

Selection Policy for the 2026 Asian Games – Aichi-Nagoya, Japan

In accordance with recent structural amendments implemented by the International Weightlifting Federation (IWF), the erstwhile bodyweight categories shall cease to be recognized with effect from 1st June 2025. In their place, a revised set of 16 new official weight categories has been introduced, delineated as follows:

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

However, in the context of the 2026 Asian Games - Aichi-Nagoya, Japan, only 10 weight categories (5 for Men and 5 for Women) from the aforementioned list, shall be available for competition for a Country. Additionally, participation shall be restricted to one (1) athlete per bodyweight category per country.

The final selection of both athletes and corresponding weight categories for representing the nation at the said Games shall be strictly based on performance outcomes and official rankings obtained at the 2026 Asian Senior (Men & Women) Weightlifting Championships scheduled to be held in Ahmedabad, Gujarat, from 1st to 10th April 2026.

The results up to the 6th position in each weight category at the above Championship will be considered as the cut-off benchmark for eligibility and selection as per Ministry of Youth Affairs & Sports, Government of India guidelines issued vide letter no. 70-9/2025-Governance-I dated 24th September 2025 as the 19th Asian Games held at Hangzhou (China) in 2023 had different weight categories.

The top five ranked male and female athletes shall be considered for selection in the respective weight categories which will also be finalized based on the medal prospects and sixth-place ranking outcomes determined on the conclusion of the 2026 Asian Senior (Men & Women) Weightlifting Championships, scheduled to be held in Ahmedabad, Gujarat, from 1st to 10th April 2026.

This policy shall govern all matters pertaining to the identification and nomination of athletes for participation in the Asian Games weightlifting events and shall be final and binding on all athletes. Any future amendments or deviations in the technical and competition rules established by the Olympic Council of Asia (OCA) and the International Weightlifting Federation (IWF) for the Asian Games-Japan will be duly considered in the final selection of athletes.



No. 70-9/2025-Governance-I
Government of India
Ministry of Youth Affairs & Sports
Department of Sports

Hall No. 103, Jawaharlal Nehru Stadium,
Lodhi Road, New Delhi.
Dated: 24.09.2025

To

1. President, Indian Olympic Association
2. President and Secretary General, Paralympic Committee of India
3. President and Secretary General, All NSFs recognized by the Ministry

Subject: Formulation of Selection Criteria for Individuals and Teams for Participation in the 2026 Asian Games, Para-Asian Games 2026 and other multi-sports events – reg.

Sir / Madam,

I am directed to refer to letter No. 70-10/2014-SP.II dated 10.03.2015 prescribing the criteria for participation in multi-disciplinary sports events as also to letter No.70-11/2023-SP.III dated 10.07.2023 regarding selection criteria for individual and teams for participation in forthcoming Asian Games 2022 and to say that the issue of formulation of selection criteria for sportspersons/teams for participation in Asian Games and other multi-sports events has been under consideration of Government.

2. The purpose of these instructions is to lay down a transparent and equitable framework for the selection of sportspersons and teams for participation in various multidisciplinary sports events. This framework is intended to ensure that all athletes, coaches, and stakeholders are fully informed of the eligibility benchmarks and performance standards required for consideration. The aim is to ensure that the athletes who have real chance of winning medal are only considered for participation in multi-disciplinary sports events.

3. Participation of Indian sportspersons and teams in multi-sports events shall be primarily guided by the qualifying benchmarks or quota places prescribed by the concerned international sports bodies for the multi-sports events. It is stated that the following benchmarks are prescribed for the participation of Indian sportspersons and

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teams in multi-sports events, except for the Olympics and such other international competitions where athlete or team participation is determined by qualification standards set by the respective international federations.

4. **Benchmarks for individual sports and events and team sports and events**

4.1 The benchmarks are being prescribed so that likely medal probable are representing India and quality of the participation is ensured in multidisciplinary sports events such as Asian Games, Para-Asian Games, Commonwealth Games, Asian Indoor games, Asian Beach Games, Youth Olympics, Asian Youth Games, Commonwealth Youth Games, similar events in para-sports as also the winter editions of such games.

(I) Measurable Individual Sports and Events:

- a. Where the sport or event was contested at the last Asian Games-

The NSF will be eligible to nominate an athlete if the athlete has matched or bettered the 6th-place performance from the last Asian Games at a competition recognized by the international sports federation for that sport, held within the 12 months preceding the upcoming Asian Games.

- b. Where the sport or event was not contested at the last Asian Games but Senior Asian Championships was conducted for the sport or event within 12 months preceding the upcoming Asian Games –

The NSF will be eligible to nominate an athlete if the athlete has matched or bettered the 6th-place performance from the last Senior Asian Championships at a competition recognized by the international sports federation for that sport, held within the 12 months preceding the upcoming Asian Games.

(II) Non-Measurable Individual Sports and Events

- a. Where Senior Asian Championship was held within 12 months preceding the upcoming Asian Games or world Rankings are promulgated regularly:

The NSF will be eligible to nominate an athlete if either in a weight category/event athlete has achieved a 6th or better finish in that category/event at the last Senior Asian Championships held within the last 12 months; or his/her World ranking is amongst top 6 of Asian nations in international rankings as of 10 days before submission deadline of the final list by name.

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- b. Where no Senior Asian Championships conducted in last 12 months preceding the upcoming Asian Games, that is, last date of entry by name for the Asian Games and no international rankings are promulgated regularly:

The athlete must have a top 6 finish amongst Asian nations in equivalent international competitions.

(III) Team Sports (such as Football, Hockey etc) and Team Events (such as Relay, Doubles, Mixed doubles etc).

- a. Where International Rankings are promulgated regularly or Senior Asian Championships held within 12 months preceding the upcoming Asian Games:

The NSF will be eligible to nominate a team if either the team achieved a top 8 finish in the last Senior Asian Championships held within 12 months, or the team is ranked within the top 8 among Asian countries in international rankings as of 10 days before submission deadline of the final list by name.

- b. Where neither international Rankings are promulgated regularly nor Senior Asian Championships conducted within 12 months preceding the upcoming Asian Games, but an Equivalent International Competition was held:

The team must have secured a top 8 finish among Asian countries in the equivalent international competition.

4.2 If it comes to notice of the Ministry and the Sports Authority of India (SAI) that the aim is just for participation and not aiming for excellence (medal winning), names of such sportspersons and teams will not be approved after giving proper justification.

4.3 Further, if experts from specific sports disciplines and the SAI find that the Asian Championships for a sport are being held at irregular intervals to circumvent rules and help athletes meet eligibility criteria, such cases will not be recommended—particularly if the competition standard is low or if top nations expected to participate in the forthcoming Asian Games were absent from the said competition.

5. **Relaxation clause:** If in the opinion of the experts of specific sports disciplines, and SAI, participation of individuals and teams in relaxation of the above criteria is recommended with justifiable reasons, the same will be considered in the Ministry for appropriate decision.

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6. Determination of ranking cut off in cases where there is low participation in Asian Championships

Number of participating countries at Asian Championships

- If number of competing countries are less than 12 in an event, then the following shall be considered:

No. of participating countries in a particular event at Asian Championships	Position required to secure Asian Games eligibility
6-12	Top 4
Less than 6	Top 2

7. Method for estimating Asian standings using International Rankings in absence of separate Asian Rankings: Top 8 rankings among Asian nations will be derived from the latest global rankings, considering the maximum entry limit allowed per NOC in that event at the Asian Games, as on the date 10 days prior to the submission deadline of the final entry by name.

8. Selection of Asian Championships for Eligibility Consideration: Asian Championships conducted within 12 months prior to the Asian Games shall be considered for determining eligibility. Sports where Asian Championships are held biennially, and no edition has taken place in the last 12 months but was conducted within the preceding 24 months, the most recent edition within that 24-month window will be considered. Asian Championships conducted beyond 24 months from the date of the Asian Games shall not be considered for eligibility purposes.

9. International rankings shall be considered as regularly promulgated if they are issued by the recognised international federation for the respective sport and are updated on a regular basis, with a frequency of at least once per month.

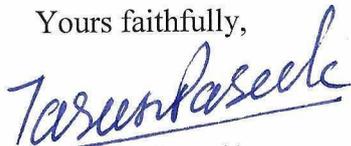
10. Equivalent international competitions will mean those competitions that are recognised by the respective international federation, and have been conducted at regular intervals (annually or biennially) for a minimum period of the past 4 years, and have recorded participation from at least 12 Asian countries in each of the last two editions. Invitational competitions will not be considered.

11. Period of 12 months prior to the Asian Games will be considered from the last date of entry by name for the Asian Games.

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12. Only those sportspersons, coaches and support staff will be part of the contingent, whose names have been cleared at cost to the government and no additional sportspersons, coach and support staff will be included even at no cost to government.

Yours faithfully,


(Tarun Pareek)

Under Secretary to the Government of India

Copy to:

1. Director General, Sports Authority of India
2. CEO (TOPS) / HOD (TAGG) / ED (TEAMS), Sports Authority of India
3. Director (Gov-1)/ Director (Gov-2)

Copy also to:

PS to Minister YA&S / PS to MOS YA&S / PPS to Secretary (Sports) / Joint Secretary (Sports) / Joint Secretary (Development).