

2025 Jr & S-Jr Selection

2025 Classic Junior and Sub-Junior Team Selection Policy

12th March 2025

Team Objectives

Our objective is to field the most competitive teams at the IPF World Championships and the European Championships while promoting growth and development for the teams and athletes.

Selection Procedure

The team for World Championships will be picked first, then the team for European Championships will be picked second. Teams for any other international or invitational events will be determined via an alternative procedure (application).

Lifters who qualify for the World Championships get the first right of refusal to compete at these championships. Should they decline their space, we will move onto the highest ranked athlete in the athlete pool according to our selection criteria.

The team to compete at the European Championships will be selected by secondary selection for the Junior teams and by primary selection for the Sub-Junior teams. Primary selection will not be used for the Junior teams for this event.

If the national team has two lifters in the same weight class, we will continue to move down the athlete pool to find a viable candidate for another weight class.

All athletes who have received dispensation will be included in the secondary selection if their total equals or exceeds that of the athlete that places 3rd in their relevant weight class.

2025 Classic Junior National Team Selection Criteria

Primary Selection

Totals from the 2025 British Junior & Sub Junior Championships will be considered. The national champion in each weight class will get the first invite to the relevant (junior or sub-junior) National Team if they achieve a minimum Carpino Score of three (3).

The Carpino Score is a ranking system based on the average of where the lifter's total would hypothetically place them at the respective world championships.

British Powerlifting will use a Carpino Score average of three (3) from the last 3 IPF Classic Junior and Sub Junior Championships (2022-2024 inclusive).

Secondary Selection

All athletes who achieve podium placings (1st, 2nd or 3rd) will be placed in an athlete pool and ranked based on a three-year Carpino Score of three (3). Athlete development and performance potential will also be taken into account when making selections.

All athletes in the athlete pool will have access to education and development opportunities until the next British Championships (E.g, Nutrition, Mindset, Training Methodology and Seminars).

Tertiary Selection

Any athlete that competes at the British Championships and demonstrates performance potential may be added to the athlete pool at the discretion of the head coach.

2025 Classic Sub-Junior National Team Selection

Criteria

Primary Selection

All athletes who achieve podium placings (1st, 2nd or 3rd) will be placed in an athlete pool and ranked based on a three-year Carpio Score of three (3). Athlete development and performance potential will also be taken into account when making selections.

All athletes in the athlete pool will have access to education and development opportunities until the next British Championships (E.g, Nutrition, Mindset, Training Methodology and Seminars).

Secondary Selection

Any athlete that competes at the British Championships and demonstrates performance potential may be added to the athlete pool at the discretion of the head coach.

Carpino Scores for Primary and Secondary Selection

Totals Required for Carpino 3			
Juniors			
Women		Men	
Class	Total (kg)	Class	Total (kg)
43	211	53	423.5
47	336	59	562.5
52	386.5	66	625
57	429	74	695
63	481	83	766.5
69	494	93	812.5
76	509	105	834.5
84	506	120	871
84+	495	120+	877.5

Totals Required for Carpino 3			
Sub-Juniors			
Women		Men	
Class	Total (kg)	Class	Total (kg)
43	138.5	53	416.5
47	246.5	59	490
52	316.5	66	561.5
57	357	74	621.5
63	369.5	83	662.5
69	402.5	93	686
76	389	105	720
84	409	120	700.5
84+	416	120+	660

Tiebreakers

If two athletes post the same total in the same weight class, the athlete with the lighter body weight will receive the first invite. If two athletes post the same total in the same weight class at the same bodyweight, the athlete who achieved the total first will get the first invite.

**All prospective national team athletes must be in good standing with the federation and not serving any periods of ineligibility.*

***The national team selection criteria may be revised and/or updated for 2026.*

****The national team selection criteria may be revised and/or updated following the world championships (or the first calendar championships) each year.*

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CEO



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FAQs

Q - How many athletes will be selected per team?

A - A total of 18 athletes (9 men, 9 women) and 10 reserves (5 men, 5 women) will be selected for each team (Junior and Sub-Junior) for the World and European Championships.

Q - Do I need to lift more than the Carpino 3 total to be eligible for primary selection?

A - No, you can also match the Carpino 3 total to be eligible for primary selection (Junior team only).

Q - If two lifters both achieve Carpino 3 totals in the same weight class are they both eligible for primary selection?

A - No, only one lifter per weight class, if they achieve Carpino 3, will be eligible for primary selection (Junior team only).

