



QUEENSLAND WEIGHTLIFTING ASSOCIATION

State Championships Exemption Policy 15/3/2019

The purpose of the QWA State Championships Exemption Policy is to provide guidelines surrounding the rationale and requirements of applications for exemption from competing at State Championships whilst remaining eligible to compete at Nationals.

1. OBJECTIVES

- 1.1 To ensure that QWA athletes are not prevented from representing their State at National Championships if they find that they are unable to compete at their respective State Championships.
- 1.2 Enable the QWA Selections committee to select the athletes to represent Queensland who demonstrate weightlifting abilities of a standard appropriate to the specific competition for which selections are made.
- 1.3 Enable the QWA Selections committee to nominate the team or teams to represent Queensland which are perceived to have the best chance of success in the competition for which selections are made.

2. ELIGIBILITY TO COMPETE AT NATIONAL CHAMPIONSHIPS

- 2.1 Any QWA Member wishing to compete in National Championships or Tournaments must be in good standing with his/her club, the QWA, and the AWF and must meet all of the entry requirements of the particular event for which selections are made.
- 2.2 Any QWA Member wishing to compete in National Championships or Tournaments must have competed in the relevant Queensland Championship event conducted in the same calendar year as that of the event for which selections are made, i.e.:-
 - 2.2.1. to be eligible to be entered in the National Senior Championships, members must compete in the Queensland Senior Championships of that year;
 - 2.2.2 to be eligible to be entered in the National Junior Championships, members must compete in the Queensland Junior Championships of that year;
 - 2.2.3 to be eligible to be entered in the National Youth Championships, members must compete in the Queensland Youth Championships of that year;
 - 2.2.4 to be eligible to be entered in the National Under 15 Championships, members must compete in the Queensland Under 15 Championships of that year;
 - 2.2.5 to be eligible to be entered in the National Masters Championships, members must compete in the Queensland Masters Championships of that year;
- 2.3. The QWA Selection Committee may consider for selection any member who has not competed in the relevant Queensland Championship event, provided that they either entered the event, or applied for

exemption, via the online registration process prior to the closing date for entries; and their non-participation was due to:

- 2.3.1 Where an athlete is unable to participate in the relevant Queensland Championship event due to being selected by the Australian Weightlifting Federation to compete in an International Weightlifting Federation event, he or she will be **approved an automatic exemption**. This exemption applies where the International event is within a period of three weeks prior to and three weeks after the relevant Queensland Championship event.
- 2.3.2 acute or severe injury or acute or severe illness,
- 2.3.3 circumstances reasonably considered to be beyond the member's control;
- 2.3.4 or in respect of members living outside South East Queensland that participation in the event would have caused the member economic hardship;
- 2.3.5 that the member has been selected to compete in another event on the same date or around the dates as the QWA event where that other event is of a higher level eg National Championships of Sport XYZ.

3. APPLICATION PROCEEDURE

- 3.1 Where an exemption is requested, the onus is on the member to substantiate any request for consideration and to provide such substantiation at the time of application and no later than three (3) days after the conclusion of the relevant Queensland Championship event.
- 3.2 Exemptions requested for "acute or severe injury or acute or severe illness" must be accompanied by documentation from a relevant medial professional – Medical certificate from a GP or Medical Specialist in the case of illness/injury; or a letter from a Physiotherapist in the case of injury. Copies of xrays/scans or imaging reports will not be accepted in place of the above required documentation.
- 3.3 Exemptions relating to 2.3.5 must be accompanied by a signed letter on letterhead.
- 3.4 All requests for exemption must be made on the QWA Exemption Request form (Appendix A); and proof where applicable provided supporting the category under which exemption is sought.
- 3.5 Selections from athletes requesting exemption will only be considered if the athlete has completed the online registration process for the State Championships and paid the applicable fee – 50% of competition entry fee.

4. APPLICATION ASSESSMENT

- 4.1 Approval of exemptions are **not guaranteed**. Each application will be assessed against criteria in the policy above.
- 4.2 No refunds of full or discounted rate competition entry fee payments are applicable.
- 4.3 Applications will be assessed in the first instance by the QWA Selections Committee. Recommendations will then be taken to the QWA Management Committee for endorsement.
- 4.4 Athletes will be informed of the status of their applications as soon as possible after they have been received at the QWA Office.