

# भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,  
Commonwealth Weightlifting Federation and Indian Olympic Association  
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

**Sahdev Yadav**  
President

**S.H. Anande Gowda**  
Secretary General

## INDIAN WEIGHTLIFTING FEDERATION – SELECTION POLICY FOR ASIAN GAMES-2022

The Selection trials for picking up final team contingent will be held at Sports Authority of India, Netaji Subhash National Institute of Sports, Paiala on **30<sup>th</sup> June 2023** from amongst the Senior national campers only. No athlete from outside the national camp will be eligible to participate in the Selection trials on 30<sup>th</sup> June 2023.

For the purpose of selection, only results achieved by a weightlifter at the following competitions shall be considered:-

- i. 2021 Tokyo Olympic Games.
- ii. 2021 IWF World Championships.
- iii. 2022 Singapore International Championships.
- iv. 2022 IWF World Championships.
- v. 2023 AWF Asian Senior Championships.
- vi. IWLIF Selection trials held in 2022 / 2023.

The minimum qualifying standards (MQS) for Men shall be the 10th best and for Women shall be 8th best lift by the Asian in 2022 IWF World Ranking List. This correspond to the following:-

Men's		Women's	
Wt. Category	MQS (in kg)	Wt. Category	MQS (in kg)
61 kg	271	49 kg	173
67 kg	305	55 kg	198
73 kg	310	59 kg	202
81 kg	328	64 kg	210
96 kg	360	76 kg	219
109 kg	371	87 kg	229

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+109 kg	398	+87 kg	240
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The maximum number of lifters that can be selected in a weight category is two. However, overall a maximum of 14 lifters can be sent to the Asian Games – 2022 (7 Men + 7 Women). In case more weightlifters, meet the MQS than the maximum permissible slot at the Asian Games, then the highest ranked lifter when compared to the lifts in the 2022 IWF World Ranking List, would be sent.

[S.H. ANANDE GOWDA]  
SECRETARY GENERAL

Date: 27-02-2023