



Team PNG

Athletes Selection Policy



PAPUA NEW GUINEA

WEIGHTLIFTING FEDERATION

Version:	1.4
Date of Version:	21 October 2024
Created By:	Papua New Guinea Olympic Committee
Approved By:	PNGOC Board
Approved Date:	Wednesday November 13 th 2024
Confidentiality level:	Public

1. Introduction

1.1 Background –

The Papua New Guinea Olympic Committee (PNGOC) has developed this policy for the selection of athletes to represent PNG at respective Games from 2025 to 2028.

The (Games) being considered under this selection policy are:

- 2025 Pacific Mini Games
- 2026 Commonwealth Games
- 2026 Youth Olympic Games
- 2027 Pacific Games
- 2028 Olympic Games

The PNGOC is recognised by the International Olympic Committee (IOC) as the National Olympic Committee for Papua New Guinea. The IOC is the supreme authority in all matters concerning the Olympic Games.

PNGOC is also recognised by the Commonwealth Games Federation (CGF) and the Pacific Games Council (PGC) as members of the respective bodies. The CGF is the supreme authority in all matters concerning the Commonwealth Games as is the PGC the supreme authority in all matters concerning the Pacific Games.

The PNGOC has the sole and exclusive authority to determine its representation at the Games.

The PNGOC wishes to promote awareness and a clear understanding of the process for nomination of Athletes by the National Federations (NF) and selection by the PNGOC for Team PNG (the Team) to compete in the Games.

The NF and its athletes wish to have a clear understanding of the process for nomination and selection of Athletes for the Team and have agreed to the terms and conditions of this Policy for that purpose.

This Policy sets out the application, nomination, and selection process by which eligible Athletes may be considered for nomination by the NF, and selection by the PNGOC, for Team PNG.

This Policy also sets out the procedures that must be followed for any appeal against a decision by the NF regarding an Athlete's nomination or non-nomination or a decision by the PNGOC regarding an athlete's selection or non-selection to the Team.

This policy is to be referred to in the nomination criteria to be adopted by each National Federation (NF) for all athletes wishing to be considered for nomination to Team PNG to compete in the Games.

1.2 Purpose –

For PNGOC to select an athlete that:

- Has high-performing athletes to represent Team PNG at the Games.
- Has a high percentage of athletes meeting the Performance Standards.
- Achieves the targets set out by PNGOC for the respective games.

2. Process

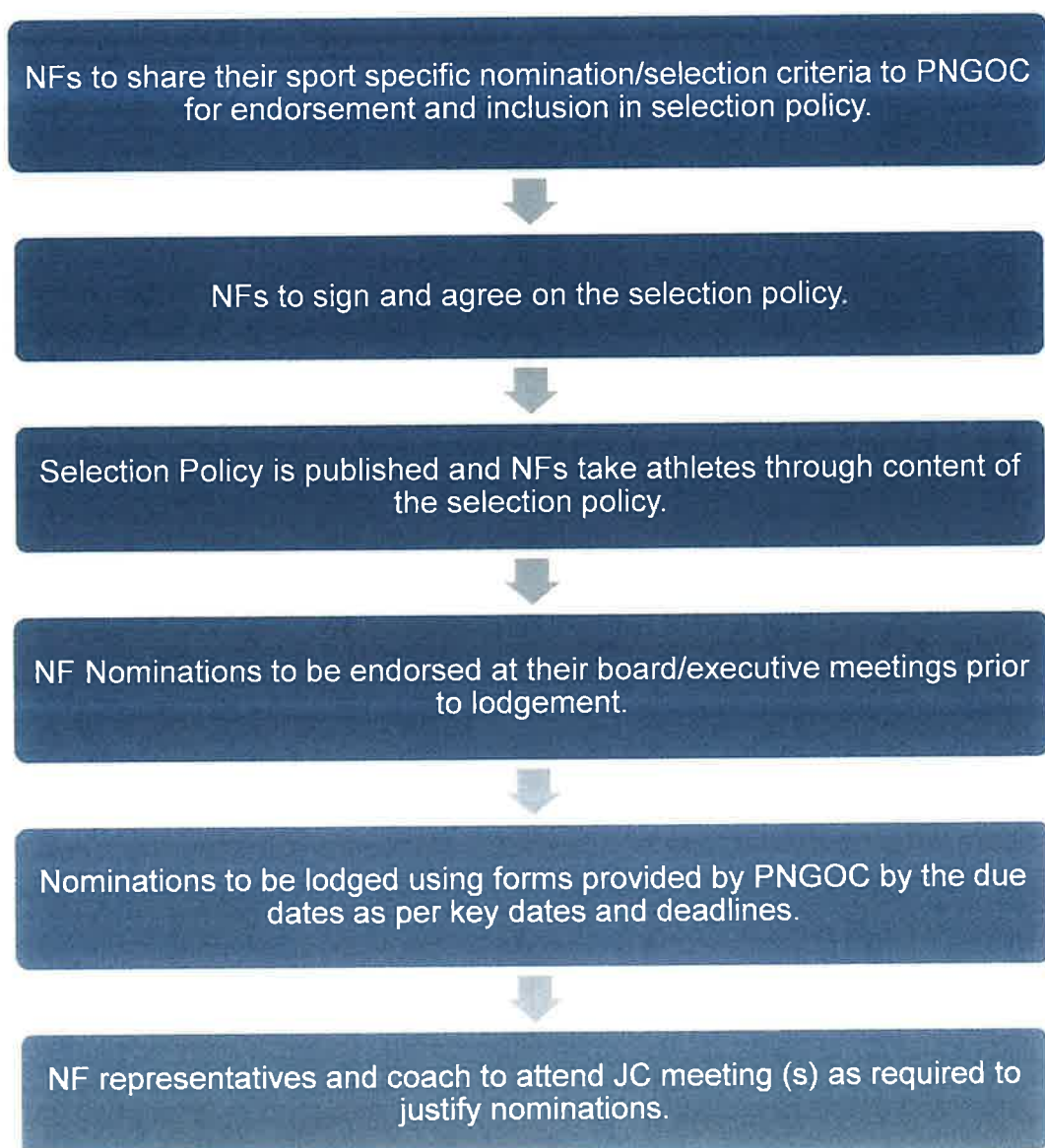
This policy has been adopted by the PNG Olympic Committee.

NFs must nominate athletes in the sport for selection for Team PNG for the Games, by the due dates.

The Justification Committee (JC) of the PNGOC will review the nominations and make the final endorsement in line with this policy and the NF nomination/selection criteria.

2.1 Nomination Process – National Federations

The process for NFs to nominate athletes in their respective sports is as follows



A National Federation must not represent that a nomination of a candidate guarantees or secures selection to the sport or within the team.

It is recommended that the NF nomination/selection panel includes independent representation and that one position is given to the Head Coach.

2.2 Endorsement Process – Justification Committee

The JC has the task of ensuring the nominated candidates become the right team or individual to fulfil the PNGOC's overall vision. This means endorsing the right people that give Team PNG the best chance of achieving our Games goals. The JC may request additional advice from external specialists where required.

Any discretion used by JC must be transparent, accountable, logical, and acted upon in good faith.

Outcomes of all endorsement processes will be communicated both verbally and in writing by the JC to the NF.

2.3 General Criteria & Eligibility (For all Athletes)

- 2.3.1 Must be a Papua New Guinean Citizen with a valid Papua New Guinea (PNG) passport (with a six-month minimum expiry as at the conclusion of the Games);
- 2.3.2 Must meet all eligibility requirements set out in the International Olympic Committee Charter, Commonwealth Games Federation Charter, Pacific Games Charter and rules applicable to the respective Games, this policy, and any requirements of the sport.
- 2.3.3 Must complete all required documentation correctly and in a timely manner.
- 2.3.4 Must adhere in full to all general Team PNG policies, athlete's agreement and PNGOC policy including satisfactorily meeting event requirements. This will include the completion of all medical, fitness and other testing protocols not yet conducted or still underway at the time of squad selection. *The candidate will be notified in writing of areas they need to address if non-compliant. If after such notification the candidate still fails to meet the criteria, the candidate can be removed from consideration for endorsement.*
- 2.3.5 Willingness to engage in and encourage participation in PNGOC and Team PNG activities and programs.
- 2.3.6 Must agree to the terms of this Selection Policy.
- 2.3.7 Must sign and agree to the terms of the athlete agreement before and during the Games.
- 2.3.8 Have achieved Performance Standards (as set out in clause 3.1) within the timeframe as pointed out for the respective Games.

2.4 Physical Fitness, Injury Monitoring and Wellbeing –

All nominated athletes must submit to medical and physical assessments and examinations as follows

- 2.4.1 All athletes must report any injury, medical condition or medication/treatment of an injury or medical condition to the National Head Coach, Team PNG

appointed medical personnel and the PNGOC Performance Team , where it has an impact on the athletes' ongoing training plan.

2.4.2 All athletes must comply with scheduled Fitness testing and Screening, Physiotherapy Screening and medical assessments as set out by PNGOC and JC requirements.

2.4.3 All athletes must provide any information required by PNGOC about a medical or physical assessment, injury or medical condition.

2.5 Exclusions –

A nominated athlete can NOT be considered for endorsement for any sport in the following circumstances. If the candidate:

2.5.1 is currently serving a ban imposed by the National Federation; or

2.5.2 is currently serving a ban imposed by any Regional or International Federation;
or

2.5.3 has been involved in an activity that contradicts the policies and laws of the World Anti-Doping Authority (WADA), PNG Sports Anti-Doping Organisation (PNGSADO) and the event's governing body anti-doping policies and laws; and is currently serving a ban for anti-doping related offences.

2.5.4 is convicted of a criminal offence.

A nominated athlete May be excluded from consideration if the candidate:

2.5.5 breaches general team policy such as behaviour or conduct bringing sport in PNG and Team PNG into disrepute;

2.5.6 does any action that is contrary, inconsistent with or opposing to the brand, values, best interest or image of PNGOC and Team PNG;

2.5.7 does not comply with all agreements such as General Team Policy including areas such as gambling policy, social media guidelines and formal guidelines set by PNGOC, Team PNG Chef de Mission and Management.

An endorsed athlete May not be replaced within forty-five (45) days of the opening ceremony of the respective Games. The dates outlined below indicate the date by which an athlete may not be replaced thereafter for the respective Games:

2025 Pacific Mini Games	-	16 May, 2025
2025 Commonwealth Youth Games	-	TBC
2026 Commonwealth Games	-	08 June, 2026
2026 Youth Olympic Games	-	16 September, 2026
2027 Pacific Games	-	02 June, 2027
2028 Olympic Games	-	30 May, 2028

The JC will only consider athlete replacements in the case of injuries, medical reasons, or extenuating situations as outlined in 2.6. Replacement athletes can only be allowed if the replacement is on the long list and was previously endorsed by the JC.

2.6 Consideration of Extenuating Situations –

In the case of illness or other reasonable circumstances that prevent the candidate from fulfilling their requirements, written notification to the JC must be made before or within a reasonable time of the failure to comply. This can include but is not limited to, attendance at daily training, camps, testing, international and domestic events, training and development and other key events as per the calendar. With relevance to an overseas-based athlete, a case-by-case decision will be made by the JC in consultation with the Chef de Mission if needed.

3. Selection Overview Sport-Specific requirements

3.1 Performance Standards

The following Performance Standards shall be used as the main criteria for the selection of athletes for the various Games. It shall, however, be used in combination with PNGOC's *National Federation and Athlete tiering system policy* and other factors such as demonstrated improved performances and results at key international competitions, athlete commitment to training and preparation for games, and no disciplinary issues.

Performance history shall also be from various international and national events from the last twenty-four months before the commencement of the respective games.

3.1.1 2025 Pacific Mini Games

3.1.1.1 All individual athletes and team events eligible for the Pacific Mini Games shall be ranked in the top 5 in Oceania, top 3 in the Pacific and top 2 nationally to be considered for final selection.

3.1.1.2 Demonstrated improved performances and results at key international competitions (Oceania Events are Mandatory) over the past 24 months. Includes improved performances from Pacific Games 2023.

3.1.1.3 Must be capable of achieving a medal placing in their respective event and or team event.

3.1.2 2025 Commonwealth Youth Games

3.1.2.1 All individual athletes and team events eligible for the Commonwealth Youth Games shall be ranked in the top 5 in Oceania, top 3 in the Pacific and top 2 nationally to be considered for final selection.

3.1.2.2 Demonstrated improved performances and results at key international competitions (Oceania Events are Mandatory) over the past 24 months.

3.1.3 2026 Commonwealth Games

- 3.1.3.1** All individual athletes and team events eligible for the Commonwealth Games shall be ranked in the top 3 in Oceania and 1st Nationally to be considered for final selection
- 3.1.3.1** Demonstrated improved performances and results at key international competitions (Oceania Events are Mandatory) over the past 24 months. Includes improved performances from Pacific Games 2023 and Pacific Mini Games 2025.
- 3.1.3.2** Is capable of achieving a top 15 placing in their respective event and top 10 in the team event.

3.1.4 2026 Youth Olympic Games

- 3.1.4.1** All individual athletes and team events eligible for the Youth Olympic Games shall be ranked in the top 5 in Oceania, top 3 in the Pacific and top 2 nationally to be considered for final selection.
- 3.1.4.2** Demonstrated improved performances and results at key international competitions (Oceania Events are Mandatory) over the past 24 months.

3.1.5 2027 Pacific Games

- 3.1.5.1** All individual athletes and team events eligible for the Pacific Games shall be ranked in the top 5 in Oceania, top 3 in the Pacific and top 2 nationally to be considered for final selection.
- 3.1.5.2** Demonstrated improved performances and results at key international competitions (Oceania Events are Mandatory) over the past 24 months. Includes improved performances from Pacific Games 2023 and Pacific Mini Games 2025.
- 3.1.5.3** Must be capable of achieving a medal placing in their respective event and or team event.

3.1.6 2028 Olympic Games

- 3.1.6.1** Athletes and teams that qualify for the Olympic Games through the respective International Federation (IF) pathways, as defined by the IF qualification criteria for the 2028 Olympic Games. This includes:
 - o Meeting specific performance standards, rankings, or qualification criteria set by the IF.
 - o Competing in designated qualification events recognized by the IF.

- 3.1.6.2** 3.1.9.2 Athletes must demonstrate improved performances and results at key international competitions over the past 24 months. Participation in Oceania events is mandatory, and performances from the 2026 Commonwealth Games and 2027 Pacific Games will be considered. Also consider athletes eligible for selection through

Tripartite Commission and Universality invitations. These invitations are designed to promote diversity and ensure representation at the Olympic Games. Athletes nominated for these invitations must:

- o Meet the minimum performance criteria established by the IF.
- o Demonstrate potential for competitive results at the Games.
- o Receive an invitation from the IF or IOC

Team Events are events that feature a team of individual athletes e.g. 100m Relay, Tennis Doubles, Lawn Bowls Fours.

3.2 Events / Competitions & Fitness, Physiological criteria (Elite focus) –

The following criteria, along with the NF's selection criteria, will be used as a part of the JC review and endorsement process for all athletes for Team PNG.

3.2.1 Training & Competition Plan

Each National Head Coach has submitted a training and competition plan. Attendance and ongoing commitment to this plan are vital for inclusion in selections for the final team. Attendance records for training and activities will be recorded and submitted to JC.

Training and High-Performance Plans must include benchmark competition such as the Oceania Championships as a key leadup event to gauge level of performance.

3.2.2 Sport Specific Criteria

PNGOC recommends that NFs provide information on the following to support the selection of athletes for Team PNG:

- Previous international and national performances
- Current international and national performances
- Current level of skill and physical fitness (sport-specific requirements attached)
- Current or potential injury or condition that will impair, inhibit or prevent the participant's performance to the expected elite level
- Composition and balance of the team based on position coverage (where applicable)
- Which competitions and/or trials where selections will be made
- Period when selections will be done complying with JC deadlines to meet Games Organising Committee entries and deadlines.
- How the NF has communicated the selection criteria to the athletes

3.2.3 Events

PNGOC recommends that selections be made through the following events as submitted by National Federation's:

- International events – Oceania/ Pacific Championships
- National Championships
- National League/ Provincial League
- High Performance Camps, selection camps, and targeted training sessions
- Selection trials

3.3 Events/Competitions & Fitness, Physiological criteria (Best of Rest focus)

Should the athlete requirements not be met from the standards and criteria set out above, then a policy of Best of the Rest will apply. This is where PNGOC may decide to endorse athletes who have not met the standards and criteria laid out in this policy and whose inclusion in Team PNG is within the allowable athlete allocation numbers and is in line with PNGOC's Games' goals.

This will be done on similar grounds as the criteria above, i.e.

- 3.3.1** Event and competition performance
- 3.3.2** Results from Sports Specific Testing Data
- 3.3.3** Results from Medical, Physiotherapy & Physical assessments
- 3.3.4** Other factors considered by selectors to be important
- 3.3.5** PNGOC's *NF and Athlete tiering system policy*
- 3.3.6** Commonwealth Games – Athlete must be ranked number one nationally
- 3.3.7** Pacific Mini Games & Pacific Games – The athlete must be ranked in the top 2 nationally
- 3.3.8** The Best of the Rest focus does not apply to the Olympic Games.

The Best of the Rest focus will only apply to the Pacific Mini Games, Pacific Games, Commonwealth Youth Games and the Commonwealth Games.

The Best of the Rest focus does not apply to the Olympic Games. Exception for Athletics and Swimming, they have the Universality Placing option where individuals will be selected on the minimum standards set by their respective National Federation's selection criteria.

Discretion will be used in this situation where the data and information are more objective and less definitive.

4. Appeal Process

An athlete who fails to be selected for the squad or final team pursuant to the criteria set out in this policy may appeal against omission.

An athlete who was initially in the final team and was then omitted by the NF may appeal against omission.

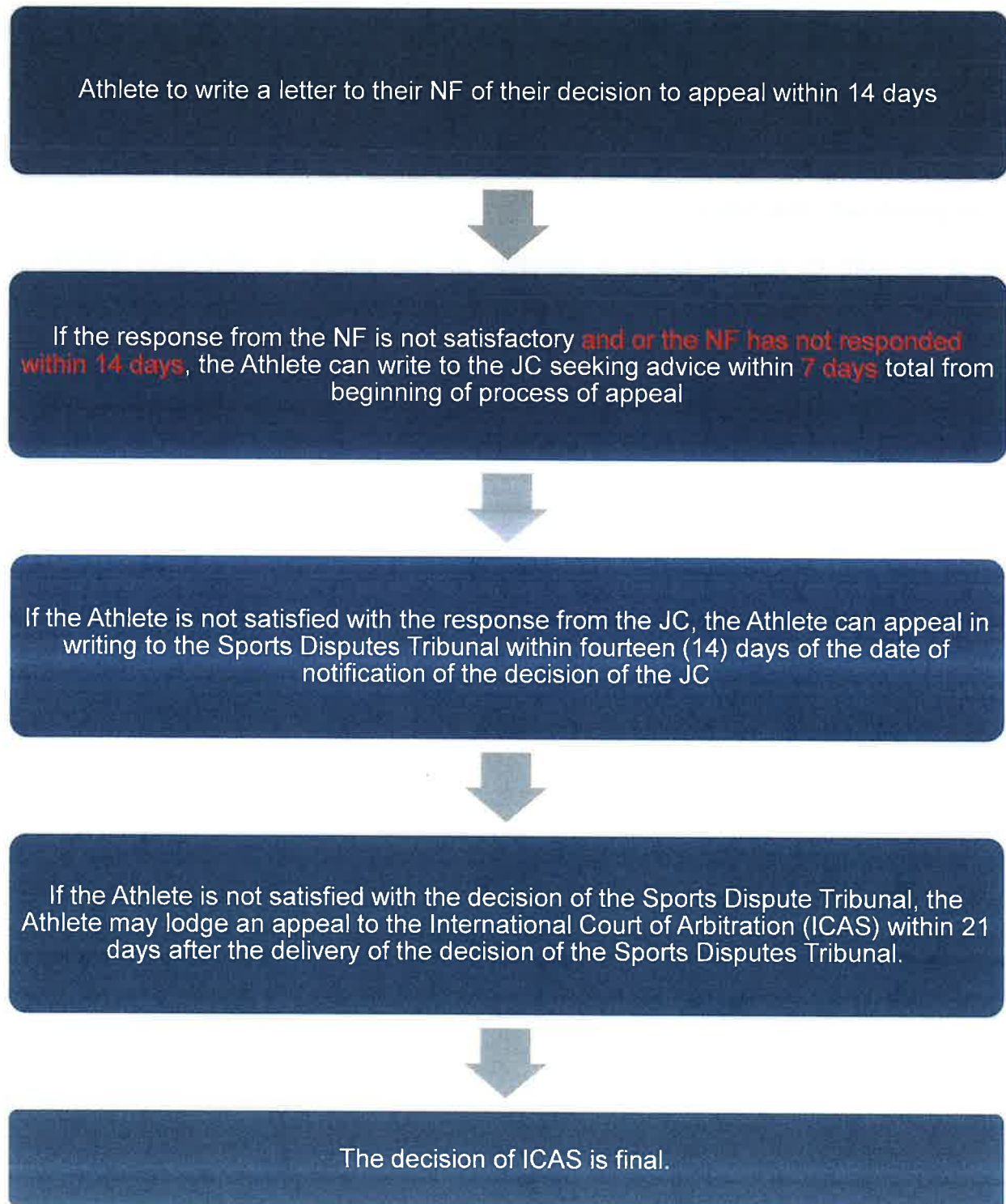
The only grounds for such an appeal are that the JC or the NF, in making their final decision, failed to comply with this policy.

There is no right to appeal where a sanction or ban exists in relation to WADA or International Federation.

Appeals – Appeals can be made through the standard sports appeal process, with ultimate arbitrator being the International Court of Arbitration (ICAS).

Scenario 1 - Athlete is not nominated by the NF

Process for an athlete to appeal if they haven't been nominated by the NF is as follows:



Scenario 2 - The athlete is not endorsed by the JC

Process for an athlete and/or the NF to appeal if the athlete(s) are excluded by the JC is as follows:

If the Athlete and / NF is dissatisfied with the decisions of the Justification Committee, the Athlete and / or NF can appeal in writing to the Sports Disputes Tribunal within fourteen (14) days after the date of notification of the decision of the JC.



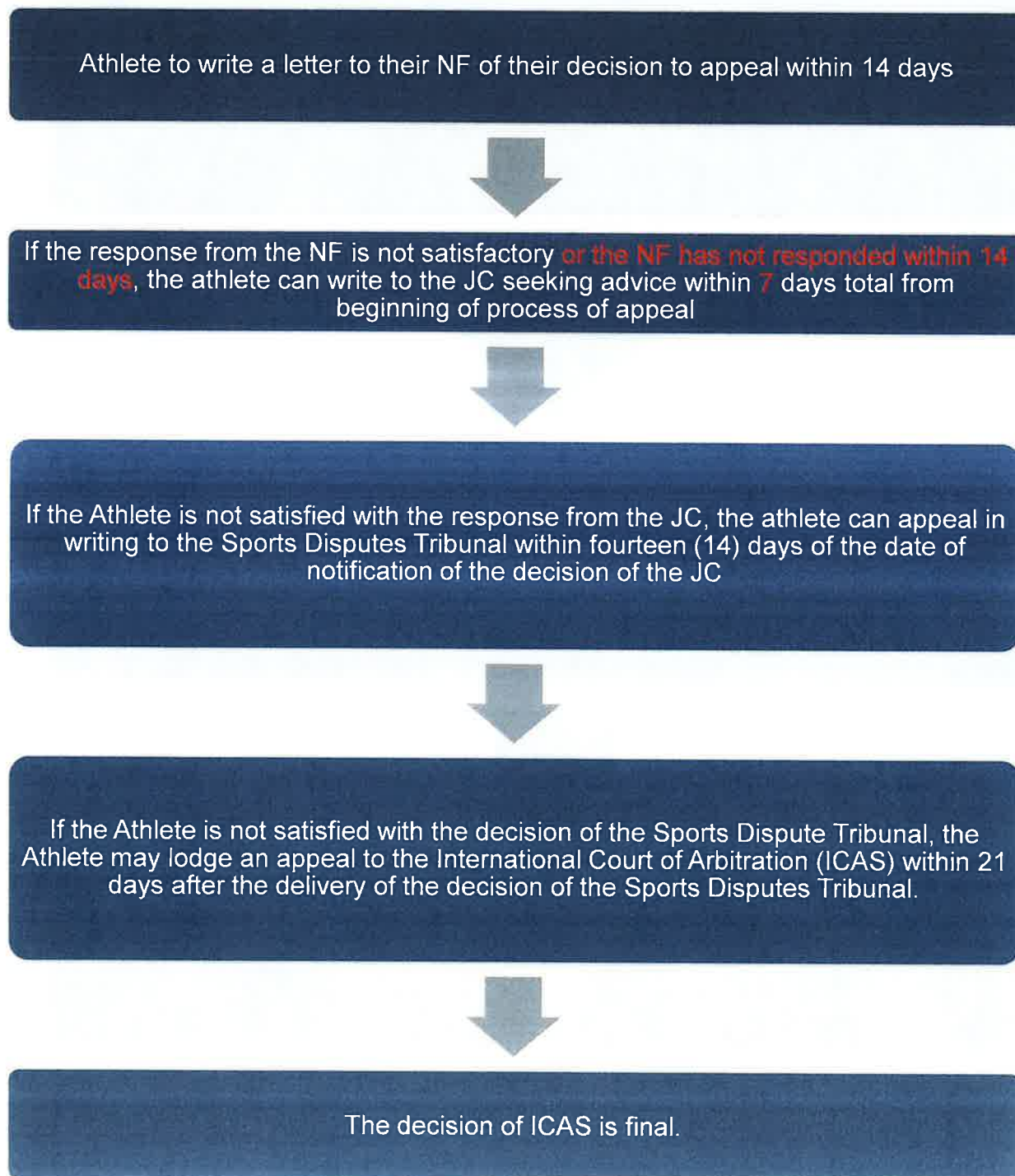
If the Athlete is dissatisfied with the decision of the Sports Dispute Tribunal, the Athlete may lodge an appeal to the International Court of Arbitration (ICAS) within 21 days after the delivery of decision.



The decision of ICAS is final.

Scenario 3 - Athlete dropped by NF after being in the final endorsed team

Process for an athlete to appeal if they were initially in the final endorsed team but was dropped by the NF:



The appeal process will not be extended beyond 21 days. A final decision is to be made in due course but no later than the due date for final nominations.

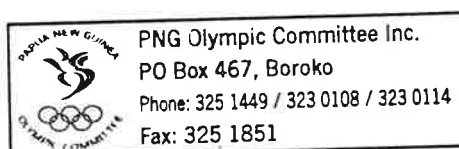
Indemnity: - *It is a condition of nomination and participation in the selection that PNGOC and its directors, officers, employees, servants, and agents be indemnified from and against all claims, demands, action, proceedings, costs and expenses including legal costs and liabilities to third parties arising out of incidents of any breach by the National Federation and/or athletes.*

We, the undersigned are in agreement with this Selection Policy to select athletes to represent PNG at respective Games from 2025 to 2028.

Dated this 11th day of MARCH
20..... 25

Desmond Kaviagu

Secretary General
PNG Olympic Committee



Name of National Federation Executive

..... PNG WEIGHTLIFTING FEDERATION -

Signature of National Federation Executive

National Federation Executive Position

..... PRESIDENT

Name of Witness

ARMSTRONG MECI

Signature of Witness

Address of Witness

..... PNGOC OFFICE Sec 25, 4 Mile, Lahariy Avenue

Team PNG - Performance Standards (Individual Sports)

Games							
Year	2025			2026		2027	2028
Games	Pacific Mini Games	Youth Commonwealth Games	Commonwealth Games	Youth Olympic Games	Pacific Games	Olympic Games	
Host City	Negrulmud	TBC	Glasgow	Senegal	Papeete	Los Angeles	
Host Country	Palau	TBC	Scotland	Dakar	Tahiti	America	
Date	29 th June – 9 th July	TBC	17 th March - 29 th March	31 st October – 14 th November	24 th July – 8 th August	14 th July – 30 th July	
Performance Standards							
Oceanic Pacific	Top 5 Top 3 Top 2	Top 5 Top 3 Top 2	Top 3 1 st	Top 3 1 st	Top 5 Top 3 Top 2	Top 3 1 st 1 st	
National	• Demonstrated improved performances and results at key international competitions over the past 24 months. Includes improved performances from Pacific Games 2023 (Oceania Events Prioritized)	• Demonstrated improved performances and results at key international competitions over the past 24 months. (Oceania Events Prioritized)	• Demonstrated improved performances and results at key international competitions over the past 24 months. (Oceania Events Prioritized)	• Demonstrated improved performances and results at key international competitions over the past 24 months. (Oceania Events Prioritized)	• Demonstrated improved performances and results at key international competitions over the past 24 months. Includes improved performances from Pacific Games 2025 Mini Pacific Games, 2023 Pacific Games. (Oceania Events Prioritized)	• Meeting specific performance standards, rankings, or qualification criteria set by the IF.	
Selection Policy Criteria	• Ranking in the National (Top 2) /Pacific (Top 3) /Oceania (Top 5)	• Ranking in the National (top 2 ranked)/Oceania (Top 5) or Pacific top 3.	• Ranking in the National (Number 1 ranked) or Oceania (Number 1 ranked) or Oceania	• Ranking in the National (Number 1 ranked) or Oceania (Number 1 ranked) or Oceania	• Ranking in the National (Number 1 ranked) or Oceania (Number 1 ranked) or Oceania	• Competing in designated qualification events recognized by the IF.	
	• Is capable of achieving a gold, silver or bronze placing in their respective event and/or team event.	• Is capable of achieving a top 15 placing in their respective event and top 10 in the team event.	• Is capable of achieving a top 3 placing in their respective event and/or team event.	• Is capable of achieving a top 3 placing in their respective event and/or team event.	• Is capable of achieving a top 3 placing in their respective event and/or team event.	• Demonstrate improved performances and results at key international competitions over the past 24 months.	
	• Commitment to training and	• Commitment to training and preparation for the Games	• Commitment to training and preparation for the Games	• Commitment to training and preparation for the Games	• Commitment to training and preparation for the Games	• Demonstrate improved performances and results at key international competitions over the past 24 months.	
						• Participation in Oceania events is mandatory, and performances from the 2026 Commonwealth Games and 2027 Pacific Games will be considered	

	<p>preparation for the Games</p> <ul style="list-style-type: none"> • No disciplinary issues 	<ul style="list-style-type: none"> • No disciplinary issues 		<p>to training and preparation for the Games</p> <ul style="list-style-type: none"> • No disciplinary issues 	<p>gold, silver or bronze placing in their respective event and/or team event.</p> <ul style="list-style-type: none"> • Commitment to training and preparation for the Games • No disciplinary issues 	<ul style="list-style-type: none"> • Receive an invitation from the IF or IOC – Universality or Tripartite • Commitment to training and preparation for the Games • No disciplinary issues
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Change History

Date	Version	Modified by	Description of change
5 th Oct 21	1.1	Desmond Kaviagu	<ol style="list-style-type: none"> 1. Added Control Version on Cover Page 2. Added Change History on Page 2 3. Added Table of Contents 4. Updated Organisation and Association Logos 5. Added Vaccination requirement in General Criteria and Eligibility Requirements, and Exclusions section
13 th Feb 23	1.2	Chris Amini	<ol style="list-style-type: none"> 1. Removed the 2023 Asian Games and replaced them with the 2023 Commonwealth Youth Games 2. Removed mandatory requirement for COVID-19 vaccination (2.3.5) 3. Removed – 2.5.5: COVID-19 vaccination no longer a requirement 4. Added – Exclusions (2.5): An endorsed athlete <u>May</u> not be replaced within forty-five (45) days of the opening ceremony of the respective Games. The dates outlined below indicate the date by which an athlete may not be replaced thereafter for the respective Games: The JC will only consider athlete replacements in the case of injuries, medical reasons or extenuating situations as outlined in 2.6. Replacement athletes can only be allowed if the replacement is on the long list and was previously endorsed by the JC. 5. Changed – 3.1.3: Added in Commonwealth Youth Games performance standards 6. Added – Appeal process: an athlete who was initially in the final team and was then omitted by the NF may appeal against omission. 7. Added – Appeal process: Scenario # 3 – If an athlete was initially endorsed and then later dropped by NF.
24 th of July 24	1.3	Armstrong Meli	<ol style="list-style-type: none"> 1. Update of games being considered under the Selection Policy. 2025 Pacific Mini Games (2026 Commonwealth Games, 2026 Youth Olympic Games, 2027 Pacific Games, 2028 Olympic Games, 2029 Pacific Mini Games, 2030 Commonwealth Games, 2031 Pacific Games, and 2032 Olympic Games 2. Changed – 2 Processes: Changed wording from selection to endorsement for the JC's Role of endorsing and not selecting 3. Changed – 2.2 Selection Process – Justification Committee to Endorsement Process-Justification Committee

			<ol style="list-style-type: none"> 4. Changed wording from “selecting” to “endorsing” 5. Changed – 2.4.1: Addition of “Performance Team to be notified of athletes being impacted to train 6. Changed – 2.4.1: Addition of “Fitness testing and Screening, Physiotherapy Screening and Medical Assessments” 7. Changed – 2.5.7: Addition of the New list of Games and deadlines for replacing athletes prior to games 8. Added – 4 Appeals: (Scenario 1) and Scenario 3 where an Athlete can appeal to the JC if the response from the NF is not satisfactory or they have not received a response from the NF within 14 days 9. Change – Performance Standards remain the same. The Games and dates were updated to current.
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**NATIONAL TEAM SELECTION
POLICY (AND STANDARDS)
2024-2028**

Document Control

Created by	Iwila Jacobs	2019
Amended	Willie Mavara Tamasi	16/3/22
Approved	Executive Committee	18/3/22
Amended	Coaching Committee	8/5/24 – 21/10/24
Approved	Executive Committee	28/10/24* *adjusted for new weight categories issued by IWF December 2024

PAPUA NEW GUINEA WEIGHTLIFTING FEDERATION INC.

National Team – Selection Policy (and Standards)

Introduction

1. This National Team Selection Policy has been approved by the Papua New Guinea Weightlifting Federation Inc (PNGWF) and agreed to by the PNG Olympic Committee (PNGOC). It provides details on the process by which PNGWF will arrive at athlete and officials nominations. Where the international event is governed by the PNGOC, the nominations will be submitted to the PNGOC for their justification process, for final endorsement to Team PNG.. Achievement by an athlete, of individual selection standards, detailed in this document, is therefore the first step by which nomination can be considered.
2. This policy applies to athlete and official nominations to PNGOC for the following Games:
 - a. Pacific Mini Games, including any Youth events
 - b. Pacific Games
 - c. Commonwealth Games, including Youth Games
 - d. Olympic Games, including Youth Games
3. This policy also applies for international events outside of the PNGOC responsibilities, including Oceania Championships, World Championships, and any other IWF (or OWF) approved competition. This policy does not apply to designated masters events.
4. PNGWF will nominate only those athletes that have qualified under the Weightlifting Specific Selection Standards stated below and the PNGOC's Selection Policies that should be read in conjunction with these Standards.
5. Entries per event are in accordance with International Weightlifting Federation (IWF) approved bodyweight categories and the number of entrants set by specific Games/events organisers.

PNG Olympic Committee General Selection Policies

1. PNGOC selects a Team that will perform with distinction at targeted events achieving high standards and maximising chances of success.
2. The PNGWF's Selection Policy is consistent with this aim.

Athlete Eligibility

1. The eligibility criteria set by PNGOC, must be met by all nominees (See PNGOC Athlete Selection Policy).
2. Where prospective Team Members do not automatically comply with the above, in terms of birth, or parent's birth, they will only be nominated for final selection if they receive prior approval from the PNGOC.

3. Athletes must be members of current financial members of PNGWF within the Selection Period. In practice this should mean the athlete is training and competing with a PNGWF recognised member club. Athletes that are based overseas may be recognised by the Executive Committee on a case by case basis.
4. Athletes must meet minimum age (calculated by year of birth) for participation as per the International Weightlifting Federation (IWF) Technical Rules.

Youth	13 – 17 years of age
Junior	15 – 20 years of age
Senior	15 years of age and over
Masters	30 years of age and over

Games Competition Format

1. IWF approved bodyweight categories (effective December 2024):
 - a. 16 bodyweight categories for senior & junior categories (8 Male & 8 Female),
 - b. 16 bodyweight categories for youth categories (8 Male and 8 Female).
 - c. 10 bodyweight categories at the Olympic level (5 Male and 5 Female). **TBC**

BODYWEIGHT CATEGORIES FOR INTERNATIONAL EVENTS							
Male Bodyweight Categories				Female Bodyweight Categories			
Seniors	Juniors	Olympic	Youths	Seniors	Juniors	Olympic	Youths
CAT	CAT	CAT	CAT	CAT	CAT	CAT	CAT
60kg	60kg	61kg	56kg	48kg	48kg	49kg	44kg
65kg	65kg		60kg	53kg	53kg		48kg
71kg	71kg	73kg	65kg	58kg	58kg	59kg	53kg
79kg	79kg		71kg	63kg	63kg		58kg
88kg	88kg	89kg	79kg	69kg	69kg	71kg	63kg
98kg	98kg	102kg	88kg	77kg	77kg	81kg	69kg
110kg	110kg	+ 102kg	98kg	86kg	86kg	+ 81kg	77kg
+ 110kg	+110kg		+98kg	+ 88kg	+88kg		+77kg

Medals:

1. There is one (1) medal opportunity available for Commonwealth Games, Commonwealth Championships, Oceania Championships and Olympic Games.
2. There are three (3) medal opportunities available for the World Championships, Pacific Games and Pacific Mini Games; One for the Snatch, One for the Clean and Jerk, and One for Total of the two lifts.

Sport Specific Selection Standards

1. Athletes must adhere to agreed standards of behaviour and discipline detailed within PNGWF Squad Policies.
2. Selection period for each Event will be 12 months prior to athlete nomination date unless the Event sets its own qualification period, such as the Olympic Games.
3. Minimum Qualifying Totals (MQT) as per tables below. Where a number of athletes make the MQT then those athletes may be required to compete against each other to determine final nominations.
4. Athletes are required to lift qualifying totals in their respective weight categories on two occasions, one of which must be within 12 months of the Games. The lifts can be made at any of the following Events:
 - Pacific/OWF Email Club Competitions
 - International World Club Email Competition
 - Oceania Senior, Junior, and Youth Championships
 - Commonwealth Senior, Junior, and Youth Championships
 - IWF Senior, Junior or Youth World Championships
 - PNGWF National Senior, Junior, and Youth Championships
 - PNG GamesPlus – On exception basis - outside competition at PNGWF Talent Identification Programs
5. Participation at PNGWF National Championships is mandatory if held within 12 months of Games, unless exemption given by PNGWF Executive Committee.
6. In order to maximise performance, PNGWF reserves the right to nominate two athletes in a specific weight category, if Games entry rules allow, which may be at the expense of a qualified athlete in another category.
7. Minimum Qualifying Targets (MQTs) – below:

MEN: YOUTH QUALIFYING TOTALS FOR INTERNATIONAL EVENTS (Subject to adjustment from time to time for changes in OWF, CWF or IWF Rankings)						
Bodyweight Category	1st top 5 TOTAL	OWFC	CWFC	YCG	YOG	IWF YWC
56kg	124	124	160	160	182	182
60kg	145	145	192	192	211	211
65kg	175	175	207	207	232	232
71kg	190	190	215	215	240	240
77kg	218	218	225	225	254	254
88kg	228	228	234	234	273	273
98kg	237	237	239	239	284	284
+98KG	244	244	238	238	269	269
MEN: JUNIOR QUALIFYING TOTALS FOR INTERNATIONAL EVENTS (Subject to adjustment from time to time for changes in OWF, CWF or IWF Rankings)						
Bodyweight Category	1st top 5 TOTAL	OWC	CWC	IWF JWC		
60kg	150	150	216	231		
65kg	190	190	235	259		
71kg	213	213	251	282		
79kg	225	225	272	300		
88kg	238	238	285	313		
98kg	250	250	293	322		
110kg	270	270	297	342		
+ 110kg	285	285	299	340		
MEN: SENIOR QUALIFYING TOTALS FOR INTERNATIONAL EVENTS (Subject to adjustment from time to time for changes in OWF, CWF or IWF Rankings)						
Bodyweight Category	PMG	PG	OWC	CWC	IWF WC	OLYMPIC GAMES
60kg	180	190	190	211	262	262
65kg	195	207	207	230	293	293
71kg	203	217	217	267	316	316
79kg	217	230	230	289	333	333
88kg	230	245	245	305	345	345
98kg	245	260	260	310	361	361
110kg	260	275	275	316	368	368
+ 110kg	275	290	290	311	385	385

WOMEN: YOUTH QUALIFYING TOTALS FOR INTERNATIONAL EVENTS (Subject to adjustment from time to time for changes in OWF, CWF or IWF Rankings)						
Bodyweight Category	1st top 5 TOTAL	OWFC	CWFC	YCG	YOG	IWF YWC
44kg	59	59	62	62	103	103
48kg	85	85	90	90	133	133
53kg	105	105	113	113	148	148
58kg	120	120	131	131	164	164
63kg	129	129	146	146	170	170
69kg	147	147	154	154	171	171
77kg	152	152	161	161	177	177
+ 77kg	153	153	158	158	173	173
WOMEN: JUNIOR QUALIFYING TOTALS FOR INTERNATIONAL EVENTS (Subject to adjustment from time to time for changes in OWF, CWF or IWF Rankings)						
Bodyweight Category	1st top 5 TOTAL	OWFC	CWFC	IWF WC		
48kg	96	96	130	130		
53kg	115	115	150	150		
58kg	127	133	164	183		
63kg	145	145	172	194		
69kg	154	154	183	198		
77kg	161	161	190	200		
86kg	170	170	181	207		
+ 86kg	177	175	185	189		
WOMEN: SENIOR QUALIFYING TOTALS FOR INTERNATIONAL EVENTS (Subject to adjustment from time to time for changes in OWF, CWF or IWF Rankings)						
Bodyweight Category	PMG	PG	OWC	CWC	IWF WC	OLYMPIC GAMES
48kg	105	110	110	129	160	160
53kg	125	135	135	145	180	180
58kg	132	157	157	161	203	203
63kg	146	168	168	173	219	219
69kg	159	176	176	181	220	220
77kg	173	183	183	189	234	234
86kg	175	185	185	191	229	229
+ 86kg	179	189	189	201	238	238

Olympic Games:

1. The IOC issues qualification standards and these must be met by the athlete. The target weights shown in the table are indicative only, based on the minimum weight that qualified for the 2024 Olympic Games.
2. Submissions for tripartite invitations will be done according to the PNGOC guidelines and requirements.

Development Events:

1. Where an event (senior, junior or youth) is designated as a development event up to 40% of the athletes may be outside the MQT by a maximum of 20kg. PNGWLF must demonstrate that the development athlete is in the target squad for future Games.

Other Factors

1. Athletes will have to undertake regular Health and Fitness checks during the selection period and prior to targeted Events.
2. Athletes will be expected to compete at the Events in the weight categories at which they achieved the Selection Standard and that they were selected in.
3. After meeting the MQT at a specific weight category, an athlete may prepare and compete at a different weight category during the remainder of the Selection Period, if it is deemed that it may enhance performance at targeted events.
4. All athletes will be expected to undergo regular Drug Testing in line with National Squad, PNGWF Competition requirements, IWF requirements, and any Games specific requirements

Selection Process

1. A selection panel is responsible for the selection of athletes to each Event. This selection is reviewed and endorsed by the Executive Committee of the PNGWF. [This panel to consist of three (3) persons including the National Coach, Technical rep, and PNGWF EC rep].
2. PNGWF will send their Final Nominations to PNGOC by nominated deadlines as set by the PNGOC.
3. Final Selection to the Events is dependent on receipt of relevant information required by PNGOC Justification Committee such as completion of the target events eligibility and other requirements.
4. For all IWF events the Preliminary Entries are published 3 months prior to the Target Event. PNGWLF to consider additional medal opportunities based on listed entries and advise PNGOC JC.
5. For all IWF events final verification of athletes is carried out online 7 days prior to the event (previously on day prior to event in person) At this stage an athlete may be moved to a different weight category where a place is available.

De-Selection/Anti-Doping

1. Athletes suspended by PNGWF as a result of ongoing or concluded Anti-Doping violation allegations will not be considered for selection, and if previously selected will be De-Selected from the targeted Event.
2. Athletes who do not adhere to the Drug Testing requirements of the National Squad or PNGOC will be dropped from targeted Event.
3. Athletes in breach of Team PNG and PNGWF Policies, Code of Conduct and Team Agreement may be de-selected.

Form and Fitness issues/Injury Management

1. Injury Management – Where form and fitness issues are identified at or after selection, a sport specific fitness test carried out by PNGWF and/or the High Performance Centre may be used to determine whether the athlete is capable of performing to the required level for the coming Event. The format will be determined by the PNGWF/Team PNG after discussion with PNG Weightlifting Team Management. This will be specific to weightlifting and the athlete's condition and may include input from Team PNG Medical Staff. Any selection or de-selection following such a test, will be FINAL.

Appeal Process - Athletes

1. PNGWF will notify all athletes in writing of their selection (within 7 days of advice from PNGOC Justification Committee). This notification will be made public to all athletes competing for selection. Athletes that are not selected may appeal against their non-selection.
2. An appeal process against non-nomination to Team PNG by PNGWF is entirely a matter of the athlete and PNGWF. This should be held in accordance with PNGWF's own appeal process (see below), but taking into consideration only the Team PNG Selection Policy and agreed sport specific selections standards and conditions.
3. An appeal must be a written appeal (in the form of a letter or email) and must include the grounds on which the appeal is being made. The appeal must be received by the Secretary of PNGWF within 14 days of date of selection notification.
4. Members of the PNGWF Appeals Committee will include three members of the PNGWF Executive, (for this purpose endorsement of the selection made by the Head Coach is not deemed a conflict) all of whom were not involved in the earlier decision. Any appeal will be considered in good time (usually 5 working days) and with athletes informed of the outcome.
5. If the athlete is not satisfied with the response from PNGWF Executive the athlete can write within 21 days (from the date of notification) to the PNGOC Justification Committee seeking advice. If an appeal is submitted to PNGOC by PNGWF or an athlete, a PNGOC Appeal Panel will consider the appeal as per their selection and appeal policy.
6. PNGWF and athletes have a right of appeal to the Disputes Tribunal (within 14 days of Justification Committee determination of appeal) in the final instance.

Appointment of Team Staff – International Events

1. Team Management and Coaching Staff will be appointed by PNGWF Executive Committee and nominated to the PNGOC (where applicable) with formal Justification and Profiles, where required.
2. PNG Team Coaching Staff ratio:
In so far as is possible, the PNG Team Staff will consist of the following ratios.

1-5 athletes:	Head Coach, Team Manager
6-10 athletes:	Head Coach, Team Manager, 1 Assistant Coach,
11-20 athletes:	Head Coach, Team Manager, 1 Assistant Coach, 1 Assistant Manager
21 + athletes:	Head Coach, Team Manager, 1 Assistant Team Manager 2 Assistant Coach

Coaching Staff

1. The specific needs of the weightlifting team and individual weightlifters are the primary concerns when selecting coaching staff.
2. Written applications for coaching positions will be called for prior to each event from current and active coaches who are accredited. ***From 1 January 2025 any coach at an international event must hold a minimum of a Level One – IWF Coaching License.***
3. All written applications will be reviewed and assessed according to the PNGWF Coach Selection Criteria by the Selection Committee, which is a sub-committee appointed by the PNGWF; comprised of individuals having no conflict of interest in the selections.
4. There is no limit to the number of times a person can be appointed to a representative coaching position.
5. Coaches who submit an expression of interest to join the PNGWF coaching team will go into the pool, from which the positions are drawn. At such time as additional coaches are required for the PNGWF coaching team, they will be appointed from the pool. If additional coaching staff are required, there may be further calls for coaches to submit an expression of interest.

Personal Coaches

1. Personal coaches who are in good standing with the PNGWF may be permitted, upon application, to assist in coaching their athlete/s at a national and/or international competition.
2. Applicants must provide the name of the weightlifter/s of whom they are the “primary coach” and obtain the athletes’ endorsement on the application form. [An active coach is defined as the coach responsible for preparing and supervising the training and competition programs for the named weightlifter/s. Where two or more coaches share coaching duties relative to any one athlete, the athlete will identify their “primary” coach and only the primary coach will be credited as the active coach of that athlete in regard to the Coach Selection Criteria].

Coach Selection Criteria

1. The purpose of the Coach Selection Criteria is to identify coaches who possess the qualities deemed by the PNGWF as those which are essential and who are the most qualified according to the Selection Criteria to fulfil the coaching positions provided within PNG Teams.
2. In addition, the Coach Selection Criteria attempts to provide avenues for active coaches to gain experience in Team Coaching positions.
3. The Selection Criteria is categorised in two sections – Experience and Activity. The weighting of criteria in these categories is relative to the particular Coaching position within the Team.

A. Experience related criteria

- (a) IWF/OWF/OSEP Accreditation. – IWF level One required at all IWF events from 1 Jan 2025
- (b) Previous Team Coaching Appointments at national levels
- (c) Previous Team Coaching Appointments at international levels
- (d) Personal coaches, traveling at their own expense, in the current calendar year and the previous 2 years will be given consideration in the future.

B. Activity related criteria

- (a) Standard of Athletes coached.
Experience in coaching athletes of particular levels of performance, as determined by the PNGWF Classification Standards, indicates a coach's ability to understand and meet the needs of athletes in different stages of their development. The assessment of coaches' involvement with the coaching of athletes is relative to the make-up of the prospective selected team.

4. Coaches who submit an application to be a PNG coach, must be a coach of a member club by January 31st of the year and have at least 12 months coaching experience within the association or club level.
5. Applicants must be the active coach of at least one athlete who is selected in the relevant team, where possible.

6. Selection criteria weighting

- 6.1. Head Coach – 70% Experience 30% Activity
 - (a) The Head Coach is the leader of the Coaching Staff and should be the highest qualified candidate from the pool in the areas of team coaching, competition procedure, time management, human resource management and communicating with Team Managers and competition officials.
 - (b) The Head Coach is required to gain knowledge of the team members' current training regimes and fitness levels and provide advice, where necessary, to the athletes preparing to compete in the team and their personal coaches. Head coaches should also be actively training athletes.

- (c) The Head Coach must be available for the duration of the trip.
- (d) Where two or more coaches attain an equal in regard to the selection for the position of Head Coach, the assessment of "Experience" will take precedence.

6.2. Assistant Coach – 50% Experience 50% Activity

- (a) The Assistant Coach requires sufficient experience to support the Head Coach at the event in areas related to team coaching and should also be substantially active in the regular coaching of athletes selected in the team.
- (b) The Assistant Coach will be mostly engaged in assisting the Head coach in the practical coaching of athletes at the event and should be substantially active in the regular coaching of athletes selected in the team.
- (c) Where two or more coaches attain an equal point score in regard to the selection for the position of Assistant Coach, the coach with the most previous experience will be selected.

6.3 Team Manager

- (a) The Team Manager is the team leader, and is responsible for logistical arrangements to participate in the event including entries, travel. Accommodation, visas, uniforms, perdiems/meals, managing team events including squad training sessions and the team logistics surrounding the competition (time management, human resource management, communication with the head coach and competition officials prior to and during the running of the competition).
- (b) The Team Manager will also make themselves available to assist with coaching when needed.

Appeal Process - Coaches

1. Any coach may appeal their non-selection on the basis that, in the specific case, their claim for selection to be done on merit, according to the selection criteria, than that of a coach who is selected.
2. All appeals must be made in writing and lodged with the PNGWF Secretary within three (3) days of the announcement of the selections.
3. The appeal must provide details in support of their claim for selection in accordance with the selection criteria.
4. Upon receipt of an appeal, the PNGWF Executive will be required to provide a written submission to the PNGWF Selection Committee in support of its decision.
5. Within seven (7) days of receipt of an appeal, the Selection Committee will convene to consider the submissions of the appellant and PNGWF Executive and decide the appeal.
6. In the eventuality that the appeal is unsuccessful, the PNGWF Executive will ratify the decision of the Selection Committee by appointing the nominated coaches.

7. In the eventuality of the Selection Committee upholding the appeal, the appellant will be deemed to be selected and the Executive Committee will be instructed to nominate which of the previously selected coaches is to be replaced by the successful appellant.
8. Any coach who is replaced due to a successful appeal may lodge their own appeal of this decision. Any such appeal must be made on the grounds that their claim for selection is more meritorious, according to the selection criteria, than that of the successful appellant, and lodged in accordance with this policy.

Communication of Policy

All athletes and member clubs of PNGWL should have access to this policy. It is a requirement of membership that athletes are educated on the policy so that they understand the standards required to be met.