

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 (w.e.f. 1-6-2025) shall cease to be recognized with effect from 1st August 2026. In their place, a revised set of 16 new official weight categories has been introduced, delineated as follows:

Men: 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, +110 kg

Women: 49 kg, 53 kg, 57 kg, 61 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 Gandhinagar, Gujarat, from 10th to 17th May 2026.

The results up to the 6th position in each weight category at the above Championship and upto 8th position in each body weight category from the results of 2025 IWF Senior (Men & Women) Weightlifting Championships held at Forde (Norway from 2-11 October 2025 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 (based on above ranking) 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 Gandhinagar, Gujarat, from 10th to 17th May 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.
