



UNITED STATES  
OLYMPIC & PARALYMPIC  
COMMITTEE  
1 Olympic Plaza  
Colorado Springs, CO 80909

March 20, 2023

Matt Sicchio  
CEO  
USA Weightlifting  
[Matt.Sicchio@usaweightlifting.org](mailto:Matt.Sicchio@usaweightlifting.org)

Dear Matt,

We are pleased to inform you the USOPC Sport Performance Team has approved USA Weightlifting's Athlete Procedures for the 2023 Pan American Games.

Attached please find the executed copy of your selection procedures which should be made available online (to replace any previous versions, if applicable) as soon as possible but no later than five days from the date of this notification. In addition, please take the appropriate steps to inform your membership that selection procedures have been published.

We look forward to assisting you in your preparations for the Games. Thank you.

Sincerely,

Julie Miller  
High Performance Director, USOPC Sport Performance

cc: Mike Gattone, Senior Director, Performance and Coaching  
Erin Andica, Athlete Representative  
Lorene Halford, Director, National Team Operations

**USA Weightlifting  
ATHLETE SELECTION PROCEDURES  
2023 Pan American Games  
March 15, 2023**

**1. SELECTION SYSTEM**

1.1. Provide the minimum eligibility requirements for an athlete to be considered for selection to the Team:

1.1.1. Nationality/Passport requirements:

Athlete must be a national of the United States as of 1 November 2022 and must maintain that sport nationality through the completion of the Pan American Games.

Athlete must hold a valid U.S. passport that will not expire for six months after the conclusion of the Games.

1.1.2. Minimum International Olympic Committee (IOC), International Paralympic Committee (IPC), Pan American Sports Organization (Panam Sports) standards for participation:

Any competitor in the Olympic, Paralympic, Pan American or Parapan American Games must be a national of the country of the National Olympic Committee (NOC) or National Paralympic Committee (NPC) which is entering such competitor. For additional information regarding an athlete who is a national of two or more countries, has changed his or her nationality or acquired a new nationality, refer to the Olympic Charter (Rule 41), the IPC Handbook (Section 2, Chapter 3.1), the Panam Sports Constitution (Article 34.4-7), or the Americas Paralympic Committee bylaws (Chapter 2.4.12 of the IPC Handbook).

1.1.3. Minimum International Federation (IF) and Pan American Weightlifting Federation standards for participation (if any):

Athletes must be at least 15 years old by December 31, 2023.

Athletes must have signed and submitted the Athlete Eligibility Condition Form by the start of competition.

1.1.4. Other requirements (if any):

- Athlete must be in the USA Weightlifting Registered Testing pool for at least six months prior to the start of competition.
- Athletes must be a current member of USA Weightlifting and in good standing to compete.
- Athlete must not be subject to a period of ineligibility (including provisional suspension) imposed by the IWF or the athlete's National Anti-Doping Organization/Member Federation during the Qualification Period or Competition.
- Athlete must successfully complete all Games Registration requirements by stated deadline.
- Any athlete age 18 or older will be required to undergo a background screen in accordance with the current [USOPC Background Check Policy](#).
- Any athlete age 18 or older as of the Closing Ceremony will be required to remain current with the U.S. Center for SafeSport's education and training requirements in accordance with the [USOPC Athlete Safety Policy](#).
- Once nominated to the team, the athlete must work with USAW performance staff on a Readiness to Compete Plan.
- All athletes must be in the USAW RTP 6 months prior to the start of competition and the USADA RTP 3 months prior to the start of competition.

1.2. Tryout Events:

- 1.2.1. Event names, dates and locations of all trials, competitions, and camps to be used as part of the selection process:

2021 Junior Pan American Games – Athletes who placed first in their weight class (IF a Paris 2024 weight class) in the 2021 Junior Pan American Games will receive automatic qualification to the 2023 Pan American Games. For Team USA please see Appendix A for letter of qualification from the PAWF.

If athletes who qualified via the 2021 Junior Pan American Games do not wish to participate in the Santiago 2023 Pan American Games, said place will be forfeited and cannot be transferred to another NOC or athlete.

The Qualification Period will be from January 2 – July 2, 2023. This includes any IWF sanctioned international event USA participates in or any USA Weightlifting sanctioned National Events within this period.

The potential IWF sanctioned international events can be found at <https://iwf.sport/events/calendar/?cy=2023>.

The National Events are below:

- 2023 North American Open Series 1: March 2-5, 2023
  - 2023 National Championships Week: June 24-July 2, 2023
- \* The 2023 National Championships will be considered the final qualification event for the Pan American Games. Athletes will NOT be required to compete in this event.

1.2.2. Describe how athletes qualify for the events listed in 1.2.1.:

Athletes qualify for the international qualification events listed above in section 1.2.1 according to the USA Weightlifting Selection Procedures, posted at [www.usaweighting.org](http://www.usaweighting.org). See the Selection Procedures for details.

Athletes qualify for USA Weightlifting National level events listed above in 1.2.1 by posting a total at a USA Weightlifting sanctioned local or national event. Required qualification totals will be posted to [www.usaweighting.org](http://www.usaweighting.org) at least 90 days before the events listed in 1.2.1.

1.3. Step-by-step description of the selection process for these Games (include maximum Team size):

**Team Size and Qualification**

Per the Pan American Games Qualification System (Attachment A), The United States (USA) may qualify up to a maximum of 4 athletes per gender (8 athletes total). To do so, the USA must be one of the highest 6 teams as an aggregate of the 2021 Pan American Championships (Guayaquil, ECU: November 2-7, 2021) and 2022 Pan American Championships (Bogotá, COL: July 22-29, 2022). For a breakdown of other possible team sizes, see the Pan American Games Qualification System (Attachment A). The Pan American Weightlifting Federation will confirm to Panam Sports and the NOCs the places they have qualified, no later than August 22, 2022. **Please see Appendix B for earned quota spots for USA.**

Athlete(s) who placed first in their weight class (IF a Paris 2024 weight class) in the 2021 Junior Pan American Games will receive automatic qualification to the 2023 Pan American Games. These quotas will in addition to the maximum of 4 athletes per gender the USA may qualify.

**Bodyweight Categories**

The Pan American Games will use the new bodyweight categories of the 2024 Olympic Games (5 per gender). Those weight categories are the following:

Men:	Women:
61kg	49kg
73kg	59kg
89kg	71kg
102kg	81kg
+102kg	+81kg

### Qualification Period

The qualification period will be from January 2, 2023 – July 2, 2023.

### Selection Process

Athletes will be ranked in order of where their total would place them on the IWF Olympic Qualification Ranking (OQR) according to their Olympic weight class. Rankings will be created from an athletes best total obtained at one of the events detailed in section 1.2.1 within the qualifying period according to the OQR from the beginning of the qualification period. The OQR will change as qualification events take place, so the OQR used for the 2023 Pan American Games will be the OQR as of the date the qualification period starts.

Once an athlete achieves a total at an IWF/USAW sanctioned national/international event detailed in 1.2.1, within the qualification period, they will be ranked. If an athlete beats their total at another qualification event within the period, that total will replace their previous on the ranking. If an athlete competes in two different weight classes, they will appear twice on the ranking with the highest ranked total counting for team selection.

If an athlete competes in a Non-Olympic weight class, their total will be evaluated to the Olympic weight class they would fit in to according to the Paris 2024 weight class definition as listed below:

IWF Men bodyweight Categories	Olympic Men bodyweight categories	IWF Women Bodyweight Categories	Olympic Women Bodyweight Categories
55kg ( $\leq 55.00$ kg)	61kg	45kg ( $\leq 45.00$ kg)	49kg
61kg (55.01kg-61.00kg)	61kg	49kg (45.01kg-49.00kg)	49kg
67kg (61.01kg-67.00kg)	73kg	55kg (49.01kg-55.00kg)	59kg
73kg (67.01kg-73.00kg)	73kg	59kg (55.01kg-59.00kg)	59kg

81kg (73.01kg-81.00kg)	89kg	64kg (59.01kg-64.00kg)	71kg
89kg (81.01kg-89.00kg)	89kg	71kg (64.01-71.00kg)	71kg
96kg (89.01kg-96.00kg)	102kg	76kg (71.01kg-76.00kg)	81kg
102kg (96.01kg-102.00kg)	102kg	81kg (76.01kg-81.00kg)	81kg
109kg (102.01kg-109kg)	+102kg	87kg (81.01kg-87.00kg)	+81kg
+109kg (>109kg)	+102kg	+87kg (>87.00kg)	+81kg

If two athletes are in the same placement on the OQR there will be a tie breaker implemented to determine ranking. The athlete's total which is the closest (percentage wise) to the next highest placement on the OQR will be ranked higher (If there is a tie with athletes who are ranked number one, the tie will go to whichever athlete is further away, percentage wise, from second place according to the OQR). If both athletes are the same percentage away from the next placement, the higher ranking will go to the athlete who achieved the total that ranked them first.

USA Weightlifting will nominate a maximum of 1 per bodyweight category according to the number of quotas earned.

A ranking list will be placed online at [www.usaweightlifting.org](http://www.usaweightlifting.org) showing to the 20<sup>th</sup> ranked athlete, within 5 business days of the completion of an event.

**After Nomination: Readiness to Compete**

After nomination to the Pan American Games Team by USA Weightlifting, the athlete and personal coach must agree with USA Weightlifting performance staff on a Readiness to Compete Plan. The athlete must show their Readiness to Compete by video of their lifts at least once per week uploaded to a Google Drive Folder.

**2. DISCRETIONARY SELECTION (if applicable)**

2.1. Rationale for utilizing discretionary selection (if any):

There will be no discretionary selection used to select the Pan American Games Teams.

2.2. Define the discretionary criteria to be used (if any):

N/A

- 2.3. Name of the committee that will be responsible for making discretionary selections, along with a complete list of the members' titles:

N/A

- 2.3.1. Process that will be used to identify and handle any potential conflicts of interest involving a member of the committee:

All members of the selection committee must comply with USA Weightlifting's conflict of interest policy, to include completing and submitting a disclosure form for review by the USA Weightlifting Ethics Committee prior to convening the committee.

Any member of the selection committee who has an actual, possible, or perceived conflict of interest must disclose it to the USA Weightlifting Ethics Committee prior to the start of the selection process and/or recuse him/herself from the review process and/or voting. A conflict of interest exists when a personal, family, financial, professional, club, team or business interest of the committee member poses a direct or indirect relationship, connection, or affiliation, past or present, with an athlete in contention for the applicable team selection that could compromise the committee member's ability to participate in the selection process in an unbiased manner. If a conflict exists, the USA Weightlifting Ethics Committee shall review the conflict and determine the committee member's level of involvement (e.g., whether that committee member must recuse him/herself from participating in discussions and/or voting). For example, if it is determined that a committee member must recuse him/herself from voting, the Ethics Committee may still determine that a committee member who has relevant and necessary information with respect to athlete performance, for example a national team coach or high performance director, may, if requested by the selection committee, provide such information to the committee so long as such information is provided in a fair and unbiased manner and so long as the committee member with the conflict of interest does not vote toward the final decision. The committee member must not otherwise influence other members of the committee in the selection process.

Additionally, any person (including any potentially impacted athlete or coach of a potentially impacted athlete) with a good faith belief that a committee member has a conflict of interest may report the alleged conflict of interest to USA Weightlifting's Ethics Committee. Reports may be made anonymously. No committee member shall retaliate in any way against a person who, in good faith, reports an alleged conflict of interest.

Any recused individual shall be replaced in accordance with the USA Weightlifting selection committee appointment process.

### 3. REMOVAL OF ATHLETES

- 3.1. Prior to entry by name to the Local Organizing Committee by the USOPC, USA Weightlifting has jurisdiction over potential nominees.

An athlete who is nominated to the Team by USA Weightlifting may be removed for any of the following reasons, as determined by USA Weightlifting:

- 3.1.1. Voluntary withdrawal. Athlete must submit a written letter to the USA Weightlifting CEO/Executive Director.
- 3.1.2. Injury or illness as certified by a physician (or medical staff) approved by USA Weightlifting. If an athlete refuses verification of his/her illness or injury by a physician (or medical staff) approved by USA Weightlifting, his/her injury will be assumed to be disabling and he/she may be removed.
- 3.1.3. Failure to participate in Mandatory Training and/or Competition as defined in Section 9 of these procedures.
- 3.1.4. Violation of the USA Weightlifting's Code of Conduct (<https://www.teamusa.org/USA-Weightlifting/Membership/Member-Code-of-Conduct>).
- 3.1.5. Failure to pass a USA Weightlifting background check.

An athlete who is removed from the Team pursuant to this provision has the right to a hearing per USA Weightlifting's Bylaws (Section 14.7) and the USOPC Bylaws, Section 9.

- 3.2. Once athlete entries have been submitted to the Local Organizing Committee by the USOPC, the USOPC has jurisdiction over the Team, at which time, in addition to any applicable NGB/PSO Code of Conduct, the USOPC's Code of Conduct and Grievance Procedures apply. The USOPC's Code of Conduct is included in the Games Forms made available prior to the respective Games; the USOPC's Grievance Procedures can be found at:

[www.teamusa.org/Footer/Legal/Governance-Documents](http://www.teamusa.org/Footer/Legal/Governance-Documents)

- 3.3. An athlete may be removed as a nominee to the Team or from the Team for an adjudicated violation of IOC, IPC, Panam Sports, APC, WADA, IF, USADA and/or USOPC anti-doping protocol, policies and procedures, as well as the U.S. Center for SafeSport Code, the USOPC Athlete Safety Policy and USA Weightlifting's SafeSport policies, as applicable.

### 4. REPLACEMENT OF ATHLETES



4.1. Describe the selection and approval process for determining replacement athlete(s) should a vacancy occur:

4.1.1. prior to submission of Entries by Name to the Local Organizing Committee, including any applicable group or committee:

To the extent that the Organizing Committee/PASO allow, USA Weightlifting will select the next highest ranked athlete according to the Competition Rankings posted on <https://www.teamusa.org/USA-Weightlifting/Resources/Athlete-Information-and-Programs/International-Squad-Standings>. See Pan American Games Rankings.

4.1.2. after submission of Entries by Name to the Local Organizing Committee, including any applicable group or committee:

To the extent that the Organizing Committee/PASO, USA Weightlifting will select the next highest ranked athlete according to the Competition Rankings posted on <https://www.teamusa.org/USA-Weightlifting/Resources/Athlete-Information-and-Programs/International-Squad-Standings>. See Pan American Games Rankings.

## 5. SUPPORTING DOCUMENTS

USA Weightlifting will retain the approved Selection Procedures and all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the Closing Ceremony of the Games.

## 6. REQUIRED DOCUMENTS

In addition to the USOPC Code of Conduct, the following documents are required to be signed by an athlete as a condition of nomination to the Pan American Games (include as attachments or provide links):

USA Weightlifting International Team Code of Conduct/Declaration (Appendix C)

## 7. PUBLICITY/DISTRIBUTION OF PROCEDURES

The USOPC approved Selection Procedures (complete and unaltered) will be posted/published by the USA Weightlifting in the following public location(s):

7.1. NGB/PSO Web site: <https://www.teamusa.org/USA-Weightlifting/Resources/Athlete-Information-and-Programs/Selection-Procedures>

These procedures will be posted as soon as possible, but not more than five business days following notice of approval by the USOPC.

7.2. Other:

None

## 8. DATE OF NOMINATION

Nomination of athletes, including replacements, will be announced to all athletes and submitted to the USOPC on or before:

**August 2, 2023**

## 9. MANDATORY TRAINING AND/OR COMPETITION

Specify the location, schedule and duration of mandatory training and/or competition: After nomination by USA Weightlifting, the athlete and personal coach must agree on a Readiness to Compete Plan. This plan must be signed by both the athlete/personal coach and USA Weightlifting, with agreed-upon markers in preparation for the Olympic Games.

## 10. ANTI-DOPING REQUIREMENTS

Athletes must adhere to all IOC, IPC, Panam Sports, APC, WADA, IF, USADA and USOPC anti-doping protocols, policies and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IOC, IPC, Panam Sports, APC, WADA, IF, USADA and USOPC rules, as applicable.

All athletes must be in the USAW RTP 6 months prior to the start of competition and the USADA RTP 3 months prior to the start of competition.

## 11. DEVELOPMENT OF SELECTION PROCEDURES

The following committee/group (include names and titles) was responsible for creating these Selection Procedures:

Lorene Halford, National Team Director  
Mike Gattone, Senior Technical Director – Sports Performance and Education  
USA Weightlifting Athlete Advisory Council (inclusive of the USOPC AAC Representative)

**12. NGB/PSO BYLAWS AND GRIEVANCE PROCEDURES**

The USA Weightlifting Bylaws and Grievance Procedures can be found at:  
<https://www.teamusa.org/USA-Weightlifting/About-Us/Governance-and-Financial/Bylaws-Technical-Rules-and-Policies>

**13. INTERNATIONAL DISCLAIMER**

These procedures are based on IOC, IPC, Panam Sports, APC, as applicable, and/or IWF rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in IOC, IPC, Panam Sports, APC, as applicable, and/or IWF rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USA Weightlifting. However, the selections are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

If any force of nature, or force majeure, should cause the alteration or cancellation of any of the selection events listed in this document, these selection procedures may require revisions, pursuant to their resubmission to the USOPC.

**14. ATHLETE OMBUDS OFFICE**



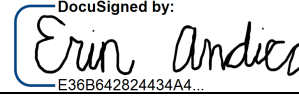
The Athlete Ombuds Office provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB/PSO.

To contact the Athlete Ombuds Office:  
PHONE: (719) 866-5000  
EMAIL: [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org)  
WEBSITE: [www.usathlete.org](http://www.usathlete.org)

**15. NGB/PSO SIGNATURES**

I certify that I have read and understand the standards/criteria set by our IF and/or PAWF and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Weightlifting.

Position	Print Name	Signature	Date
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USA Weightlifting President or CEO/Executive Director	Matt Sicchio	 <p>DocuSigned by: Matt Sicchio EFCB7CE7763C45C...</p>	March 15, 2023   12:33:01
Nat. Team Coach, Head Coach, or Nat. Program Director	Mike Gattone	 <p>DocuSigned by: Mike Gattone 564D0EBBDA80423...</p>	March 16, 2023   2:02:36 PM
USOPC Athletes' Advisory Council Representative*	Erin Andica	 <p>DocuSigned by: Erin Andica E36B642824434A4...</p>	marzo 20, 2023   7:09:23 AM

\* If the USOPC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

\* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by the NGB/PSO, he/she may submit those reasons in writing to his/her USOPC Sport Performance Team.

\* If, for some reason, a sport does not have an elected USOPC AAC Representative, the NGB/PSO must designate an athlete from that sport to review and sign the Selection Procedures.

# Weightlifting



**Santiago**  
**2023**  
Pan American Games



# Weightlifting

EVENTS	
Men (5)	Women (5)
61 kg	49 kg
73 kg	59 kg
89 kg	71 kg
102 kg	81 kg
+102 kg	+ 81kg

QUOTA					
	Qualification	Host NOC	Wild Cards	Cali 2021	Total
Men	58	4	1	5	68
Women	58	4	1	5	68
Total	116	8	2	10	136 athletes

MAXIMUM QUOTA PER NOC	
	Qualification
Men	4
Women	4
Total	8

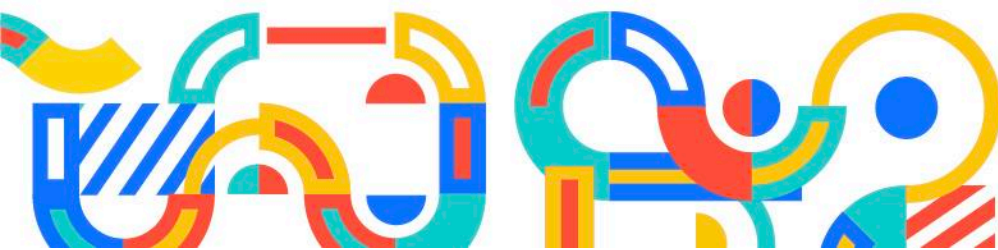
## Athlete eligibility

The athletes must have signed and submitted the Athlete Eligibility Condition Form.

The athletes must be at least 15 years old in 2023.

## Cali 2021 Quotas

In view of the fact that the weight categories have changed for the Paris 2024 Olympic Games, the athletes who qualified at the Cali 2021 Junior Pan American Games are the following:



QUALIFIED ATHLETES FOR SANTIAGO 2023		
NOC	Category / Athlete	Quota
COL	- 61kg - Estiven Villar	4 men 2 women
	- 73kg - Juan Martinez	
	- 96kg - Yeison Lopez	
	- 109kg - Luis Quiñones	
	- 59kg - Concepcion Usuga	
	- 64kg - Julieth Rodriguez	
USA	- 76kg - Olivia Reeves	1 woman
ECU	- 81kg - Ivan Escudero	1 man
DOM	- 49kg - Dahiana Ortiz	1 woman
MEX	- +87kg - Abdeel Rodriguez	1 woman
TOTAL	5 men 5 women	10 athletes

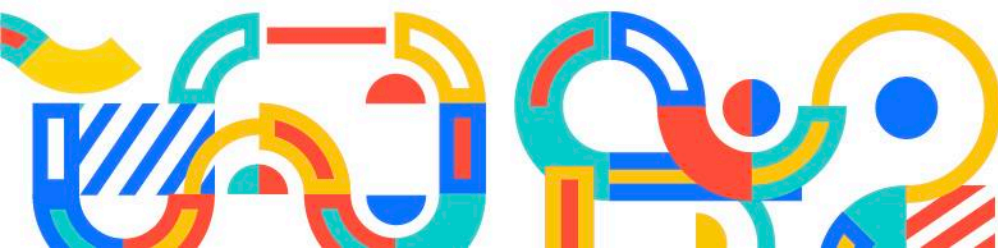
Qualification has been awarded according to the following table:

Weight Categories		
	Cali 2021	Santiago 2023
<b>Men</b>		
	61kg	61kg
	** 67kg o 73kg	73kg
	81kg	89kg
	96kg	102kg
	** 109kg o +109kg	+102kg
<b>Women</b>		
	49kg	49kg
	** 55kg o 59kg	59kg
	64kg	71kg
	76kg	81kg
	** 87kg o +87kg	+81kg

\*\* For these categories, the total obtained in the Cali 2021 Junior Pan American Games was considered. The athlete who obtained the highest score in the categories that were merged is the athlete who earned the quota for the Santiago 2023 Pan American Games.

If the athletes who qualified do not wish to participate in the Santiago 2023 Pan American Games, said place will be forfeited and cannot be transferred to another NOC or athlete.

The athletes who qualified at the Cali 202 Junior Pan American Games will not be able to obtain another place for their NOC



## Qualification system

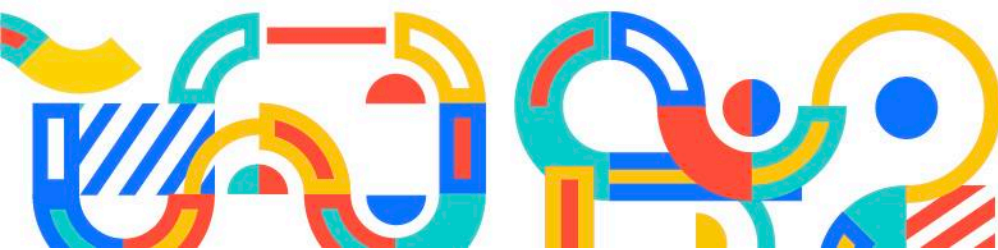
DATE	EVENT
November 2021	2021 Pan American Championship – Guayaquil, Ecuador
July 22 – 29, 2022	2022 Pan American Championship – Bogota, Colombia

The NOCs will obtain their places according to their position in the team qualification by points accumulated in the 2021 and 2022 Pan American Senior Championships.

Team qualification is based on the total points obtained by the athletes in both championships.

The positions' tables of Men and Women will be considered separately.

Men		Women		Total
No.	Quota	No.	Quota	
1		1		
2		2		
3		3		
4	4	4	4	48
5		5		
6		6		
7		7		
8		8		
9	3	9	3	36
10		10		
11		11		
12		12		
13		13		
14		14		
15	2	15	2	24
16		16		
17		17		
18		18		
19		19		
20	1	20	1	8
21		21		
22		22		
Wild Card	1	Wild Card	1	2
Host Country	4	Host Country	4	8
Cali 2021	5		5	10
<b>TOTAL</b>				<b>136</b>





## Host Country

The host country will qualify directly 4 (four) male athletes and 4 (four) female athletes. The points obtained by the host country in the qualifying championships will be disavowed.

## Wild Cards

Based on the requests submitted by the NOCs, the Pan American Weightlifting Confederation's Executive Board will allocate one quota for women and one for men.

## Confirmation of quota places

The Pan American Weightlifting Federation will confirm to Panam Sports and to the NOCs the places they have qualified, including wild cards, no later than August 22, 2022.

The NOCs will confirm to Panam Sports and to the Pan American Weightlifting Federation the places they will use no later than August 26, 2022.

## Reallocation of unused quota places

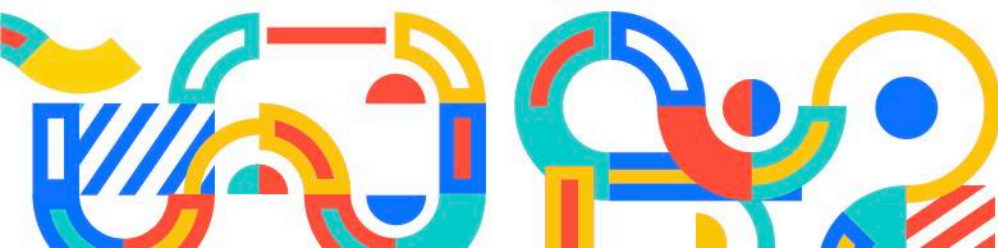
If necessary, the Pan American Weightlifting Federation will reallocate unused quota places to the next best placed NOC in the ranking that has not qualified yet. This process will be finalized before August 29, 2022.

The NOCs that receive reallocated quotas must confirm their acceptance no later than September 2, 2022.

## Qualification for the Paris 2024 Olympic Games

In Weightlifting, the best positioned NOCs in each category will obtain direct qualification to the Paris 2024 Olympic Games.

TIMETABLE	
Date	Key event
November 2021	2021 Pan American Championship Guayaquil, Ecuador
July 22 – 23, 2022	2022 Pan American Championship Bogota, Colombia
August 22, 2022	The Pan American Weightlifting Federation will confirm to Panam Sports and to the NOCs the places that they have qualified, including wild cards
August 26, 2022	The NOCs will confirm to Panam Sports and to the Pan American Weightlifting Federation the places they will use
August 29, 2022	Reallocation of quotas
September 2, 2022	The NOCs that received reallocated quotas must confirm their participation
July 20, 2023	Entry by number deadline
September 29, 2023	Entry by name deadline





Lima, 08 de febrero de 2023

Señor  
Ivar Sisniega  
Secretario general  
PANAMSPORTS

REF: Cupos Juegos Panamericanos Santiago 2023

De la manera más cordial nos dirigimos a usted para notificarle que hemos terminado los eventos de clasificación para los próximos Juegos Panamericanos Santiago 2023 en el deporte de Levantamiento de Pesas.

Una vez terminado los mencionados eventos de clasificación (Campeonato Panamericano Mayores Guayaquil 2021 y Campeonato Panamericano Mayores Bogotá 2022) y luego de consultar con las federaciones nacionales, a continuación, relacionamos los cupos asignados a cada país:

MASCULINO		FEMENINO	
COLOMBIA	4	COLOMBIA	4
MÉXICO	4	USA	4
REP. DOMINICANA	4	MÉXICO	4
ECUADOR	4	REP. DOMINICANA	4
VENEZUELA	4	ECUADOR	4
USA	4	VENEZUELA	4
GUATEMALA	3	BRASIL	3
PUERTO RICO	3	CANADÁ	3
CANADÁ	3	PERÚ	3
BRASIL	3	PUERTO RICO	3
CUBA	3	GUATEMALA	3
ARGENTINA	3	CUBA	3
PERÚ	2	URUGUAY	2
COSTA RICA	2	ARGENTINA	2
URUGUAY	2	NICARAGUA	2
NICARAGUA	2	COSTA RICA	2
PARAGUAY	2	PARAGUAY	2
BOLIVIA	2	HONDURAS	2
HONDURAS	1	BOLIVIA	1
PANAMÁ	1	PANAMÁ	1
HAÍTÍ	1	ARUBA	1

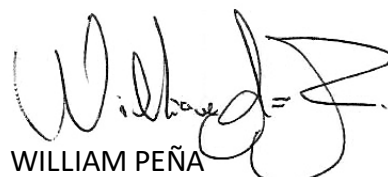
EL SALVADOR	1	BARBADOS	1
GUYANA	1	JAMAICA	1
CHILE	4	CHILE	4



Atentamente,

  
JOSE QUIÑONES  
FPLP PRESIDENT



  
WILLIAM PEÑA  
FPLP GENERAL SECRETARY





# Team USA Declaration for Athletes Attending:

## 2023 Pan American Games



**This Declaration is due by August 2, 2023 NO LATER THAN 5PM MT**



## Declaration Terms and Conditions

As of today, I have met the following minimum requirements:

**I am a citizen of the United States of America.**

Athletes must be citizens of the United States to be eligible to compete for Team USA, if dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.

**I have a valid United States of America Passport**

An athlete must possess a USA passport with an expiration date of a minimum of 6 months after the end of the competition, or the entry requirement of the host nation, whichever is the greater.

**I have been in the USA Weightlifting USADA Random Testing Pool (RTP) for 6 months.**

USA Weightlifting has taken a stand for a doping free sport and we require all of our international athletes to have been available for testing for minimum of 6 months prior to competing in any international competition.

**Other Requirements**

Athletes must be current members of USA Weightlifting and in good standing to compete.

Initial: \_\_\_\_\_



## **CODE OF CONDUCT: FOR ATHLETES, REFEREES, COACHES AND TEAM STAFF**

This Code of Conduct applies to all “team members” during their time as “part of a delegation” “Team members” includes all athletes, coaches, team staff, officials, and any other person acting/serving in an official capacity as an international/national representative of USA Weightlifting, who are selected and/or endorsed by USA Weightlifting to attend any IWF or USA Weightlifting sanctioned competition. For purposes of this policy “team members” shall be considered “part of a delegation” during the period beginning with travel to an IWF or USA Weightlifting sanctioned competition or camp and ending upon return from the event or competition or camp.

Representing the United States in competition is among the rarest and most rewarding of opportunities anyone will ever have. Representing our nation is **a privilege**. Athletic or coaching achievement is only a portion of the criteria necessary to earn that privilege; as important, if not more so, is the conduct displayed by all teams. It is imperative that teams understand that they are ambassadors of USA Weightlifting, the US Olympic Committee and ultimately the United States. As such:

1. Team members will conduct themselves in a manner representative of the highest level of excellence in all areas at all times.
2. All Team members, staff and coaches will respect teammates, athletes, coaches, officials, spectators, volunteers, USADA representatives, sponsors and National Office Staff of USA Weightlifting without regard to race, religion, national origin, age, civil status, veteran status, marital status, language, social condition, mental or physical ability, sexual preference, or gender identity.
3. The primary function of all team staff members is to serve the team. All team staff members must be available to assist and support athletes and other team members at all times.
4. Whereas team staff members’ focus is on the athletes, the athletes are expected to conform to the same levels of conduct as all other team members at all times.
5. All team staff members will perform their duties in a professional manner at all times. It is patently unprofessional to show partiality in any form to any other member of the team, regardless of club affiliation, and such behavior will not be tolerated. Likewise, team staff members will not attempt to recruit other team members to their club team or coaching influence.
6. All team coaches, leaders, and managers are expected to serve as role models in providing and enforcing standards. At a minimum, team managers, leaders, and coaches will provide clear guidance and rules to all other team members and enforce them at all times.



7. All team members are to strictly refrain from the consumption of alcohol and/or recreational drug use at any time while part of a delegation.
8. All team members are expected to comply with both the local laws and the laws of the United States at all times. For example, if an action is legal in the country you are visiting, but is not legal in the United States, it is not permitted to be undertaken. Similarly, if the action is legal in the United States but it is not legal in the country you are visiting it is not legal.
9. All team members will comply with all rules and guidance, as applicable. This includes, but is not limited to: local laws and customs (International, USOC, OTC and Olympic Village amongst others), dress and appearance, alcohol use, deportment, punctuality, manners, behavior and respect for other team members. Under no circumstances will disrespectful behavior towards the host nation or other members of other teams be tolerated.
10. All team members will respect the "chain of command". Ultimately, the team leader/coaches will have final say on all decisions.
11. Team members will adhere to any and all curfews put into place by the team leader and/or head coach, regardless of age.
12. Team members will attend all training sessions and team meetings unless otherwise excused by the team leader/coach.
13. Team members will not engage in any form of abuse (verbal or otherwise) against any person while representing the United States.
14. Team members will abide by all other USA Weightlifting, United States Olympic Committee, USADA, US Center for SafeSport, organizing committee, PAWF and IWF policies and procedures as applicable.
15. Coaches attending an international competition, as either a personal coach or as an appointed coach are expressly prohibited from engaging in any recruitment activities.
16. Sexual contact of any kind between any team members, with the exception of married couples and those in a pre-existing relationship declared to USA Weightlifting in advance of the commencement of a delegation., is strictly prohibited when part of a delegation. Sexual contact that is nonconsensual, inappropriate, unwelcome, criminal, or otherwise violates the rules, policies, or procedures of USA Weightlifting, the USOC, or the US Center for SafeSport, is always prohibited.
17. Conduct which reflects negatively on, or brings into disrepute, USA Weightlifting or the sport of weightlifting are prohibited.



18. Failure to comply with the tenets of this Code of Conduct may result in potential disciplinary action from USAW, penalties may include:

- Immediate removal from an international team and return home at the team member's expense.
- Revoking of funding from an international competition.
- Temporary or permanent termination of USA Weightlifting membership.
- Suspension from USA Weightlifting activities for a specified period.
- Withholding in part or in full of any stipend(s) paid by USA Weightlifting.

The team leader in consultation with the CEO has the ability to remove a person from the team immediately, and the CEO has the authority to place an interim sanction upon the athlete. The USA Weightlifting Judicial Committee shall approve any further sanction (generally considered to be a 6-month suspension of membership subject to hearing and individual circumstances), at the recommendation of the staff, with the athlete able to be heard. Any violation of policies otherwise than this code of conduct will be dealt with by the applicable body (e.g. US Center for SafeSport, US Anti-Doping Agency, United States Olympic Committee, International Weightlifting Federation or USA Weightlifting).

To that end, you agree to comply with any requests and investigations from USA Weightlifting, the US Center for SafeSport, International Weightlifting Federation, the US Anti-Doping Agency, the United States Olympic Committee, or any of its Boards or Committees.

I have read and understand the Team Code of Conduct. I agree to fulfill the requirements as outlined.

**Competition:** [2023 Pan American Games](#)

**Initial:** \_\_\_\_\_





## HEALTH, FITNESS & PERFORMANCE DECLARATION

Team USA athletes must maintain the level of performance that qualified them to make this international squad. A “Competition Readiness Plan” and test of readiness will be agreed upon by the personal coach and the Technical Director, National Teams following the invitation to join the international squad.

I understand the following provisions can be utilized for substitutions:

**Injury** - An athlete may be replaced if an independent doctor appointed by the Team Selection Committee determines that he/she is unable to perform to his or her potential due to an injury, placing the team in a compromising position in terms of scoring. Refusal to be examined by the appointed doctor can also be grounds for replacement on the team.

**Illness** - An athlete may be replaced if an independent doctor appointed by the Team Selection Committee determines that he/she is unable to perform to his or her potential due to an illness, placing the team in a compromising position in terms of scoring. Refusal to be examined by the appointed doctor can also be grounds for replacement on the team.

**Lack of Readiness** - An athlete may be replaced if he/she has not satisfied the terms and conditions of his or her “Competition Readiness Plan,” such that the Team Selection Committee determines that another athlete is better prepared to help the U.S. team to place high and score points for team success.

**Opportunity** - An athlete may be replaced if circumstances change due to new or revised information such that the Team Selection Committee determines that another athlete is more likely to help the U.S. team to place high and score points for team success. For example, the entry list for an event may change the Team Selection Committee's calculations of which athletes are more likely to score points, and the Team Selection Committee may replace an athlete, based on this additional information.

**Initial:** \_\_\_\_\_



## USA Weightlifting Outfitting Declaration

USA Weightlifting is pleased to confer that Nike has agreed to act as Official Outfitting Sponsor for the **2023 Pan American Games**. Participants will be issued an **Official 2023 Pan American Games Uniform**, which will be worn during the competition, on the podium, for the official team group photo, and may be worn during training at the competition.

As a condition of your participation in the **2023 Pan American Games**, please confirm your agreement with the following terms and conditions:

### Declaration Terms and Conditions for Outfitting

I will wear the **Official 2023 Pan American Games Uniform** I am issued in the competition and in training, as the team leader or my assigned coach requires.

I will bring sufficient training attire to this competition, provided however, that I may only wear training attire that is Nike brand, Rogue brand, or attire that is unbranded. If I appear in the training hall with other branded training attire, I will be required to return to my living quarters to change into training attire that is Nike brand, Rogue brand, or unbranded.

I will not wear any training or competition outfitting or otherwise display items while in attendance at this competition that in any way contains commercial advertising per IWF rules, either of my own business interest(s), or those of others with whom I am affiliated.

I will not wear any supplemental gear/equipment such as headbands, wrist or knee wraps or other such items, that contains commercial advertising per IWF rules, either of my own business interest(s), or those of others with I am affiliated. The manufacturer's brand mark is the only acceptable mark on such supplemental gear/equipment.

Choice of weightlifting shoes to be worn in this competition is at my discretion; provided, however, that the shoes display only the standard retail commercial markings of the manufacturer.

I will not alter or otherwise add markings of any sort to the **Official 2023 Pan American Games Uniform**.

I will not sell, trade, or otherwise redistribute to others any component of the **Official 2023 Pan American Games Uniform**;

If I accept the conditions of this declaration, and subsequently neglect to bring to the competition, or refuse to wear the **Official 2023 Pan American Games competition Uniform** I am issued in the competition and in training as the team leader or my assigned coach requires, I am subject to being withdrawn from the competition.



If I accept the conditions of this declaration, and subsequently I am identified as not having fulfilled the requirements, I am subject to return of the payments made on my behalf by USA Weightlifting for my participation in the [2023 Pan American Games](#), and furthermore, I am subject to disciplinary action, as the USAW Board of Directors deems appropriate.

If I am otherwise eligible for [2023 Pan American Games](#) but do not submit, a signed declaration as of 5 pm on the above date, I will not be entered as a team member or alternate on the [2023 Pan American Games](#) final entry form.

<b>Outfitting</b>	<b>Size</b>
Singlet ( <i>Men's or Women's Sizing</i> )	
Warm up Jacket ( <i>Men's or Women's Sizing</i> )	
Warm up Pants ( <i>Men's or Women's Sizing</i> )	

**Initial:** \_\_\_\_\_



## Social Media, Communications, and Marketing Agreement

### Introduction

These official social media guidelines were created to encourage athletes to share their opinion online in a positive and constructive manner. These guidelines are for those who contribute to blogs, wikis, tweets, social network posts, virtual words, and any other kind of social media. Both in professional and institutional roles, athletes need to follow the same behavioral standards online as they would in real life. Athletes are liable for anything they post on social media networks.

### Official USA Weightlifting Social Media Accounts:

- **Twitter:** @USWeightlifting
- **Facebook:** Facebook.com/USAWeightlifting
- **Snapchat:** USWeightlifting
- **Instagram:** usa\_weightlifting
- **YouTube:** USAWeightlifting
- **Website:** www.usaweightlifting.org

Social media is powerful communications tools that have a significant impact on organizational and professional reputations. USA Weightlifting supports and encourages athletes and staff to use social media platforms in positive ways to connect and interact with teammates, fans, media, members and the community. Athletes must at all times act in the best interests of the competition and shall not act in any manner which is improper. Such actions which are considered improper.

### How USA Weightlifting Uses Social Media!

USA Weightlifting uses social media to engage and connect with members, fans, athletes and the media as well as to promote and market new programs, upcoming events, athletes, sponsors, etc. To avoid misconceptions about authentic USA Weightlifting accounts, only the official accounts for USA Weightlifting are permitted to use USA Weightlifting names, logos and marks in titles, profiles and URLs.

In order to avoid any problems or misunderstandings, USA Weightlifting has come up with a few guidelines to provide helpful and practical advice for athletes when operating on the internet as an identifiable athlete of USA Weightlifting:

### Rule of Engagement

- **Disclose:** Your honesty—or dishonesty—will be quickly noticed in the social media environment. Please represent USA Weightlifting ethically and with integrity.
- **Protect:** Make sure that transparency doesn't violate USA Weightlifting's confidentiality or legal guidelines for commercial speech—or your own privacy. Remember, if you're online, you're on the record—everything on the Internet is public and searchable. And what you write is ultimately your responsibility.



- **Use common sense:** Perception is reality and in online social networks, the lines between public and private, personal and professional, are blurred. Just by identifying yourself as a USA Weightlifting athlete, you are creating perceptions about your expertise and about USA Weightlifting. Do us all proud.

### Best Practices

- **Be a Good Ambassador:** Always be aware that your opinions and behavior reflect on USA Weightlifting and Team USA.
- **Be Aware Social Media is Public Information:** Even though you may use privacy tools, assume that everything you post on social media is public information.
- **Consider Your Audience:** Remember the social media audience is unrestricted in terms of age, gender, nationality, faith, sexual orientation and disability. Posts can be read by children of all ages and journalists can create/embellish stories based on your postings.
- **Respect Copyrights and Fair Use:** Always give people proper credit for their work and make sure you have the right to use something with attribution before you publish.
- **Think Twice Before Posting or Retweeting:** A general rule of thumb is if you would not be happy seeing the image or quote in a national newspaper, do not post or tweet it.
- **Keep Security in Mind:** Avoid sharing log in details and using email accounts as well as social media log ins. Change your passwords frequently and avoid using the same password for multiple accounts.
- **Do Not Use USA Weightlifting / USOC Logos:** Using the USA Weightlifting and/or United States Olympic Committee name, logos or marks in any social media account or domain name not created by the organizations is forbidden.
- **Ask Before it's Too Late:** If you are in doubt about the appropriateness of a post or tweet, contact USA Weightlifting before posting.
- **Do Not Leak Information:** Athletes and staff shall not reveal information about other athletes that may be detrimental to performance. This may include, but is not limited to, injury status, fitness, medical treatment, information about athletes (especially without their consent), contact details of athletes, staff, criticism of USA Weightlifting, athletes, staff, coaches, Board of Directors, etc.
- **Use Good Judgment:** Refrain from comments that can be interpreted as slurs, demeaning, inflammatory, etc. Comments which include reference to a person's ethnic origin, race nationality, faith, gender, sexual orientation or disability are inappropriate.
- **Rule 40:** Prior to, throughout and following the Olympic Games, Rule 40 states no competitor, coach, trainer or official who participates in the Olympic Games may allow his/her person, name, picture or sports performances to be used for advertising purposes during the Olympic Games, unless permitted by the IOC Executive Board. Black-out dates will be provided to athletes in advance during an Olympic year.



- **Respect Sponsors:** Negative comments about USA Weightlifting premier partners, sponsors or suppliers, and United States Olympic Committee worldwide and domestic partners are considered inappropriate.

We encourage all athletes and staff to be active on various social media platforms and Therefore, welcome the opportunity to assist athletes and staff with using, promoting and protecting themselves on social sites. For any questions regarding social media, contact (**NOTE:** Be sure to tag USA Weightlifting! We will share your content with our audience!):

**Social Media Information:**

**Hometown:** \_\_\_\_\_

**Weight Category:** \_\_\_\_\_

**Best competition snatch:** \_\_\_\_\_

**Best competition clean and jerk:** \_\_\_\_\_

**Best competition total:** \_\_\_\_\_

**Coach(es) Name:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**Instagram:** \_\_\_\_\_

**I have read the Social Media, Communications and Marketing Agreement and I understand USA Weightlifting may use my likeness in future communications and marketing projects.**

**Initial:** \_\_\_\_\_



***By my signing this Team USA Declaration, I hereby agree to all of the terms and conditions outlined in this document, and that if I do not so agree to all of these terms and conditions, I am not eligible to participate in the [2023 Pan American Games](#). If I am younger than 18 years of age, as a condition of my receiving support, my parent/legal guardian must also sign this Declaration:***

**Athlete Name: \_\_\_\_\_ (Print First, Last)**

**Athlete Age: \_\_\_\_\_**

**USAW Member#: \_\_\_\_\_**

**Preferred Airport: \_\_\_\_\_**

**Signature of Athlete/Parent: \_\_\_\_\_ Date: \_\_\_\_\_**

**Signature of Parent/Legal Guardian (Required, if Athlete is Younger Than 18 Years of Age)**

**This Declaration is due by August 2, 2023 NO LATER THAN 5PM MT  
If you have questions about this document, contact Lorene Halford at  
[Lorene.Halford@usaweightlifting.org](mailto:Lorene.Halford@usaweightlifting.org)**