

Event: IWF World Championships

Date: 3rd – 12th October 2025

Location: Forde (Norway)

Background:

Due to the circumstances requiring a team to attend the IWF World Championships as the initial step towards qualifying for the 2026 Commonwealth Games, Weightlifting Scotland has developed a qualification process designed to ensure a fair and merit-based approach, while working within the constraints of our current timeline and budget.

WLS reserves the right to amend this selection policy or process for any reason and/or in the event of unforeseen circumstances that could reasonably jeopardise the performance, safety, or well-being of athletes and staff.

Qualification Period:

WLS will review results in Sport 80 from 18th May 2024 to 18th May 2025, the same period as qualification for the British Seniors. Lifters who have lifted in at least one (1) BWL or WLS event in that period, will be given priority over results recorded at other events and **only Sport80 registered results** can be considered as part of the process. From this a long list will be prepared and submitted as the Initial Submission of entries which are due 3 months before the event – 3rd July 2025. **Only those lifters who make the long list can then be considered for the final list for Norway, no one can be added after this point.**

Those on the long list will be notified by 16th June 25 so that they can register or update their ADAMs whereabouts (information will be provided on how to do this) or decline to be on the long list. Once the long list is complete, WLS will then inform those who submitted a declaration of interest if they have been unsuccessful on this occasion. All requirements for ADAM's, antidoping education, copies of passports and any other information must be supplied to WLS by 26th June to ensure entry onto the Initial submission for Norway.

Following the results of the British Seniors, the long list will be updated for new totals, and a final submission of entries will be submitted 1 month before the event – 3rd September 2025. The size of the team will depend on available budget. WLS will look to maximise direct funding and internal reserves, along with Sponsorship and other fundraising activities. At this time WLS cannot rule out an element may need to be come from athlete self-funding.

Minimum Eligibility Criteria:

Be a citizen of the United Kingdom and hold a valid British passport prior to preliminary entry deadline for this event.

In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months and have been approved by the IWF according to their regulations.

Must send a clear photo copy of their passport and a copy of their WADA ADEL(ILA) certificate via email to technical@weightliftingscotland.com no later than 23:59, 26/06/2025.

Must be a current member of British Weight Lifting (BWL), with Scotland as region. Must not be currently under:

disqualification, expulsion, dispute or suspension by all or any of: BWL; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion or suspension under the World Anti-Doping Code.

Minimum Qualification Criteria

WLS will select a team based on totals achieved divided by the "Norway Target" which is the Final Commonwealth Games Target total minus 10kg:

Cat (W)	Scot Squad	Norway	CGS Target	Cat (M)	Scot Squad	Norway	CGS Target
48kg	139	142	152	60kg	220	236	246
53kg	155	156	166	65kg	239	246	256
58kg	163	169	179	71kg	252	257	267
63kg	169	175	185	79kg	271	274	284
69kg	172	183	193	88kg	287	290	300
77kg	183	195	205	94kg	295	296	306
86kg	189	199	209	110kg	318	311	321
86kg+	200	214	224	110kg+	323	327	337

Thus, if a lifter in the 53kg class has achieved a total of 150kg they would be at $150/156 = 96\%$ of the Norway Target and ranked against other lifters.

Priority for selection will be given to those who are already at or over 100% of the final CGS Target.

Team Size Restrictions:

- The IWF maximum team size for this event is Eight (8) male and Eight (8) female athletes.
- The IWF maximum number of lifters selected in each weight category will not exceed two (2)
- The IWF allow a maximum of Two (2) male and Two (2) female reserves to be nominated, WLS will only select one (1) reserve for a weight class.
- Budget restraints will determine what size of team WLS can send.

Beyond Norway:

WLS recognize the timelines have not been ideal for preparation thus we are going to consider entries for either of the Open events in 2026 (Barbados or Samoa) to ensure other lifters who improve their totals after British Seniors have another chance to get onto the Commonwealth Rankings ahead of the final qualifying event at the European Senior Championships - April 2026. Details will be shared as soon as possible.