

The International Lifter

Author	British Powerlifting
Version	1.0
Date Updated	January 2026

The following document will help guide you through the process for international selection.

What's Included and Why It Matters

[Performance Strategy](#)

This explains how each team makes selection decisions and manages athletes once selected. It helps you understand what is expected of you to earn selection and what you need to do to keep your place on the team.

[Guidance and Agreement](#)

This section outlines the expectations for athletes and what being part of the British Powerlifting pathway involves. It also explains the agreement between you and British Powerlifting.

[Selection Criteria](#)

Here you'll find a clear explanation of how Head Coaches select athletes. This includes general selection standards as well as any requirements that are specific to individual teams.

Strategy: Pillars of Performance

The Pillars of Performance are the areas each head coach will use to support their selection and inclusion of each team member. It is the principles upon which British Powerlifting Elite Performance is built, without which our long term strategy cannot be achieved.

Pillars of Performance Strategy

1. EXCELLENCE

What earns selection and drives progression

Excellence is demonstrated primarily through competitive performance, underpinned by evidence of development and readiness for international competition.

Key indicators:

- **Competition Results:** Performances relative to current international standards and selection criteria.
- **Consistency:** Reliability of results over time, not solely peak performances.
- **Progression:** Demonstrated rate of improvement and long-term development trajectory.
- **Weight Class Management:** Historical adherence to declared weight classes and effective competition planning.
- **Competitive Readiness:** Observed preparation, decision-making, and platform execution.

Selection decisions will consider both objective results and informed observations from the Head Coach and coaching team regarding potential, progression, and competitive maturity.

2. INTEGRITY

How athletes conduct themselves as representatives of Team GB

Integrity reflects honesty, respect, and accountability in all aspects of participation.

Key expectations:

- **Anti-Doping Compliance:** Full adherence to all anti-doping rules, testing procedures, and whereabouts requirements.
- **Honesty & Transparency:** Accurate reporting of availability, health status, weight management issues, and competition readiness.
- **Professional Conduct:** Respectful behaviour toward coaches, officials, volunteers, teammates, and competitors.
- **Grievance Pathways:** Use appropriate, official channels for disputes or concerns rather than public or disruptive forums.
- **Social & Media Conduct:** Responsible representation of Team GB during selection periods, squads, and championships, including online platforms.

Integrity breaches may impact selection, progression, or continued team involvement.

3. UNITY

Being part of a high-performing team environment

Unity recognises that international success is strengthened by collective standards and mutual respect, even within individual performance sports.

Key expectations:

- **Team Behaviour:** Acting professionally at squads, during travel, and at competitions.
- **Respect & Support:** Encouraging and supporting teammates, regardless of personal competitive goals.
- **Communication:** Open, honest, and timely communication with the Head Coach and team staff when required.
- **Responsiveness:** Prompt replies to requests for information, documentation, and deadlines to support effective team operations.
- **Collaboration:** Willingness to contribute positively to team culture, even for athletes who prefer an individual training approach.

4. WELLBEING

Ensuring sustainable performance and athlete welfare

Wellbeing supports long-term performance, availability, and athlete longevity.

Key expectations:

- **Availability & Commitment:** Clear and timely confirmation of availability once invited to international competition, with awareness of the consequences of late withdrawal.
- **Health & Injury Management:** Prompt reporting of injuries, illnesses, or issues affecting training or competition readiness.
- **Weight Management:** Proactive and responsible management of bodyweight, with early communication if challenges arise.
- **Training Transparency (as required):** Sharing relevant performance or readiness information requested by the Head Coach to support selection and competition planning (not to replace personal coaching arrangements).

Athletes are expected to act in their own best interests while recognising the impact of wellbeing decisions on team planning and performance.

Guidance & Agreement

1. How to get selected for the British International Team

The starting point for eligibility for selection is as follows: -

- 1.1. Lifters must have competed at the relevant British national championships, in the weight class they wish to be considered for, or have obtained dispensation.
- 1.2. For the avoidance of doubt, lifters must compete at the championships for the weight and age class they wish to be considered for. E.g., a junior lifter cannot be considered for an open international competition, without first competing at the open British nationals for that year.
- 1.3. Lifters must follow the BP Process for dispensation. After said process, if dispensation is successfully granted, the lifter then becomes eligible for international selection for the relevant calendar year.
- 1.4. Being granted dispensation does not guarantee a place on the team, regardless of any previous totals set by the lifter. The lifter with dispensation might be asked to compete at a competition subsequent to the national championship in order to prove fitness only. A lifter should not be able to set a new total for selection consideration purposes, subsequent to the relevant national championship.

In terms of how teams are selected from the pool of lifters who have complied with the above, each team's specific selection criteria will apply, as follows: -

Classic Juniors	Classic Open	Classic Masters
Equipped Juniors	Equipped Open	Equipped Masters
Classic Bench	Equipped Bench	University