

Home Nations Competition - Team Selection Criteria

The Home Nations competition is scored based on the combined Good Lift Points (GLP) of each team.

Each Home Nations team can include up to 12 lifters, comprising a maximum of 6 male and 6 female athletes.

Eligibility Criteria for the MPA Home Nations Team:

To be considered for selection, lifters must have competed in at least one of the following within the 12 months prior to the Home Nations competition:

- A Manx Powerlifting Association (MPA) sanctioned competition
- A British Powerlifting Championship
- An international competition representing the Isle of Man

Selection Process:

Team selection will take place immediately following the Manx Powerlifting Championships on 7th September and will be based primarily on GLP rankings. The top 6 eligible male and top 6 eligible female lifters will be invited. If any invitees decline, additional invitations will be extended based on ranking and the criteria outlined below until a full team is confirmed.

In addition to GLP rankings, the following factors will also be considered:

- Demonstrated commitment, progress, and potential within Manx Powerlifting
- Recent involvement in volunteering and contribution to the sport's development
- Embodiment of the values and ethos of powerlifting on the Isle of Man

The Head Coach will consult with the Executive Committee during the selection process.

Please note: The final decision on team selection rests with the Head Coach and the Executive Committee and is not subject to appeal.