



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

TELEFAX - +91-120-4541605,

EMAIL ID – weightlifting@weightliftingindia.in

**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2024-25/**221**

Date: 29 March 2024

'URGENT'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

Sub.: Invitation for Level 1 Coach Certification Courses to Olympic Weightlifting for the year 2024-25.

Dear All,

All State Associations and Departmental Boards are hereby informed that Indian Weightlifting Federation is conducting Level 1 Coach Certification Course to Olympic Weightlifting for the year 2024-25.

The registration and payment link will be available on website of Indian Weightlifting Federation under Coach Courses on the homepage or follow the link - <https://iwlf.in/registration-for-level-courses-for-coaches/>.

Detailed information sheet of the Course is enclosed for your kind reference. Boarding & lodging, transportation, TA/DA or any other incidental expenses will be borne by candidates themselves.

The last date of registration will be **15th April 2024**. All interested participants will register themselves on the website portal – link given above. Only first 30 registered candidates will be enrolled for first batch starting on 19th April 2024. Those candidates who have paid fees earlier and did not attend the Course due to medical reasons will be given preference for this Course.

Kindly take a note of it and widely publicize the circular amongst your gyms / weightlifting training centres and district associations of your State(s).

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer

Encl. as above.



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File No.: IWLF-Cir./2023-24/**220-R**

Date: 27 March 2024

REMINDER - II **'TIME BOUND – MOST URGENT'**

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

Sub.: Furnishing of copy of registration certificates of District Associations affiliated with the State Associations.

Dear All,

We regret to inform that most of the State Associations affiliated to Indian Weightlifting Federation failed to comply with circular no. 220 dated 28th February 2024 and 12th March 2024.

This is the last and final call for submission of documents pertaining to Registration Certificates of District Associations affiliated with your State Associations, the copies of registration certificates of District Associations must reach the Federation office latest by **4th April 2024**, failing which you will be deprived of voting rights in Indian Weightlifting Federation.

1. Total number of Districts available in the State.
2. Total number of Districts affiliated in the State Association.
3. Total number of District Weightlifting Associations registered with Registrar of Societies in the State.
4. List of office bearers of District Weightlifting Association in your State.
5. Number of athletes (Men & Women) practicing the sport of weightlifting in each District of your State.

It is pertinent to mention that Gyms or Clubs cannot have a voting right in the State Associations except the Union Territories.

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer



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File No.: IWLF-Cir./2023-24/**220-R**

Date: 12 March 2024

REMINDER - I

'TIME BOUND – MOST URGENT'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

Sub.: Furnishing of names of District Association affiliated with States along with copy of registration certificates of District Association.

Dear All,

As per the orders of Sports Authority of India, it is imperative for all States must conform of atleast 66% of its available Districts in the State, to be affiliated with the State Associations for reserving its affiliation with Indian Weightlifting Federation in future.

All State Associations are required to send the following information by return email latest by **26th March 2024:-**

1. Total number of Districts available in the State.
2. Total number of Districts affiliated in the State Association.
3. Total number of District Weightlifting Associations registered in the State.
4. List of office bearers of District Weightlifting Association in your State.
5. Number of athletes (Men & Women) practicing the sport of weightlifting in each District of your State.

Kindly adhere due compliance for sending the above information within the stipulated deadline.

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer



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File No.: IWLF-Cir./2023-24/**220**

Date: 28 February 2024

'TIME BOUND – MOST URGENT'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

**Sub.: Furnishing of names of District Association affiliated with States
along with copy of registration certificates of District Association.**

Dear All,

As per the orders of Sports Authority of India, it is imperative for all States must conform of atleast 66% of the Districts in the State Associations affiliated with Indian Weightlifting Federation.

All State Associations are required to send the following information by return email latest by **11th March 2024:-**

1. Total number of Districts available in the State.
2. Total number of Districts affiliated in the State Association.
3. Total number of District Weightlifting Associations registered in the State.
4. List of office bearers of District Weightlifting Association in your State.
5. Number of athletes (Men & Women) practicing the sport of weightlifting in each District of your State.

Kindly adhere due compliance for sending the above information within the stipulated deadline.

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer



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File No.: IWLF-Cir./2023-24/**219**

Date: 27 February 2024

'TIME BOUND – MOST URGENT'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

**Sub.: Finalization of conduct of Annual Calendar for the year 2024-25 of State
(Youth, Junior & Senior Weightlifting Championships) and Departmental
Games and Districts.**

Dear All,

In compliance with orders circulated by Sports Authority of India, it is imperative for all States and Districts to complete their calendar of sports events for the year 2024-25 latest by 31st August 2024. The preferable month for conducting District Championships will be June 2024 whereas State Championships must be completed in the month of August 2024. The next Edition of National Weightlifting Championships for the year 2024-25 will be held at Nagrota Bagwan (Himachal Pradesh) from 8-16 November 2024. Accordingly, all States are advised to send the calendar of Youth, Junior and Senior District and State Championships in the following format:-

S.No.	Name of State	Venue	Date(s)	Section of State Championships	Section of District Championships

The information regarding District Championships held in the year 2023-24 will also be required from the States along with above information.

The above information must reach the Federation office by email latest by **27th March 2024**. Those States failing to submit the above information will face disciplinary action against them.

Yours Sincerely,

SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer



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File No.: IWLF-Cir./2023-24/ **218**

Date: 14 February 2024

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

Sub.: Formation of Ethics Committee in State Associations for dealing with dope cases and installation of Know Your Medicine (KYM) APP in mobile phones of athletes, team officials, coaches, managers, sports administrators participating during domestic competitions.

Dear All,

As per instructions of National Anti-Doping Agency, New Delhi all State Associations are informed to constitute a 3 Member Ethics Committee for dealing with dope cases.

Kindly send the names, mobile numbers and email ids of the designated members of the Ethics Committee of your State to the Federation office latest by 21st February 2024.

Moreover, it will be imperative to install Mobile Android APP namely KNOW YOUR MEDICINE (KYM) developed by National Anti-Doping Agency, New Delhi where anyone can check on name of medicines / salts / composition banned for consumption by WADA/NADA. Kindly take a note of it and widely publicize it amongst the athletes, coaches and sports administrators in your State.

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer



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File No.: IWLF-Cir./2023-24/ **217**

Date: 19 January 2024

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

Sub.: Official warning for Technical Officials directly making representation for official duties during any weightlifting competition (like School Games, Inter-University, Zonal University, Zonal, Regional Weightlifting competitions).

Dear All,

All Technical officials (National Category-1 & Category-2 Referees) registered with Indian Weightlifting Federation are informed not to officiate in any weightlifting competition events like School Games, Inter-University, Zonal University, Zonal or Regional Championships / Games voluntarily on their own or interact with Organizers on direct basis without taking prior permission of the Federation.

All stakeholders are advised to inform the registered technical officials from States and Units to report such incidences to the Federation office immediately by email. Those Technical Officials who chose to disobey the guidelines formulated by Indian Weightlifting Federation, will face disciplinary action, including revoking of Referee card's licence.

Kindly take a note of it and refrain from disobeying the Technical Officials nomination / appointment guidelines formulated by Indian Weightlifting Federation.

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer



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File No.: IWLF-Cir./2023-24/**216**

Date: 12 January 2024

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

**Sub.: Sending of data related to weightlifting training centres
affiliated with State(s) and status of equipments available in
such centres.**

Dear All,

All stakeholders are invited to send pertinent information as per proforma attached separately to Federation office latest by 19th January 2024 by email in soft copy only.

You can add the columns, if required in the excel sheet and try to fill the complete information sought by the Federation.

The Federation is in receipt of numerous complaints regarding bias data provided by some State Association to the Federation office. Accordingly, all stakeholders are requested to send data in fair and transparent manner.

Yours Sincerely,
SD/-

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer

Encl. as above.



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File No.: IWLF-Cir./2023-24/**215**

Date: 10 January 2024

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

**Sub.: Important decisions taken in the Executive Committee and
Annual General Council Meeting of Indian Weightlifting
Federation held at Itanagar, Arunachal Pradesh on 29th
December 2023.**

Dear All,

The Executive Committee and Annual General Council Members of Indian Weightlifting Federation took some important decisions in the meetings held at Itanagar, Arunachal Pradesh on 29th December 2023 and the same is circulated for your kind reference:-

1. No Boarding & Lodging facilities will be provided to athletes and team officials from next Edition of IWLF Senior, Junior & Youth Weightlifting Championships to be held in the year 2024-25. All participants have to arrange for their own boarding & lodging at the Host Venue.
2. Participation Certificate will only be given to those athletes who will pass minimum 1 attempt in snatch and 1 attempt in clean & jerk during the National Championships w.e.f. 2024-25 onwards.
3. No TA/DA will be provided to the Technical Officials participating during IWLF Senior, Junior & Youth Weightlifting Championships w.e.f. year 2024-25.
4. There is a revision in Entry fee and doping fee w.e.f. 2024-25 onwards – Entry Fee Rs. 1000 per athlete for Youth & Junior section, Rs. 1500 per athlete for Senior section, Rs. 1500 per team official applicable on all affiliated State and Union Territories Associations whereas departmental boards will be levied entry fee of Rs. 2500 per athlete and team officials.



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Doping fee will be Rs. 500/- per athlete for Youth, Junior and Senior section athletes. Those athletes who will participate in multiple sections will have to pay additional entry fee as per norms.

5. Aspirants appearing for National Category-2 Referees will have a minimum age of 21 years of age. Promotion of category licence from National 2 to National 1 and promotion from National Category 1 to International Category-2 Referee will require a gap of 3 years for men and 2 years for women will be applicable.
6. All entries are to be submitted through online website portal of Indian Weightlifting Federation minimum 2 months before the start of the National Weightlifting Championships-2023-24. Drawing of advance calendar of States and District competitions are mandatory for all stakeholders in the first week of April every year.
7. The verification of final entries meeting will close 1 month prior to the start of the competition. The verification meeting will be held online and no changes in the entries thereafter will be allowed on any pretext like change of sections and change of weight category. Verification of entry forms with hand cuttings will be allowed by the Federation office, no retyped forms will be allowed as part of the entries verification.

Kindly take a note of it and strict compliance to be adhered.

Yours Sincerely,

SD/-

Gp. Capt. Ranjib Sahoo (Retd.)

Chief Executive Officer



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File No.: IWLF-Cir./2023-24/ **214**

Date: 5 December 2023

'MOST URGENT'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

Sub.: Submission of ADeL Certificate of World Anti-Doping Agency by participating athletes of States and Departmental Units of Indian Weightlifting Federation during IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships – Itanagar, Arunachal Pradesh w.e.f. 28 December 2023 to 8 January 2024.

Dear All,

All athletes participating during IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships – Itanagar, Arunachal Pradesh w.e.f. 28 December 2023 to 8 January 2024 are hereby informed to register and complete ADeL course of World Anti-Doping Agency (WADA) and submit their ADeL certificate at the time of body weight during the Competition at Itanagar.

The website link for completing the ADeL course will be as under:-

Wada ADeL Course
<https://adel.wada-ama.org/learn>

Kindly take a note of it as the submission of ADeL certificate by participating athletes is compulsory for participation during Championships at Itanagar.

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General



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File No.: IWLF-Cir./2023-24/ **213**

Date: 22 November 2023

*All affiliated States / Units
and Executive Members of Indian Weightlifting Federation*

Sub.: Conversion of Athlete's State ID Card into National ID Card for participation during IWLF National Senior, Junior & Youth Weightlifting Championships.

Dear All,

All affiliated States and Units of Indian Weightlifting Federation are hereby informed that Athletes participating during IWLF National Senior, Junior & Youth Weightlifting Championships possessing valid State ID Cards issued through online portal of Indian Weightlifting Federation can convert their State ID Cards to National ID Cards by paying the difference fee of Rs. 500/- per ID Card.

The State Associations have to send the list of such athletes as per format below along with Medical Age Certificate by a Doctor (if applying for Youth and Junior cards) to the Federation office with bank transfer receipt as proof:-

S. No.	Name of Athlete	of	Father's Name	Date of Birth	State ID Card no.

The Federation will issue soft copy of the converted national id cards to the athletes. This arrangement will be applicable only to those athletes who are participating in the National Weightlifting Championships. Kindly take a note of it and widely publicize the circular amongst the participating athletes of your State.

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General



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File No.: IWLF-Cir./2023-24/ **212**

Date: 3 November 2023

'MOST URGENT'

'TIME BOUND'

*All affiliated States / Units
and Executive Members of Indian Weightlifting Federation*

Sub.: Conduct of Asmita Khelo India Women's (Youth, Junior and Senior) Zonal Round Weightlifting League – Zone -A at INDOOR SPORTS COMPLEX, SEALDAH, WEST BENGAL w.e.f. 2-6 December 2023.

Dear All,

All affiliated States and Units falling in Zone-A (namely Arunachal Pradesh, Assam, Bihar, Chhattisgarh, Jharkhand, Manipur, Mizoram, Nagaland, Odisha, Tripura and West Bengal) are informed that Zone-A Asmita Khelo India Women's (Youth, Junior and Senior) Zonal Round Weightlifting League will be held at **INDOOR SPORTS COMPLEX, SEALDAH, WEST BENGAL w.e.f. 2-6 December 2023.**

All participating States will send the entries in the excel file template attached separately latest by 23rd November 2023. Kindly take a note of it and send maximum athletes from your States for participation in subject Championships.

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General



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Asian Weightlifting Federation, Commonwealth Weightlifting Federation

File No.: IWLF-Cir./2023-24/ **211**

Date: 3 November 2023

'MOST URGENT'

'TIME BOUND'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

**Sub.: Submission of District Names affiliated with the State
Associations actively participating in weightlifting activities.**

Dear All,

All affiliated States and Units of Indian Weightlifting Federation are informed to submit the names of Districts affiliated with your States where weightlifting activities are taking place or where large pockets of grass root athletes are undergoing training in your State.

Also provide us the list of equipments available in those districts / local gyms / training centres / State Government centres / SAI STC centres.

The information must reach the Federation office latest by 9th November 2023 in the format file attached separately.

Kindly take a note of it and adhere compliance.

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General



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File No.: IWLF-Cir./2023-24/ **210**

Date: 3 November 2023

'MOST URGENT'

'TIME BOUND'

*All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation*

**Sub.: Submission of Score sheets after conclusion of Selection trials /
State Youth, Junior & Senior Weightlifting Championships in the
formatted template along with submission of entries for
Itanagar.**

Dear All,

All affiliated States and Units of Indian Weightlifting Federation are informed to submit the score sheets of Selection trials / State Championships for Youth, Junior & Senior section in the score sheet format template attached separately duly filled along with final entries for participation during forthcoming IWLF Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) National Weightlifting Championships-2023-24 being held at Itanagar (Arunachal Pradesh) from 28 December 2023 to 8 January 2024.

Those States who fail to submit the score sheet to the Federation office within the stipulated deadline will face disciplinary action against them which will also include non-participation of its athletes during the above National Weightlifting Championships.

Kindly take a note of it and adhere compliance.

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General

Enclosure: Specimen Scoresheet template in excel file.



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File No.: IWLF-Cir./2023-24/**209**

Date: 19 October 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation in Northern Zone*

**Sub.: Conduct of National Category-2 Referee examination at Rainbow
International School, Nagrota Bagwan, Himachal Pradesh on 4th November
2023 at 5:00 p.m.**

Dear All,

All affiliated States, Union Territories and Departmental Boards of Northern India are informed that Indian Weightlifting Federation will be conducting the National Category-2 Referee examination at Rainbow International School, Nagrota Bagwan, Himachal Pradesh on 4th November 2023 at 5:00 p.m.

Interest candidates will send their names through State Associations along with requisite fee of Rs. 4,000/-. The minimum age of the candidate will be 25 years.

Kindly send the list of Referees in the format below along with requisite fee for the referee examination.

S.No.	Name	State	DOB	Address with mobile	Email id

Bank details are as under:-

Name of the Bank: Union Bank of India
Address: Sports Authority of India, East Gate, J.N. Stadium
Complex, Lodhi Road, New Delhi 110003.
Savings Bank A/c No.: 108510011001024
RTGS/NEFT Code No.: UBIN0810851



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Shri Pardeep Sharma, International Category-1 Referee has been appointed as the Examiner for conducting the above examination at Rainbow International School.

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General

Copy for information to:-

1. Dr. Chhavi Kashyap, Principal, Rainbow International School, Nagrota Bagwan, Himachal Pradesh.
2. Shri Pardeep Sharma, International Category-1 Referee, Teh. Jawali, Distt. Kangra, Himachal Pradesh.



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File No.: IWLF-Cir./2023-24/**208**

Date: 28 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

**Sub.: Conduct of Technical Official examination – International Category-1 & 2,
National Category-1 & 2 on 30th December 2023 at Itanagar, Arunachal Pradesh.**

Dear All,

The Technical Official theory examination will be conducted at Itanagar, Arunachal Pradesh on 30th December 2023 for International Category-1 & 2, National Category-1 & 2.

Examination Fee for International Referees – Rs. 6,000/-, National Referees – Rs. 4,000.

Interested candidates should deposit the examination fee in the Bank Account of Indian Weightlifting Federation and also fill the google form for registration purpose which will be duly verified from the State Associations:-

Name of Beneficiary	-	Indian Weightlifting Federation
Name of Bank	-	HDFC Bank Limited
Address	-	B-222-223, Sector-16, Noida, U.P. 201301
Account No.	-	50100477267200
IFSC Code	-	HDFC0001351
MICR Code	-	110240154

The last date of registration fee will be 15th December 2023. Google form registration link
[-https://docs.google.com/forms/d/e/1FAIpQLSf_sruIlcKT2-auFg8m6cb6V9z7LEpCsW6BRb-Hhim9KJqkUw/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSf_sruIlcKT2-auFg8m6cb6V9z7LEpCsW6BRb-Hhim9KJqkUw/viewform?usp=sf_link)

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General



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File No.: IWLF-Cir./2023-24/**207**

Date: 27 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

**Sub.: Bidding of Asmita Khelo India Zonal and Inter-Zonal
Women's (Youth, Junior and Senior)
Weightlifting League for the year 2024-25.**

Dear All,

The bidding of Asmita Khelo India Zonal (Zone A, Zone B and Zone C) and Inter-Zonal Women's (Youth, Junior and Senior) Weightlifting League for the year 2024-25 is now open.

Those States who wish to bid for the event will send the details of venue and dates to the Federation office by **30th November 2023.**

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General



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EMAIL ID – weightlifting@weightliftingindia.in

**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**206**

Date: 27 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

**Sub.: Bidding of IWLF National Weightlifting Championships
for the year 2024-25 and 2025-26.**

Dear All,

The bidding of IWLF National Senior, Junior and Youth Weightlifting Championships for the year 2024-25 and 2025-26 is open now.

The finalization of Annual Calendar for IWLF National Senior, Junior and Youth Weightlifting Championships for the year 2024-25 and 2025-26 will be done shortly.

Those States who wish to bid for the event will pay a capitation fee of Rs. 1,50,000/- along with details of venue and dates to the Federation office by **19th October 2023.**

Kindly take a note of it.

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**205**

Date: 26 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

**Sub.: Conduct of Asmita Khelo India Women (Youth, Junior and Senior) Zonal Round
Weightlifting League in Zone A & Zone C.**

Dear All,

The zonal round Asmita Khelo India Women's (Youth, Junior and Senior) Weightlifting League will be held in Zone C (South Zone) at V.K.N. Menon Stadium, Thrissur (Kerala) from 6-10 November 2023 whereas Zone A (East – North Eastern Zone) will be held at Khudiram Anushilan Department, The Cricket Association of Bengal, Eden Garden, Shahid Khudiram Bose Rd, Maidan, B.B.D. Bagh, Kolkata, West Bengal 700021 from 15-19 November 2023.

The bifurcation of teams zone wise will be as under:-

S.No.	States / U.T.s	Zone	Coverage	Dates of Competition
1	Arunachal Pradesh	A	East - North East Zone	15-19 November 2023
2	Assam	A	East - North East Zone	
3	Bihar	A	East - North East Zone	
4	Chhattisgarh	A	East - North East Zone	
5	Jharkhand	A	East - North East Zone	
6	Manipur	A	East - North East Zone	
7	Mizoram	A	East - North East Zone	
8	Nagaland	A	East - North East Zone	
9	Odisha	A	East - North East Zone	
10	Tripura	A	East - North East Zone	
11	West Bengal	A	East - North East Zone	

S.No.	States / U.T.s	Zone	Coverage	Dates of Competition
1	Andhra Pradesh	C	South Zone	6-10 November 2023
2	Karnataka	C	South Zone	
3	Kerala	C	South Zone	
4	Tamil Nadu	C	South Zone	
5	Telangana	C	South Zone	
6	Andaman & Nicobar	C	South Zone	



INDIAN WEIGHTLIFTING FEDERATION

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7	Puducherry	C	South Zone
8	Goa	C	West Zone
9	Madhya Pradesh	C	West Zone
10	Maharashtra	C	West Zone
11	Daman Diu	C	West Zone

All State and Union Territories are requested to send their entries in the excel file attached separately **latest by 12th October 2023.**

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General

Encl. as above.



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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**204-A**

Date: 16 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Conduct of IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships-2023-24 at RGU Rono Hills, Doimukh Itanagar, Papum Pare District, Arunachal Pradesh w.e.f 29th December 2023 to 8th January 2024.

Dear All,

It is submitted that IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships-2023-24 will be held at RGU Rono Hills, Doimukh Itanagar, Papum Pare District, Arunachal Pradesh w.e.f 29th December 2023 to 8th January 2024 by Arunachal Pradesh Weightlifting Association. The detailed circular will be sent in due course of time.

It is also submitted that selection of Indian Youth team for participation during 2024 IWF Youth (Boys & Girls) World Weightlifting Championships being held at Lima, Peru from 22-26 May 2024 will be finalized from the results of subject Championships. Passport with expiry date upto 30.6.2025 is mandatory for selection of athletes for Youth World Championships.

All the participating athletes must carry copy of cancelled cheque / front page of passbook along with them to be submitted at the time of body weight for release cash award for medal winners.

Yours Sincerely,

SD/-

[Gp. Capt. Ranjib Sahoo – Retd.]

Chief Executive Officer



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

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EMAIL ID – weightlifting@weightliftingindia.in

**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**204**

Date: 15 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Conduct of IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships-2023-24 at RGU Rono Hills, Doimukh Itanagar, Papum Pare District, Arunachal Pradesh w.e.f 29th December 2023 to 8th January 2024.

Dear All,

It is submitted that IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships-2023-24 will be held at RGU Rono Hills, Doimukh Itanagar, Papum Pare District, Arunachal Pradesh w.e.f 29th December 2023 to 8th January 2024 by Arunachal Pradesh Weightlifting Association.

The detailed circular will be sent in due course of time.

It is once again informed that Whereabout Information google form will close on 18th September 2023 – 4 PM.

Yours Sincerely,

SD/-

[Gp. Capt. Ranjib Sahoo – Retd.]

Chief Executive Officer



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**203**

Date: 14 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Participation of athletes of State(s) and SSCB during 37th National Games-
GOA w.e.f. 25th to 29th October 2023 – PUBLISHING OF FINAL LIST.

Dear All,

The GTCC-37th National Games have been confirmed the venue and dates of the weightlifting event, details as under:-

Venue of the Competition	-	Hangar 1, Campal Ground, Panjim
Dates of the Competition	-	25-29 October 2023

All athletes, coaches and technical officials can arrive at Goa on 23rd October 2023 and must return back on 30th October 2023.

The final list of eligible athletes of States and SSCB are enclosed separately. You are advised to send the details of coaches and team officials to the State Olympic Association and schedule their travel accordingly.

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**202**

Date: 9 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Conduct of IWLF National Senior, Junior and Youth Weightlifting Championships-2023-24 in the month of December 2023 – Mandatory requirement of submission of Whereabout Information DEADLINE EXTENDED UPTO 18TH SEPTEMBER 2023 – 4 P.M.

Dear All,

Please refer to the office circular no. IWLF-Cir./2023-24/200 dated 26th August 2023 and email dated 5th September 2023. It is further notified that the Whereabout Information for participation of athletes during IWLF National Senior, Junior and Youth Weightlifting Championships-2023-24 in the month of December 2023 to be held at Itanagar (Arunachal Pradesh) has been further extended upto 18TH SEPTEMBER 2023 at 4:00 p.m.

All States and Departments are advised to inform all the athletes registered with them to submit their Whereabout Information via google form latest by 18TH SEPTEMBER 2023. The google form will automatically close at 4 p.m. on 18-9-2023.

https://docs.google.com/forms/d/e/1FAIpQLSd4UMlcRdCwxuc87QndnqF3wXNUxFKN4aDZ8Nlb6L4XxI4M5A/viewform?usp=sf_link

Rest other content as per earlier circular dated 26th August 2023 will remain same.

Yours Sincerely,

SD/-

[Gp. Capt. Ranjib Sahoo – Retd.]
Chief Executive Officer



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

TELEFAX - +91-120-4541605,

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLFI-Cir./2023-24/201

Date: 6 September 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: List of ineligible athletes for participation during IWLF National Junior (Men & Women) Weightlifting Championships-2023-24 at Itanagar (Arunachal Pradesh) in the month of December 2023 as per resolutions adopted in the Executive Committee and Annual General Council Meetings of Indian Weightlifting Federation held at Bodh Gaya (Bihar) on 16th October 2019.

Dear All,

Your kind attention is invited towards the resolutions adopted in the Executive Committee and Annual General Council Meetings of Indian Weightlifting Federation held at Bodh Gaya (Bihar) on 16th October 2019 regarding athletes ranging from 18-20 years winning Gold Medals during Nagercoil Junior National Weightlifting Championships or earlier, such athletes will be termed as ineligible to participate in the forthcoming IWLF National Junior (Men & Women) Weightlifting Championships-2023-24 at Itanagar (Arunachal Pradesh) in the month of December 2023, details as under:-

S.NO.	SECTION	NAME OF ATHLETE	STATE	DOB	AGE IN 2023
1	MEN	SHANKAR LAPUNG	ARN	22-09-2004	19
2	MEN	MARKIO TARIO	ARN	01-01-2004	19
3	MEN	SIDDHANTA GOGOI	ASM	08-04-2004	19
4	MEN	ASHISH	HRN	10-04-2003	20
5	MEN	VALLURI AJAYA BABU	M.P.	22-11-2004	19
6	MEN	MUKUND AHER	MHR	04-07-2003	20
7	MEN	ANIRUDDHA NIPANE	MHR	24-10-2003	20
8	MEN	KIRAN MARATHE	MHR	07-05-2003	20
9	MEN	CHIRAG WAGHWALE	MHR	28-03-2003	20
10	MEN	T. MADHAVAN	TND	03-12-2004	19
11	MEN	ALOK YADAV	U.P.	29-12-2003	20
12	WOMEN	KVL. PAVANI KUMARI	A.P.	05-03-2003	20



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13	WOMEN	S. PALLAVI	A.P.	13-07-2003	20
14	WOMEN	CH. SRI LAKSHMI	A.P.	19-10-2004	19
15	WOMEN	BONI MANGKHYA	ARN	04-06-2004	19
16	WOMEN	GYANESHWARI YADAV	C.G.	08-03-2003	20
17	WOMEN	USHA	HRN	09-02-2003	20
18	WOMEN	BHAWNA	HRN	20-07-2005	18
19	WOMEN	JYOTI YADAV	HRN	16-01-2004	19
20	WOMEN	ANJANA SREEJITH	KRL	25-02-2003	20
21	WOMEN	NAVDEEP KAUR	PUN	15-11-2003	20
22	WOMEN	SONAM SINGH	U.P.	18-12-2004	19
23	WOMEN	SONAM YADAV	U.P.	11-11-2003	20
24	WOMEN	SUKARNA ADAK	W.B.	10-01-2003	20

Kindly take a note of it and send the entries accordingly.

Yours Sincerely,

SD/-

[Gp. Capt. Ranjib Sahoo – Retd.]

Chief Executive Officer



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

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Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/**200**

Date: 26 August 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Conduct of IWLF National Senior, Junior and Youth Weightlifting Championships-2023-24 in the month of December 2023 – Mandatory requirement of submission of Whereabout Information upto 7th September 2023.

Dear All,

We are pleased to inform you that Indian Weightlifting Federation will be conducting IWLF National Senior, Junior and Youth Weightlifting Championships-2023-24 in the month of December 2023, venue and confirmed dates will be sent to you in due course of time.

All States and Departments are informed to conduct State Championships and Departmental Games before 10th November 2023.

IT IS PERTINENT TO MENTION THAT THOSE ATHLETES WHO WILL NOT PARTICIPATE IN THE STATE CHAMPIONSHIPS ARE NOT ELIGIBLE TO ENTER FROM STATES IRRESPECTIVE OF THEIR PERFORMANCES DURING DEPARTMENTAL GAMES. There will be no exception on this rule. All States and Departments have to send the Scoresheets of the State Championships / Departmental Games along with entry forms in both online format and offline (duly signed by 3 Referees mentioning their referee card number).

All probable athletes from States and Departments have to submit their Whereabout Information in google form via link – https://docs.google.com/forms/d/e/1FAIpQLSdaFMeg8aZhjUNFHsquXEfRHcF_NgVVSaWm40Th42gUItmIBQ/viewform?usp=sf_link latest by 7th September 2023 to get themselves eligible for participation during the subject Championships.



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Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

All States and Departments are advised to inform the athletes about the compliance of Whereabout Information as the google form will get automatically closed on 7th September 2023 by 8 p.m.

Moreover, it is mandatory for athletes to obtain passports with expiry date upto 30.6.2025 to get themselves eligible for Selection for participation in any International Event on merit before the date of Selection Committee meeting which will be notified later on. If any probable athlete failed to bring the passport with himself / herself, such athletes will not be allowed for final selection by the Selection Committee.

Kindly widely circulate the letter amongst all athletes of your State(s) and Department and do not send late minute request for extension of deadline of submission of the Whereabout Information of athletes due to any reason whatsoever.

Yours Sincerely,
SD/-
[Sahdev Yadav]
President



INDIAN WEIGHTLIFTING FEDERATION

C-2/18, SECTOR-31, NOIDA, UTTAR PRADESH 201301

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/199

Date: 25 August 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Bidding of Asmita Khelo India Women (Youth, Junior and Senior) Zonal League and Inter-Zonal Tournaments in India by affiliated States of Indian Weightlifting Federation.

Dear All,

We are pleased to inform you that Khelo India Division has renamed and converted the Khelo India Women National Ranking Weightlifting Tournament to ASMITA WOMEN LEAGUE WEIGHTLIFTING ZONAL RANKING TOURNAMENT.

The new format will now be held in 3 Zonal tournaments and 1 Inter-Zonal tournament. Details of States and U.T.'s bifurcated zone wise will be as under:-

S.No.	States / U.T.s	Zone	Coverage
1	Arunachal Pradesh	A	East - North East Zone
2	Assam	A	East - North East Zone
3	Bihar	A	East - North East Zone
4	Chhattisgarh	A	East - North East Zone
5	Jharkhand	A	East - North East Zone
6	Manipur	A	East - North East Zone
7	Mizoram	A	East - North East Zone
8	Nagaland	A	East - North East Zone
9	Odisha	A	East - North East Zone
10	Tripura	A	East - North East Zone
11	West Bengal	A	East - North East Zone

S.No.	States / U.T.s	Zone	Coverage
12	Haryana	B	North Zone
13	Himachal Pradesh	B	North Zone
14	Punjab	B	North Zone
15	Rajasthan	B	North Zone
16	Uttar Pradesh	B	North Zone
17	Uttarakhand	B	North Zone
18	Chandigarh	B	North Zone
19	Delhi	B	North Zone



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20	Jammu & Kashmir	B	North Zone
21	Ladakh	B	North Zone
22	Gujarat	B	North Zone

S.No.	States / U.T.s	Zone	Coverage
23	Andhra Pradesh	C	South Zone
24	Karnataka	C	South Zone
25	Kerala	C	South Zone
26	Tamil Nadu	C	South Zone
27	Telangana	C	South Zone
28	Andaman & Nicobar	C	South Zone
29	Puducherry	C	South Zone
30	Goa	C	West Zone
31	Madhya Pradesh	C	West Zone
32	Maharashtra	C	West Zone
33	Daman Diu	C	West Zone

The Inter-Zonal Competition will be conducted after conclusion of Zonal Leagues and top 5 athletes in each body weight category will automatically qualify for the Inter-Zonal Competition.

Those States who are interested to conduct the Asmita Khelo India Zonal League Tournament and Inter-Zonal Competition will send their bids to Indian Weightlifting Federation along with venue details and preferable dates by email latest by **1st September 2023**.

The financial norms for conducting the Zonal tournaments will be sent to all in due course of time.

Kindly note that bidding alone does not qualify for final allotment of the Zonal League to the States. The final decision of allotment of the Competition will be finalized by President, Indian Weightlifting Federation..

Yours Sincerely,

SD/-

[S.H. Anande Gowda]
Secretary General



INDIAN WEIGHTLIFTING FEDERATION

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/198

Date: 25 August 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Allotment letter for Khelo India Women's League at City / District Level-
2023-24 – one day event for Youth, Junior and Senior women athletes.

Dear All,

Khelo India Division has finalized the conduct of one day event for Youth, Junior and Senior women athletes under Khelo India Women's League at City / District Level – 2023-24 for the sport of weightlifting @ Rs. 50,000/- grant-in-aid with 75% advance.

List of cities / districts with dates finalized are as under:-

S.No.	State	Host City 1	Tentative Date	Host City 2	Tentative Date
1	Andhra Pradesh	Eluru	TBD		
2	Assam	Guwahati	01-09-2023		
3	Bihar	Jahanabad	TBD	Begusarai	TBD
4	Chandigarh	Chandigarh	02-09-2023		
5	Chhattisgarh	Raipur	09-09-2023		
6	Goa	Panjim	TBD		
7	Gujarat	Navsari	27-08-2023		
8	Haryana	Bahadurgarh	28-08-2023		
9	Himachal Pradesh	Nagrota Bagwan	27-08-2023	Una	TBD
10	Jammu & Kashmir	Jammu	02-09-2023		
11	Kerala	Thrissur	TBD		
12	Madhya Pradesh	Indore	TBD	Jabalpur	TBD
13	Maharashtra	Pune	03-09-2023		
14	Odisha	Behrampur	27-08-2023		
15	Punjab	Patiala	TBD		
16	Rajasthan	Jaipur	TBD		
17	Tamil Nadu	Thanjavur	02-09-2023		



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18	Telangana	Hyderabad	29-08-2023	Khammam	10-09-2023
19	Uttar Pradesh	Lucknow	04-09-2023	Chandauli	29-08-2023
20	West Bengal	Kolkata	TBD		

Those City / Districts where it is written TBD will have to confirm the dates in writing latest by tomorrow.

The SOP and report format for Khelo India Women's League is attached separately for compliance. The branding material template link will be available at opening google drive link - https://drive.google.com/drive/folders/1fXAujByRamgMn3uFgliVELIDSWJzn3eN?usp=drive_link

Kindly treat this circular as ALLOTMENT LETTER for the above cities / districts for conducting the Event in strict compliance with SOP formulated by Khelo India Division. Also note that Regional Centre of Sports Authority of India closest to the respective cities / districts will send their Observer to witness the event. The mobile numbers of concerned State / Districts Organizations have already been shared with Khelo India Division of liaison.

Kindly take a note of it and promote the women athletes in your district / city.

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General



INDIAN WEIGHTLIFTING FEDERATION

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/197

Date: 23 August 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Participation of athletes of State(s) and SSCB during 37th National Games-
GOA w.e.f. 26th to 30th October 2023.

Dear All,

All States and SSCB are hereby informed that final list of athletes has been finalized on the basis of results of IWLF Senior (Men & Women) National Weightlifting Championships-2022-23 at Nagercoil (Tamilnadu) for participation during 37th National Games-GOA.

The Opening Ceremony will be held on 25th October 2023 followed by weightlifting competition w.e.f. 26-30 October 2023.

The list is attached for your kind reference.

Kindly confirm the participation of athletes from your States and SSCB by return email along with copies of aadhar card of participating athletes. If any athlete is not available for participation in the National Games-GOA, please let us know.

The last date of confirmation of athletes will be 25th August 2023.

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General



INDIAN WEIGHTLIFTING FEDERATION

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/196

Date: 20 June 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

Sub.: Participation of Delegates / NTOs / ITOs / Volunteers during 2023
Commonwealth Senior (Men & Women), Junior (Men & Women) and
Youth (Boys & Girls) Weightlifting Championships w.e.f. 10-17 July 2023
to be held at Gautam Buddha University, Greater Noida, Delhi-NCR, Uttar
Pradesh.

Dear All,

All delegates / NTOs / ITOs / Volunteers participating during 2023 Commonwealth Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships w.e.f. 10-17 July 2023 to be held at Gautam Buddha University, Greater Noida, Delhi-NCR, Uttar Pradesh are hereby informed to reach directly to the designated venue / place of accommodation on their own and raise the bill to the Indian Weightlifting Federation for reimbursement. Details of accommodation will be intimated to all concerned in due course of time.

Please note that no dedicated transport from Railway Station / Airport will be provided by Indian Weightlifting Federation.

Yours Sincerely,

SD/-

[S.H. Anande Gowda]

Secretary General



INDIAN WEIGHTLIFTING FEDERATION

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**Affiliated to – Ministry of Youth Affairs & Sports, Government of India,
Indian Olympic Association, International Weightlifting Federation,
Asian Weightlifting Federation, Commonwealth Weightlifting Federation**

File No.: IWLF-Cir./2023-24/195

Date: 12 June 2023

*All affiliated States, Union Territories and Departmental Boards
of Indian Weightlifting Federation*

**Sub.: Conduct of National Category-2 Referee examination in your States /
Department.**

Dear All,

All affiliated States, Union Territories and Departmental Boards of Indian Weightlifting Federation can send the applications of the candidates through their State Secretaries who wish to appear for National Category-2 Referee.

The examination fee for appearing in National Category-2 Referee will be Rs. 4,000/-. The minimum age of the candidate will be 25 years.

Kindly send the list of Referees in the format below along with requisite fee for the referee examination.

S.No.	Name	State	DOB	Address with mobile	Email id

Bank details are as under:-

Name of the Bank: Union Bank of India
Address: Sports Authority of India, East Gate, J.N.
Stadium
Complex, Lodhi Road, New Delhi 110003.
Savings Bank A/c No.: 108510011001024
RTGS/NEFT Code No.: UBIN0810851

Yours Sincerely,
SD/-

[S.H. Anande Gowda]
Secretary General