



**2026 EUROPEAN THROWING CUP: 14 - 15 MARCH 2026
NICOSIA, CYPRUS**

SELECTION POLICY – published December 2025

Updated February 2026 – Amendment to paragraph 9, Appendix 1

This Selection Policy (“the Policy”) set outs the selection process for the team to represent Great Britain & Northern Ireland at the 2026 European Throwing Cup in Nicosia, Cyprus (the “Championships”).

Athletes should note that they must comply with all General Eligibility requirements to compete for Great Britain & Northern Ireland at these Championships. Please refer to Appendix 1.

PERFORMANCE OBJECTIVES

- To select athletes that will maximise individual medals.
- To bridge the gap to world-class senior level by allowing developing U23 athletes the experience of competition on the international stage.
- To provide a competition opportunity for senior athletes who have the potential to achieve a Top 8 placing at these Championships and in future bridge the gap to world-class senior level.

SELECTIONS

1. The selection meeting will take place on **2 March 2026**.
2. Selections will be based on the performance objectives of the Championships as stated above.
3. Selections will be published by **6 March 2026**.
4. The team size will be up to a maximum of twelve (12) athletes, and the final number will be at the sole discretion of the Selection Panel.
5. Selections will be subject to the maximum number of entries per event, within the allocated team size, as follows:
 - a. **Senior Men and Women**
A maximum of two (2) athletes can be selected in each of the individual events.
 - b. **U23 Men and Women**
A maximum of one (1) athlete can be selected in each of the individual events.

KEY COMPETITION

6. There will be no official trial event for athletes wishing to be considered for selection. However, performances at the following competition will carry weighting when athletes are considered against the criteria in the Selection Process.
 - a. **UK Athletics Winter Long Throws Championships** - 28 February & 1 March 2026 at the Paula Radcliffe Athletics Track, Loughborough.

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ELIGIBILITY FOR SELECTION

7. In addition to meeting the General Eligibility Requirements in Appendix 1, to be eligible for selection, athletes must comply with Qualification Requirement.
8. For the avoidance of doubt, complying with the qualification requirement means an athlete can be considered in the Selection Process; it does not guarantee selection.

QUALIFICATION REQUIREMENT

9. To be considered for selection, athletes must achieve the **UKA Selection Standard** for their corresponding event set out in the tables below within the qualification period **1 January 2025 to 1 March 2026**.

- a. For Senior Events:

Men	Event	Women
20.00	Shot Put	17.50
63.00	Discus Throw	58.00
75.00	Hammer Throw	69.00
80.00	Javelin Throw	58.00

- b. For U23 Events:

Men	Event	Women
18.00	Shot Put	15.50
56.00	Discus Throw	52.00
67.00	Hammer Throw	62.00
72.00	Javelin Throw	52.00

10. Selection Standards must be achieved in competitions that comply with the Performance Conditions in Appendix 2.

11. Qualification – Exceptional Provisions

By exception, if an athlete has not achieved the UKA Selection Standard in paragraph 9, then discretionary selection may be considered in accordance with the process set out in paragraph 19 below. Discretionary selection is proposed by the Team Leader and is voted by the Selection Panel. Discretionary selection is by exception only and therefore may not be used. Discretionary selection is only available for Senior events and there is a maximum of one place permitted per event, and only if there are places remaining within the designated team size.

SELECTION PROCESS

12. The Selection Panel will only select from athletes who meet the Qualification Requirement above.
13. Selection will be made in two (2) rounds conducted as outlined below.

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- Round 1 – Previous Competition History
- Round 2 – Remaining Athletes with a UKA Selection Standard

14. Athletes should note that selection in all rounds is subject to the Selection Panel's expert assessment of the athlete's injury and health status.

15. In its assessment of an athlete, the Selection Panel may decide not to select an athlete if based on UK Athletics' medical advice, it considers that participation would constitute a risk to the athlete or others.

16. The Selection Panel may in its sole discretion, set conditions of selection, which may include but are not limited to fitness, health-related or any other form of assessment. If the athlete fails to comply with the conditions, the provisions for deselection as set out below may apply.

17. Round 1 – Previous Competition History (See Appendix 3)

Subject to an assessment of health and injury status, athletes who meet the criteria below will be selected in their corresponding event.

- a. Athletes who reached their respective final of the 2025 World Championships
- b. Athletes who finished in the Top 8 at the 2025 European Throwing Cup

The Selection Panel may choose not to select an athlete if it considers that the athlete's health or injury status does not give confidence of the athlete's ability to fulfil the performance objectives of the Championships.

18. Round 2 – Eligible Athletes with a UKA Selection Standard

a. If places remain in an event, the Selection Panel will consider athletes with a UKA Selection Standard. Athletes being considered for selection in this round must in the sole discretion of the Selection Panel, be likely to achieve the Performance Objectives of the Championships based on their assessment of the criteria below.

- Performance and position at the UK Athletics Winter Long Throws Championships.
- The number of times selection standards were achieved during the qualification window.
- Performances during the qualification period.
- Performance in head-to-heads with other Eligible Athletes within the qualification period.
- Recent athlete performance history in international championships since 2023.
- Assessment of an athlete's current form to determine their current performance potential and readiness to compete at a level that can meet the performance objectives of these championships. Current form will be assessed during the period **1 December 2025 to 1 March 2026**.
- Medical, injury and health-related status considerations.
- Other factors the Selection Panel deem relevant

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- b. The criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the Selection Panel deems appropriate, notwithstanding the conditions in paragraph 18c below.
- c. Athletes should note that performance at the UK Athletics Winter Long Throws Championships will carry significant weighting in the Selection Panel's assessment of the above criteria.
- d. If there are more athletes with a UKA Selection Standard than there are places available, athletes will be considered for selection based on the Selection Panel's comparative assessment of athletes. The Selection Panel will ultimately select athletes with the greatest potential to fulfil the overarching performance objectives of the Championships.
- e. For the avoidance of doubt, the Selection Panel is neither obliged to select athletes nor to fill all event places.

19. Exceptional Provisions – UKA Discretionary Selections

- a. In exceptional circumstances only, the Team Leader may exercise their discretion to propose the selection of an individual senior athlete who has not met the Qualification Requirement. In such cases, in order to select the athlete, the Team Leader must believe the athlete has demonstrated the ability to meet the Performance Objectives of the Championships.
- b. In making such an assessment, the Selection Panel will consider the athlete's performances to determine their ability and readiness to perform at the Championships at a level aligned to the Performance Objectives.
- c. In the case of discretionary selections, voting will require a majority vote, in line with all other rounds and the procedure set out in paragraph 23 below.
- d. The maximum number of discretionary selection places available is one (1) per individual senior event. There are no discretionary selection places available for U23 events.
- e. Discretionary selections may only be considered following completion of the rounds. There is no obligation to use discretionary selections.

20. Reserves

- a. The Selection Panel may in its discretion nominate one additional eligible athlete as a reserve who fulfils the performance objectives of the championships, as determined by the Selection Panel, for any individual event. If more athletes satisfy the criteria than there are places available, athletes will be assessed using the criteria outlined in the Rounds.
- b. There is no obligation on the Selection Panel to nominate reserves.
- c. In situations where an athlete has been de-selected, UKA will exercise its sole discretion in determining whether or not to call upon a reserve.

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SELECTION PANEL

- 21. The Selection Panel shall comprise the Members stated below. A substitute may be nominated at any time by the Head of Performance Pathway and Programmes if a member is unavailable:
 - a. Voting Members:
 - i. Team Leader
 - ii. Two specialist throws coaches, as nominated by the Head of Performance Pathways and Programmes.
 - b. Non-Voting Members:
 - i. Chairperson
 - ii. Event specialist(s), as nominated by the Head of Performance Pathways and Programmes if considered necessary
 - iii. British Elite Athletes Associate or UKA Athletes Commission observer (as required)
 - iv. UK Athletics Medical representative (as required)
 - v. Note taker(s), and;
 - vi. Any other person invited by the Chairperson

- 22. In the event of an actual, potential, or possible conflict relating to any voting member of the Selection Panel, it should be reported to the Chairperson of the selection meeting who shall determine whether the voting member in question should be permitted to take part in relation to any selection decision(s). In any event including but not limited to conflict of interest or absence, the Chairperson may appoint an alternative voting member if necessary.

- 23. Voting of the Selection Panel shall be by simple majority. The Team Leader shall have the casting vote, if required. If the Team Leader is unable to vote due to a conflict the Chairperson shall nominate the panel member with the casting vote if required. For discretionary selections, if the Team Leader has a conflict, the Chairperson will decide on which voting member shall have casting vote.

- 24. The Selection Panel may make any selection subject to the athlete completing a performance requirement or test set by the Selection Panel.

DE-SELECTION

- 25. Following selection, an athlete may be de-selected by the Selection Panel or UK Athletics in the event of:
 - a. The athlete ceasing to comply with the eligibility criteria set out in this Selection Policy, EA rules and regulations, UK Athletics strategy document or policy communicated by UK Athletics.
 - b. UK Athletics becoming aware that the athlete does not comply with the Eligibility Criteria set out in this Selection Policy, other strategy document, or policy communicated by UK Athletics.
 - c. Failure to sign the World Class Programme Athlete Agreement or Team Member Agreement.

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- d. Failure or partial failure to comply with any conditions or part of conditions of selection set by the Panel.
- e. Application of the UK Athletics Team Medical Policy as set out in the World Class Programme Athlete Agreement or Team Member Agreement.
- f. Any anti-doping rule violation or provisional suspension.
- g. Any serious misconduct or suspension due to misconduct.
- h. A breach of any UK Athletics policy.
- i. UK Athletics reasonably considering that the athlete will be unable to perform at the level required or expected due to any reason including loss of form or failure to recover fully or as expected from injury or illness, or:
- j. Failure to opt-in to team training or events.

GENERAL PROVISIONS

26. Appeals

There shall be no right of appeal to the selection of the Novuna GB&NI Team made by the Selection Panel. The provisions of the “UK Athletics Selection Fast Appeals Procedures” do not apply to the selections for the 2026 European Throwing Cup.

27. Amendment

UK Athletics reserves the right to amend this Selection Policy at any time at its discretion and will make any amended version publicly available (including the date on which any amendment was made) at www.britishathletics.org.uk

28. Governing Law

This Selection Policy shall be governed by and constructed in accordance with the law of England and Wales.

29. Jurisdiction

Any dispute or claim (other than appeals) arising out of or in connection with this Selection Policy shall be submitted for determination exclusively to arbitration under the auspices of Sports Resolutions (UK) Limited and subject to the procedural control of the English Courts.

Key Contacts

- Head of Performance Pathways & Programmes – Dan Wagner (dwagner@britishathletics.org.uk)
- Policy related queries - Tina Ryan (tryan@uka.org.uk)
- Championships logistics – Lorna Dwyer (ldwyer@britishathletics.org.uk)

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APPENDIX 1 - GENERAL ELIGIBILITY CRITERIA

1. Be eligible to compete for GB&NI and be the holder of a full and current British passport.
2. Comply with all European Athletics and competition rules including but not limited to any rules relevant to the category and/or event they wish to compete in.
3. Is not serving a period of ineligibility from the sport (as determined by UK Athletics or a Home Country Athletics Federation) or from any other sport. For example, due to misconduct and/or disciplinary reasons.
4. Not under investigation or been charged by UK Athletics, a Home Country Athletics Federation, or any other relevant organisation (including the police and CPS) with misconduct or any disciplinary, safeguarding or criminal offence.
5. Completed all anti-doping requirements.
6. Not committed a criminal, disciplinary or safeguarding offence that in the reasonable opinion of the Board of UK Athletics renders the athlete unsuitable for selection.
7. Has not, whether by an act or omission, brought UK Athletics into disrepute.
8. Meet the standards and behaviour expected by UK Athletics, as published from time to time, including in the International Athletes Code of Conduct.
9. Be registered as a member with the relevant Home Country Athletics Federation (HCAF), directly or through a club. Exemption may be granted in exceptional circumstances only, where an athlete must be registered to a club in a foreign country due to local laws and regulations governing residency and training. In such cases, the athlete should seek written approval from the Performance Director in advance.
10. Be 16 years or older as of 31 December 2026 (i.e. born in 2010 or earlier), with the exception of the Men's Shot Put and Men's Hammer Throw (see point 11).
11. Be 18 years or older as of 31 December 2026 (i.e. born in 2008 or earlier), to be considered for selection in the Men's Shot Put and Men's Hammer Throw.
12. For U23 athletes, be born in 2004, 2005, 2006, 2007, 2008, 2009 or 2010.
13. Complete European Athletics "I Run Clean" online anti-doping certification.
14. Sign the UK Athletics Team Members' Agreement ("TMA") and abide by its terms and conditions. Any athlete failing to do so prior to the first date of competition will result in their selection being withdrawn. The current version of the TMA can be found online at <https://www.uka.org.uk/performance/british-athletics-teams-information/>

APPENDIX 2 – PERFORMANCE CONDITIONS

The European Athletics Entry Standard must be achieved in accordance with the Performance Conditions as set out below.

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1. Performances must be achieved during competitions organised or authorised by World Athletics, its Area APP Associations or its National Member Federations and conducted in conformity with World Athletics Rules and for which an application has been submitted in advance. The list of National Permit competitions will be published on the Global Calendar pages of the World Athletics website (<https://worldathletics.org/competition/calendar-results>).
2. Events will only be listed on the World Athletics global calendar if they are licensed as a UKA Level 2 competition or higher and have a World Athletics permit/licence.
3. Performances achieved in the same individual event in a single day will only count as the best trial of the first competition day.

APPENDIX 3 – 2025 WORLD CHAMPIONSHIPS ATHLETES & TOP 8 FINISHERS AT 2025 EUROPEAN THROWING CUP

Athlete	Event	
Scott Lincoln	Senior Men’s Shot Put	Finalist at 2025 World Championships
Jake Norris	Senior Men’s Hammer Throw	Top 8 at 2025 European Throwing Cup
Nick Percy	Senior Men’s Discus Throw	Top 8 at 2025 European Throwing Cup
Serena Vincent	Senior Women’s Shot Put	Top 8 at 2025 European Throwing Cup
Piers Cameron	U23 Men’s Shot Put	Top 8 at 2025 European Throwing Cup

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