

**SINGAPORE WEIGHTLIFTING FEDERATION**  
**SELECTION POLICY FOR THE 2019 SEA GAMES**

1. Objective
  - 1.1.1 To be recognized as part of development strategy of establishing a pipeline of athletes for progression towards high performance excellence and as such, nurture, support and prepare athletes who are selected for the 2019 SEA Games Competing Team in achieving their personal best and SWF targets.
  - 1.1.2 To be transparent and accountable to all stakeholders on communication of timelines and selection process.
  - 1.1.3 To select the best athletes for nomination to the Singapore National Olympic Council (SNOC) for participation in the 2019 SEA Games. The final selection for 2019 SEA Games remains at the discretion of SNOC.
2. Eligibility Criteria
  - 2.2 To be eligible for selection to the 2019 SEA Games Competing Team, an athlete
    - (a) Must be a Singapore citizen and eligible to represent Singapore in international sports competitions.
    - (b) Must be a valid member of the Singapore Weightlifting Federation.
    - (c) May or may not have been nominated for other international competitions by the Singapore Weightlifting Federation.
    - (d) Must possess knowledge of and display the ability to execute the 2 required Olympic Lifts, i.e. the Snatch and the Clean & Jerk.
    - (e) Must show interest in representing Singapore at the 2019 SEA Games.
    - (f) Must have read and agreed to the terms & conditions as spelt out in SWF's Athlete's Agreement.
3. Selection for national representation at the 2019 SEA Games is a 2-stage process.
  - Stage A involves selection into SEA Games competing team (Maximum of 4 Men and 6 Women)
  - Stage B involves selection for the final athletes for nomination to SNOC to represent Singapore at SEA Games.
- A. Stage A – Selection Criteria for SEA Games Competing Team
  - A.1 The selection period for all eligible athletes is from 1<sup>st</sup> August 2018 to 30<sup>th</sup> July 2019.
  - A.2 This Team represents the squad of prospective athletes shortlisted for consideration for final nomination to the SNOC and will consist of a maximum of 4 Men and 6 Women.

- A.3. In addition to the Eligibility Criteria as defined in Para 2.2, the Selection Committee will take into consideration an athlete's performance during the National Athlete Assessment Sessions conducted at the SWF Training Centre on quarterly basis (dates to be confirmed and posted on SWF website). The performance benchmarks (i.e. Total Lifts = Snatch + Clean & Jerk) for the respective categories are defined as follows:

<b>Men</b>	<b>Total Lift</b>	<b>Women</b>	<b>Total Lift</b>
<b>55kg</b>	248 Kg	<b>45kg</b>	155 Kg
<b>61kg</b>	274 Kg	<b>49kg</b>	172 Kg
<b>67kg</b>	210 Kg	<b>55kg</b>	179 Kg
<b>73kg</b>	220 Kg	<b>59kg</b>	183 Kg
		<b>64kg</b>	185 Kg
		<b>71Kg</b>	192 Kg

- A.3 As a member of the SEA Games Competing Team, the athlete may be selected to compete in the following competitions as part of his/her training and competition development:

- (a) Regional Weightlifting Championships - *ad-hoc invitations between July 2018 and August 2019*
- (b) Commonwealth Senior & Junior Weightlifting Championships – 2019
- (c) FISU World University Weightlifting Championship – 2019
- (d) Asian Weightlifting Championships – 2019
- (e) Overseas Training Camps

- A.4 As a member of the SEA Games Competing Team, all Singapore based athletes will be required to maintain 80% attendance record of supervised training from date of selection conducted by the Head Coach at the National Training Centre.

- (a) In the case of absence due to injury or illness, the athlete has to produce a medical certificate from a qualified physician.
- (b) The athlete has to refer any request for early release for training from his/her school/employer to SWF.
- (c) Athlete who is unable to attend the supervised training sessions must inform the Head Coach in advance.

**B. Stage B - Selection Criteria of Final Athlete(s) for Nomination to SNOC for SEA Games**

- B.1 From the SEA Games Competing Team, a nomination will be made to SNOC to represent Singapore in the sport of Weightlifting in the 2019 SEA Games.

B.2 This nomination will be based on the athlete's performance record up till the time of SNOC nomination, in relation to the following Qualifying Criteria <sup>\*\*</sup>(3<sup>th</sup> - 5<sup>th</sup> placing, total lifts from previous SEA Games) set by SNOC:

Category	Qualification Total
<b>Women</b>	
45 Kg	155 Kg
49 Kg	172 Kg
55 Kg	179 Kg
59 Kg	183 Kg
64 Kg	185 Kg
71 Kg	192 Kg
<b>Men</b>	
55 Kg	248 Kg
61 Kg	274 Kg
67 Kg	210 Kg
73 Kg	220 Kg

B.2.1 Previous SEA Games results for reference.

Category	Nation	Position	Total Results
<b>Women</b>			
48 Kg	INA	1	188 Kg
	THA (*)	2	177 Kg
	VIE	3	176 Kg
	MYA	4	171 Kg
53 Kg	MYA	1	202 Kg
	VIE	2	191 Kg
	INA	3	191 Kg
	MAS (**)	4	177 Kg
58 Kg	THA (*)	1	225 Kg
	PHI	2	224 Kg
	VIE	3	201 Kg
	MAS (**)	4	181 Kg

63 Kg	THA (*)	1	231 Kg
	INA	2	209 Kg
	VIE	3	201 Kg
	INA	4	200 Kg
	MAS (**)	5	169 Kg
69 Kg	THA (*)	1	225 Kg
	MYA	2	209 Kg
	MAS (**)	3	188 Kg
<b>Men</b>			
56 Kg	VIE	1	269 Kg
	INA	2	267 Kg
	THA (*)	3	259 Kg
	MAS (**)	4	258 Kg
	PHI	5	253 Kg
62 Kg	VIE	1	307 Kg
	INA	2	306 Kg
	MYA	3	284 Kg
	MAS (**)	4	279 Kg
	THA (*)	5	260 Kg
69 Kg	INA	1	312 Kg
	THA (*)	2	310 Kg
	VIE	3	306 Kg
	MAS (**)	4	281 Kg
	TLS	5	160 Kg
77 Kg	INA	1	325 Kg
	VIE	2	307 Kg
	MAS (**)	3	295 Kg
	TLS	4	165 Kg

(\*) Nation and athletes are eliminated from 2019 SEA Games due to multiple anti-doping rule violations in 2018.

(\*\*) Nation and athletes may be eliminated from 2019 SEA Games due to multiple anti-doping rule violations in 2018.

B.3 The final selection of athletes for 2019 SEA Games remains at the discretion of SNOC.

4. Selection Committee

4.1 The Selection Committee will comprise the following 3 SWF EXCO members:

- (a) SWF Vice President
- (b) SWF General Secretary
- (c) SWF Technical & Development Official

- 4.2 This Committee's role is to conduct the evaluation and selection of athletes to be included in the SEA Games Training Team and eventual final nomination to SNOC for the 2019 SEA Games.
  
5. Appeal against non-selection
  - 5.1 The non-selection of the individual can be appealed in writing (as per SWF's Athlete Agreement Schedule E), with justifications and supporting documents where applicable, to the Singapore Weightlifting Federation's Selection and Appeal Committees within 5 days of the announced Selection List.
  - 5.2 A non-refundable administration fee of S\$150.00 will be levied and is payable by cheque. This payment is to be included with the Appeals submission.
  - 5.3 The Appeal Committee is to convene a hearing of the appeal within 5 days of receipt of the appeal application.
  - 5.4 The Selection and Appeal Committees will issue a joint response in writing of its final decision with justifications to the Athlete's appeal within 2 days of the hearing.
  - 5.5 The Appeal hearing and judgment must be completed before the dateline for athlete nominations to SNOC.
  
6. Appeal Committee
  - 6.1 The Appeal Committee will comprise of the following:
    - (a) SWF President - Tom Liaw
    - (b) 2 Independent Representatives (To Be Named)
  - 6.2 This Committee's role is to review any athlete's appeal against not being selected for the 2019 SEA Games nomination to SNOC.
  - 6.3 The Committee reserves the right to over-rule the Selection Committee's decision.
  
7. Athlete's Code Of Conduct
  - 7.1 Athletes once selected are to uphold the values and adhere to guidelines as spelt out in the SWF's Athlete's Code of Conduct (*refer* SWF Athlete's Agreement Schedule A). Failure to satisfy these criteria may result in the athlete being suspended or being removed from the SEA Games Training Team entirely.



**Documents To Be Included In the Appeal Application (*where applicable*)**

**Progress Chart**

*To be obtained from coaching staff for validation of training, assessment and competition performance.*

**Coach's Report**

*Applicable testimonial and/or Coach's recommendation for selection or non-selection.*

**Medical Certificate/ Attendance Record**

*Required if athlete was unable to attend competition(s), assessment session(s) or training session(s).*

**Copy of Passport/Visa**

*Required if athlete was unable to attend competition(s), assessment session(s) or training session(s) due to overseas travel.*

*For internal records*

Appeals Committee's Decision: <input type="checkbox"/> Approved <input type="checkbox"/> Denied		
Comments/Notes:		
Date:	Submitted By:	Signature:

(End of Schedule E)