**Pathway to Commonwealth- Canada 17th – 27th September 2026**

**Qualification**

Qualifying Timeline 17th September 2025 to 5th July 2026

1. Athletes will need to have competed in a sanctioned competition within 12 months prior to the date of the competition in the weight category that you wish to be selected in at a Manx Powerlifting event or higher, in particular an EPF , IPF or British Powerlifting National Event (see the timeline dates)
2. Athletes will need to have reached the qualifying total within the qualifying timeline stated above
3. Athletes will be required to have experience of an off island competition within the qualifying timeline stated above. This is in place to provide new athletes with a competition experience that will help them manage the commonwealth competition environment. If in doubt please speak to the Head Coach for further clarification.

**Team Selection- Important Dates**

MPA Commonwealth Powerlifting Championships team selection will be in three stages:

**Stage 1 – February 2026**

 • Lifters who have competed in the Manx Powerlifting Championships in February 2026 are eligible to express their interest personally through email to manxpowerlifting@gmail.com.

 • Lifters who have not competed in the 2026 Manx Powerlifting Championships, but have been granted dispensation by the executive committee are eligible to express their interest personally through email to manxpowerlifting@gmail.com. Dispensation will be granted for things such as personal commitments, injury with a high potential of recovery or competed at higher level as stated above

• Lifters who express interest will be added to a pool of potential entrants with conditional offers. Lifters can request to be removed from the pool at any time.

 • The conditional offer provides a temporary time frame where those in the pool are considered within the selection process. During this time potential performance, dedication and progress within Manx Powerlifting, the sport of powerlifting and its ethos on the Isle of Man will be monitored.

 Official offers will be made during stage 2.

**Stage 2 – April 2026**

 • Those lifters who have competed in the Spring Open and are deemed competitive in the Commonwealth team or have received dispensation for the reasons as stated will be considered and provided with an official offer to compete within the team.

 • Competitiveness in the Commonwealth team is determined by each athlete’s potential to earn points / medals for Manx Powerlifting at the Commonwealth Championships.

 **Stage 3 – Up to the 5th July 2026**

 • Any remaining spaces will be filled. These may include those who missed earlier stages, are new to MPA or those deemed to be an asset to the team by the head coach.

• Lifters must have competed in a Manx Powerlifting event or higher within the competition qualification period stated to be considered in this stage also or have received a dispensation.

 • The head coach will liaise with the executive committee and external advisors during selection. The decision of the head coach and executive committee will be final.

**Additional Requirements**

In addition to the specific selection criteria for each international competition, the following also apply:

• Lifters must possess a valid and active MPA membership at the time of selection.

• Lifters must not be serving any bans or suspensions imposed by the MPA or any other powerlifting or tested organisation.

 • Lifters must not be under investigation with MPA or any other powerlifting or tested organisation.

• Lifters must comply with MPA’s anti-doping regulations and any relevant drug testing requirements.

• Article 14 of the Constitution of the International Powerlifting Federation applies. Accordingly, lifters who have competed internationally in a non-WADA compliant powerlifting event shall not be permitted to take part in any IPF international, regional, or national event for a period of 12 months from the date of that non-approved event and will therefore be ineligible for selection. Additionally, lifters competing in any competition or event which is organised by a Sporting Body, Federation or Organisation that has not received recognition from the World Anti-Doping Agency and is thus non-compliant with the Code and International standards shall not be permitted to take part in an authorised National or International Powerlifting or Bench Press event for a period of 12 months from the date of the last non-compliant event.

• Lifters must be physically fit and healthy and capable of performing their best during the event.

 • Lifters must adhere to the MPA’s Members Code of Conduct and ethics both in and out of competitions.

• Lifters must exhibit sportsmanship, fairness, and integrity in all interactions related to powerlifting.

• Lifters must promptly respond to MPA communication and be available for team meetings, practice and events.

 • Lifters who have actively supported the growth and development of powerlifting on the Isle of Man, such as volunteering, coaching, or refereeing, may receive favourable consideration.

**Qualifying Competitions;**

*Correct as at the time of producing this document – should a further event be added at a level higher than a Manx Powerlifting event this will be accepted*

**Masters Worlds Oct 25**

**Open Worlds Nov 25**

**Junior & Sub Junior Euros Nov 25**

**British Open Dec 25**

**Small Nations Feb 2026 (date tba)**

**Masters Euros Feb 26**

**Manx Powerlifting Championships Feb 26 (date tba)**

**British Junior & Sub Junior Championships March 26**

**Manx Powerlifting Spring Open April 26 (date tba)**