



# 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

Regd No.: S-4286/21.11.1960

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Date: 4 November 2025

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

**Sub.: Introduction of minimum qualification criteria for participation of athletes during 2025 IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships to be held at Modinagar, Uttar Pradesh.**

Dear Sir / Madam,

As per the resolutions adopted under Agenda Item No. 4 of the First Executive Committee Meeting of the Indian Weightlifting Federation, held on 22<sup>nd</sup> October 2025, the minimum qualification criteria for participation in the 2025 IWLF National Senior (Men & Women), Junior (Men & Women), and Youth (Boys & Girls) Weightlifting Championships to be held at Modinagar, Uttar Pradesh have been finalized and are to be observed as per the following terms and conditions:-

- 1. Issuance of Participation Certificates:-** Participation certificates shall be issued only to those athletes who successfully register at least one valid attempt in both the Snatch and Clean & Jerk events, thereby achieving a Total. No participation certificate will be issued to athletes failing to secure a Total.
- 2. Reinstatement of earlier rule for Junior Athletes:-** The previous rule concerning exclusion of Junior athletes (aged between 18 to 20 years) winning Gold medals is hereby reinstated for the aforementioned Championships. This provision shall, however, be subject to review from the next edition of the National Championships.
- 3. Mandatory Khelo India NSRS ID:-** Only those athletes possessing a valid Khelo India NSRS (National Sports Repository System) ID shall be permitted to participate in the National Championships. Furthermore, coaches and support staff must also generate their respective NSRS IDs through the Khelo India portal for participation from the 2025-26 cycle onwards.

**MINIMUM QUALIFICATION MARK SECTION WISE – CATEGORY WISE ARE SUBMITTED BELOW:-**

Senior Men	Weight categories							
	60	65	71	79	88	94	110	+110
Snatch	97	108	110	116	123	125	131	134
C&J	123	136	141	146	158	160	160	162
Total	220	244	251	262	281	285	291	296



**Neleo**  
Do....Dare....Win !!



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Senior Women	Weight categories							
	48	53	58	63	69	77	86	+86
Snatch	60	64	68	70	73	77	77	79
C&J	78	81	88	90	93	98	98	98
<b>Total</b>	<b>138</b>	<b>145</b>	<b>156</b>	<b>160</b>	<b>166</b>	<b>175</b>	<b>175</b>	<b>177</b>

Junior Men	Weight categories							
	60	65	71	79	88	94	110	+110
Snatch	88	97	98	106	110	113	110	112
C&J	113	121	126	131	134	137	135	142
<b>Total</b>	<b>201</b>	<b>218</b>	<b>224</b>	<b>237</b>	<b>244</b>	<b>250</b>	<b>245</b>	<b>254</b>

Junior Women	Weight categories							
	48	53	58	63	69	77	86	+86
Snatch	48	51	58	60	63	69	53	52
C&J	63	71	78	80	83	87	73	72
<b>Total</b>	<b>111</b>	<b>122</b>	<b>136</b>	<b>140</b>	<b>146</b>	<b>156</b>	<b>126</b>	<b>124</b>

Youth Boys	Weight categories							
	56	60	65	71	79	88	94	+94
Snatch	77	80	86	88	91	93	86	97
C&J	97	103	111	114	118	120	106	122
<b>Total</b>	<b>174</b>	<b>183</b>	<b>197</b>	<b>202</b>	<b>209</b>	<b>213</b>	<b>192</b>	<b>219</b>

Youth Girls	Weight categories							
	44	48	53	58	63	69	77	+77
Snatch	38	48	49	54	56	54	62	52
C&J	48	58	61	68	72	71	77	62
<b>Total</b>	<b>86</b>	<b>106</b>	<b>110</b>	<b>122</b>	<b>128</b>	<b>125</b>	<b>139</b>	<b>114</b>

All affiliated State Units, Union Territories, and Departments are hereby directed to **take due note** of the above stipulations and to **ensure wide dissemination** of this information within their respective jurisdictions.

Yours Sincerely,

  
**Ashwani Kumar**  
 Chief Executive Officer

