



National Team Program Eligibility and Participation Policy

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Effective as of January 1, 2026

1. INTRODUCTION

USA Weightlifting's ("USAW") National Team Program ("NTP") is designed to (1) support the most competitive athletes at the senior international level *and* (2) develop a strong pipeline of promising athletes for the future. Qualification for the NTP is based on an athlete's ability to meet USAW's A and B Standards, which index U.S. athletes' results to the top lifters in the world by age group, gender, and weight category. Athletes who qualify for the NTP, and their coach, receive varying levels of benefits and support from USAW and are subject to specific requirements.

2. DEFINITIONS

A and B Standards: performance standards (based on total) for each IWF age group (Senior, Junior, Youth) and IWF bodyweight category (as such bodyweight categories are published in the then-current IWF Technical and Competition Rules and Regulations), set and published by USAW on an annual basis.

Athlete Support Funding: financial support paid directly from USAW to a qualified athlete monthly. Payments are made no later than the second business day of the month.

Bi-Monthly: once every two months.

Bi-Weekly: once every two weeks.

Calendar Year: January 1 through December 31 of any given year.

Coach 1: The individual listed as Coach 1 in the athlete's official USAW membership account.

Competition Outfitting: USAW issued apparel for use in international competition, including specific outfitting for introductions, competition, medal ceremonies, and competition-related media appearances. For a detailed description of these appearances, refer to the Team Declaration document.

Competition Period: A specific date range defined by USAW for each international competition in which USAW enters a team. During this period, USAW will pay for accommodations, meals, and ground

transportation expenses for specified participants. The specific date range is defined by USAW based on factors including, but not limited to, athlete recovery and adjustment times needed based on the length (and number of time zones) of travel, and any pre-competition team activities such as a training camp.

EAH: Elite Athlete Health Insurance. The United States Olympic and Paralympic Committee (USOPC) provides health insurance benefits through a proprietary insurance program (known as EAH) to a limited number of NTP Gold and Silver tier athletes. EAH coverage takes effect January 1st of each year and remains with the enrolled athlete for the entirety of the Calendar Year.

FISU: Fédération Internationale du Sport Universitaire

IWF: International Weightlifting Federation.

Fully Funded: USAW will pay for the cost of airfare, ground transportation, travel visa (if applicable), housing, food, team outfitting, and entry fees for the relevant competition.

National Team Coach: An individual designated by USAW as a coach in the NTP.

NTP: National Team Program.

NTP Period: a defined date range in which an athlete participates in the NTP.

PAWF: Pan American Weightlifting Federation.

Qualified Performance Expenses: Training and recovery-related expenses that are pre-approved by USAW, paid by the athlete, and reimbursed by USAW. Unused quarterly limits for such expenses do not accrue nor rollover to future quarters. Expenses must meet the following requirements to be reimbursed as a Qualified Performance Expense:

1. The expense is for a product or service directly related to weightlifting training or recovery; and
2. The expense is pre-approved in writing (email or text is sufficient) by a member of the USAW Sport Performance Team; and
3. The expense is paid for by the athlete during the relevant quarter; and
4. The reimbursement request is submitted to USAW no later than seven (7) calendar days following completion of the relevant quarter.

Qualifying Event: a named competition at which a total must be achieved to qualify for the NTP, provided that the event falls within the relevant Qualifying Period. See Section 4 below.

Qualifying Period: a defined date range in which an athlete must achieve a total at a Qualifying Event to be eligible for the NTP. Totals achieved at a Qualifying Event during the period will be used to rank and/or qualify athletes for the different NTP levels. See Section 5 below.

Sporting Age: determined by subtracting the athlete's birth year from the competition year and reflects the age the athlete will attain by December 31 of that year.

Sport Performance Team: USAW employees whose function is within USAW's Sport Performance department.

USOPC Direct Athlete Support (USOPC DAS): The U.S. Olympic and Paralympic Committee (USOPC) is partnering with USAW to provide additional financial support to certain NTP athletes via its Direct Athlete Support Program. Payment is made directly from the USOPC (not USAW) to six eligible athletes in the amount of \$1,500 per month, which is in addition to Athlete Support Funding paid by USAW. Athletes qualifying for USOPC DAS are as follows:

- For January 1, 2026 through December 31, 2026:
 - The top three ranked Gold Level athletes per gender, as ranked by percentage of A Standard (calculated to the thousandths decimal place) will receive USOPC DAS for the relevant NTP Period.
 - If less than three athletes in one gender have achieved the Gold Level, then the unallocated USOPC DAS support for that gender will be reallocated to the other gender for the relevant NTP Period.

3. NATIONAL TEAM PROGRAM LEVELS, CRITERIA, BENEFITS, AND REQUIREMENTS

Athletes may qualify for the following NTP levels according to the relevant criteria. Each NTP level has associated benefits and requirements, as described below.

Gold Level

Criteria

- Top six athletes per gender, regardless of weight category, achieving the Senior A Standard in their weight category at a Qualifying Event during the Qualifying Period. Qualified athletes are ranked based on the percentage of A Standard (calculated to the thousandths decimal place).
- Athletes that achieve the Senior A Standard but are outside the top six overall athletes in their gender are eligible for the Silver Level.
- If fewer than six total athletes in a gender achieve the Senior A Standard during a specific Qualifying Period, then only those athletes achieving the Senior A Standard qualify for the Gold Level.

Benefits

- \$3,500/month Athlete Support Funding.
- Eligible to be ranked for potential USOPC DAS funding (as defined and detailed above).
- \$2,500/quarter reimbursement for Qualified Performance Expenses (as defined above).
- USAW National Team outfitting upon the athlete's first NTP qualification in a given Calendar Year.
- Bi-Weekly consultation with a National Team Coach.
- Up to two meetings per month with USAW Sport Psychology service provider(s). (Note: additional meetings with USAW Sport Psychology service provider(s) can be submitted for reimbursement as a Qualified Performance Expense.)
- Up to two meetings per month with USAW Sports Nutrition service provider(s).

- Monthly biomechanics analysis and review of snatch and clean & jerk.
- Participation in NTP athlete training camps. Athlete is Fully Funded to any mandatory USAW camp.
- Priority rankings and invitations to any special IWF events outside world/continental championships that USAW deems appropriate for development or participation.
- NTP banner for club to recognize the athlete and club for achieving this level.
- Registration fee for athlete at each USAW National event held during the NTP Period.
- A \$25 registration fee credit for Coach 1 at each USAW National event held during the NTP Period.
- USAW National Team outfitting for Coach 1 upon the athlete's first NTP qualification in a given Calendar Year.
- Bi-Weekly Coach 1 consultation with a USAW National Team Coach.
- Quarterly virtual meetings for Coach 1 to engage with other NTP coaches, USAW National Team Coaches, and USAW Sport Performance Team.
- First priority for USOPC Elite Athlete Health Insurance (EAHI) program (subject to USOPC conditions and approval).
- Athlete and their Coach 1 are Fully Funded, for the applicable Competition Period, to any IWF World Championships (Youth, Junior, or Senior) and the PAWF Pan American Championships (Senior) for which they have qualified and accepted selection.
- In the event the athlete does not successfully register a total in the 2026 IWF (Senior) World Championship, USAW will Fully Fund their attendance to an additional event in 2026 designated by the IWF as an Olympic Qualifier. Coach 1 may elect to attend the Olympic Qualifier self-funded.¹
- Any additional IWF or PAWF sanctioned competitions during the relevant calendar year are self-pay.

Requirements

- Bi-Weekly performance and wellness data entry into USAW's Athlete Management System.
- Bi-Weekly consultation with a USAW National Team Coach.
- Monthly check-in with USAW Sport Psychology service provider(s).
- Monthly check-in with USAW Sports Nutrition service provider(s).
- At least one biomechanics analysis session per month for each of the snatch and clean & jerk.
- Attendance at all mandatory USAW training camps. USAW will provide no less than 60-day advance notice for such camps.
- Coach 1 full attendance at Bi-Weekly consultations with a USAW National Team Coach.

¹ At the time of this publication, the IWF has not published the Olympic Qualifying System, but indicated an Olympic qualifying event will occur in December 2026. USAW Sport Performance holds the position that competing in short succession following the IWF World Championship in Ningbo, China is not aligned with optimal performance outcomes. However, in the interest of protecting athletes who have demonstrated the highest level of performance in the National Team Program, USAW will ensure any Gold level athlete in need of a competition total at an Olympic qualifying event will be supported with funding.

Silver Level

Criteria

- Top six athletes per gender achieving either (1) the Senior A Standard in their weight category at a Qualifying Event during the Qualifying Period and are outside the top six (Gold Level) *or* (2) the Senior B Standard in their weight category at a Qualifying Event during the Qualifying Period. Qualified athletes are ranked based on percentage of A Standard (calculated to the thousandths decimal place).
- If an athlete achieves this level but is outside the top six qualified athletes, and their Sporting Age is 23 years old or younger, they are eligible for the Bronze Level.

Benefits

- \$1,000/month Athlete Support Funding.
- \$500/quarter reimbursement for Qualified Performance Expenses (as defined above).
- USAW National Team outfitting upon the athlete's first NTP qualification in a given Calendar Year.
- Bi-Weekly consultation with a USAW National Team Coach.
- Up to two meetings per month with USAW Sport Psychology service provider(s). (Note: additional meetings with USAW Sport Psychology service provider(s) can be submitted for reimbursement as a Qualified Performance Expense.)
- Up to two meetings per month with USAW Sports Nutrition service provider(s).
- Monthly biomechanics analysis and review of snatch and clean & jerk.
- Participation in NTP athlete training camps. Athlete is Fully Funded to any mandatory USAW training camp.
- Secondary priority rankings and invitations to any special IWF events outside world/continental championships that USAW deems appropriate for development or participation.
- NTP banner for club to recognize the athlete and club for achieving this level.
- Registration fee for athlete at each USAW National event held during the NTP Period.
- A \$25 registration fee credit for Coach 1 at each USAW National event held during the NTP Period.
- USAW National Team outfitting for Coach 1 upon athlete's first NTP qualification in a given Calendar Year.
- Bi-Weekly Coach 1 consultation with USAW National Team Coaches.
- Quarterly virtual meetings for Coach 1 to engage with other NTP coaches, USAW National Team Coaches, and USAW Sport Performance Team.
- Secondary priority for USOPC Elite Athlete Health Insurance (EAHI) program (subject to USOPC approval).
- Athlete is Fully Funded, for the applicable Competition Period, to any IWF World Championships (Youth, Junior, or Senior) and the PAWF Pan American Championships (Senior) for which they have qualified and accepted selection.
- Any additional IWF or PAWF sanctioned competitions during the relevant Calendar Year are self-pay.

Requirements

- Bi-Weekly performance and wellness data entry into USAW's Athlete Management System.
- Bi-Weekly consultation with a USAW National Team Coach.
- Monthly check-in with USAW Sport Psychology service provider(s).
- Monthly check-in with USAW Sports Nutrition service provider(s).
- At least one biomechanics analysis session per month for each of the snatch and clean & jerk.
- Attendance at all mandatory USAW training camps. USAW will provide no less than 60-day advance notice for such camps.
- Coach 1 full attendance at Bi-Weekly consultations with USAW National Team Coaches.

Bronze Level

Criteria

- Top two athletes per gender, of Sporting Age 23 years old or younger at the start of the NTP Period, achieving the Senior A or B Standard in their weight category and gender at a Qualifying Event during the Qualifying Period, but not ranking in the Gold or Silver Level. Qualified athletes are ranked based on percentage of A Standard (calculated to the thousandths decimal place).

Benefits

- USAW National Team outfitting upon the athlete's first NTP qualification in a given Calendar Year.
- Monthly consultation with a USAW National Team Coach.
- Up to one meeting per month with USAW Sport Psychology service provider(s).
- Up to one meeting per month with USAW Sports Nutrition service provider(s).
- Monthly biomechanics analysis and review of snatch and clean & jerk.
- Priority invitation to age group training camps. Athlete is Fully Funded to any mandatory USAW training camp.
- Tertiary priority rankings and invitations to any special IWF events outside world/continental championships that USAW deems appropriate for development or participation.
- NTP banner for club to recognize the athlete and club for achieving this level.
- Registration fee for athlete at each USAW National event held during the NTP Period.
- A \$25 registration fee credit for Coach 1 at each USAW National event held during the NTP Period.
- USAW National Team outfitting for Coach 1 upon athletes first NTP qualification in a given Calendar Year.
- Monthly Coach 1 consultation with USAW National Team Coaches.
- Quarterly virtual meetings for Coach 1 to engage with other NTP coaches, USAW National Team Coaches, and USAW Sport Performance Team.
- Athlete is Fully Funded, for the applicable Competition Period, to one (1) IWF World Championships (Youth, Junior, or Senior) and the PAWF Pan American Championships (Senior) for which they have qualified and accepted selection.
- Any additional IWF or PAWF sanctioned competitions during the relevant Calendar Year are self-pay.

Requirements

- Bi-Weekly performance and wellness data entry into USAW's Athlete Management System.
- Monthly consultation with USAW Sport Performance Coaches.
- Quarterly check-in with USAW Sport Psychology service provider(s).
- Quarterly check-in with USAW Sports Nutrition service provider(s).
- At least one biomechanics analysis session per month for each of the snatch and clean & jerk.
- Attendance at all mandatory USAW training camps. USAW will provide no less than 60-day advance notice for such camps.
- Coach 1 full attendance at monthly consultations with USAW National Team Coaches.

Developmental Level

Criteria:

- Top twenty-five (25) youth or junior athletes, regardless of gender, achieving the A or B Standard in their age group, bodyweight category, and gender at a Qualifying Event during the Qualifying Period, and not ranked in the Gold, Silver, or Bronze level. Athletes who have aged from youth to junior, or from junior to senior, at the start of the NTP Period will continue to be ranked on their highest percentage of A Standard from the Qualifying Period, using the Sporting Age at the time they achieved that total. Qualified athletes are ranked based on percentage of A Standard (calculated to the thousandths decimal place).
- No fewer than 5 athletes of each gender will be included in this level.
- Athletes who have advanced in Sporting Age at the start of Period 1, but are ranked using a younger age group total, must meet the Performance Improvement Clause for this younger age group total to remain eligible for ranking.
- Performance Improvement Clause: Developmental athletes who are ranked using a younger age group total from Period 2 of the previous year must demonstrate performance improvement in Period 1 at a Qualifying Event, by increasing their total a minimum of 1% (rounded to the nearest whole number), for that younger age group total to remain valid for the following period.

Example: A 79kg athlete with a Sporting Age of 18 on January 1st performed a 295 total in Period 2 of the previous year while a youth athlete. This total will be compared against the respective Youth A Standard, for Period 1 of the current year and used to rank them for Period 1 of the current year, despite the fact they must now compete as a Junior aged athlete. To retain the Youth eligible 295 total for NTP Rankings into Period 2 of the current year, the athlete must demonstrate a minimum improvement of 298kg (a 1% increase), at a Qualifying Event during Period 1. If this Performance Improvement is not met, the athlete will be ranked using any eligible Junior aged totals.

Benefits:

- USAW National Team outfitting upon the athlete's first NTP qualification in a given Calendar Year.
- Monthly consultation and review with a USAW National Team Coach.
- Access to quarterly USAW Sport Psychology virtual or live seminars.
- Access to quarterly USAW Sports Nutrition virtual or live seminars.
- Quarterly biomechanics analysis and review of snatch and clean & jerk.

- Priority invitation to age group training camps. Athlete is Fully Funded to any mandatory USAW training camp
- Access (after Gold, Silver, and Bronze level athletes) to rankings and invitations to any special IWF events outside world/continental championships that USAW deems appropriate for development or participation.
- NTP banner for club to recognize the athlete and club for achieving this level.
- Registration fee for athlete at each USAW National event held during the NTP Period.
- A \$25 registration fee credit for Coach 1 at each USAW National event held during the NTP Period.
- Monthly Coach 1 consultation with a USAW National Team Coach.
- Quarterly virtual meetings for Coach 1 to engage with other NTP coaches, USAW National Team Coaches, and USAW Sport Performance Team.
- Athlete is Fully Funded, for the applicable Competition Period, to one (1) IWF World Championship (Youth, Junior, or Senior), for which USAW chooses to send a team and the athlete is qualified for such competition, during each Calendar Year in which Athlete is eligible for the Developmental Level. Any additional IWF World Championships beyond the one (1) Fully Funded competition during the relevant Calendar Year are self-pay.

Requirements:

- Bi-Weekly performance and wellness data entry into USAW's Athlete Management System.
- Monthly consultation with a USAW National Team Coach.
- Quarterly check-in with USAW Sport Psychology service provider(s).
- Quarterly check-in with USAW Sports Nutrition service provider(s).
- At least one biomechanics analysis session per month for each of the snatch and clean & jerk.
- Attendance at all mandatory USAW training camps. USAW will provide no less than 60-day advance notice for such camps.
- Coach 1 full attendance at monthly consultations with a USAW National Team Coach.
 - Athletes under the age of 18 must have a Coach 1 or a parent present during NTP Coach consultation. Failure to meet this requirement will result in an instance of noncompliance.

4. QUALIFYING EVENTS

The following events are specified as Qualifying Events for their respective NTP levels:

Gold & Silver Levels:

- Olympic Games
- Pan American Games
- Olympic Qualification Events (as defined by the International Weightlifting Federation)
- IWF World Championships (Senior)
- IWF World Junior Championships
- IWF World Youth Championships
- Pan American Championships (Senior)
- Pan American Junior Championships
- Pan American Youth Championships
- Junior Pan American Games

- FISU World University Championships

Bronze & Developmental Levels:

- All events from the Gold & Silver Levels above
- USAW National Championships (Youth, Junior, U23, U25, Senior, Masters)
- USAW Virus Weightlifting Series events
- Any other event operated by USAW and designated by USAW as a “national” event

5. NTP PERIODS AND QUALIFYING PERIODS

The following NTP Periods and related Qualifying Periods apply:

NTP Period	Qualifying Period	Applicable Standard
January 1, 2026 to June 30, 2026	January 1, 2025 to December 31, 2025	2025 A/B
July 1, 2026 to December 31, 2026	July 1, 2025 to June 30, 2026	2026 A/B
January 1, 2027 to June 30, 2027	January 1, 2026 to December 31, 2026	2026 A/B
July 1, 2027 to December 31, 2027	July 1, 2026 to June 30, 2027	2027 A/B
January 1, 2028 to June 30, 2028	January 1, 2027 to December 31, 2027	2027 A/B
July 1, 2028 to December 31, 2028	July 1, 2027 to June 30, 2028	2028 A/B

6. ATHLETE RANKINGS

Athletes are ranked on the first day of each NTP Period, based on their total achieved at a Qualifying Event during the Qualifying Period. Percentage of A Standard, as used for ranking purposes, is calculated to the thousandths decimal place. If athletes are tied in the measure of percentage of A Standard achieved, the athlete who first (in time) achieved the total that resulted in that percentage of A Standard will be ranked ahead of the other athlete(s).

Each athlete is ranked in the NTP once. If an athlete qualifies for the NTP in multiple weight categories, that athlete will be ranked according to the highest percentage of an A Standard the athlete achieved in the relevant Qualifying Period.

7. NATIONAL TEAM PROGRAM REMOVAL & NONCOMPLIANCE

USAW may remove an athlete from the NTP, including ceasing to provide the associated benefits, for failure by the athlete and/or coach to comply with any of the requirements associated with the NTP. Before removing the athlete from the NTP for such noncompliance, USAW will give the athlete notice of the noncompliance and a defined timeline for the athlete to cure that noncompliance. USAW may immediately (with no advance notice) remove an athlete from the NTP, including ceasing to provide the associated benefits, under the following circumstances:

- The athlete has 3 or more instances of noncompliance with NTP requirements within an NTP Period.
- The athlete receives a sanction from any signatory of the World Anti-Doping Code for an anti-doping rule violation. In the case of such a sanction, the athlete will be required to repay to USAW (within 60 days of the issuance of the sanction decision) any and all Athlete Support Funding payments and Qualified Performance Expense reimbursements made from USAW to the athlete during the sanction period. Note that, due to the timing of the anti-doping results management process, the start date of such a sanction may be weeks or months prior to the date that the sanction is issued.
- The athlete receives a sanction from any Olympic or Paralympic organization for violating the SafeSport Code.
- The athlete's USAW membership is suspended or permanently terminated, pursuant to USAW's bylaws and grievance policy, for violation of a USAW rule, regulation, or policy.

If an athlete is removed from the NTP for any of the above reasons, that athlete's eligibility to return to the NTP will be reinstated upon completion of the relevant sanction or membership suspension period.

The following timelines are set for curing these specific instances of noncompliance:

- Missed video upload – Seven (7) days to remedy upon notification
- Athlete Wellness Questionnaire – Seven (7) days to remedy upon notification
- Missed NTP Coach consultation – must be completed between the first and last day of the applicable calendar month.
- Missed Sports Psychology or Sports Dietician check-in – must be completed between the first and last day of the applicable calendar month
- Failure to wear official USA Weightlifting competition outfitting – incurable instance of noncompliance
- Refusal to participate in mandatory training camp – incurable instance of noncompliance.
 - Athletes with conflicts or extenuating circumstances must communicate with USAW Sport Performance Staff to request an approved absence from a mandatory training camp. Such approval may or may not be granted at the discretion of the USAW Sport Performance Staff.
- Refusal to compete at international event – incurable instance of noncompliance

- Athletes who decline selection or communicate an injury will not be issued a letter of noncompliance. Such approval may or may not be granted at the discretion of the USAW Sport Performance Staff.

The following penalties will be assessed for Gold and Silver level athletes in the event of noncompliance instances:

- Refusal to participate in mandatory training camp – USAW will withhold payment of athlete support funding for the following month or withhold a future monthly payment should the following month occur in a new NTP Period.
 - Athletes with conflicts or extenuating circumstances must communicate with USAW Sport Performance Staff to determine approved absence from a mandatory training camp. Such approval may or may not be granted at the discretion of the USAW Sport Performance Staff.
- Refusal to participate in international event – USAW will withhold payment of athlete support funding for the following month or withhold a future monthly payment should the following month occur in a new NTP Period.
 - Athletes who decline selection or invoke an injury/illness declaration with USAW Sport Performance Staff will not be assessed a penalty. Refusal to participate in international event following the verification of final entries for any other reason will result in a penalty.
 - For full details on invoking a condition of injury or illness, please refer to the [2026 Selection Procedure Policies](#).
- Failure to wear official USA Weightlifting Competition Outfitting – USAW will withhold \$500 of athlete support funding for the following month or withhold the amount from a future monthly payment should the following month occur in a new NTP period.
 - Athletes who completed the below required process to secure a Competition Outfitting exception from USAW prior to March 15, 2025, will not be assessed this penalty for wearing a singlet other than the singlet issued by USAW (provided such other singlet meets the relevant competition regulations regarding the competition costume):
 - Athlete must have entered into a contractual agreement with an independent sponsor prior to February 13, 2025, and was in effect on February 13, 2025;
 - The contractual agreement must explicitly require the athlete to wear the sponsor's singlet costume and/or provide advertising on his/her singlet costume, and was a binding requirement in effect on February 12, 2025;
 - The athlete provided a signed copy of the contractual agreement to USAW by March 15, 2025; and
 - The exception request was formally approved in writing by USAW.
 - The exception is only available to singlet costume used in international events and is not applied to other Competition Outfitting articles such as jacket, pants, or shirt to be worn during introduction, medal ceremonies, or competition-related media appearances.

8. ADDITIONAL NATIONAL TEAM PROGRAM PROVISIONS

8.1 **NTP Participation Agreement.** To participate in the NTP, eligible athletes must execute USAW's National Team Program Participation Agreement, upon their first qualification for NTP participation and from time-to-time thereafter if/when USAW updates the terms and conditions of such agreement.

8.2 **Citizenship.** Athlete must be a U.S. citizen.

8.3 **Sport Nationality.** Participating athletes' sport nationality must be the United States. Athletes holding dual citizenship must register their sport nationality as the United States with the relevant international sport federation (e.g., IWF, PAWF).

8.4 **USA Weightlifting Membership.** Athlete must be a current member in good standing of USAW.

8.5 **Injury.** For the purposes of this Policy, an "injury" is any condition (physical or mental) which limits an athlete's ability to train at a level appropriate for elite international performance. Any injury suffered by an athlete participating in the NTP must be promptly reported to the USAW (national coach) Sport Performance Team with supporting documentation from a certified medical professional; provided, however, that if the injury is a mental health condition, such injury may be promptly reported to USA Weightlifting's designated Sport Psychologist (as an alternative to reporting to the USAW Sport Performance Team) with supporting documentation from a certified mental health professional. If an athlete is injured while participating in the NTP, they may continue to receive NTP benefits during the relevant NTP Period under the following circumstances:

- The athlete, directly or via their Coach 1, promptly reports the injury to the relevant USAW contact (the USAW Sport Performance Team for any injury; or the USAW-designated Sport Psychologist for a mental health condition); and
- The athlete and their Coach 1 cooperate with the USAW Sport Performance Team and/or USAW-designated Sport Psychologist in recovery plans, including communicating the athlete's recovery status to the USAW Sport Performance Team no less frequently than weekly.
- In the case of an injury to the athlete, USAW may change that athlete's NTP requirements to align with the recovery plan provided by the primary medical professional treating such injury. Any changes to an athlete's NTP requirements will be communicated to the athlete in writing (email shall suffice) with no less than two weeks' time for the athlete to comply with such requirements.

An athlete may request an extension of NTP benefits beyond the qualified NTP Period during recovery from injury by submitting a written request (email shall suffice) to the USAW Sport Performance Team. The USAW Sport Performance Team will consult with the USAW Director of Sports Medicine

(for a physical injury) or USAW-designated Sport Psychologist (for a mental health condition) in determining whether to grant a requested extension. USAW may grant a maximum extension of one subsequent NTP Period for each documented injury. USAW's Director of Sports Medicine, in consultation with an athlete's medical and/or mental health provider(s), must determine that an injury limits the athlete's ability to train at a level appropriate for elite international performance. The athlete's personal medical and/or mental health provider(s) will consult with USAW's Director of Sports Medicine to provide objective landmarks for recovery and report to USAW on progress toward such landmarks during any qualified NTP Period. The athlete must fully cooperate with USAW when reporting the injury and providing status updates on recovery.

- 8.6 **Pregnancy.** An athlete who is qualified and participating in the NTP as of the date of notification to USAW of their pregnancy will continue to receive NTP benefits (including USOPC DAS if they are qualified for such benefit) for the duration of the pregnancy plus an additional one-year period from the date of birth of the child or end of pregnancy, provided the athlete (a) formally informs USAW in writing (email shall suffice) that it is their intent to return to training and competition at the level of the NTP for which they qualified, and (b) works with USAW National Team Coaches and Sports Performance Team to develop a formal written plan for their return to competition. If the athlete re-qualifies for the NTP, but at a different level than their original NTP level, at any point during pregnancy or within the year after the end of their pregnancy, USAW will provide the benefits of the highest level for which they qualified. Receipt of these benefits shall not be conditioned upon any agreement that the athlete must continue to train during pregnancy or for the one-year period subsequent to pregnancy. Upon the conclusion of the one-year period, the athlete will then have to re-qualify for the NTP. USAW will keep the athlete's pregnancy status confidential and will not discriminate or retaliate against the athlete for being pregnant. If the athlete retires within twelve months following the end of the one-year post-pregnancy period, USAW may require the athlete to return fifty percent (50%) of the Athlete Support Funding and Qualified Expense Reimbursement benefits received by the athlete during the pregnancy and one-year period subsequent to pregnancy.

If an athlete in the NTP activates this pregnancy clause, then USAW will add an additional athlete spot in the applicable NTP level. For example, and for the sake of clarity, if an athlete at the Gold Level activates this pregnancy clause then USAW will make an additional spot available at the Gold Level, during the pregnancy and the one-year post-pregnancy period, for another athlete. Note that should an athlete receiving USOPC DAS activate this pregnancy clause, they will continue to receive that benefit (under the conditions noted in the paragraph directly above); however, *no* re-ranking or additional athlete spots will be made for this USOPC DAS benefit.

- 8.7 **International Event Disclaimer.** USAW is not responsible for any cancellation, rescheduling, or change of location of an international event on which an athlete may rely for NTP qualification.

- 8.8 **Payment of Personal Coaches.** Athletes eligible for Athlete Support Funding may designate up to \$150/month of such funding to be paid by USAW directly to the athlete's Coach 1. Such designation must be submitted by the athlete in writing (email shall suffice) to the USAW Sport Performance Team. In addition, such Coach 1 must be (a) a current USAW member in good standing and (b) fully compliant with requirements for Coach 1 engagement with USAW as defined in the NTP levels defined above.

8.9 Changing Weight Categories. NTP athletes may change weight categories during any NTP Period and will retain NTP eligibility, benefits, and requirements during that NTP Period; provided, however, that if the qualifying total they achieved to earn eligibility to the NTP is not sufficient to qualify for the NTP in their new weight category, they must requalify for the next NTP Period in their new weight category during the Qualifying Period for that next NTP Period.

8.10 Competition Bonus Payments. USAW will make bonus payments to NTP athletes, and in some cases their Coach 1, based on results at certain international competitions. Specific competition bonus payment opportunities are listed below. To be eligible for the coach bonus payments noted below, the coach must be (a) a USAW member in good standing, (b) the athlete's Coach 1 at the time of the competition where the result was achieved, and (c) have been that Coach 1 for that athlete for no less than the six (6) months immediately preceding the competition where the result was achieved. If an athlete's coach is ineligible for the designated coach bonus or the athlete does not have a Coach 1, USAW will pay the designated coach bonus directly to the athlete. In addition, a Coach 1 may designate that their coach bonus be paid by USAW directly to the athlete by communicating this decision in writing (email shall suffice) to the USAW Sport Performance Team. Payments will be made directly from USA Weightlifting unless otherwise stated (ex: "USOPC").

- **IWF World Record Bonus Payments.**

Athlete Bonus Payments			
	Youth World Record	Junior World Record	Senior World Record
Snatch	\$800	\$1,600	\$4,000
Clean & Jerk	\$800	\$1,600	\$4,000
Total	\$800	\$1,600	\$4,000

Coach Bonus Payments			
	Youth World Record	Junior World Record	Senior World Record
Snatch	\$200	\$400	\$1,000
Clean & Jerk	\$200	\$400	\$1,000
Total	\$200	\$400	\$1,000

- **Medal Bonus Payments.**

Athlete Bonus Payments (Total Only)			
	Gold	Silver	Bronze
Olympic Games	TBA	TBA	TBA
IWF World Championships (Senior)	\$8,000	\$6,000	\$4,000
IWF Junior World Championships	\$1,200	\$800	\$400
IWF Youth World Championships	\$800	\$400	\$200
Senior Pan American Games	\$1,600	\$1,200	\$800
Senior Pan American Championships	\$1,600	\$1,200	\$800

Coach 1 Bonus Payments (Total Only)			
	Gold	Silver	Bronze
Olympic Games	TBA	TBA	TBA
IWF World Championships (Senior)	\$2,000	\$1,500	\$1,000
IWF Junior World Championships	\$300	\$200	\$100
IWF Youth World Championships	\$200	\$100	\$50
Senior Pan American Games	\$400	\$300	\$200
Senior Pan American Championships	\$400	\$300	\$200

- 8.11 **Athlete Retirement.** If an athlete formally retires (which requires that the athlete formally inform USAW *and* the U.S. Anti-Doping Agency) during an NTP Period then their participation in (and benefits from) the NTP will end either thirty (30) days from the date USAW receives notice of retirement or the end of the NTP Period, whichever is sooner.
- 8.12 **USOPC Managed Competitions.** Participation in certain international competitions is funded and managed by the U.S. Olympic & Paralympic Committee (USOPC) and is excluded from this policy. Selection and funding policies for the following events are governed separately: Olympic Games, Youth Olympic Games, Junior Pan American Games, and Pan American Games.
- 8.13 **Right to Amend.** USAW reserves the right to amend this program in response to changes made by the IWF to its competition rules, procedures and/or schedules. In addition, USAW reserves the right to amend this policy (including qualification criteria and stipend and expense amounts) to ensure that USAW operates within its annual operational budget. Any material amendment to this program will be made no less than sixty (60) days prior to the end of an NTP Period with an effective date of the first day of the next NTP Period; and any such amendment will be promptly published to the USAW website and notice provided to all then-qualified NTP athletes and their Coach 1 via email.