



2026 Australian Weightlifting Championships U15 & Youth Qualification Policy

ELIGIBILITY

Have a current Membership

Age

Athletes must be a minimum of 13 years as of the 31 December 2026.

Competing in QWA competitions

Athletes are required to compete in the 2026 Queensland State U15 & Youth Championships, and at least one other QWA competition during the qualifying period.

Athletes who have extenuating circumstances, may apply for an exemption from competing at the State Championships.

QUALIFYING

Athletes that achieve the necessary qualifying standard* within the qualifying period will be eligible to nominate for the Queensland team.

Achieve Entry Standard

Athletes who achieve the qualifying standard for their nominated event during the period 26th December 2025 – 28th June 2026 are eligible for selection for the Australian Weightlifting Championships in that event.

ADDITIONAL NOTES

The Queensland Weightlifting Association reserves the right to amend this Selection Criteria in circumstances where the rules governing the event are amended by the event organisers (Australian Weightlifting Federation) or further information comes to hand. Any such amendments or further information will be added to the Queensland Weightlifting Association website (www.qwa.org) as soon as it becomes available.

Athletes may enter in multiple event age groups if an athlete has achieved the relevant qualification entry standard.

An athlete may enter an age group higher than their own provided an athlete has achieved the relevant qualification standard for the higher age.

*

AWF Minimum Qualifying Standards – Men – Applicable to events held AFTER 1 August 2026.

GRADE	55*	60	65	70	75	85	95	+95*	110	+110
Youth National	105	112	118	124	130	139	147	154	-	-

* The 55kg and +95kg categories and Totals apply to Youth events only.

AWF Minimum Qualifying Standards – Women – Applicable to events held AFTER 1 August 2026.

GRADE	45*	49	53	57	61	69	77	+77*	86	+86
Youth National	85	90	95	100	104	111	117	122	-	-

* The 45kg and +77kg categories and Totals apply to Youth events only.