

# 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



File No.: IWLF-Cir./2024-25/ **254**

Date: 1 May 2025

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

**Sub.: Sending of preliminary entries, proof of submission of Whereabout Information on Adams website and responsibility of dope test / outcome of dope test of athletes for the PRELIMINARY ENTRIES ONLY latest by 20<sup>th</sup> MAY 2025 for the 2025 Commonwealth Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships to be held at Ahmedabad (India) from 24-30 August 2025.**

Dear All,

All stakeholders are invited to send the list of athletes from their states for the preliminary entries to be sent to Commonwealth Weightlifting Federation on or before 20<sup>th</sup> May 2025 as per following criteria:-

1. Must match the age criteria i.e. For preliminary entries for Commonwealth Youth Weightlifting Championships - Athletes born between 1<sup>st</sup> January 2008 and 31<sup>st</sup> December 2012 (aged 13 - 17 years), Commonwealth Junior Weightlifting Championships - Athletes born between 1<sup>st</sup> January 2005 and 31<sup>st</sup> December 2010 (aged 15 - 20 years) and Commonwealth Senior Weightlifting Championships - Athletes born on or before 31<sup>st</sup> December 2010 (aged 15 years and above)
2. Must be in possession of a valid passport with validity upto 31.12.2025.
3. Must match the minimum qualifying weights in each body weight category placed as per Annexure I.
4. Must accompany the dope declaration form placed as per Annexure II.
5. Screen shot of the whereabouts information submission w.e.f. 1.4.2025 to 30.9.2025 (i.e. Q2 and Q3 of 2025) is mandatory to be submitted along with the entries.

**PLEASE NOTE THAT THE MINIMUM QUALIFYING WEIGHTS ARE VALID ONLY FOR PRELIMINARY ENTRIES AND DOES NOT CONFORM TO THE FINAL SELECTION OF ATHLETES FOR PARTICIPATION DURING THE SUBJECT CHAMPIONSHIPS. ALL ATHLETES WHOSE ENTRIES WILL BE RECEIVED TILL 20<sup>TH</sup> MAY 2025 ARE ELIGIBLE TO PARTICIPATE IN THE SELECTION TRIALS (DETAILS WILL BE COMMUNICATED LATER ON).**



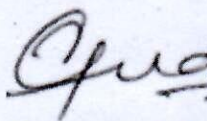

The preliminary entries will only be accepted strictly as per the guidelines of the Selection Policy of Indian Weightlifting Federation, attached separately. **Please note that maximum of 16 Boys, 16 Girls in Youth section, 16 Men, 16 Women in Junior section and 16 Men, 16 Women in Senior section are eligible to be included in the preliminary entries and if the entries received from all the stakeholders are more than the above number, the athletes with higher total will only be allowed in the preliminary entries.**

Please note that the submission of Whereabout Information on ADAMS portal of World Anti-Doping Agency (WADA) before sending the name in the preliminary list is mandatory for featuring the name in the preliminary list. 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 whereabout 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.

Kindly note that submission of whereabout information is obligatory for submitting the preliminary entries to the Commonwealth Weightlifting Federation. The preliminary entry form is also enclosed in which the entries will be accepted from the States / NCOE centres and departmental boards based on the best entry total and the allocated quota of entries by Commonwealth Weightlifting Federation latest by **20<sup>th</sup> MAY 2025. ANY DELAY IN SENDING THE PRELIMINARY ENTRIES BEYOND 20<sup>th</sup> MAY 2025 WILL NOT BE ACCEPTED IN ANY CASE WHATSOEVER. THOSE ATHLETES WHICH WILL BE LISTED IN THE PRELIMINARY ENTRIES ARE ELIGIBLE TO PARTICIPATE IN THE SELECTION TRIALS.**

All Stakeholders are requested to make a timely compliance of this circular.

Yours Sincerely,

[S.H. Anande Gowda]  
Secretary General

Encl. as above.



**ANNEXURE I**

**QUALIFICATION TABLES:**

**Table 1: Youth Boys and Girls**

I	II	III	IV	V	VI
<b>New Wt. Cat. Y. Boys</b>	<b>Old body weight category participate and performed total in column III</b>	<b>Minimum Qualifying Weights Youth Boys</b>	<b>New Wt. Cat. - Y. Girls</b>	<b>Old body weight category participate and</b>	<b>Minimum Qualifying Weights Youth Girls</b>
56 kg	49kg-55kg	203	44 kg	40kg-45kg	136
60 kg	55kg-61kg	220	48 kg	45kg-49kg	148
65 kg	61kg – 67kg	240	53 kg	49kg-55kg	155
71 kg	67kg-73kg	246	58 kg	55kg-59kg	160
79 kg	73kg-81kg	248	63 kg	59kg-64kg	162
88 kg	81kg-89kg	254	69kg	64kg-71kg	166
98 kg	89kg,96kg,102kg	277	77kg	71kg-76kg	171
+98 kg	96kg,102kg,+102kg	282	+77kg	71kg,76kg,81kg & +81kg	180

**Table 2: Junior Men and Women**

I	II	III	IV	V	VI
<b>New Wt. Cat. Junior Men</b>	<b>Old body weight category participate and performed total in column III</b>	<b>Minimum Qualifying Weights Junior Men</b>	<b>New Wt. Cat. Junior Women</b>	<b>Old body weight category participate and</b>	<b>Minimum Qualifying Weights Junior Women</b>
60 kg	55kg-61kg	240	48 kg	40kg, 45kg-49kg	160
65 kg	61kg – 67kg	260	53 kg	49kg-55kg	170
71 kg	67kg-73kg	269	58 kg	55kg-59kg	177
79 kg	73kg-81kg	285	63 kg	59kg-64kg	179
88 kg	81kg-89kg	300	69 kg	64kg-71kg	182
98 kg	89kg,96kg,102kg	305	77 kg	71kg-76kg	192
110 kg	102kg, 109kg & +109kg	307	86 kg	76kg-81kg,87kg	195
+110 kg	102kg, 109kg & +109kg	312	+86 kg	81kg,87kg & +87kg	210





**Table 3: Senior Men and Women**

I	II	III	IV	V	VI
<b>New Wt. Cat. Senior Men</b>	<b>Old body weight category participate and performed total in column III</b>	<b>Minimum Qualifying Weights Senior Men</b>	<b>New Wt. Cat. Senior Women</b>	<b>Old body weight category participate and</b>	<b>Minimum Qualifying Weights Senior Women</b>
60 kg	55kg-61kg	264	48 kg	40kg, 45kg-49kg	170
65 kg	61kg – 67kg	285	53 kg	49kg-55kg	180
71 kg	67kg-73kg	290	58 kg	55kg-59kg	187
79 kg	73kg-81kg	310	63 kg	59kg-64kg	197
88 kg	81kg-89kg	312	69 kg	64kg-71kg	208
98 kg	89kg,96kg,102kg	325	77 kg	71kg-76kg	211
110 kg	102kg, 109kg & +109kg	332	86 kg	76kg-81kg,87kg	200
+110 kg	102kg, 109kg & +109kg	345	+86 kg	81kg,87kg & +87kg	215

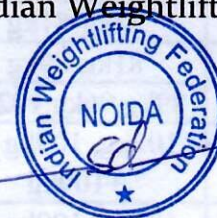
**CRITERIA:**

**Boys/Men:** Athletes must have competed in either of the specified previous bodyweight categories mentioned in column II and V and met the minimum qualifying total listed in column III and VI.

**Girls/Women:** Same as above, with corresponding categories and standards.

**Clarification:**

- The minimum qualifying totals are for preliminary entry purposes only and do not guarantee final selection for the 2025 Commonwealth Championships.
- Final selection will depend on performance in forthcoming selection trials, for which separate notifications will be issued by the Indian Weightlifting Federation (IWLF).





**Preliminary Entry Requirements:**

- Deadline for receipt of preliminary entries: May 20, 2025 (**LAST DATE**).
- Mandatory requirement with the preliminary entries will be the Screenshot of athletes' quarterly whereabouts information from the ADAMS portal for Quarter 2 (1.4.25 to 30.6.25) and Quarter 3 (1.7.25 to 30.9.25) and ADeL certification for each athlete is mandatory.

**Emphasis:**

- Compliance with whereabouts information is critical by the probable athletes.
- Any deviation flagged by the International Weightlifting Federation (IWF) or Commonwealth Weightlifting Federation (CWF) could result in disqualification from participation even after getting the selection in the team later on.

**Selection Criteria for Oversubscription:**

In case of oversubscription, preference will be given to athletes with higher totals ONLY.

**Eligible Performances:**

Performances must be from:

- IWLF-recognized competitions
- International competitions
- IWLF-conducted selection trials

