



English Team Selection Procedure 2026

General

For a lifter to be eligible for consideration for international selection for Team England they must fulfil all the criteria below:

- Hold a current valid membership of British Powerlifting whose registered division forms part of the Home Nation of England.
- Be in good standing with EPA, BP, and the IPF and not be subject to any sanctions.
- Conduct themselves in a professional manner.
- Comply with Article 14 of the Constitution of the IPF. Accordingly, lifters who have competed in a non-WADA compliant powerlifting event will be ineligible for a period of 12 months thereafter for international selection/championships.
- Comply with WADA, IPF, and BP anti-doping procedures and be available for testing should it be required of them.

It should be noted that completion of all requirements will only make an athlete eligible for selection and does not guarantee selection for Team England.

International Selection Championships

Below lists the selection championships for each international that the EPA will attend in 2026.

If an athlete wishes to be eligible to be selected for Team England at an international, they must compete at the listed selection championships or obtain dispensation through the EPA's Dispensation Procedure.

Commonwealth Three Lift (Classic and Equipped)

- All England Sub-Junior and Junior, 2026
- All England Open, 2026
- All England Masters, 2026

Commonwealth Bench Press (Classic and Equipped)

- English Bench, 2026
- If team spaces remain available after selection from English Bench, this will be expanded to include the bench performance from:
 - All England Sub-Junior and Junior, 2026
 - All England Open, 2026
 - All England Masters, 2026

Luxembourg Open Invitational

- All England, 2025
- Home Nations, 2025

Home Nations

- All England Sub-Junior and Junior, 2026
- All England Open, 2026
- All England Masters, 2026
- Commonwealth Three Lift, 2026
- Luxembourg Open Invitational, 2026

In the event that a full team is not selected from these selection championships, the selection pool may be expanded to include BP performances at national or international competitions at the discretion of the EPA.

International Teams

The table below details the Teams that will be taken to each international the EPA will attend in 2026.

International		Sub-jr	Jr	Open	M1	M2	M3	M4
Commonwealth Three Lift	Classic	✓	✓	✓	✓	✓	✓	✓
	Equipped	✓	✓	✓	✓	✓	✓	✓
Commonwealth Bench	Classic	✓	✓	✓	✓	✓	✓	✓
	Equipped	✓	✓	✓	✓	✓	✓	✓
Luxembourg Open Invitational	Classic	x	x	✓	x	x	x	x
	Equipped	x	x	x	x	x	x	x
Home Nations	Classic	x	x	✓*	x	x	x	x
	Equipped	x	x	✓*	x	x	x	x

*Home Nations Team can be composed of a combination of classic and equipped lifters.