



भारतीय भारोत्तोलन महासंघ

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: 12 September 2025

All Executive Committee Members and
Affiliated States / U.T.s of Indian Weightlifting Federation

Sub.: Implementation of new body weight categories effective 1st June 2025 for National / International Competitions.

Dear All,

As already communicated to all affiliated States and Union Territories of the Indian Weightlifting Federation via email dated 8th May 2025, the International Weightlifting Federation (IWF) has introduced revised body weight categories for weightlifting competitions. The updated categories, effective from 1st June 2025, are as follows:-

Senior (Age Group 15+ year) & Junior (Age Group 15-20 years)

Women (8): 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

Men (8): 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

Youth (Age Group 13-17 years)

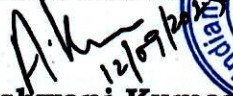
Girls (8): 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

Boys (8): 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, +94kg

Please note that only the above weight categories shall be valid from 1st June 2025 onwards. All stakeholders are requested to incorporate these changes in their official competition calendars, including State / U.T. Championships, Departmental Games, School Games, University Games, Khelo India events, National Games (any other weightlifting competition) and Selection Trials.

Kindly ensure compliance with the revised categories.

Yours Sincerely,


Ashwani Kumar
Chief Executive Officer



Nelco
Do....Dare....Win !!



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