

**SINGAPORE WEIGHTLIFTING FEDERATION**  
**SELECTION POLICY FOR THE 2021 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 2021 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 2021 SEA Games. The final selection for 2021 SEA Games remains at the discretion of SNOC.

**2. Eligibility Criteria**

- 2.2 To be eligible for selection to the 2021 SEA Games Competing Team, an athlete

- (a) Must be a Singapore citizen (and should not be holding dual citizenship if they are above 21 years old at the time of nomination) 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 2021 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 2021 SEA Games is a 2-stage process.
  - Stage A involves selection into SEA Games competing team (Maximum of 7 Men and 7 Women)
  - Stage B involves selection for the final athletes for nomination to SNOC to represent Singapore at the SEA Games.

**A. Stage A – Selection Criteria for SEA Games Competing Team**

- A.1 The selection period for all eligible athletes is from 1 October 2020 to 30 September 2021.

- 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 7 Men and 7 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's website or social media platform). The performance benchmarks (i.e, Total Lifts = Snatch + Clean & Jerk) for the respective categories are defined as follow:

<b>Men</b>	<b>Total Lift</b>	<b>Women</b>	<b>Total Lift</b>
<b>55kg</b>	250 Kg	<b>45kg</b>	159 Kg
<b>61kg</b>	283 Kg	<b>49kg</b>	172 Kg
<b>67kg</b>	287 Kg	<b>55kg</b>	175 Kg
<b>73kg</b>	300 Kg	<b>59kg</b>	177 Kg
<b>81kg</b>	307 Kg	<b>64kg</b>	186 Kg
<b>89kg</b>	325 Kg	<b>71Kg</b>	203 Kg
<b>+89kg</b>	312 Kg	<b>+71kg</b>	208 Kg

- A.4 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:
- Regional Weightlifting Championships - *ad-hoc invitations between August 2020 and September 2021*
  - Asian Weightlifting Championships – 2021
  - Overseas Training Camps
- A.5 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.
- In the case of absence due to injury or illness, the athlete has to produce a medical certificate from a qualified physician.
  - The athlete has to refer any request for early release for training from his/her school/employer to SWF.
  - 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 at the 2021 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 **\*\***(3<sup>th</sup> – 5<sup>th</sup> placing, total lifts from previous SEA Games) set by SNOC:

<b>Category</b>	<b>Qualification Total</b>
<b>Women</b>	
45 Kg	159 Kg
49 Kg	172 Kg
55 Kg	175 Kg
59 Kg	177 Kg
64 Kg	186 Kg
71 Kg	203 Kg
+71 Kg	208 Kg
<b>Men</b>	
55 Kg	250 Kg
61 Kg	283 Kg
67 Kg	287 Kg
73 Kg	300 Kg
81 Kg	307 Kg
89 Kg	325 Kg
+89 Kg	312 Kg

- B.3 The final selection of athletes for 2021 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 2021 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 2021 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.

## ADDENDUM TO QUALIFICATION

Due to the Covid-19 pandemic which prevents the athletes' ability to compete to achieve their performances to meet the qualifying benchmark above, the following qualifications will be considered under this extenuating circumstances.

The National Championship, Athletes' Assessments & Trial Selection Sessions will be held as benchmark qualifications.

Category	Qualification Total
<b>Women</b>	
45 Kg	143 Kg
49 Kg	154 Kg
55 Kg	157 Kg
59 Kg	159 Kg
64 Kg	167 Kg
71 Kg	182 Kg
+71 Kg	187 Kg
<b>Men</b>	
55 Kg	225 Kg
61 Kg	254 Kg
67 Kg	258 Kg
73 Kg	270 Kg
81 Kg	276 Kg
89 Kg	292 Kg
+89 Kg	308 Kg

SCHEDULE E  
*(Extracted from SWF's Athlete Agreement)*  
**APPEAL APPLICATION AGAINST NON-SELECTION**

**Name:** \_\_\_\_\_ **IC/PP No:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Contact Numbers:** \_\_\_\_\_ **(H/P)** \_\_\_\_\_ **(Home)**

**Home Address:** \_\_\_\_\_  
\_\_\_\_\_

**Appeal/Justifications:**

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**Date Of Submission:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**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)