

# **WABDL High School Nationals Eligibility**

***Lifters who wish to compete in the WABDL High School National Championships must meet the following criteria:***

- 1. Lifters must be enrolled full time in high school or home school equivalent (9<sup>th</sup> grade through 12<sup>th</sup> grade).***
- 2. Lifters must not have reached the age of 20 by the day of the meet.***
- 3. International students studying at U.S. institutions and who meet the criteria above are eligible.***
- 4. Lifters are eligible until the age of 20, no matter in what grade they are currently enrolled.***
- 5. There is no qualifying total required.***