



USA Weightlifting Coach Advancement Application

Name:		Member ID:	
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*Please check all that apply. All requirements must be completed for each level to receive a specific coach ranking designation.

Status Requested:

- National Coach
- International Coach
- Senior International Coach

I confirm the below items are current in my membership profile: (base requirements)

- USAW Coach type membership
- USAW Coach Certification
- USADA Coach Advantage Tutorial
- U.S Center for Safesport Training
- Background Screen

Athlete Production Requirements / National Team Coach Requirements

Please see the requirements pertaining to your desired level of coaching advancement. The points structure is explained on pages 3-5 of this document.

National Coach – 12 Points

International Coach – 4 Points

Senior International Coach – 4 Points (additional to International advancement)



Please ensure all columns are filled out below:

Athlete	Athlete Member ID	Competition	Date	Points
Total Points				

I confirm that I am/was the material coach of each athlete listed, meaning that I wrote the programming for the athlete, was the primary competition coach (inclusive of presence at any national event cited for advancement) and was acknowledged in the USA Weightlifting membership system as the Coach 1 for the athlete at the time of the competition cited and date of this application (or alternative statement from the athlete described below), **AND**

I confirm that to my knowledge, no other coach has advanced based on coaching an athlete listed, **OR:**

I included evidence to show that I have advanced the athlete in accordance with the exception/requirements listed below. (Additional evidence documentation can be emailed to usaw@usaweightlifting.org)

X

Submit pages 1-2 of this application to: usaw@usaweightlifting.org



USA Weightlifting Coach Advancement Stipulations

Effective January 1, 2026.

(National Coach, International Coach, Senior International Coach)

A point-based structure has been established to advance from Level 2 Coach to National Coach, National Coach to International Coach or International Coach to Senior International Coach. The athlete production requirement, which may include points accrued for serving as a USAW assigned National Team or Assistant National Team Coach, must be met and established by submitting a USAW Coach Advancement Application to the National Office at usaw@usaweightlifting.org.

An athlete may be claimed 1x per level by one coach (e.g., an athlete attending National Championships cannot be claimed by a new coach if a prior coach already brought them to the National level and claimed them for advancement to National Coach).

Coaching change exception for International and Senior International advancement only: If an athlete previously claimed by a different coach for advancement to International or Sr. International changes to a new coach, the new coach may claim advancement points for that athlete's performances if either of the following conditions are met:

- The total of that athlete increases at least 10%¹ under the new coach, or
- The athlete moves up a competition level under a new coach (for example an athlete moves from appearing at Junior World Championships to Senior World Championships, or from World Championships to Olympic Games), where the athlete also increases their total by at least 5%.¹

The coach must be listed as the athlete's primary coach (Coach #1) in USAW's membership system at the time of the achievement and time of application. Alternatively, the athlete at their exclusive discretion may submit written attestation that the applying coach was the athlete's primary coach at the time of the achievement.

In addition to being listed as the primary coach for an athlete in USAW's membership system, an applicant coach must confirm and attest they were the material coach of the athlete listed on the application for at least 6 months leading into the achievement. This is defined as writing the programming for the athlete and

¹ All total increases must be verified via USAW Membership platform or IWF database as appropriate. (If said athlete changes to a lower weight category and does not meet the required total increase an appeal can be filed to USAW.)



acting as the primary competition coach of the athlete (inclusive of presence at any national event cited for advancement).

For National Coach advancement applications, the coach must be physically present for the athlete achievement. For any National event contested after 1/1/19 the coach must also be registered to attend the claimed event in USAW's membership system. For International and Senior International applications the coach is not required to be physically present at the event.

All advancement applications require the athletes listed to physically compete at the claimed events. In this context physically competing is defined as taking at least one snatch and one clean and jerk attempt on the competition platform. If the athlete qualifies for and declines participation or is unable to compete, for any reason, the event is ineligible for an advancement application.

Online events are ineligible for coach advancement.

Non-U.S. athletes are not eligible for athlete production credit. All claimed athletes on an application must be USAW members who have their sport nationality listed as United States. The same applies for National Team Coach advancement points as only USAW assigned team coaches representing the USA will be considered.

USA Weightlifting Coach Advancement: Athlete Production

National Coach: 12 Points

Level 2 Coach with base requirements noted on page 1.

- 1 athlete to National Championships or an IWF Calendar event (youth, junior, senior) = *6 points*
- 1 athlete to Virus Weightlifting Finals², National Junior Championships, or winning Masters World Championships³ = *3 points*
- 1 athlete to Virus Weightlifting Series, National Under 25 Championships or National University Championships who meet the Virus Weightlifting Finals senior division qualifying total for that year at the event attended = *2 points*
- 1 athlete to National Youth Championships (16-17 age group only) = *2 points*
- 1 athlete to National Youth Championships (under 16-17 age group)⁴ or winning Masters National Championships = *1 point*

² If the athlete qualified for and completed at the Virus Weightlifting Finals with a youth, junior, or masters qualifying total, they must meet or exceed the senior qualifying total at the event. An athlete result (from any age category) where the athlete qualified with a senior division total is eligible for advancement points if they compete.

³ Must win gold medal in total for age/bodyweight division. 2023 Masters World Championships is not an eligible event. Post 2023 must be UMWF Masters World Championships.

⁴ A youth athlete, under the age of 16, that attends National Youth Championships must attain a total that meets or exceeds their corresponding 16-17 age group bodyweight category qualifying total to be eligible for 1 point. A maximum of 2 athletes under 16 years of age can be included per application for National Coach.



International Coach: 4 Points

National Coach with base requirements noted on page 1.

- 1 athlete to Olympic Games, IWF World Championships (senior), IWF World Cup, Youth Olympic Games or Pan American Games (senior or junior) = *4 points*
- 1 athlete to IWF Junior World Championships or Pan American Championships (senior) = *2 points*
 - 1 point bonus if the athlete earns a medal in total.
- 1 athlete to IWF Youth World Championships, Pan American Championships (not senior) = *1 point*
 - 1 point bonus if the athlete earns a medal in total at IWF Youth World Championships.
- 1 athlete to IWF Grand Prix or other IWF Calendar events eligible for Olympic qualification = *1 point*
- 1 completed assignment from USAW to serve as National Team Coach or Assistant National Team Coach (Event-Specific)⁵ at an IWF World Championships, Continental Championships, Olympic Games or Pan American Games; at senior, junior, or youth levels = *1 point*

Senior International Coach: 4 Points (in addition to International Coach)

International Coach with base requirements noted on page 1.

- 1 athlete to Olympic Games, IWF World Championships (senior), IWF World Cup, Youth Olympic Games or Pan American Games (senior or junior) = *4 points*
- 1 athlete to IWF Junior World Championships or Pan American Championships (senior) = *2 points*
 - 1 point bonus if the athlete earns a medal in total.
- 1 athlete to IWF Youth World Championships = *1 point*
 - 1 point bonus if the athlete earns a medal in total.
- 1 completed assignment from USAW to serve as National Team Coach or Assistant National Team Coach (Event-Specific)⁵ at an IWF World Championships, Continental Championships, Olympic Games or Pan American Games; at senior, junior, or youth levels = *1 point*

⁵ National Team Coach designation includes individuals serving as contracted USAW National Team Coaches and/or those assigned expressly by the USAW High Performance Department to coach a full team at specific international events. Personal coaches attending international events may apply for advancement points based on the athlete production criteria.