




Selection Policy for Singapore University Weightlifting Team FISU World University Championship 2026 Qatar, Doha

1. Summary of Important Information

Date of Competition:	08 Sep 2026 to 12 Sep 2026
Date of Travel:	(Tentative) 07 Sep 2026 to 13 Sep 2026
Eligibility:	1) Singapore Citizen (Singapore Passport Holder) 2) Age between 18 and 25 years old on 31 Dec 2026 (DOB between 1 Jan 2001 to 31 Dec 2008, both dates inclusive) 3) Active student in 2026 or former student with degree conferred in 2025
Games' Website:	https://www.fisu.net/events/2026-fisu-world-university-championship-weightlifting/ 
Below are the estimated per athlete costs:	
Airfare & insurance:	Estimated to be between SGD 1,100 – 1,400
Participation:	EUR20 FISU Fee + EUR80/night, total about SGD 510
Contingent Attire:	SGD 150
Others (E.g. Excess Bag Fee):	SGD 400
Coaching:	SGD 800 (dependent on team size)
Estimated Total:	SGD 2,960 – 3,260 excluding subsidies from your institution, if any

2. General Information

- 2.1. The 2026 FISU World University Championship 2026 Weightlifting (WUC 2026), will be held in Qatar, Doha from 8 to 12 Sep 2026.
- 2.2. The Singapore University Sports Council (SUSC) is planning to send a Weightlifting Team to compete in WUC 2026, subject to athletes' qualification.
- 2.3. The travelling dates for the Weightlifting Team will tentatively be from 7 to 13 Sep 2026 (competition dates are 8 to 12 Sep 2026).

- 2.4. On behalf of SUSC, the Singapore Weightlifting Federation will be managing this team.
- 2.5. Athletes who are interested in standing for selection must inform Choon Yeow via choonyeow@swf.org.sg or swf@swf.org.sg through SWF Committee by 31 May 2026, 12pm.
- 2.6. To select and nominate the best athletes to the Singapore University Sports Council (SUSC) for participation in the 2026 FISU University Weightlifting Championships. Final selection remains subject to the discretion and approval of SUSC and SWF.

3. Eligibility

- 3.1. Only the following may participate as athletes in WUC 2026:
 - 3.1.1. Students who are currently officially registered as proceeding towards a degree or diploma at the university or similar institute, the status of which is recognised by the appropriate national/regional academic authority of their country/region;
 - 3.1.2. Former students of the institutions mentioned in 3.1.1 who have obtained their academic degree or diploma in the calendar year preceding the event.
- 3.2. All athletes must satisfy the following conditions:
 - 3.2.1. Be a national/citizen of the country/region they represent;
 - 3.2.2. Be at least 18 and no older than 25 years of age on the 31 December of the year of the event (i.e., born between 1 January 2001 and 31 December 2008).
- 3.3. Athletes participating in FISU sport events must represent the same country/region as in their respective International Federation events. Changes of sport nationality/citizenship must follow respective IF rules.
 - 3.3.1 Must be a valid member of the Singapore Weightlifting Federation.
 - 3.3.2 May or may not have been nominated for other international competitions by the Singapore Weightlifting Federation.
 - 3.3.3 Must possess knowledge of and display the ability to execute the 2 required Olympic Lifts, i.e., the Snatch and the Clean & Jerk.
 - 3.3.4 Must show interest in representing Singapore at the 2026 FISU University Weightlifting Championships.
 - 3.3.5 Must have read and agreed to the terms & conditions as spelt out in SWF's Athlete's Agreement.

4. Events

4.1 This Team represents the squad of prospective athletes shortlisted for consideration for final nomination to the SUSC and will consist of a maximum of 16 Men and 16 Women.

4.2 In addition to the Eligibility Criteria as defined in Para 2.1 above, the Selection Committee will take into consideration an athlete's performance during the National Athlete Assessment Sessions and Club Meets conducted by SWF on a quarterly basis (dates to be confirmed and posted on SWF website). The performance benchmarks (i.e., Total Lifts = Snatch + Clean & Jerk) for the latest weight categories are derived from the Tier 3 National Athlete standards. The benchmarks for the respective categories are defined as follows:

<i>Men</i>	<i>Total Lift</i>	<i>Women</i>	<i>Total Lift</i>
60kg	200kg	49kg	120kg
65kg	215kg	53kg	135kg
70kg	225kg	57kg	143kg
75kg	235kg	61kg	153kg
85kg	250kg	69kg	160kg
95kg	260kg	77kg	168kg
110kg	275kg	86kg	175kg
+110kg	285kg	+86kg	180kg

5. Selection of Athletes

5.1. Students of non-SUSC member IHLs e.g. Polytechnics and overseas Universities, must have represented Singapore in the same event between 2024 to 2025.

5.2. The selection period for all eligible athletes will be from 1 August 2025 to 31 May 2026, based on results achieved at local and regional competitions.

5.3. SUSC will have the final decision.

6. Athletes' Obligations

6.1. Selected athletes must fully comply with SUSC and SWF rules, regulations and policies.

- 6.2. Selected athletes must fully comply with all anti-doping regulations. Athletes who require Therapeutic Use Exemption (TUE) have the duty to obtain one at least three months before the commencement of competition.
- 6.3. Selected athletes must maintain a level of fitness and performance consistent with the requirements of being a national representative.
- 6.4. Upon qualification, athletes must continue to show commitment towards preparing for WUC 2026, including their training plan and progress report. Failure to do so may result in being dropped from the team.

7. Appeal Committee

- 7.1. Selected The Appeal Committee will comprise the following:
 - Mr Tom Liaw, SWF President
 - Mr Jason Lim Boon Kheng, President, Kickboxing Federation of Singapore; and
 - Mr Stephen Lowe (Associate Vice President of Lily Centre for Clinical Pharmacology)
- 7.2. This Committee's role is to review any athlete's appeal against not being selected for the 2026 FISU University Weightlifting Championships nomination to SUSC.
- 7.3. The Committee reserves the right to overrule the Selection Committee's decision.

8. Other Considerations

- 8.1. Athletes once selected must continue to uphold the values and adhere to guidelines as spelt out in the SWF's Athlete's Code of Conduct (*refer SWF Athlete's Agreement Schedule A*). Failure to satisfy these criteria may result in the athlete being suspended or being removed from the FISU University Weightlifting Championships Training Team entirely.
- 8.2. In addition to the above selection criteria, the following "qualities" of the athletes will be taken into consideration:
 - Attitude and behavior towards coaches, teammates, fellow athletes, officials and sports administrators, *whether in relation to sporting matters or otherwise*.
 - General conduct *and character* which may affect the reputation, image, values or best interests of the athlete or the sport.
 - Past disciplinary record.
 - Current skill level and fitness; and character.
 - Level of commitment and attendance.
 - Potential for future development (such as youth, consistent performance etc).
 - Ability to demonstrate team spirit and work well with teammates and officials; and
 - Such other non-performance related qualities as the selectors may consider to be relevant.

Clarifications

Any queries or clarifications on this selection policy, on the specific selection process and filing of appeals should be referred to the relevant committee(s) via email to swf@swf.org.sg and Singapore University Sports Council info@susc.sg