Athlete does not meet all of the eligibility requirements specified in clause 2.

3 International Events

a) **International Events:** The International Events applicable to this Policy include:

2026 Dates	Event	Location
27 April - 2 May	Youth, Junior, Senior Oceania Championships/ Youth & Junior Commonwealth Championships/ Universal Weightlifting Cup	Apia, SAMOA
2 - 8 May	IWF Junior World Championships	Ismailia, EGYPT

22-28 June	IWF Youth World Championships	Bogata, COLUMBIA
8-12 September	FISU World University Championships	Doha, QATAR
28 Oct -9 Nov	IWF Senior World Championships	Ningbo, CHINA

b) Changes: The WNZ Executive Group (after consultation with the Selectors), or the Selectors, may decide in their sole discretion, not to send a New Zealand Team, or any Athletes at all, to any one or more of the International Events listed in the table in Clause 3a).

4 Selectors

a) The WNZ Executive Group will appoint Selectors (on such terms and conditions as it considers appropriate), to consider and select Athletes in accordance with this Policy. The current WNZ selectors are: Sheryl Tan, Jason Fanning & Stephanie Cockerill. Any change to the Selectors will be published on the WNZ website.

5 Selection Criteria

a) In considering any Athlete into the New Zealand Team to each International Event under this Policy, the Selectors shall:

- I. Only consider athletes who are eligible under clause 2 and have met the pre-conditions under clause 6a), unless granted dispensation under clause 6f);
- II. Only consider Athletes who satisfy the applicable qualifying standards for the specific international event (as specified in clause 7a);
- III. Regard to the factors specified in clause 8(a);
- IV. Take into account any Extenuating Circumstances, Injury or Illness, as specified in clause 9; and
- V. In the event where more than one Athlete has satisfied the qualifying standard under clause 5(a) then the Selectors will prioritise one or more of the following criteria in order to select the Athlete:
 - the Athlete with the highest total in a bodyweight; and/or
 - the Athlete with the highest % of qualification standard achieved (when ranked in overall order)
 - prospect for medal contention at the 2026 Commonwealth Games, based on the Commonwealth rankings (applicable to Youth, Junior & Oceania Championships/Youth & Junior Commonwealth Championships/ World Cup only)
 - WNZ specific event objectives (as determined by WNZ in its sole discretion); and

- WNZ overall high-performance targets for 2026/2027

6 Pre-Conditions

Event	Pre-Conditions for Athletes
Youth, Junior & Senior Oceania Championships/ Youth & Junior Commonwealth Championships/ World Cup	<p>Athletes must obtain the criteria as set out in 7 a) at one of the following events in the bodyweight class they look to be selected in for this event:</p> <ul style="list-style-type: none"> a) 2025 South Island Championships b) 2025 North Island Championships c) 2025 Mini Pacific Games d) 2025 Youth, Junior, Senior Commonwealth Championships e) 2025 National Secondary Schools Championships f) 2025 Senior World Championships g) 2025 National Championships
IWF Junior World Championships	<p>Athletes must obtain the criteria as set out in 7 a) at one of the following events in the bodyweight class they look to be selected in for this event:</p> <ul style="list-style-type: none"> a) 2025 South Island Championships b) 2025 North Island Championships c) 2025 Mini Pacific Games d) 2025 Youth, Junior, Senior Commonwealth Championships e) 2025 National Secondary Schools Championships f) 2025 Senior World Championships g) 2025 National Championships
IWF Youth World Championships	<p>Athletes must obtain the criteria as set out in 7 a) at one of the following events in the bodyweight class they look to be selected in for this event:</p> <ul style="list-style-type: none"> a) 2025 South Island Championships b) 2025 North Island Championships c) 2025 Mini Pacific Games d) 2025 Youth, Junior, Senior Commonwealth Championships e) 2025 National Secondary Schools Championships f) 2025 Senior World Championships g) 2025 National Championships h) 2026 Regional Championships* (date dependant)
FISU World University Championships	<p>Athletes must obtain the criteria as set out in 7 a) at one of the following events in the bodyweight class they look to be selected in for this event:</p> <ul style="list-style-type: none"> a) 2025 National Championships b) IWF Junior World Championships c) 2026 Youth, Junior & Senior Oceania Championships/Youth & Junior Commonwealth Championships/ World Cup

	<ul style="list-style-type: none"> d) 2026 North Island Championships e) 2026 South Island Championships f) 2026 Regional Championships* (date dependant)
IWF Senior World Championships	<p>Athletes must obtain the criteria as set out in 7 a) at one of the following events in the bodyweight class they look to be selected in for this event;</p> <ul style="list-style-type: none"> a) 2025 National Championships b) 2026 IWF Junior World Championships c) 2026 Youth, Junior & Senior Oceania Championships/Youth & Junior Commonwealth Championships/ World Cup d) 2026 IWF Youth World Championships e) 2026 North Island Championships f) 2026 South Island Championships g) 2026 Commonwealth Games h) 2026 Regional Championships* (date dependant)

- a) Pre-conditions to Selection:** In addition to meeting the qualification standards in Clause 7a), an Athlete seeking selection into a New Zealand Team must also meet the pre-conditions set out below;

NOTES:

*Regional Championships indicate all WNZ Championship events within the stated Qualification Period with the exclusion of North and South Island Championships and National Secondary School Championships.

- b) WNZ Athlete Agreement:** An Athlete must have agreed to the terms and conditions of the WNZ Athlete Agreement and returned a signed copy either by the specified deadline to be considered for selection or by the deadline provided by the Event's Team Manager /HPD before departure.
- c) ADAMS:** An Athlete must be ADAMS Whereabouts compliant for 3 months prior to the event by the specified deadline to be considered for selection and to maintain selection status.
- d) Preliminary Entry Request (PER):** a PER must be submitted by the Coach (or in the absence of a Coach, by the Athlete themselves), by the stated deadline for the athlete to be included in the relevant event's Preliminary Entry List.
- e) Dispensation Application:** If an Athlete(s) considers there are exceptional circumstances, which means they are not able to fulfil a pre-condition, the Athlete must seek, and be granted, dispensation for that pre-condition. An application for dispensation must be made, to the High-Performance Commission of WNZ, by the end of the qualification period of that event for which dispensation is sought;
- f)** The High-Performance panel, in its sole discretion, will decide whether or not to grant such dispensation for a pre-condition and their decision shall be final and cannot be appealed. The High-Performance panel's decision will be

communicated to the Athlete concerned by email as soon as practicable after its decision; and

- g)** Unless dispensation has been granted for a precondition under clause 6 f), an Athlete who has not satisfied all of the pre-conditions for the Event/s in which they seek to be selected shall not be considered for selection under this Policy by the selectors.

7 Qualification

- f) Standards & Periods:** Each Athlete seeking selection under this Policy must complete the applicable qualifying standards set out below at an event stated in 6 a) Pre-Conditions, within the qualification period stated in the table below.

Event	Qualifying Period		PER Deadline	ADAMS whereabouts compliance	Qualifying Standards		
	Start	End			Youth	Junior	Senior
Youth, Junior, Senior Oceania Championships/ Senior World Cup/ Youth & Junior Commonwealth Championships	1/06/2025	1/12/2025	6/12/2025	16/01/2026	B	A	Int
IWF Junior World Championships	1/6/2025	1/12/2025	6/12/2025	26/1/2026	-	A	-
IWF Youth World Championships	1/6/2025	31/3/2026	1/3/2026	16/3/2026	B	-	-
FISU World University Championships	28/11/2025	30/6/2026	10/5/2026	31/5/2026	-	-	A
IWF Senior World Championships	28/11/2025	31/ 7/2026	NA	22/8/2026	-	-	Elite

8 Factors

- g) Relationships & Conduct:** For any of the events named in Clause 3 a), the Selectors may take into account the Athlete's attitude, their relationships with other Athletes and New Zealand Team support personnel, and their conduct at WNZ-sanctioned events and international events, training sessions, training camps, trials and other activities held by WNZ at any time.

Exceptional Circumstances, Injury and illness

- a) **Claim:** If an Athlete considers there is any Exceptional Circumstance applicable to any of their results and performances, he or she must notify the HPD of this claim in writing as soon as possible and within 48 Hours of the specific Exceptional Circumstances arising. The Athlete must provide full details of the Exceptional Circumstances and the effect or potential effect on the Athlete and their potential selection;
- b) **Taking Exceptional Circumstances into Account:** The HPD shall refer any claim for Exceptional Circumstances that is made in accordance with clause 9a), to the Selectors. The Selectors may, in their discretion, take those circumstances into account in considering its decisions. If a claim is not made in accordance with clause 9a), the Selectors cannot take those Exceptional Circumstances into account (other than if clause 9c) applies);
- c) **Injury, Illness or Other Factors:** In addition, and whether or not a claim for Exceptional Circumstances has been made under clauses 9a) or b), all selected Athletes and personal coaches of selected Athletes must agree to report any information relating to training fitness, illness, bodyweight and/or other injuries which could affect their ability to engage in training or competition at full capacity. Where there is concern regarding the fitness, injury/illness status or bodyweight of a selected Athlete, the Athlete may be required to undergo a fitness test and/or medical examination in order to assess their ability to perform optimally at the event for which they have been selected and in the bodyweight they have qualified in. Selectors will take into account factors such as age, growth and stage of maturation of the Athlete (if relevant) when considering change of bodyweight category requests. In the event that an Athlete fails to prove their fitness (if a test has been requested) and is hence unable to perform at a level commensurate to that at which they were selected, then WNZ reserves the right to deselect and/or replace that Athlete.
- d) **Medical Examination:** If a claim for Exceptional Circumstances is made under clause 9.a, or the selectors wish to do so under clause 9c), the Selectors may request, with the Athlete's agreement, a medical examination be undertaken of the Athlete by a medical practitioner nominated by WNZ and to provide the Selectors with an opinion on the Exceptional Circumstances or other illness, injury or other factor affecting the fitness of an Athlete. If an Athlete does not agree to such medical examination the Selectors can draw their own conclusions on the Exceptional Circumstances or other illness, injury or other factor affecting the fitness of an Athlete, and/or may decide not to accept a claim (under clause 9a) for Exceptional Circumstances.

Status of Policy & Amendments

- h) **Status:** This Policy overrides any correspondence, discussions and representations (whether written or oral) by WNZ regarding selection for the International Events.
- i) **Amendment:** This Policy may be amended at any time by the High-Performance Commission. Amendments to this Policy will be dated and published on the WNZ website as per table at the end of this Policy.

Appeals

11.1 An Athlete who is aggrieved by a decision of the Selectors not to select him or her to a New Zealand Team (“Grievance”) may bring an appeal in accordance with this Policy.

11.2 **Pre-Appeal Process:** Before an appeal can be brought under clauses 11.3 and 11.4, the following process must be followed:

- a) **Notification of Grievance:** The Athlete must notify the HPD in writing of their Grievance within 48 Hours from the date and time the decision not to select them to a New Zealand Team was notified in writing to the Athlete by WNZ;
- b) **Grievance Meeting:** The HPD shall arrange and attend a meeting with the Athlete as soon as practicable to discuss the Athletes’ Grievance and to explain the reasons for the decision; and
- c) **No Agreed Resolution:** If there is no agreement reached at the grievance meeting, and the Athlete wishes to pursue their appeal, the Athlete may only do so in accordance with clauses 11.3 and 11.4 of this Policy.

11.3 Appeal Process: An Athlete may bring an appeal against a decision of the Selectors not to select them (“Appellant”) to a New Zealand Team on one or more of the following grounds (but no other grounds):

- a) This Policy has not been properly followed and/or implemented;
- b) The Appellant was not afforded a reasonable opportunity to satisfy the requirements in this Policy;
- c) The decision not to select the Appellant was affected by actual bias; and/or
- d) There is no material on which the selection decision could reasonably be based.

11.4 Any appeal under clause 11.3, must be made by an Appellant as follows:

- a) The Appellant must notify the HPD in writing of their wish to appeal the Selectors decision not to select the Appellant, within 48 hours from the end of the mediation held in clause 11.2c, or such other period as agreed between WNZ and the Appellant; and
- b) The Appellant must file and serve on WNZ and the Sports Tribunal, a notice of the appeal in the form and manner specified in the rules of the Sports Tribunal, within 48 hours of informing the HPD as described in clause 11.4a above.

For avoidance of doubt, both sub-clauses (a) and (b) of this clause 11.4, must be met in order for the Sports Tribunal to have jurisdiction to hear and decide the appeal.

11.5 The appeal shall be conducted in accordance with the rules of the Sports Tribunal.

11.6 There is a further right of appeal from a decision of the Sports Tribunal to CAS, in accordance with the rules of the Sports Tribunal.

Definitions - In this Policy, the following definitions apply:

Athlete means an individual who wants to be considered for selection to a New Zealand team.

CAS means the Court of Arbitration for Sport.

CWF means Commonwealth Weightlifting Federation

Executive Group means the Executive Group of WNZ

Exceptional Circumstances means any one or more of the following:

- a) Injury or illness;
- b) Equipment failure;
- c) Travel delay;
- d) Bereavement or personal misfortune; and/or any other factors reasonably considered to cause, or be likely to cause, an Athlete not to perform at their optimal level.

HPD means the High-Performance Director of WNZ

IWF means the International Weightlifting Federation

New Zealand Team means the team of Athlete/s (which, depending on the International Event, may include Athletes in the Youth, Junior or Senior event) selected to compete in an International Event.

NZOC means the New Zealand Olympic Committee.

OWF means Oceania Weightlifting Federation

Sports Tribunal means the Sports Tribunal of New Zealand as described in the Sports Anti-Doping Act 2006.

WADA Code means the World Anti-Doping Code (as amended from time to time).

WNZ means Weightlifting New Zealand Incorporated.

Author: High Performance Panel and Convenor of Selectors, Sheryl Tan

Approved by: WNZ Executive Group (EG)

Date: 24 October 2025

Amendments:

Date:	Approved by HPC:	Amendment content clause:	Distributed to membership through website and announcement:
28 October 2025	28 October 2025	<p>1 Changing order of events in list due to change of date for IWF Junior Worlds</p> <p>3 (a) Change of date for IWF Junior Worlds</p> <p>6. Change of order of events due to Junior World's date change</p> <p>7 (f) Change to order of events and ADAMS deadline for Junior Worlds.</p>	
9 December 2026	9 December 2026	<p>3 (a) Change of title to Universal Weightlifting Cup</p> <p>7. Qualification Standards & periods Table: Deletion of PER deadline for IWF Senior Worlds</p>	
1 March 2026	1 March 2026	<p>7. Qualification Standards & Periods Table: correcting incorrect year date on FISU Qualifying Period from 2025 to 2026.</p>	