

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



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Date: 20 January 2025

*All affiliated States and Union Territories
Executive Members,
NCOE centre, State Centres, athletes
of Indian Weightlifting Federation*

Sub.: Sending of preliminary entries and proof of submission of Whereabout Information on Adams website latest by 27TH JANUARY 2025 for the selection trials for picking up final team contingent for participation during the forthcoming 2025 IWF Youth (Boys & Girls) and Junior (Men & Women) Weightlifting Championships at Lima, Peru from 30 April - 5 May 2025.

Dear All,

All stakeholders are invited to send the list of athletes from their states for the selection trials to be conducted in the month of March 2025 for final selection of athletes for participation during the forthcoming 2025 IWF Youth (Boys & Girls) and Junior (Men & Women) Weightlifting Championships at Lima, Peru from 30 April - 5 May 2025.

The cut off weights for the preliminary entries in each body weight category is attached for your kind reference. All athletes who will featured in the preliminary entries list of the States must submit their Whereabout Information on the adams portal for the period 28.1.2025 to 30.6.2025 (Q1-2025 and Q2-2025). This is in conformity to the new selection policy of Indian Weightlifting Federation posted on its website.

Kindly note that submission of whereabouts information is obligatory for submitting the preliminary entries to the International Weightlifting Federation. The preliminary entry form is also enclosed in which the entries will be accepted from the States based on the best entry total and the allocated quota of entries by International Weightlifting Federation latest by **27th JANUARY 2025**.

Yours Sincerely,

[S.H. Anande Gowda]
Secretary General

Encl. as above.

19 January 2025

**IWF Member Federations
President / General Secretary**

We hope this letter finds you in good health.

We would like to inform you about the COMPETITION PROGRAM and the applicable DEADLINES for the **2025 IWF World Youth & Junior Championships** to be held in **Lima, Peru**.

This competition is a combined event for two (2) age groups (Youth & Junior), taking place on two (2) platforms simultaneously. Lifters born in 2008, 2009, or 2010 are eligible to participate in both events, as per the IWF TCRR. See the [Competition Regulations](#) for details.

COMPETITION PROGRAM

- **30 JANUARY 2025 / PRELIMINARY ENTRY / WHEREABOUTS DEADLINE**

IMPORTANT

IN ACCORDANCE WITH THE IWF TCRR, IT IS MANDATORY FOR ALL ATHLETES TO REGISTER BEFORE THE PRELIMINARY ENTRY DEADLINE FOR THE IWF WYJC.

For this purpose, you can now register up to **20 ATHLETES / GENDER / AGE GROUP** even though the final number of competitors can only be a maximum of 10 athletes (+2 Reserves) per gender per age group, which you shall select by the Final Entry deadline.

ENTRIES CAN ONLY BE REGISTERED VIA THE **IWF ONLINE ENTRY SYSTEM** AT

<https://mf.iwf.sport>

Please make sure all your athletes are included in the preliminary registration because, AFTER 30 JANUARY 2025, NO MORE ATHLETES CAN BE REGISTERED.

By 30 MARCH 2025, participating Member Federations **MUST transfer 100% of the total payment (ACCOMMODATION & ENTRY FEES)** to the Organizing Committee. Those who do not pay by the above date may be declared ineligible for the competition.

ELIGIBILITY

- In accordance with Article 5.5.16 of the IWF Anti-Doping Rules, the whereabouts information of the athletes shall be submitted **at a minimum of three (3) months** before the IWF World Youth & Junior Championships (IWF WYJC).
- Athletes who wish to compete at the IWF WYJC shall submit their whereabouts information for the period outlined above at the latest on **30 JANUARY 2025**.

- ADAMS Deadline for **Q1 2025** in regards to the IWF WYJC: **30 JANUARY 2025**
- ADAMS Deadline for **Q2 2025** in regards to the IWF WYJC: **31 MARCH 2025**

In case of failure to provide the whereabouts information by the Member Federations, the respective Athlete(s) for which the whereabouts have not been submitted **shall be automatically ineligible from competing at the IWF Event in question.**

MF CATEGORIZATION RULE

As of 1 January 2024, the IWF's Member Federations are categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements for athletes to be eligible to compete at IWF events such as the 2025 IWF World Junior Championships.

With the introduction of Articles 18.8, 18.9, and 18.10 to the IWF Anti-Doping Rules, Category 'A' and 'B' Member Federations are required to ensure all athletes competing in the IWF World Junior Championships are tested and educated in line with IWF's updated Anti-Doping Rules.

As an important note, the testing requirements apply **ONLY** to athletes who are not already in the IWF's Registered Testing Pool.

Please find here the document which includes the categorised Member Federations: [LINK](#)

In case you have questions, do not hesitate to contact us at antidoping@iwf.sport

Thank you for your kind attention.

Kind regards,

Matyas LENCSER

IWF Competition Manager

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IWLF SELECTION POLICY – 2024-25 ONWARDS


For participation of athletes in International Competitions, the Selection trials will be conducted with advance notification from the Indian Weightlifting Federation before the start of the Event and athletes matching following criteria are eligible to participate in the Selection trials:-

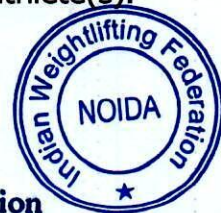
1. Before the trials, the State Associations and Departmental Boards have to send a preliminary list of entries for its athletes based on qualifying mark (which is separate for World Championships, Asian Championships and Commonwealth Championships and circulated by the Federation in advance). The circular will be published 15 days in advance before closing of preliminary entries for following Championships:-
 - (a) IWF Senior (Men & Women) World Championships,
 - (b) IWF Junior (Men & Women) World Championships,
 - (c) IWF Youth (Boys & Girls) World Championships,
 - (d) AWF Asian Senior (Men & Women) Championships,
 - (e) AWF Asian Junior (Men & Women) Championships,
 - (f) AWF Asian Youth (Boys & Girls) Championships,
 - (g) Commonwealth Senior (Men & Women) Championships,
 - (h) Commonwealth Junior (Men & Women) Championships,
 - (i) Commonwealth Youth (Boys & Girls) Championships,
 - (j) Other allied Games

for submission to

*International Weightlifting Federation
Asian Weightlifting Federation and
Commonwealth Weightlifting Federation.*

The preliminary entries will be decided upon the best total received from different State and Departments, the total weight lifted by each individual should be verified through the latest / last Edition of National Championships / NCOE performance trials duly certified by HPM (Weightlifting) only, along with a fitness certificate of the athlete(s).


Sahdev Yadav
President
Indian Weightlifting Federation



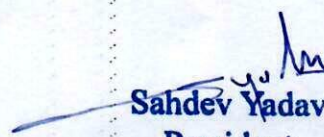
W.e.f. 1-1-2025 to 31-5-2025 - From the combined preliminary list received from the States and Departments, based on results and ranking, the Federation will draw out best 20 athletes in Men section and 20 athletes in Women section who will be eligible for participation in the Selection trials, which means only 40 athletes (20 Men and 20 Women) are eligible to participate in the Selection trials.


W.e.f. 1-6-2025 ONWARDS - From the combined preliminary list received from the States and Departments, based on results and ranking, the Federation will draw out best 16 athletes in Men section and 16 athletes in Women section who will be eligible for participation in the Selection trials, which means only 32 athletes (16 Men and 16 Women) are eligible to participate in the Selection trials.

NO OTHER ATHLETES WILL BE ELIGIBLE FOR THE SELECTION TRIALS.

2. ELIGIBILITY CRITERIA for participation in the Selection trials:-

- (a) Athletes who had participated in the International events for the previous 2 years preceding the Selection trials date.
- (b) The registered athletes of NCOE.
- (c) Athletes who participated in the last Edition of the National Championships.
- (d) Age criteria set forth by International Weightlifting Federation, Asian Weightlifting Federation and Commonwealth Weightlifting Federation.
- (e) Submission of Whereabout Information on ADAMS portal of World Anti-Doping Agency (WADA) before sending the name in the preliminary list is mandatory for participation in the Selection trials. It is the duty of the athlete to register themselves on ADAMS portal and submit the Whereabout Information on quarterly basis every year. The username and password for submission of whereabouts information to be obtained from National Anti-Doping Agency, New Delhi for the same, phone number of NADA – 011-24368249, email id of NADA - dopetest-nadaindia@nic.in, nadaregisteredpool@gmail.com.
- (f) The athletes featuring in the preliminary entries will move to the final entries based on their performance of Selection trials and proceedings of the Selection Committee Members.
- (g) The minimum qualifying standard for competing in each body weight category will be separate for each event as published in Serial no. 1. The detailed circular will be published by the Indian Weightlifting Federation from the ranking based on last year's


Sahdev Yadav
President
Indian Weightlifting Federation




results achieved in the same competition, for which the Selection trials is being conducted. The results of last year International Championships can be obtained from the website of International Weightlifting Federation, i.e. www.iwf.sport, Asian Weightlifting Federation, i.e. www.awf.sport and Commonwealth Weightlifting Federation, i.e. www.commonwealthweightlifting.com.


3. ATHLETES INELIGIBLE for the Selection trials:-

- (a) The athletes and coaches against whom incident(s) of indiscipline are/were reported during the NCOE camps, National camps, Selection trials, departmental Games, National Championships, State Championships or other allied Championships and Games are ineligible to participate.
 - (b) If the report of dope samples taken by National Anti-Doping Agency, New Delhi / World Anti-Doping Agency (WADA) / International Testing Agency (ITA) remains pending till the time participation of athlete begins in the International event.
4. The selection of athletes is a subjective matter and will be finalized by the Selection Committee of Indian Weightlifting Federation in the proceedings of Selection Committee, as and when held and will be the final authority.

The Selection of athletes will be made based on fulfilling of above criteria set forth and merit ranking taken by the Selection Committee.

INDIAN WEIGHTLIFTING FEDERATION RESERVES THE RIGHT AND RETAINS THE AUTHORITY TO CHANGE OR UPDATE ITS SELECTION CRITERIA OR RULES AS AND WHEN NEEDED. THIS PROVISION ENSURES FLEXIBILITY FOR THE FEDERATION TO MAKE ADJUSTMENTS IN RESPONSE TO EVOLVING CIRCUMSTANCES, SUCH AS UPDATES IN INTERNATIONAL STANDARDS, CHANGES IN COMPETITION FORMATS, OR OTHER ADMINISTRATIVE AND STRATEGIC REASONS.


Sandev Yadav
President
Indian Weightlifting Federation



**Qualifying Weights for participation of athletes during 2025 IWF Youth
(Boys & Girls) and Junior (Men & Women) Weightlifting Championships
Lima - Peru - 30 April to 5 May 2025**

Youth			
Wt. Cat.	Boys	Wt. Cat.	Girls
49 kg	147	40 kg	107
55 kg	206	45 kg	136
61 kg	182	49 kg	156
67 kg	255	55 kg	164
73 kg	255	59 kg	154
81 kg	283	64 kg	173
89 kg	276	71 kg	189
96 kg	275	76 kg	181
102 kg	291	81 kg	176
+102 kg	316	+81 kg	189

Junior			
Wt. Cat.	Jr. Men	Wt. Cat.	Jr. Women
55 kg	205	45 kg	142
61 kg	243	49 kg	154
67 kg	271	55 kg	165
73 kg	293	59 kg	186
81 kg	321	64 kg	198
89 kg	326	71 kg	190
96 kg	317	76 kg	197
102 kg	290	81 kg	185
109 kg	348	87 kg	156
+109 kg	315	+87 kg	234