Introduction
The Home Nations Showdown is the annual competition between teams from England, Scotland, Wales, and Northern Ireland (the 'home nations'). It serves as a significant event in the wrestling season, allowing athletes to represent their home nation on an annual basis. The competition provides valuable international experience for up-and-coming British wrestlers in a knockout format. It is an important focus for the Home Nations and offers individual performance targets for those aspiring to join the GB teams.

Aim
The aim of this selection policy is to select an England wrestling team to win the 2023 Home Nations Showdown.

Saturday 24 June 2023 – The British Wrestling Academy

Discipline Weight Category
Freestyle (FS) 57kg, 65kg, 74kg, 86kg, 97kg, 125kg +3kg Weight Allowance
Women's Wrestling (WW) 50kg, 53kg, 57kg, 62kg, 68kg, 76kg +3kg Weight Allowance

Eligibility
To be eligible to represent a country in the Home Nations Showdown, a wrestler must meet the following criteria:

- Eligible by Birth: The wrestler must be born in the country they wish to represent, OR
- Eligible by Parentage: The wrestler must have at least one parent who was born in the country they wish to represent, OR
- Eligible by Residence: The wrestler must have established the right to reside permanently in the country they wish to represent.

AND
- The wrestler must not have represented any other home nation (excluding GBR) in an international competition in the previous two years.
- The wrestler must be a full member of the British Wrestling Association (BWA).

Wrestlers must be 18 years old as of the date of the competition, and any wrestlers under the age of 20 must obtain medical and parental authorisation.
Selection Events
Results from the following competitions will be considered for selection purposes:

- English Senior Championships: February 19, 2022 (FS, WW)
- British Seniors: June 10, 2022 (FS, WW)
- English Seniors: 2023 (FS, WW)
- British Senior: 2023 (FS, WW)

Selection Panel
The Selection Panel will consist of the following members with each member having one vote unless otherwise stated:

Position on the Panel Name
Meeting Chair: Alex Harrison
England Wrestling Lead Jatinder Singh Rakhra
England Wrestling Support David Ong
England Wrestling Coach Oleg Druzhynets
England Wrestling Welfare Alex Harrison (non-voting)
England Wrestling Welfare Vicky Barnes (non-voting)
Minute taker: Tbc

Members of the Selection Panel must declare any perceived conflict of interest concerning the selection of any athlete at the start of the meeting. In cases where a conflict of interest exists, the affected Selection Panel member may participate in the discussion regarding the athlete in question but will not have a voting right on the selection.

The England Wrestling Lead will circulate selection notes and nominations in a minimum of twenty-four hours prior to the meeting commencement.

The England Wrestling Lead will communicate selection decisions, to all eligible athletes in writing (via email) within 72 hours of the conclusion of the relevant Selection Panel meeting.

Selection Decisions
Selection decisions will be based on results from the 2022 season onwards.

For further information please email Jatinder Singh Rakhra – England Team Lead
jrakhra@britishwrestling.org