

South African Weightlifting Federation

South African Weightlifting Federation

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SCHEDULE "K" SELECTION POLICY

Dated: 2026/08/27

Objective

To provide clarity and detail with reference to how National Team selections are made. The goal is to make the selection process unbiased and objective to safeguard every athlete's right to fair and deserved representation.

SA Weightlifting Qualifying Standards

	Weight Division	World Champs			African Games		CW & African Champs			SA Champs		
		Senior	Junior	Youth	Senior	Youth	Senior	Junior	Youth	Senior	Junior	Youth
MEN	55			165		150			135			104
	60	230	207	175	214	160	207	175	144	175	137	110
	65	243	219	185	226	169	219	185	152	185	145	116
	70	254	229	194	237	177	229	194	159	194	152	122
	75	265	239	202	247	184	239	202	166	202	158	127
	85	282	255	216	263	196	255	216	176	216	169	135
	95	297	268	227	276	206	268	227	185	227	177	142
	95+			247		225			203			159
	110	312	281		290		281	238		238	186	
	110+	335	302		312		302	256		256	200	
WOMEN												
	45			111		101			90			64
	49	155	140	118	144	108	133	118	97	118	86	69
	53	164	148	125	153	114	141	125	103	125	91	73
	57	173	156	132	161	120	149	132	108	132	96	77
	61	181	163	138	168	126	156	138	113	138	100	80
	69	194	176	149	181	135	167	149	122	149	108	86
	77	205	185	157	191	143	177	157	128	157	114	91
	77+			178		163			147			109
	86	215	194		200		185	164		164	120	
	86+	241	218		224		208	184		184	134	

Figure 1 SA Weightlifting Qualifying Standards Table

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International (National) Team Selection

a) National Squad selection & ADAMS

The “National Squad” refers to individuals who have achieved a total within the past 18 months at a L2 or higher competition, or a trials (see ‘Qualifying competitions’, point 3), and who has competed at a L3 or higher competition within the past 12 months, and whose total is within 5% of the African and Commonwealth Champs standard. National Squad athletes could therefore potentially be selected for an African or Commonwealth Championships and have to comply with the following:

- Be affiliated and in good standing with the SAWF
- Have an up to date (not older than 2 years) International Level Athlete ADEL certificate uploaded on their portal profile
- Be registered on ADAMS and keep their whereabouts information up to date at all times.

If the athlete is not on ADAMS, it is the athlete’s responsibility to get in touch with the SAWF Secretary General to arrange ADAMS registration.

b) National Team Selection

General:

The below selection criteria are applicable to all competitions, unless competition-specific criteria have been drawn up. Specific selection criteria will only be drawn up if, for some reason, the criteria might have to deviate from this policy in any way. Such selection criteria will have to be approved by the Executive Committee and made available to all athletes and coaches well in advance of the preliminary selection meeting.

Preliminary Selection:

1. In order to be considered for preliminary selection, an athlete
 - a. must be on the national squad (refer to Point a) above)
 - b. must have declared themselves available for selection at least 4 weeks prior to preliminary selections
 - c. must be affiliated with SAWF for the year
 - d. must have an up-to-date Adel certification uploaded to their portal profile
 - e. must be on ADAMS and whereabouts up to date

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- f. must have a valid passport
2. The preliminary national team will be selected from the top athletes (according to Sinclair) in the national squad (up to the maximum allowed entries) who have declared themselves available for selection and whose totals are within 5% of the applicable qualifying standard (refer to Fig. 1).

Final team selection:

1. Athletes who have achieved the qualifying standards as stipulated in Figure 1 and/or are on the preliminary team will automatically be considered for final team selection.
2. Final team selection will be done according to the following steps:
 - (1) Ranking of athletes according to Sinclair
 - (2) Top 10 ranked athletes will be considered first.
 - (3) 8+2 reserves can be selected and a maximum of 2 per body weight division
 - (4) Total within body weight division supersedes Sinclair
 - (5) SASCOC requires international athlete participation at Federations' national championships. An athlete who competes at national champs will therefore be given preference over an athlete who does not, unless the Technical Committee has been informed in writing and a valid reason for not competing has been given in advance of the national championships
 - (6) If there are more than two lifters in a body weight division within the top 10 rankings, the selection committee can give those athletes the choice of moving up or down a division if:
 - (a) their total is higher than the top lifter in the lower category AND their body weight is within 3% of the BW category+250g
 - (b) their Sinclair is higher than the top lifter in the lower category AND their body weight is within 5% of the BW category+250g
 - (c) they have a higher total than the top athletes in the higher body weight category and he/she has achieved the qualifying standard (see Fig. 1) for the higher body weight category
 - (d) there is another valid reason for allowing an athlete to go down/up a category, such as the possibility of making Games qualification in that category. Such decisions have to be substantiated by the selection committee and agreed on by the Athletes' Commission representatives. In the event of a disagreement, the dispute will be taken to the Executive Committee who will have the final say.
 - (7) In specific circumstances, ranking lists may supersede normal selection criteria. The selection committee can use their discretion provided their selection criteria regarding the use of ranking lists for a specific competition

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are clear and circulated well in advance of the final selection so as not to disadvantage any athletes.

- (8) If there are open spots available on a team, the selection committee can use their discretion to allow athletes on the national squad to participate in entry-level competitions, such as Africa and/or Commonwealth Championships. The selection committee must motivate their decisions and the athlete representative committee must be happy with the decisions. In the event of a disagreement, the dispute will be taken to the Executive Committee who will have the final say.
- (9) If an athlete is yet to achieve a qualifying standard (see Fig. 1), in order for an athlete's total to be considered for a particular body weight category, the athlete's body weight cannot be more than 3% over that body weight category (BW+250g).
- (10) The selection committee can use their discretion to select youth and junior lifters who achieved a total that is close to the qualifying standard (see Fig. 1) and who have shown proven progress over the past 18 months. At least one of these competitions must include a provincial or national championships within the past 12 months.
- (11) Totals achieved at L2 and higher competitions, including trials organised in specific circumstances (see 'Qualifying competitions', point 3), from the past 18 months (calculated from final selection deadline), will be used. However, athletes must have competed at a provincial or national championships (or higher) within the past 12 months.

c) Games Selection

1. Commonwealth and Olympic Games selections include various other channels that are not in the SAWF's control. Both Commonwealth Games and Olympic Games qualification criteria and processes are driven directly by the IWF. In these instances, it is the SAWF's role and responsibility to execute their due diligence to provide clarity to athletes and coaches on exactly how these qualifications will work and then to promote the concept of maximal representation at these events if and where possible.
2. Games selections are also coupled with selection criteria driven exclusively by SASCOC. The possible athletes that may be eligible for SASCOC selection are still however presented by the SAWF to SASCOC. The SAWF should always undertake to present as many athletes as possible to SASCOC and let SASCOC make their final decisions thereafter. All members of the squad should be presented as possible prospects for Games, especially as this prospect identification can often take place up to 2 years prior to the actual Games. We cannot predict an athlete's progress and therefore once an athlete is in the national squad and is

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added to ADAMS, an athlete should immediately be identified as a Games prospect to SASCOC. Thereafter, SASCOC and IWF criteria will still apply regardless. However, an athlete has to have achieved a minimum of the Commonwealth and African Champs qualifying standard (see Figure 1) to be endorsed by the SAWF for Games selection.

Qualifying Standards for National Team Selection

SA Weightlifting Qualifying Standards can only be changed at a meeting of the South African Weightlifting Federation "FEDERATION COUNCIL" by a 2/3 majority vote.

Specific qualifying standards are set by the SAWF and all athletes have to achieve the relevant qualifying standard for various levels of international qualification, except when selection committee discretion can be used as stated above.

International Cups/ Open Competitions (Level 5 Competitions):

Any athlete who has been included within the national squad will be eligible to attend International Cups and International Open Competitions.

Exceptions:

In the case of a World Championships being designated a qualifying event for a Commonwealth Games, the qualifying standard (see Fig 1) can be waived in favour of allowing as many athletes as possible to try to qualify for the Games. Selection criteria will be determined in advance by the Selection Committee and approved by the Executive Committee at the start of the qualifying period.

In the case of an International Cup/Open Competition being designated a qualifying event for the Olympic Games, such competitions will be treated as World Championships and the relevant qualifying standards will be applied.

Qualifying Competitions

1. All L2 and higher competitions, including trials (see 'Qualifying competitions', point 3), within 18 months of any particular competition being selected for, are qualifying competitions for national squad and international team selection. A lifter must have lifted in a L3 or higher competition within 12 months of the competition date.
2. National Championships are compulsory qualifying competitions. A national squad athlete who is unable to attend a national championships, has to communicate the reason(s) for their absence, with proof, to the Technical Committee prior to the competition. If an athlete is absent from two consecutive

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national championships, they will be removed from the national squad, even if reasons have been provided. . An athlete who competes at national champs will be given preference in selection over an athlete who does not, unless the Technical Committee has been informed in writing and a valid reason for not competing has been given in advance of the national championships

3. An athlete who has been on the national squad for 12 months or more, but is not able to lift, or whose total is below standard at qualifying competitions/events due to injury, illness or other reasons beyond their control, may request to be reviewed. In such cases the selectors may look at past performances, and the athlete may be asked to lift at a trials to ascertain current performance levels. Selectors' discretion may be used in these cases.

National Colours (Protea Colours)

1. Standard

The standard to achieve national colours will be the "World Championships" qualifying standard (refer to Figure 1).

2. Representation

National colours, issued by SASCOC, can only be awarded for international participation while representing South Africa. "Games" events are excluded as per SASCOC.

3. A South African tracksuit with the Protea logo will be issued or made available for purchase.
4. A green SA blazer with the SAWF logo will be issued or made available for purchase.

Federation Colours

1. Federation colours will be awarded to participants of any international competition, Level 6 and above, who achieved the "Commonwealth/Africa Champs" (see Figure 1) standard.
2. A South African tracksuit with the SAWF logo will be issued or made available for purchase.
3. For athletes from the national squad competing at International Cup and Open Competitions who have not achieved the Commonwealth/African Champs standard, a Federation tracksuit will be made available for purchase.
4. This does NOT constitute Federation Colours.

Selection Committee

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1. An up-to-date database of all athlete results will be made available to the selection committee at any time on request.
2. Ranking lists

The Technical Officer will be responsible to make sure all ranking lists are kept up to date, and published on the SAWF website, on a quarterly basis. The ranking list should include, but not be limited to, the following:

- Athlete Name
 - Athlete DOB
 - Athlete age division (Youth, Junior, Senior)
 - Athlete Weight Category
 - Athlete total achieved in competition
 - Date total achieved
 - Sinclair achieved
3. The Technical Officer will organise and preside over selection meetings with the entire Selection Committee as follows:
 - At least 2 weeks in advance of any preliminary and final entry deadlines for international competitions. This includes initiation of Bio data requests from SASCOC for all Games.
 4. Selection Committee Members
 - a. The selection Committee will be constituted as follows:
 - Technical Officer (Chair)
 - SAWF President (non-voting)
 - SAWF Athlete's Representative (non-voting)
 - A minimum of 3 and a maximum of 5 other members, each from a different province. Provincial executives will nominate a member or members from their province which will be voted on at the SAWF AGM on an annual basis.
 - b. No selector can participate or vote on selection for an athlete with whom they are connected as either a coach, relative, friend, partner or teammate from the same club/training facility.
 - c. If a selector is unable to attend 3 consecutive meetings, he/she will be asked to step down and a replacement will be voted in by the executive at the earliest opportunity.

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- d. Decisions about selection can only be made if a quorum of voting members have been reached.
5. The role of the selection committee:
 - Check that the team selection is accurate as per the ranking lists.
 - Make sure specific selection criteria (if applicable) are published in advance of selection for the competition in question.
 - Finalise preliminary and final national team selection before the stipulated deadlines.
 - The selection committee also has the duty to keep themselves informed on performances of national squad athletes and to keep themselves informed on any up-and-coming young talent.
 - Final team selections have to be approved by the Executive Committee. The Executive members have 24 hours to log any queries about the selection. Any queries have to be addressed by the Selection Committee within 24 hours.

The policy sets out transparent and unbiased criteria to assist the selection committee in their duties. However it is recognised that a policy cannot cover for all possible scenarios. Selector discretion is therefore recognised by the policy if:

1. selectors can substantiate their decisions, and
2. deviations to the policy are communicated well in advance of selection.

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This forms part of the South African Weightlifting Federation Constitution as per “ANNEXURE 1 - SCHEDULE LIST OF POLICIES AND DOCUMENTS”

This document was adopted by the Membership present at the Special General Meeting held as a Virtual Meeting on the 19th day of April 2026.

Caroline Wolf

Signed by:
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION PRESIDENT
(Name and Signature)

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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION SECRETARY GENERAL
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION COACHES REPRESENTATIVE
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