

2026 Jr & S-Jr Selection

2026 Classic Junior and Sub-Junior Team Selection Policy

12th March 2026

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 the World Championships will be picked first, then the team for the 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.

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 athlete pool, and be eligible for selection, if their total equals or exceeds that of the athlete that places 3rd in their relevant weight class. Any dispensated athlete's total that falls outside this range, but demonstrates performance potential, may be added to the athlete pool at the discretion of the head coach.

The selection procedure has been updated for 2026 to reflect the potential clashes with exams at school or university level due to the date change from 2025. This will allow anyone who is granted dispensation (see FAQ's) a fairer chance of being selected for team GB in 2026.

2026 Classic Junior National Team Selection Criteria

Primary Selection

Totals from the 2026 British Junior & Sub Junior Championships will be considered. All athletes who achieve podium placings (1st, 2nd or 3rd) will be placed in an athlete pool and initially 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 where applicable).

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.

2026 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 initially 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 where applicable).

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.



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 2027.*

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

Tom Morgan

GB Junior & Sub-Junior Head Coach

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 - *I have an exam for school/university that clashes with the British Championships but still want to be considered for selection, what should I do?*

A - If you have a legitimate reason for being unable to compete (such as school/uni exams or injury) you can apply for dispensation. To do so you must still enter on Sport80 and then fill in the dispensation form which is available on the championships page.

Q - *How does dispensation work?*

A - If granted, dispensation will allow a previous total to be considered for international selection. Depending on the nature of the dispensation (i.e., injury) if selected you may be required to show form at a squad session prior to the relevant international.

