

WABDL Collegiate Nationals Eligibility

Lifters who wish to compete in the WABDL Collegiate National Championships must meet the following criteria:

- 1. Lifters must be enrolled at least half-time (6 credit hours) in an accredited credit-bearing undergraduate or graduate/professional program at a U.S. college or university (this includes institutions located in U.S. territories and possessions).***
- 2. Lifters must not have reached the age of 26 by the day of the meet.***

WABDL eligibility criteria differ significantly from criteria requirements for past national collegiate lifting events:

- Both undergraduate AND graduate/professional students are eligible.***
- Lifters who are unable to attend school full-time are eligible.***
- International students studying at U.S. institutions and who meet the criteria above are eligible.***
- Lifters are eligible until the age of 26, no matter when they began their college or university study***
- There is no qualifying total required.***

Some notes on the WABDL collegiate eligibility requirements:

The WABDL collegiate eligibility rules are intended to reflect the changing demographics of students enrolled in U.S. institutions of higher education in the 21st century. In particular, it is our intention to offer the excitement of collegiate competition to lifters who quite likely would be at a disadvantage under more traditional collegiate eligibility rules. Several facts of student life today place many student lifters at such a disadvantage, including the following:

- The average age of undergraduates has been increasing.***
- More students, for a variety of reasons, simply cannot afford to remain enrolled full-time throughout their educational programs.***
- More students are required to take time away from their studies for work, extended internships, and military service.***

Therefore, we allow lifters to compete up to the age of 26, which corresponds to the upper end of the WABDL Junior Division, and we allow half-time students as well as graduate and professional students to compete.