



National Team Program Policy

Version 2025-03

Board Approved 2025-02-11

SECTION 1 - INTRODUCTION

1. INTRODUCTION

As the National Sport Organization for Sport Climbing in Canada, Climbing Escalade Canada (CEC) is responsible for identifying, selecting, and supporting athletes with the highest potential for success on the international stage. Our mission is to set a high standard for performance, fostering an environment that promotes excellence and competitiveness.

CEC's Podium Pathway identifies athletes in the Train to Compete, Learning to Win, and Winning for a Living stages of our Long-Term Athlete Development (LTAD) framework. While we support athletes at all these stages, it is crucial that each athlete competes at the appropriate level for their optimal development — whether national, continental, or international. This approach ensures athletes are both challenged and supported according to their growth, preparing them to meet the demands of their competitive pathway.

The National Team Program (NTP) is aligned with CEC's high-performance strategies and those of our key funding partners, including Sport Canada, the Canadian Olympic Committee (COC), and Own the Podium (OTP). This alignment provides athletes with the resources and opportunities needed to excel while fostering a strong development pipeline for the future of Canadian climbing.

1.1. CEC PODIUM PATHWAY

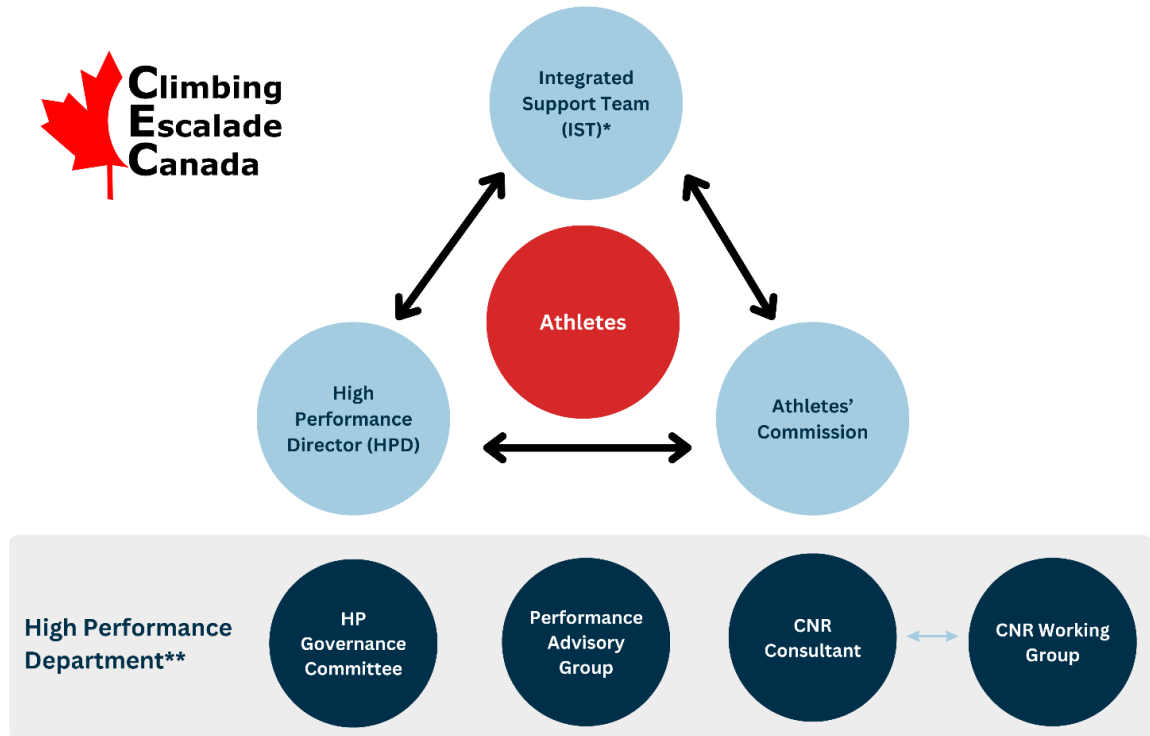
A Podium Pathway is a structured framework designed to guide athletes from developmental stages to elite performance levels, with the goal of achieving podium finishes at major competitions. The CEC Podium Pathway includes national, north-american, pan-american, and international competitions, preparing athletes for success on the world stage, including events like World Championships, World Cups, and the Olympics.



This diagram illustrates **CEC's Podium Pathway**, which is divided into three stages of athlete development:

- **Train to Compete** (base level): Athletes participate in youth and Canadian national events, focusing on skill development and competition experience.
- **Learning to Win** (middle level): Athletes compete in continental events, NACS, and Canadian national events, building competitiveness.
- **Winning for a Living** (top level): Athletes aim for podium finishes at major events like the Olympics, IFSC competitions, and other international games.

1.2. HP LEADERSHIP STRUCTURE



*IST is comprised of coaches, SC coaches, mental consultant, nutritionist, etc.
 ** Supervised by the High Performance Director

HP Committees - Terms of Reference

- CEC-HP-06 – [High Performance Governance Committee \(HPGC\) Terms of Reference](#)
- CEC-HP-07 – [CNR Working Group \(CNR-WG\) Terms of Reference](#)
- CEC-HP-08 – [Performance Advisory Group \(PAG\) Terms of Reference](#)

1.3. VERSION TRACKER

DATE	VERSION	CYCLE	NOTES
January 2021	Version 1	Paris 2024 Olympic Cycle	
	Version 2	Paris 2024 Olympic Cycle	amendments in results to the COVID-19 pandemic
October 2021	Version 3	Paris 2024 Olympic Cycle	
November 2024	Version 2025-1	LA 2028 Olympic Cycle	revisions in response to the 2024 HPP Review combines all HPP policies into one
November 28, 2024	Version 2025-2	LA 2028 Olympic Cycle	small language adjustments
February 11, 2025	Version 2025-03	LA 2028 Olympic Cycle	Language clarification re: Intake Process

SECTION 2 - ATHLETES MEMBERSHIP PROCESS

2. ATHLETES MEMBERSHIP PROCESS

2.1. ELIGIBILITY REQUIREMENTS

To be eligible for selection to the NTP, athletes must meet and maintain all requirements as follows:

- a. Be of eligible age to participate in the Senior Category: turning 17 years by end of calendar year
- b. Abide by all CEC Rules & Policies, including, but not limited to, the Community Code of Conduct
- c. Act in accordance with other national and international policies (CCES - CADP, WADA, etc.)
- d. Sign and abide by the CEC High Performance Athlete Agreement
- e. Be eligible to compete under the IFSC Competition Rules: https://cdn.ifsc-climbing.org/images/Website/2022_IFSC_Rules_201.pdf
- f. Hold a valid Canadian Passport, expiring no earlier than 6 months prior to the date of the event(s) attending (if applicable)
- g. Hold a valid CEC Athlete License, and be in good standing with CEC
- h. Follow all training and competition plans as outlined by the NTP Coaching Team, in collaboration with the Integrated Support Team (IST)
- i. Participate in all meetings (in person or virtual) set by the NTP Coaching Team
- j. Participate in fitness and IST assessment, including performance monitoring as requested by NTP Coaching Team.
- k. Willingness and ability to participate in international events if selected

2.2. REMOVAL FROM NTP

The High Performance Governance Committee (HPGC), in collaboration with the NTP Coaching Team, can, at its sole discretion, decide to remove an athlete from the NTP for failure to comply with athlete requirements and/or codes of conduct.

Athletes will receive warning before being removed from the NTP. The HPGC reserves the right to reinstate an athlete that was removed, based on resumption of compliance with NTP requirements.

2.3. RETIREMENT & COMPETITION PAUSE PROCESS

CEC is committed to supporting its athletes during all stages of their careers, including the transition to retirement or the need to take a pause from competing. The purpose of this policy clause is to provide a clear and supportive process for athletes retiring or temporarily

suspending their involvement with Climbing Canada, ensuring they transition smoothly from their competitive careers to their future endeavors.

Procedure

- Notification of Intent to Retire or Pausing
 - o Athletes must notify CEC in writing as soon as possible.
 - o Notification must include which discipline(s) this situation applies to.
 - o In the situation where an athlete would not provide notice to CEC, but has made a public declaration clearly communicating their retirement, CEC may use their declaration as official notice after 3 unsuccessful attempts at connecting with the athlete
- Ranking
 - o Retired or Paused athletes will be removed from the Canadian ranking system and squads following their last ranking-eligible event.

2.4. EXCEPTIONAL CIRCUMSTANCES

An athlete who is progressing in their career but has a setback due to an injury, illness, life event, or other unforeseen circumstance could be afforded additional flexibility when it comes to WC spot allocation and other CEC decisions; these situations are referred to as “Exceptional Circumstances”.

This clause does not apply to Major Games events that have specific Selection and Replacement Policies.

Notice

Sufficient Notice of injury must be given in writing to the CEC High Performance staff, and must include the following documentation:

- Explanation of the exceptional circumstances
- Doctor or Physio’s note confirming the injury and the recovery plan (if applicable)
- Recovery plan and timelines (if applicable)
- Return to competition plan

A sufficient notice is defined by:

- IFSC Events: sufficient notice includes time for new invitations, travel arrangements and IFSC registration changes, prior to the Replacement Deadline.
 - The Sufficient Notice deadline for IFSC World Cups is 5 days prior to the Replacement Deadline.
- Other International Events: sufficient notice includes time for new invitations, travel arrangements and registration changes, pending on each event’s regulations.

Return to competition guidelines:

<p>A. After an exceptional circumstance that has kept the athlete away from one single event, the athlete will provide CEC with evidence of readiness when requesting to be considered for quota-restricted events.</p>	<ul style="list-style-type: none"> - If the athlete provided sufficient notice for CEC to invite a substitute to the event, the athlete will be provided an invitation to one event that is part of the next round of invites. - If the athlete has not provided sufficient notice to CEC to invite a substitute to the event, the athlete will not be given a replacement event, and will go back to the regular rotation of invitations within their squad. - If more than one event was part of an invitation, the athlete may attend the other event(s) for which they had accepted the invitation, according to the return to competition plan provided. - If an athlete has a repeated record of missing events they were selected to without sufficient notice, the High Performance Governance Committee may determine that further restrictions are required.
<p>B. After an exceptional circumstance that has kept the athlete away from more than one single event the athlete will provide CEC with evidence of readiness when requesting to be considered for quota-restricted events.</p>	<p>The High Performance Director, alongside the Performance Advisory Group, will determine a recovery plan and a return to competition plan with the athlete, on a case by case basis. Quota event invites will be at the discretion of the High Performance Director.</p> <p>Guidelines:</p> <p>If/when athletes return to competition in the same season, the athlete is reintegrated in the same squad they were prior to injury.</p> <p>If/when athletes have missed opportunities to attend events in order to meet squad qualifying criteria OR athletes have missed the whole season:</p> <ul style="list-style-type: none"> - Athletes in the Elite and Performance Squads are reintegrated in the squad lower than their pre-injury squad

	<ul style="list-style-type: none"> - Athletes in the Development Squad are reintegrated in that squad - Athletes will be given a personalized performance tracker prior to reintegration.
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For implementation in 2025, injured athletes can reach out to CEC for special assessment - info@climbingcanada.ca.

2.5. CONFLICT EXEMPTIONS

Athletes who have a personal or athletic event that conflicts with a CEC event can apply to CEC for an exemption. Conflict Exemption applications must be made in writing to the CEC High Performance Director no later than 4 weeks prior to the date of event in question. Late Event Exemption requests will not be considered.

Examples are:

- Exam that cannot be moved (must show proof that instructor/institution is unwilling to move exam).
- Other climbing events/opportunities that have higher development value than the CEC event anticipated (requires approval/recommendation of CEC coaching staff).

2.6. APPEALS

Athletes have the right to appeal decisions made under this policy. In order to fill an appeal, please refer to the [CEC Appeal Policy](#).

Important notes from the policy¹:

- An individual who wishes to appeal a decision of the CEC which directly impacts them shall deliver a written Notice of Appeal to the Executive Director.
- In order to be valid, a Notice of Appeal must be delivered to the Executive Director within five business days from the date the decision which is the subject of the appeal was made.
- The written Notice of Appeal shall be in the form appended to the Appeal Policy and shall contain the following information:
 - Appellant’s name and contact information;
 - Name and contact information of any other Affected Parties, if known to the Appellant;
 - A copy of the decision being appealed, or description of decision if a written decision was not provided;
 - The grounds for the appeal;

¹ This summary is provided for reasons of convenience only. In the event of a conflict between this summary and the CEC Appeal Policy, the CEC Appeal Policy will prevail.

- Brief reasons for the appeal;
 - Evidence that supports the appeal;
 - Any interim remedy or remedies requested; and
 - A summary of the requested remedy or remedies.
- The following are sufficient grounds for appeal:
 - CEC made a decision it did not have the authority or jurisdiction to make;
 - CEC failed to follow its own procedures in making the decision;
 - CEC made a decision in which it had a direct interest in, such interest was not properly disclosed and a reasonable person would view such interest as having unduly impacted the Respondent's decision;
 - CEC exercised its discretion for an improper purpose;
 - CEC made a decision for which there was no supporting evidence; or
 - CEC made a decision that was patently unreasonable.

SECTION 3 - NATIONAL TEAM & SQUADS

3. NATIONAL TEAM & SQUADS

Athletes are selected to the National Team on a calendar year basis (Jan 1st -Dec 31st). Athletes are selected on the National Team for the entire calendar year, provided eligibility requirements (2.1) are maintained, or until they advise CEC of their intent to resign from the team. The entire National Team appointments renew as of the following calendar year.

The National Team is subsequently divided into 3 squads:

- **Elite Squad**
- **Performance Squad**
- **Development Squad**

For the Next Generation Team, see the Youth World Championships Selection Policy.

There will be two types of intakes to make the National Team:

- **Initial Intake (Jan 1 of each calendar year)**
 - Events Considered for 2025 Initial Intake: 2024 NACS; 2024 IFSC Season (World Cup and Youth World Championships); 2024 PanAm Championships; 2024-2025 Senior Nationals (November 2024), 2024 HP Competition
 - as an exception in 2025: 2023-2024 Senior Nationals (November 2023).
- **Ongoing Intake (any time during the current season 2025)**
 - Events Considered for 2025 Ongoing Intake: 2025 NACS; 2025 IFSC Season (World Cup and Youth World Championships); 2024-2025 Senior Nationals (November 2024), 2025 HP Competition (January 2025)

3.1. SPEED QUALIFYING TIMES

Speed athletes who wish to submit Speed Qualifying Time for squad considerations can do so as follows:

- Times recorded during official competition (Provincial, National, Continental, or International) and using an approved electronic timing device - athletes must send, in writing, reference to the scoring system showing this time.
- Times recorded during practice:
 - The time must be conducted under the supervision of a CEC Screened Coach (registered coach)
 - A video recording must be provided to show the performance
 - The video must be a single continuous take with no cuts
 - The athlete's face must be clearly visible

- The athlete must face the camera prior to turning to the wall
- The video must show the entire starting sequence including the auditive beeps of the timer
- The video must clearly show the final time by zooming view of the timer

The Speed Qualifying Times will be determined yearly as follows:

- **Elite Squad:** minimum times to make top 40% of field
- **Performance Squad:** minimum times to make top 50% of field
- **Development Squad:** adding extra 0.5s to the slowest times from top 50% of field

3.2. ELITE SQUAD

Athletes selected to the Elite Squad have proven that they are consistent World Cup competitors. They are focused on producing semifinal or better results. These athletes are focused on an Olympic Qualification.

Performance Objectives

Elite Squad athletes have the objective to consistently produce top 30% of field results at World Cups and World Championships.

INITIAL INTAKE (Jan 1)

The Elite Squad is selected as of January 1st, and is fixed for the entire calendar year (January 1- December 31) .

For the Initial Intake, athletes must have achieved **one of the following in the calendar year prior** to the current selection year:

- Top 40 WR at the end of the IFSC season (extra Canadian quotas for next season)
- Two World Cup/WCH semifinal results / or Top 16 (speed)
- One World Cup/WCH top 10 result / or Top 8 (speed)
- Qualifying Speed Time of 5.55 sec (men) or 7.68 sec (women) during a CNR-eligible event

ONGOING INTAKE

Athletes may be added to the squad throughout the year when and if they meet the above criteria **in the current calendar year**.

Benefits

- Priority and annual selection to all international events in the calendar year
- Priority selection for other international events, such as PanAmerican Championships
- Direct invitation to CEC National Championships
- Direct invitation to CEC High Performance Competitions
- Registration to the CSI

- Access to the CEC National Practitioner Network
- National Coach support (if available)
- Funding when available
- CEC covers IFSC fees (licenses, registrations, appeals)
- Official Team Uniform
- Free entry to Canadian NACS events
- Access to [National Gym Network](#)

3.3. PERFORMANCE SQUAD

Athletes who are consistent World Cup competitors who are focused on obtaining a Top 40 ranking or better will be placed into the Performance Squad. These athletes will have second priority selection to international events based on a selection calendar, CNR-dependent. These athletes are focused on World Cup performances.

Performance Objectives

Performance Squad athletes have the objective to consistently produce top 50% of field results at World Cups, as well as podium results at NACS events.

INITIAL INTAKE (Jan 1)

The Performance Squad is selected as of January 1st, using the following criteria.

For the Initial Intake, athletes must have achieved **two of the following in the calendar year prior** to the current selection year:

- Podium at NACS
- Finalist at PanAm Championships / or Top 8 (speed)
- World Cup/WCH top 50% of field result
- Highest HP Competition ranking not on Elite Squad
- Qualifying Speed Time 5.76sec (men) or 8.224sec (women) during a CNR-eligible event

ONGOING INTAKE

Athletes may be added to the squad throughout the year when and if they meet the above criteria **in the current calendar year**. Athletes may be moved to the Development Squad should their performance no longer align with the criteria in the current calendar year, at the discretion of the High Performance Staff (HPD and HP Committees).

Benefits

- Second priority selection for IFSC events, based on CNR Ranking within the squad
- Second selection for other international events, such as PanAmerican Championships
- Direct invitation to CEC National Championships

- Direct invitation to CEC High Performance Competitions
- Registration to the CSI
- Access to the CEC National Practitioner Network
- CEC covers IFSC fees (licenses, registrations, appeals)
- Official Team Uniform
- Free entry to Canadian NACS events
- Access to [National Gym Network](#)

3.4. DEVELOPMENT SQUAD

Athletes who are consistent continental competitors who are focused on obtaining final round participations on NACS events or better will be placed into the Development Squad. These athletes will have third and last priority selection to international events based on a selection calendar, CNR-dependent. These athletes are focused on continental performances.

Performance Objectives

Development Squad athletes have the objective to consistently produce strong finishes at NACS events.

INITIAL INTAKE (Jan 1)

The Development Squad is selected as of January 1st, using the following criteria.

For the Initial Intake, athletes must have achieved **one of the following in the calendar year prior** to the current year* and be within the top 10 CNR on January 1st:

- One of the Performance Squad criteria
- Podium at Senior Nationals
- Finalist at NACS (or Top 4 Speed)
- Top 10 at PanAm Championships (or Top 8 Speed)
- Final round (or Top 16 Speed) at previous Youth Worlds (age pending)
- Qualifying Speed Time of 6.26sec (men) or 8.724sec (women)
- *2025 Exception: If within the Top 6 CNR but without any of the above achievements.

ONGOING INTAKE

Athletes may be added to the squad throughout the year when and if they meet the above criteria **in the current calendar year**. Athletes may be moved up to the Performance Squad when and if they meet the squad criteria during the current calendar year. Athletes will not be removed from the squad.

Benefits

- Third priority selection for IFSC events, based on CNR Ranking within the squad

- Third priority selection for other international events, such as PanAmerican Championships
- Direct invitation to CEC National Championships
- Direct invitation to CEC High Performance Competitions
- Access to the CEC National Practitioner Network
- CEC covers IFSC fees (licenses, registrations, appeals)
- Official Team Uniform
- Free entry to Canadian NACS events
- Access to [National Gym Network](#)

Exceptions

CEC reserves the right to add athletes to the Development Squad during the season under exceptional circumstances. This exemption applies only to athletes who demonstrate extraordinary performance that warrants inclusion. Any such additions must be reviewed and approved by the HP Governance Committee and the Board of Directors. While wildcard quotas for World Cups may be granted, they are solely at the discretion of the HP Committee and Leadership, and are not subject to athlete appeal.

3.5. SUMMARY TABLE

Sport Climbing National Team			
Squad	Elite Squad	Performance Squad	Development Squad
LTAD Stage	<i>Winning for a Living</i>	<i>Learning to Win</i>	
Targeted Levels	Olympic Games Major Games IFSC Events	IFSC Events Continental Events FISU (even years) NACS Canadian National Events	Continental Events FISU (even years) NACS Canadian National Events
PATHWAY BOULDER AND/OR LEAD	One Performance Criteria: → Top 40 WR at the end of the IFSC season → Two World Cup/WCH semi final results in the same season → One World Cup top 10 result	Two Performance Criteria : → Podium at NACS → Finalist at PanAm Championships → World Cup/WCH top 50% of field result → Highest HP Competition ranking not on Elite Squad	One Performance Criteria AND Top 10 CNR : → One of the Performance Squad criteria → Top 3 at Senior Nationals (excluding FN) → Finalist at NACS → Top 10 at PanAm Championships → Final round at previous Youth World (age pending) <i>*2025 Exception: If within the Top 6 CNR but without any of the above achievements.</i>

Squad	Elite Squad	Performance Squad	Development Squad
PATHWAY SPEED	One Performance Criteria: → Top 40 WR at the end of the IFSC season → Two World Cup/WCH Top 16 results in the same season → One World Cup Top 8 result → Qualifying Time of 5.55 sec (men) or 7.68 sec (women) at a CNR-eligible event	Two Performance Criteria: → Podium at NACS → Top 4 at PanAm Championships → World Cup/WCH top 50% of field result → Qualifying Time of 5.76 sec (men) or 8.224 sec (women) at a CNR-eligible event	One Performance Criteria AND Top 10 CNR: → One of the Performance Squad Criteria → Top 3 at Senior Nationals (excluding FN) → Top 4 at NACS → Top 8 at PanAm Championships → Top 16 at previous Youth World (age pending) → Qualifying Time of 6.26 sec (men) or 8.724 sec (women)

SECTION 4 - EVENT SELECTION PROCESS

CURRENT OLYMPIC CYCLE EVENTS:

https://docs.google.com/spreadsheets/d/1rvZTuRvIUShLqBr4nTvNKj_TsomcT-wcrHaQ9Q6Z1os/edit?usp=sharing

4. EVENT SELECTION PROCESS

CEC will carefully endorse Canadian athletes to attend Continental and International events. The goal is to ensure meaningful competition opportunities for which the athletes are physically and mentally ready, while ensuring high performance of Canadian athletes on the world stage.

Selections will be based on Squad priority, Continuous National Ranking (CNR) and event quotas from governing bodies. Selection is limited to athletes on the National Team Program. Event Team Selections will be made at multiple points throughout the calendar year. This allows for movement in CNR and opportunities for more athletes to be selected for events.

The dates and details for ALL event teams selections will be published at the start of the calendar year, based on specific dates when movement occurs within the CNR (ex: following a World Cup, after a point decay timeline, etc).

Notice of selection or non-selection to an Event Team will be provided to all athletes who may be eligible for an event a minimum of 20 business days or one month, whichever is greater, in advance of the registration deadline of the event in respect of which the selection is being made. However, every effort will be made to position event team selections as far in advance as possible.

4.1. MAJOR GAMES

Includes: Olympic and Paralympic Games, PanAm Games, World Games, Youth Olympic Games, Canada Games

- A specific Nomination Process will be posted for each event, pending on the International Qualification Process.

4.2. IFSC Events

Includes: World Championships, World Cups

IFSC Quotas - CANADA (reviewed yearly as of December 31):

- 2025 IFSC World Cup quotas: guaranteed fixed quotas of two (2) athletes per gender/discipline/country and up to an additional maximum of four (4) athletes per gender/discipline/country for each athlete ranked 1st to 40th in the IFSC CUWR as of December 31, 2024.

- 2025 IFSC World Championships quotas: guaranteed fixed quotas of two (2) athletes per gender/discipline/country and up to an additional maximum of three (3) athletes per gender/discipline/country for each athlete ranked 1st to 40th in the IFSC CUWR as of December 31, 2024, and PanAm Championships winners.

2025 Quotas	World Cups			World Championships			
	Base Quotas	Additional Quotas	Total	Base Quotas	Additional Quotas	Name Quota	Total
Boulder Men	2	1	3	2	1	1 (Matthew Rodriguez)	4
Boulder Women	2	1	3	2	1	0	3
Lead Men	2	1	3	2	1	0	3
Lead Women	2	0	2	2	0	0	2
Speed Men	2	0	2	2	1	0	3
Speed Women	2	0	2	2	0	0	2

4.2.1. Distribution of Quotas to Canadian Athletes

- **Step 1: Elite Squad Athletes**
 - Annual priority is first given to Elite Squad athletes.
 - If there is more than one athlete in the Elite Squad, the IFSC Continuously Updated World Ranking (CUWR) will determine the priority ranking.
- **Step 2: Performance Squad Athletes**
 - Any remaining quotas after the Elite Squad allocation will be offered to Performance Squad athletes.
 - Performance Squad athletes will be prioritized based on their Continuous National Ranking (CNR) ranking.
 - Specific dates for this allocation will be established annually by the HP Governance Committee.
- **Step 3: Development Squad Athletes**
 - If quotas still remain after distribution to the Elite and Performance Squads, they will be offered to Development Squad athletes.
 - Development Squad athletes will be prioritized based on their CNR ranking.

4.3. CONTINENTAL Events

Includes: PanAmerican Championships, PanAmerican Cups, NACS

When limited quotas are allocated, the same selection process will apply than for the IFSC Events.

4.4. YOUTH EVENTS

For Youth Events, please see the Next Generation Program.

4.5. Calendar of Selection

The selection calendar is designed to balance the integration of the latest rankings with providing athletes sufficient notice for invitations.

To achieve this, CEC uses two key dates:

1. **CNR as of (Date):** This is an anticipated ranking taking into account decay and expiration of past events as of a specific near-future date. This provides more current standings while allowing earlier notice invites.
2. **Selection Starts On (Date):** Invitation dates are set to include as many current-year CNR-eligible events as possible and invitations are issued based on anticipated CNR standings.

The Calendar of Selection is posted on the CEC Website, and may be adjusted from time to time by discretion of the HP Governance Committee. <https://climbingcanada.ca/national-team-program/>

4.6. HP COMPETITIONS

These competitions are for the top athletes to be evaluated in a higher-level environment than the National Championships. Points from HP Competitions count towards the Continuous National Ranking (CNR).

INVITATIONS TO HP COMPETITIONS

The following athletes will receive invitations to HP Competitions:

1. NTP Athletes (all teams) in the year prior to the HP Competitions – discipline-specific
2. Ranked in the Top 6 of an Individual Discipline CNR at the time of the HPC Invitations

Athletes outside of the NTP who:

1. Finish top 10 at the National Championships
 - a. If an athlete in the top 10 declines the HP competition invitation, alternates will be invited up to position 12 from senior nationals only
2. Rising Star exemption – athletes in the first year of senior eligibility who finish in the top 20 at Senior National Championships
 - a. For 2025, this is athletes born in 2008.

CEC Members (PTSOs) extra quota:

1. Each CEC Member may submit 2 additional athletes per gender and discipline for invitation to HP Competitions. Each Member has full autonomy over the selection process for HP Competition extra quotas.
2. Athletes submitted as Member extra quota must have competed at the previous discipline-based senior nationals OR have valid and documented exemption from either CEC or PTSO.
3. A Member can decline to name athletes in these extra quotas. If unused, there will be no reallocation of quotas to another PTSO.