



**SELECTION CRITERIA FOR THE
NORTHERN IRELAND
POWERLIFTING TEAM**

PERFORMANCE CRITERIA

Lifters must have participated in an official NIPF or BP -sanctioned competitions within the past 12 months.

Lifters will be evaluated based on their best total for the squat, bench press, and deadlift combined.

MEMBERSHIP REQUIREMENT

Lifters must possess a valid and active NIPF membership at the time of selection.

BAN-FREE STATUS

Lifters must not be serving any bans or suspensions imposed by the NIPF or any other powerlifting or tested organisation.

GOOD STANDING WITH NIPF

Lifters must have maintained a positive and respectful relationship with the NIPF and its officials.

PERFORMANCE CONSISTENCY

Preference will be given to lifters who have demonstrated consistent improvement or competitive results over the past 12 months.

ETHICAL CONDUCT

Lifters must adhere to the NIPF's code of conduct and ethics both in and out of competitions.

COMPLIANCE WITH ANTI-DOPING REGULATIONS

Lifters must comply with the NIPF's anti-doping regulations and any relevant drug testing requirements.

CONTRIBUTION TO THE SPORT

Lifters who have actively supported the growth and development of powerlifting, such as volunteering or coaching, may receive favourable consideration.

HEALTH AND FITNESS

Lifters must be physically fit and healthy, capable of performing at their best during the event.

COMMUNICATION AND AVAILABILITY

Lifters must promptly respond to NIPF communication and be available for team meetings, practices, and events.

SPORTSMANSHIP AND INTEGRITY

Lifters must exhibit sportsmanship, fairness, and integrity in all interactions related to powerlifting.

POTENTIAL TO REPRESENT

Lifters must demonstrate the potential to represent the NIPF and Northern Ireland powerlifting at a competitive level.

COACH RECOMMENDATIONS

Recommendations from certified coaches familiar with the lifter's training and performance may be considered.

SUBMISSION OF APPLICATION

Lifters must submit a formal application for selection, including relevant performance data and achievements from the past 12 months.

SELECTION PANEL

Selection decisions will be made by a designated panel of NIPF officials and coaches.

APPEALS PROCESS

Lifters have the right to appeal any selection decisions through the established NIPF appeals process.

TRANSPARANCY

Selection criteria and the rationale behind decisions will be communicated clearly to all applicants.

EQUAL OPPORTUNITY

Selection process will ensure equal opportunity for all eligible lifters regardless of gender, age, or background.

REPRESENTATION BALANCE

The selection process aims to achieve a balanced representation of different weight classes and divisions in the NIPF powerlifting team.

DEADLINE AND NOTIFICATION

Lifters will be notified of their selection status by a specified date after the completion of the selection process.

THESE CRITERIA ARE SUBJECT TO CHANGE AND MAY VARY DEPENDING ON THE NIPF'S POLICIES AND REGULATIONS.