

## **Protocol for Retention/Induction & Weeding out of KIAs/NCOE Athletes in Weightlifting discipline**

### **Protocol of Weightlifting is bifurcated into three parts which is mentioned below: -**

1. Talent Identification
2. Performance Benchmark Process
3. Age Verification Test

#### **1. Talent Identification**

Competitions to be considered for talent identification: -

1. National Championship (Senior)
2. National Championship (Youth and Junior)
3. Khelo India Games (Youth & University)
4. ASMITA Nationals

#### **2. Performance Benchmark Process**

##### **a) Performance Analysis**

The purpose of this segment is to devise a standard system to assess and analyze the progress of a Weightlifter across three age groups: Youth (13-17Yrs), Junior (15-20Yrs) and senior (20+Yrs).

##### **b) The Minimum Criteria for Retention/Weedout of Khelo India and NCOE Athletes (Men and Women) shall be as follows:**

- i. An athlete initially selected in KIA/NCOE Scheme with a grade lift of AAAA or AAA, shall maintain the same grade lift;
- ii. An athlete initially selected in KIA/NCOE Scheme with a grade lift of AA, A or X shall be retained if they have the next higher-grade lift;
- iii. An athlete who has shown significant improvement in performance;
- iv. A well performing athlete who, due to injury has not maintained his/her performance for a year as per point 2 b) sub-point i, ii or iii may be retained in the KIA/NCOE scheme based on his/her's Coach's and Doctor's report specifying the nature and extent of injury and recovery time.
- v. An athlete who has earned a medal in a recognized International Competition in 2024 or in a recognized National Competition in 2025 shall be retained.
- vi. Weeding out of the NCOE athletes- to be based on last two-year performance and medal in national championship.
- vii. NCOE athletes, if any without prior intimation is absent from the training centre for more than 15days may be given two warning in the gap of 10days and further the weeding out process to be carried out.
- viii. Weeding out of KIA athletes - to be based on last two-year performance and medal in National championship.
- ix. Senior athletes should have secured medal in international in the year 2024 & 2025.

c) Performance Benchmarks

The following is the protocol for creating benchmark of grade lift: Considering results of major events, the results included are as follows:

1. Up to 1 most recent Olympic Games with current weight categories
2. Up to 3 most recent World Championship with current weight categories
3. Up to 3 most recent Asian Championship with current weight categories

The 1st, 2nd, 3rd and 8th position performances are considered from these competitions. The average of 2 best lifts for each position from the data points above is considered as position-wise benchmark for the weight category.

For each position benchmark standard is calculated as an Average of the all 1st, 2nd, 3rd, and 8th positioned lifts are taken to create a Global Performance Standards (**Annexure 1**).

*\* New Weight Categories would be considered for benchmarking as per change in the regulations by IWLF.*

d) Derivation of Age Specific Progression Standards

The 3<sup>rd</sup> and 8<sup>th</sup> position lift of each weight category of each age group (Youth, Junior and Senior) is set as benchmark. 2 deviations “Deviation A” and “Deviation B” are taken:

- Deviation B = Standard Deviation of 3<sup>rd</sup> and 8<sup>th</sup> position across all age group.
- Deviation A = 50% of Deviation B

The Progression time of Youth, Junior and Senior age groups are divided into 6 progression times (I-VI) which are as follows:

- I (bronze medal benchmark lift for Senior)
- II (8th position benchmark lift for Senior)
- III (bronze medal benchmark lift for Junior)
- IV (8th position benchmark lift for Junior)
- V (bronze medal benchmark lift for Youth)
- VI (8th position benchmark lift for Junior)

e) Estimation of Discipline Specific High-Performance Age

- Results of 2 latest Sr. World Championships (long course) and 1 latest Continental Championship is considered.
- Age of all medalists in all weight categories, as on year of their win, from the 6 competitions is recorded.

f) High-Performance Age of medalist for all the weight categories is estimated as follows:

- Birth year of all medalists from World and Continental Championship was considered and age of medalists as on medal winning year was calculated.
- The ages were sorted weight wise and outliers are removed to arrive at an estimate age range for high performance age for the Weightlifting discipline.

g) Analysis and Grading Indian Weightlifters Performances

The Weightlifters are graded and categorized as per the below grades and qualification benchmarks derived from the above-mentioned process:

Grades	Remarks	Point System
AAAA	High Chance of Medal	3 <sup>rd</sup> Position
AAA	Medium Chance of Medal	Average of 3 <sup>rd</sup> and 8 <sup>th</sup> Position
AA	Qualifying for top 8	8 <sup>th</sup> Position
A	High Chance to Qualify	8 <sup>th</sup> Position minus Deviation A
X	Medium Chance to qualify	8 <sup>th</sup> Position minus Deviation B
NA	No chance to qualify	--

- The Athletes shall be retained/inducted into the Khelo India Scheme or NCOE Scheme based on the grade given to their lift, as per benchmarks in specific age and weight category only.
- A Merit List will be prepared with the Athletes graded as AAAA, AAA, AA, A. Athletes higher on the merit can be proposed for induction into the Khelo India Scheme as per available vacancy. Remaining athletes including athletes graded as X can be proposed for induction into the NCOE Scheme as per Benchmarks.
- Retention of existing KIA/NCOE Athletes will be done as per Point 2 b).
- The benchmarking evaluation metrics is detailed at **Annexure 1**.

