

Selection Policy for the 2026 AWF Asian Senior (Men & Women) Weightlifting Championships
Ahmedabad, Gujarat | 1st – 10th April 2026

In pursuance of the revised structural framework instituted by the **International Weightlifting Federation (IWF)** effective from **1st June 2025**, the erstwhile bodyweight categories shall stand abolished and superseded by a new set of officially ratified weight categories, delineated as under:

- **Men:** 60 kg, 65 kg, 71 kg, 79 kg, 88 kg, 94 kg, 110 kg, +110 kg
- **Women:** 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 77 kg, 86 kg, +86 kg

Accordingly, this Selection Policy shall govern all matters related to the **identification, evaluation, and nomination** of eligible athletes for participation in the **2026 AWF Asian Senior (Men & Women) Weightlifting Championships** to be held at **Ahmedabad, Gujarat** from **1st to 10th April 2026**.

PRELIMINARY LONG LIST – ATHLETE IDENTIFICATION CRITERIA

***MAXIMUM NUMBER OF QUOTA IN THE LONG LIST AVAILABLE –
18 IN MEN SECTION AND 18 IN WOMEN SECTION***

For the purpose of **preliminary long list entries**, the top-ranked athlete in each revised bodyweight category shall be shortlisted based on their performance in the following events:-

1. **Selection Trials –**
 - Held at SAI, NS NIS Patiala on **2nd June 2025**
 - Held at SAI, NS NIS Patiala on **29th - 30th June 2025**
2. **International / Continental Events –**
 - **2025 AWF Asian Youth & Junior Championships**, Astana (Kazakhstan) | **4th - 10th July 2025**
 - **2025 Commonwealth Youth, Junior & Senior Championships**, Ahmedabad | **24th – 30th August 2025**
 - **2025 IWF Senior World Championships**, Forde (Norway) | **2nd – 11th October 2025**
 - **3rd Youth Asian Games**, Manama (Bahrain) | **24th – 30th October 2025**
3. **National-Level Events –**held before 30th December 2025, out of the following events:-
 - **2025 Asmita North Zone Women's Weightlifting League – Modinagar.**
 - **2025 Asmita East Zone Women's Weightlifting League – Kolkata.**
 - **2025 Asmita West Zone Women's Weightlifting League – Kota.**
 - **2025 Asmita South Zone Women's Weightlifting League – Thrissur.**
 - **2025 Asmita National Weightlifting Championships – Modinagar.**
 - **Departmental Board Games** being held as per weight categories effective from **1st June 2025** (e.g., Police Games, Inter-Railways, Inter-Services Competitions).
 - **Khelo India University Games-Bikaner.**

- **IWLF National Senior, Junior and Youth Weightlifting Championships-Modinagar.**

As the 2026 Asian Senior (Men & Women) Weightlifting Championships – Ahmedabad serves as a qualification event for both the 2026 Commonwealth Games – Glasgow and the 2026 Asian Games – Japan, the long list of athletes shall be prepared by considering those who demonstrate the potential to qualify for either or both the Games. The selection in the long list (preliminary entries) will be based on athletes' best performances recorded in the above-mentioned selection trials, international and continental competitions, as well as national-level events conducted up to 30th December 2025. It is further clarified that if two or more top-performing athletes are identified in the same weight category, both may be included in the long list. Whereas if a weight category shows low performance levels, it may be left vacant.

FINAL SELECTION FOR THE COMPETITION (WITHOUT PREJUDICE) –

The final selection of eligible athletes representing India at the 2026 AWF Asian Senior Weightlifting Championships shall be made as under:-

- (i) Strictly limited to those athletes whose names are included in the long list submitted on or before 30th December 2025,
- (ii) Participation of long list athletes is mandatory during IWLF National Youth, Junior, and Senior Weightlifting Championships (2025–26).
- (iii) Best performance of long list athletes will be considered either from the National Championships or International Championships.
- (iv) The Selection Committee of the Indian Weightlifting Federation (IWLF) shall consider only the top-ranked athletes across the sixteen (16) official bodyweight categories for final selection.
- (v) Importantly, the top two (2) ranked athletes in each category shall be evaluated for final inclusion, based on their Asian rankings derived from the results of the 2025 IWF Senior (Men & Women) World Weightlifting Championships held in Forde, Norway (October 2025) compared with the results of IWLF National Youth, Junior, and Senior Weightlifting Championships (2025–26) and International Competitions held in new weight categories.
- (vi) It is further clarified that, in instances where two highly competitive athletes are identified within a particular weight category, that category may feature both the athletes in the final selection.
- (vii) Conversely, weight categories exhibiting substandard performance levels may remain vacant. For example, the Women's 53 kg category may include two athletes if justified by merit, whereas the Women's 81 kg category may remain unrepresented due to comparatively weaker rankings.

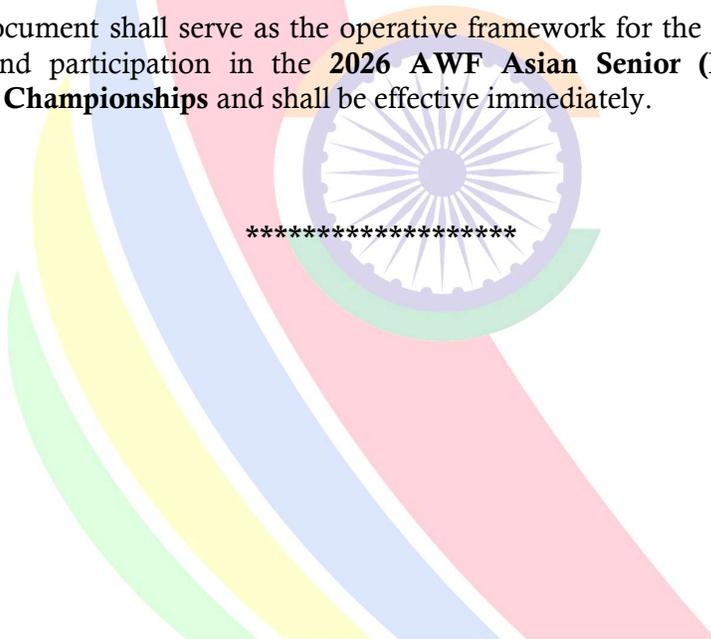
NOTE:

NO SEPARATE SELECTION TRIALS SHALL BE CONDUCTED FOR THE FINALIZATION OF THE INDIAN TEAM FOR THE 2026 AWF ASIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS, AHMEDABAD.

GENERAL CONDITIONS

- The selection process shall be **binding and non-negotiable**, and shall be conducted under the supervision of the **Indian Weightlifting Federation (IWLF)** in compliance with **International Weightlifting Federation, Asian Weightlifting Federation, Commonwealth Weightlifting Federation** and **Ministry of Youth Affairs and Sports** guidelines.
- All athletes must be in **good standing**, hold valid **anti-doping clearances**, and possess valid documentation as required for international competition.
- **Submission of Whereabout Information on ADAMS portal of World Anti-Doping Agency (WADA) w.e.f. 1.11.2025 to 30.6.2026 is a mandatory requirement** for consideration of selection of athletes for the 2026 AWF Senior (Men & Women) Weightlifting Championships-Ahmedabad – 1-10 April 2026.
- **Possession of ADEL certificate as per guidelines of WADA is mandatory for final selection of athletes.**
- **Minimum age eligibility criteria – Athletes born on or before 2011.**

This policy document shall serve as the operative framework for the purpose of athlete nomination and participation in the **2026 AWF Asian Senior (Men & Women) Weightlifting Championships** and shall be effective immediately.



IWLF