

SINGAPORE WEIGHTLIFTING FEDERATION

SELECTION POLICY FOR THE 2026 COMMONWEALTH GAMES

1. Objective

- 1.1. To be recognized as part of the development strategy of establishing a pipeline of athletes for progression towards high performance excellence and as such, nurture, support and prepare athletes who are selected for the 2026 Commonwealth Games Competing Team in achieving their personal best and SWF targets.
- 1.2. To be transparent and accountable to all stakeholders on communication of timelines and selection process.
- 1.3. To select the best athletes for nomination to the Singapore National Olympic Council (SNOC) for participation in the 2026 Commonwealth Games. The final selection for 2026 Commonwealth Games remains at the discretion of SNOC.

2. Eligibility Criteria

- 2.1. To be eligible for selection to the 2026 Commonwealth Games Competing Team, an athlete;
 - 2.1.1. Must be a Singapore citizen (should not be holding dual citizenship if they are above 22 years old) and eligible to represent Singapore in international sports competitions.
 - 2.1.2. Must be a valid member of the Singapore Weightlifting Federation.
 - 2.1.3. May or may not have been nominated for other international competitions by the Singapore Weightlifting Federation.
 - 2.1.4. Must possess knowledge of and display the ability to execute the 2 required Olympic Lifts, i.e., the Snatch and the Clean & Jerk.
 - 2.1.5. Must show interest in representing Singapore at the 2026 Commonwealth Games.
 - 2.1.6. Must have read and agreed to the terms & conditions as spelt out in SWF's Athlete's Agreement.

3. Selection for national representation at the 2026 Commonwealth Games is a 3-stage process:

- 3.1. Stage A involves selection into Commonwealth Games competing team (Maximum of 8 Men and 8 Women)
- 3.2. Stage B involves selection for the final athletes for nomination to SNOC to represent Singapore at the Commonwealth Games.
- 3.3. Stage C is subject to the Athlete Qualification System (Annex) determined by the Commonwealth Games Federation (CGF) and the International Weightlifting Federation (IWF).

A. Stage A – Selection Criteria for Commonwealth Games Competing Team

- A.1.** The selection period for all eligible athletes is from 23 July 2025 to 18 May 2026.
- A.2.** This Team represents the squad of prospective athletes shortlisted for consideration for final nomination to the SNOC and will consist of a maximum of 8 Men and 8 Women.
- A.3.** In addition to the Eligibility Criteria as defined in Para 2.1 above, the Selection Committee will take into consideration an athlete’s performance during the National Athlete Assessment Sessions and Club Meets conducted by SWF on a quarterly basis (dates to be confirmed and posted on SWF website). The performance benchmarks (i.e., Total Lifts = Snatch + Clean & Jerk) for **the latest weight categories are derived from the average of the previous weight categories. For example, the new Men’s 60kg benchmark is the average of the previous 55kg (197kg) and 61kg (227kg) and so forth. The new benchmarks for the respective new categories are defined as follows:**

<i>Men</i>	<i>Total Lift</i>	<i>Women</i>	<i>Total Lift</i>
60kg	212kg	48kg	161kg
65kg	243kg	53kg	166kg
71kg	273kg	58kg	178kg
79kg	295kg	63kg	186kg
88kg	303kg	69kg	191kg
94kg	303kg	77kg	206kg
110kg	346kg	86kg	205kg
+110kg	361kg	+86kg	228kg

- A.4.** As a member of the Commonwealth Games Competing Team, the athlete may be selected to compete in the following competitions as part of his/her training and competition development:
 - (a) Regional Weightlifting Championships – held during the selection period stated in Clause A.1
 - (b) 2025 Commonwealth Senior & Junior Weightlifting Championships
 - (c) 2026 Asian Senior & Junior Weightlifting Championships

A.5. As a member of the Commonwealth Games Competing Team, all Singapore based athletes will be required to maintain an 80% attendance record of supervised training from the date of selection conducted by the Head Coach at the National Training Centre.

- (a) In the case of absence due to injury or illness, the athlete must produce a medical certificate from a qualified physician.
- (b) The athlete must refer any request for early release for training from his/her school/employer to SWF.
- (c) An athlete who is unable to attend the supervised training sessions must inform the Head Coach in advance.

B. Stage B - Selection Criteria of Final Athlete(s) for Nomination to SNOC for Commonwealth Games

B.1. From the Commonwealth Games Competing Team, a nomination of only one (1) athlete per weight category for Men and Women, based on CWG's Qualification System, will be made to SNOC to represent Singapore in the sport of Weightlifting at the 2026 Commonwealth Games.

B.2. This nomination will be based on the athlete's Commonwealth ranking up till the time of SNOC nomination, in accordance with the CGW's Qualification System.

Category	Qualification Total
Women	
48 kg	161kg
53 kg	166kg
58 kg	178kg
63 kg	186kg
69 kg	191kg
77 kg	206kg
86 kg	205kg
+86 kg	228kg
Men	

60 kg	212kg
65 kg	243kg
71 kg	273kg
79 kg	295kg
88 kg	303kg
98 kg	303kg
110 kg	346kg
+110 kg	361kg

All performance records submitted to SNOC for consideration should have taken place at international competitions sanctioned by the International and/or Regional controlling bodies

B.3 The final selection of athletes for 2026 Commonwealth Games remains at the discretion of SNOC.

C. Stage C – CG2026 CWG Athlete Qualification System

C.1 Refer to Annex

4. Selection Committee

4.1. The Selection Committee will comprise the following 3 SWF Board Members:

- (a) SWF 1st Vice President (Ms Tan Lay Sang)
- (b) SWF 2nd Vice President (Ms Helena Wong)
- (c) SWF General Secretary (Mr Chui Kan Yuen)

4.2. This Committee's role is to conduct the evaluation and selection of athletes to be included in the Commonwealth Games Training Team and eventual final nomination to SNOC for the 2026 Commonwealth Games.

5. Appeal against non-selection

5.1. The non-selection of the individual can be appealed in writing (as per SWF's Athlete Agreement Schedule E), with justifications and supporting documents where applicable to the Singapore Weightlifting Federation's Appeal Committees within 5 days of the announced Selection List.

5.2. A non-refundable administration fee of S\$150.00 will be levied and is payable by cheque. This payment is to be included with the Appeals submission. (Fees would, however, be returned if the athlete is successful in his/her appeal.

- 5.3. The Appeal Committee is to convene a hearing of the appeal within 5 days of receipt of the appeal application.
- 5.4. The Appeal Committee will issue a response in writing of its final decision with justifications to the Athlete's appeal within 2 days of the hearing.
- 5.5. The Appeal hearing and judgment must be completed before the deadline for athlete nominations to SNOC.

6. Appeal Committee

- 6.1. The Appeal Committee will comprise of the following:
 - (a) Mr Tom Liaw, SWF President
 - (b) Mr Jason Lim Boon Kheng, President, Kickboxing Federation of Singapore; and
 - (c) Mr Stephen Lowe (Associate Vice President of Lily Centre for Clinical Pharmacology)
- 6.2. This Committee's role is to review any athlete's appeal against not being selected for the 2026 Commonwealth Games nomination to SNOC.
- 6.3. The Committee reserves the right to overrule the Selection Committee's decision.

7. Other Considerations

- 7.1. Athletes once selected must continue to uphold the values and adhere to guidelines as spelt out in the SWF's Athlete's Code of Conduct (*refer* SWF Athlete's Agreement Schedule A). Failure to satisfy these criteria may result in the athlete being suspended or being removed from the Commonwealth Games Training Team entirely.
- 7.2. In addition to the above selection criteria, the following "qualities" of the athletes will be taken into consideration:
 - Attitude and behavior towards coaches, teammates, fellow athletes, officials and sports administrators, *whether in relation to sporting matters or otherwise*.
 - General conduct *and character* which may affect the reputation, image, values or best interests of the athlete or the sport.
 - Past disciplinary record.
 - Current skill level and fitness; and character.
 - Level of commitment and attendance.
 - Potential for future development (such as youth, consistent performance etc).
 - Ability to demonstrate team spirit and work well with teammates and officials; and
 - Such other non-performance related qualities as the selectors may consider to be relevant.

8. Tentative Timeline

Below are the tentative key dates for reference (subject to final confirmation by the Organiser):

- 9 March 2026 – Deadline for Longlist and Nomination
- 20 May 2026 – Selection Committee Meeting
- 21 May 2026 – Appeal process starts
- 1 June 2026 – Deadline for Appeal
- 15 June – Appeal Committee Meeting
- 19 June – Entry by Name Form Deadline

9. Clarifications

- 9.1.** Any queries or clarifications on this selection policy, on the specific selection process and filing of appeals should be referred to the relevant committee(s) via email to swf@swf.org.sg

SCHEDULE E

(Extracted from SWF's Athlete Agreement)

APPEAL APPLICATION AGAINST NON-SELECTION

Name: _____ **IC/PP No:** _____

Age: _____ **Email:** _____

Contact Numbers: _____ **(H/P)** _____ **(Home)**

Home Address:

Appeal/Justifications:

Date Of Submission: _____

Signature: _____

Documents To Be Included in the Appeal Application (*where applicable*)

- Progress Chart**

To be obtained from coaching staff for validation of training, assessment and competition performance.

- Coach's Report**

Applicable testimonial and/or Coach's recommendation for selection or non-selection.

- Medical Certificate/ Attendance Record**

Required if athlete was unable to attend competition(s), assessment session(s) or training session(s).

- Copy of Passport/Visa**

Required if athlete was unable to attend competition(s), assessment session(s) or training session(s) due to overseas travel.

For internal records

Appeals Committee's Decision: () Approved () Denied		
Comments/Notes:		
Date:	Submitted By:	Signature:

(End of Schedule E)