

# 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: 5 May 2025

All affiliated States and Union Territories  
Departmental Boards  
Executive Members  
NCOE Centre, State Centres Athletes

**Sub.: Clarification on eligible performances for preliminary entries – 2025 Commonwealth Senior, Junior and Youth Weightlifting Championships (24-30 August, Ahmedabad, India).**

**Ref.: Office Circular No. 254 dated 1<sup>st</sup> May 2025.**

Dear All,

Please refer to the office email dated 10<sup>th</sup> January 2025 "**New bodyweight categories introduced from June 1, 2025**", copy enclosed and circular no. 254 dated 1<sup>st</sup> May 2025.

We have received numerous inquiries regarding the preliminary entries for 2025 Commonwealth Senior, Junior, and Youth Weightlifting Championships. To clarify the process for submitting preliminary entries, please note the following information:-

**Preliminary Entries Deadline:** The deadline for submitting preliminary entries is 20<sup>th</sup> May 2025.

**Required Documents:** Along with your preliminary entry, you must submit the proof of submission of your whereabouts information on the ADAMS website.

**Clarification – Eligible Competitions for Performance Consideration**

**Eligibility Period:** 21<sup>st</sup> May 2024 – 20<sup>th</sup> May 2025

**International Competitions:**

- 2024 IWF Youth Worlds – Lima, Peru (22–26 May 2024)
- 2024 Olympic Games – Paris (Jul-Aug 2024)
- 2024 IWF Junior Worlds – Leon, Spain (19–27 Sept 2024)
- 2024 IWF Senior Worlds – Manama, Bahrain (4–16 Dec 2024)
- 2024 AWF Asian Youth & Junior Championships – Doha, Qatar (18–25 Dec 2024)





- 2025 IWF Youth & Junior World Championships – Lima, Peru (28 April – 5 May 2025)
- 2025 AWF Asian Senior Championships – Jiangshan City, China (6–16 May 2025)

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**National Competitions & Selection Trials:**

- Khelo India Women's Zone C – Indore, MP (16–21 June 2024)
- Khelo India Women's Zone A – Bhubaneswar, Odisha (9–15 July 2024)
- All India Inter-Railway – Mumbai (24–28 Aug 2024)
- All India Inter-Services – Pune (27–30 Aug 2024)
- Khelo India Women's Zone B – Modinagar, UP (8–15 Sept 2024)
- All India Police Games – Bhilai, Chhattisgarh (24–27 Sept 2024)
- IWLF National Youth, Junior & Senior – Nagrota Bagwan, HP (6–13 Oct 2024)
- Khelo India Women's National Ranking – Brahmapur, Odisha (8–14 Jan 2025)
- 38<sup>th</sup> National Games – Uttarakhand (28 Jan – 4 Feb 2025)
- Selection Trials – SAI NIS, Patiala (10 Mar 2025)
- 7<sup>th</sup> Khelo India Youth Games – Bihar (8–14 May 2025)

**Note:-** Only performances from the above competitions within the eligibility period will be considered valid for preliminary entry into the 2025 Commonwealth Championships.

We encourage all athletes to submit the necessary documents by the deadline to ensure timely and accurate processing of your entries. Should you have any questions or require further clarification, please feel free to reach out to the Federation office.

Yours Sincerely,

  
 [Ashwani Kumar]  
 Chief Executive Officer



*Encl. as above.*





Weightlifting India <weightlifting@weightliftingindia.in>

## New bodyweight categories introduced from June 1, 2025

Weightlifting India <weightlifting@weightliftingindia.in>

Mon, Dec 23, 2024 at 10:19 AM

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**All affiliated States and Units of  
Indian Weightlifting Federation**

Dear All,

We are writing to share important information published by the International Weightlifting Federation (IWF) regarding the introduction of new bodyweight categories. These changes, were approved by the IWF Executive Board and will take effect starting **June 1, 2025**, for all weightlifting competitions.

The updated bodyweight categories for the Senior and Junior age groups are as follows:

**Men:** 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg

**Women:** 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

For the Youth age group, the categories are as follows:

**Men:** 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, +98kg

**Women:** 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

In accordance with the IWF Rules, the following age groups (calculated based on the athlete's year of birth) are recognized:

- **Youth:** 13-17 years of age
- **Junior:** 15-20 years of age
- **Senior:** 15+ years of age

We kindly request you to familiarize yourself with these changes and disseminate this information among your members and athletes.

With best regards,

**SAHDEV YADAV**

**PRESIDENT**

**Indian Weightlifting Federation**

Secretariat address - C-2/18, Sector-31,  
Noida, Uttar Pradesh 201301 (India)