



NATIONAL TEAM ELIGIBILITY PROCESS

Events occurring July 1, 2025 to June 30, 2026

The WCH Board of Directors approved this document on March 23, 2025. This document will be updated on an annual basis.

Reviewed and Approved By:

- Craig Walker
- Deanne Friesen
- Kathy Johnston
- Gabriel Auclair
- Joe Landreville
- Quinn Everett

Markers have been recommended by the High-Performance Committee. Members include:

- Mac Read
- Jocelyn Bilodeau
- Yvan Darsigny
- Mario Vachon
- Guy Greavette
- Kayla Shepard



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PURPOSE:

The purpose of this document is to provide athletes, coaches and officials a step-by-step outline of qualifications to be eligible for selection to WCH's international teams and represent Team Canada.

PHILOSOPHY ON TEAM CANADA ELIGIBILITY:

WCH is committed to growing the sport of weightlifting across the country. To accomplish this goal, we believe that athletes must have reasonable opportunities to participate in Local, Regional, National, and International events as they improve their skills and abilities. This is aligned with the Long-Term Athlete Development protocol that was established for the sport of weightlifting.

Setting Markers for achievement are paramount to this process as they provide athletes and coaches with clear expectations and guidelines about the required performance to be selected for events.

WCH takes the view that selection should reflect current performance and athlete potential while ensuring a competitive position at all international events.

MARKER IDENTIFICATION:

WCH is using the following criteria to establish Markers for the respective weight classes and age categories:

SENIOR

2025 Senior Markers are based on the the Sinclair formula utilized for the 2023 and 2024 markers, which was a Sinclair of 295 for females and 450 for males. The High-Performance Committee proposed the markers. The Board of Directors accepted the Committee's recommendations.

JUNIOR AND YOUTH

Seeking to provide a development pathway for youth and junior athletes to progress from their youth and junior careers into a Senior. Junior and Youth Markers have been prepared based on lowering the markers of the senior classes.

MINIMUM THRESHOLD OF PERFORMANCE (MTP)

Selecting athletes for various levels of competition requires multiple considerations. Primary consideration will be given to athletes seeking to qualify for the Olympics, Commonwealth Games, and/or Pan American Games when there are mandatory events required for qualification. The philosophy for all other decisions will be based on athlete performance relative to the markers, with minimum thresholds of performance required for certain levels of competitions.



Each year, the Minimum Threshold for Performance will be set for the following three categories of events:

WORLD AND CONTINENTAL CHAMPIONSHIPS (ELITE LEVEL)

- IWF World Championships
- IWF Junior World Championships
- IWF Youth World Championships

MULTI-SPORT GAMES AND IWF GRAND PRIX (INTERNATIONAL LEVEL 2)

- Senior Pan American Championships
- Junior Pan American Championships
- Youth Pan American Championships
- Youth, Junior and Senior Commonwealth Championships
- IWF Grand Prix and World Cup Events
- FISU World University Games

OTHER INTERNATIONAL COMPETITIONS (INTERNATIONAL LEVEL 1)

- American Open Series
- FISU World University Championships
- Various Invitational events as available from time to time

There are various events held annually at the local, regional, and international levels. Many of these events have standards set that are outside of WCH's control. Where a competition has established standards that differ from those established by the WCH, the competition standards will prevail. Where athletes wish to compete at an international event not listed above, WCH will determine which qualification level will apply based on the information available at the time.

Rules for Major Games Selection – i.e., Olympic Games, Pan American Games, Commonwealth Games, Junior Pan American Games: Where the qualification standards established for a Major Games differ from WCH's qualification standards, the standards for the Major Games will prevail. Notwithstanding the qualification standards established for the Major Games, no athlete may represent Team Canada at a Major Games unless they meet the International Level 1 standard.



Minimum Threshold of Performance for National Championships will be established at the same time as the standards included within this document and will be published on the website for public viewing.

QUALIFYING TO REPRESENT TEAM CANADA

To be considered for an international team you must meet the following minimum requirements:

YOU MUST BE A CITIZEN OF CANADA OR A PERMANENT RESIDENT AND RESIDE IN CANADA FOR THE PAST 12 MONTHS

If dual citizenship is held, your sport nationality must be registered as Canada with the IWF or other applicable body, at the time of the final qualification event. Exceptions may be made to the residency requirement for students studying abroad.

Athlete Transfers:

Athletes who wish to compete for Canada but who do not reside in Canada (including but not limited to dual citizens, parental expatriates, and so forth), who have been released from WCH to compete for other countries, who have competed internationally for another country, or who reside in Canada as refugees awaiting permanent residency, must meet the following criteria:

- Where relevant, provide WCH with an official Letter of Release from the IWF Member Federation with which they were most recently a member or registrant and confirmation that they are not a member or registrant of that other IWF Member Federation
- WCH confirmation from the IWF that the athlete's membership affiliation has changed
- Establish proof of Canadian residency in accordance with standards established by the Canada Revenue Agency
- Be a full member in good standing (without conditions) with a PTSO member of WCH
- Complete all SafeSport, CCES and WADA training courses as determined by WCH from time to time
- Be registered in the National Athlete Pool

WCH makes no representations concerning the timing of the approval process, particularly with respect to approvals and administrative procedures of other organizations, and WCH disclaims any and all responsibility for the impacts of any such delays.

YOU MUST HAVE A VALID CANADIAN PASSPORT



An athlete must possess a Canadian Passport with an expiration date no less than 6 months after the end of competition, or the entry requirement of the host nation, whichever is greater.

Periods of Absence from Canada

To remain eligible to compete for Team Canada, athletes must be considered residents of Canada under Canada Revenue Agency criteria and maintain significant residential ties in Canada.

Athletes deemed non-residents of Canada, considered emigrants will not be eligible to compete.

DOPING POOL REGISTRATION AND PROGRAM ADHERENCE

You must be registered in the ADAMS system with Whereabouts completed for the required period prior to the competition through to the final day of the competition. The required period for most international competitions is two months. For world championship events and major games, the period is three months.

Athletes under a provisional suspension for violations of the WADA Code and/or the Canadian Anti-Doping Program are not eligible for nomination or selection to Team Canada by WCH.

YOU MUST BE THE CORRECT AGE FOR THE COMPETITION

The IWF recognizes four (4) age groups:

Youth: 13-17 years of age

Junior: 15-20 years of age

Senior: 15+ years of age

Masters: 35+ years of age

All groups are calculated based on participant's age on December 31 of the year the competition takes place.

MEMBERSHIP

Athletes must be current members of a PTSO and in good standing to compete. "Good standing" with a PTSO includes a full and active membership with the PTSO, no partial, conditional, or suspended memberships.

ACTIVE COMPETITOR

Athletes must be actively training and must compete at least once during the qualification period at a meet subject to doping controls. Athletes must sign and abide by the National Team



Athlete Agreement as issued by WCH and all participants must complete an e-learning course and then sign a CSSP Consent form issued by the CCES or SDRCC, as the case may be.

SELECTION TO A TEAM

WCH 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 eight (8) athletes per gender) provided they have met the required minimum threshold of performance. WCH will only select athletes from those listed on the preliminary entry list for a given competition unless the entry rules allow otherwise.

The athlete with the highest % of the marker provided they meet the minimum threshold of performance, will be named to the team, with a maximum of two (2) per IWF bodyweight category

A further 2 athletes who have the highest % of the marker will be named as reserve athletes. One reserve may be the “3rd” in the bodyweight category and a second who has the highest % Marker score regardless of bodyweight category. If invites are declined, WCH will proceed down in order of % Marker until either 8 athletes (or the maximum permitted for the competition, whichever is greater) have been named or all athletes meeting the MTP have been identified.

Athletes must declare their intended bodyweight category during the expression of interest phase of the process. Initial ranking will be based on the declared bodyweight category. An athlete may not declare a bodyweight category lower than the category where the entry total was achieved.

In the event an athlete who qualifies wishes to change to a higher bodyweight category, they may do so provided that their total is not less than another athlete in that category and there are not already TWO athletes selected in that category. For greater clarity, if an athlete wishes to change their declared bodyweight category to a higher category, they will be ranked according to the marker in the newly declared category.

In the event that % Marker scores are tied, the athlete that achieved the total first during that qualifying period will be selected. This aligns with the IWF rules for breaking ties in a competition.

Travel

Athletes must stay with the team at the competition hotel until the athlete is finished competing. Coaches must stay with the team at the competition hotel until their coaching assignments are completed. If an athlete goes to a different hotel once they are done



competing, they have officially left the team and are on their own, any WCH insurance coverage will no longer apply. If a coach leaves the competition hotel and goes to a different hotel, they have officially left the team and will no longer be coaching in the competition, and consequently any WCH insurance coverage will no longer apply to them.

Athletes and coaches, unless they are family members will not be allowed to share rooms.

All athletes under 18 years of age must have a chaperone travel and stay with them. The chaperone will not have access to the field of play. If the athlete's coach is to act as a chaperone, the athlete's parents or guardians must send written consent to the high-performance manager. An athlete is not allowed to share a room with a coach of a different gender, even with parental consent, however, they can travel with that coach, with parental consent. An athlete under 18 years of age can share a room with another athlete of the same gender that is within 2 years of their age. They must still travel with a chaperone. Male and female athletes are not allowed to share a room.

Team leaders must stay with the team at the competition hotel for the duration of the competition

READINESS TO COMPETE

Once an athlete has been named and has accepted a spot on an international team it is expected that they demonstrate their readiness to compete 4 weeks prior to the competition. Athletes will be required to send videos (with proof of date) of the snatch and clean and jerk demonstrating they are able to make at least 90% of their qualifying total for the competition. Should an athlete fail to meet this criterion, they will be removed from the team and any costs borne by WCH with respect to competition fees, will be the responsibility of the athlete to repay.

The time period from athlete acceptance of a spot on an international team to the athlete's competition date is called the "Preparation Period". During the Preparation Period, any time a sickness or injury occurs, it must be reported to the High-Performance Manager. Should any unreported illness or injury not be reported, it cannot be used as a reason not to meet the 90% requirement defined above. Where an injury or illness has been reported, WCH may provide an additional 7 days to demonstrate readiness to compete. This reporting obligation does not replace and is in addition to any obligation an athlete may have to report an injury or illness under any other agreement with WCH, Sport Canada, Own the Podium, or the Canadian Olympic Committee.



ELITE ATHLETE INJURY WAIVER

A senior elite athlete is able to apply for an injury waiver for the purposes of Olympic qualification to appear in a mandatory Olympic qualification event only. A waiver should be applied by contacting the High-Performance Manager and supported by medical documentation that indicates the athlete is unable to participate in the event; however, the athlete is expected to be able to return to competition prior to the next required competition date.

FUNDING

WCH will determine funding for eligible athletes. Due to funding constraints, it may not be possible to provide funding for all competitions. Athletes may, however, choose to attend the competition that they have been selected for at their own expense. At a minimum, the WCH will attempt to fund the Junior and Senior World Championships. Athletes receiving funding from Own the Podium will not receive “top up” funding for events over and above the funding received from Own the Podium.

RIGHT OF AMENDMENT

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



SENIOR MARKERS AND MINIMUM THRESHOLD OF PERFORMANCE

FEMALE

| | International 1 79% | International 2 82% | Next Gen Elite 85% | Senior Elite 88% | Marker |
|-----|------------------------|------------------------|-----------------------|---------------------|--------|
| 48 | 147 | 153 | 159 | 164 | 186 |
| 53 | 158 | 164 | 170 | 176 | 200 |
| 58 | 169 | 175 | 182 | 188 | 213 |
| 63 | 178 | 185 | 192 | 198 | 225 |
| 69 | 188 | 195 | 202 | 209 | 237 |
| 77 | 199 | 206 | 214 | 221 | 251 |
| 86 | 208 | 216 | 224 | 232 | 263 |
| 86+ | 234 | 242 | 251 | 260 | 295 |

MALE

| | International 1 79% | International 2 82% | Next Gen Elite 85% | Senior Elite 88% | Marker |
|------|------------------------|------------------------|-----------------------|---------------------|--------|
| 60 | 234 | 242 | 251 | 260 | 293 |
| 65 | 245 | 255 | 264 | 273 | 310 |
| 71 | 260 | 269 | 279 | 289 | 328 |
| 79 | 277 | 287 | 298 | 308 | 350 |
| 88 | 294 | 305 | 316 | 327 | 371 |
| 98 | 309 | 320 | 332 | 344 | 390 |
| 110 | 323 | 335 | 347 | 360 | 408 |
| 110+ | 356 | 369 | 383 | 396 | 450 |

*Next Gen refers to athletes born in 2002 or after.



JUNIOR MARKERS AND MINIMUM THRESHOLD OF PERFORMANCE

FEMALE

| | International 1 73% | International 2 76% | Junior Elite 80% | Marker |
|-----|------------------------|------------------------|---------------------|--------|
| 48 | 136 | 142 | 149 | 186 |
| 53 | 146 | 152 | 160 | 200 |
| 58 | 156 | 162 | 171 | 213 |
| 63 | 165 | 171 | 180 | 225 |
| 69 | 174 | 181 | 190 | 237 |
| 77 | 184 | 191 | 201 | 251 |
| 86 | 192 | 200 | 211 | 263 |
| 86+ | 216 | 225 | 236 | 295 |

MALE

| | International 1 73% | International 2 76% | Junior Elite 80% | Marker |
|------|------------------------|------------------------|---------------------|--------|
| 60 | 214 | 223 | 235 | 293 |
| 65 | 227 | 236 | 248 | 310 |
| 71 | 240 | 250 | 263 | 328 |
| 79 | 256 | 266 | 280 | 350 |
| 88 | 271 | 282 | 297 | 371 |
| 98 | 285 | 297 | 312 | 390 |
| 110 | 298 | 311 | 327 | 408 |
| 110+ | 329 | 342 | 360 | 450 |



YOUTH MARKERS AND MINIMUM THRESHOLD OF PERFORMANCE

FEMALE

| | International 1 66% | International 2 69% | Youth Elite 72% | Marker |
|-----|------------------------|------------------------|--------------------|--------|
| 44 | 115 | 120 | 125 | 173 |
| 48 | 123 | 129 | 134 | 186 |
| 53 | 132 | 138 | 144 | 200 |
| 58 | 141 | 147 | 154 | 213 |
| 63 | 149 | 156 | 162 | 225 |
| 69 | 157 | 164 | 171 | 237 |
| 77 | 166 | 174 | 181 | 251 |
| 77+ | 174 | 182 | 190 | 263 |

MALE

| | International 1 66% | International 2 69% | Youth Elite 72% | Marker |
|-----|------------------------|------------------------|--------------------|--------|
| 56 | 184 | 192 | 201 | 278 |
| 60 | 194 | 203 | 211 | 293 |
| 65 | 205 | 214 | 224 | 310 |
| 71 | 217 | 227 | 237 | 328 |
| 79 | 231 | 242 | 252 | 350 |
| 88 | 245 | 256 | 268 | 371 |
| 98 | 258 | 270 | 281 | 390 |
| 98+ | 270 | 282 | 294 | 408 |



Qualification for International events will be based on results from select competitions.

<https://weightliftingcanada.ca/wp-content/uploads/2025/01/2025-Qualifying-Competitions.pdf>

