



# 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: 22 May 2026

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

**Sub.: Implementation of new body weight categories effective 1<sup>st</sup> August 2026 for National / International Competitions.**

Dear All,

As already communicated to all affiliated States and Union Territories of the Indian Weightlifting Federation, the International Weightlifting Federation (IWF) has introduced revised body weight categories for weightlifting competitions. The updated categories, effective from 1<sup>st</sup> August 2026, are as follows:-

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

**Women (8):** 49kg, 53kg, 57kg, 61kg, 69kg, 77kg, 86kg, +86kg

**Men (8):** 60kg, 65kg, 70kg, 75kg, 85kg, 95kg, 110kg, +110kg

**Youth (Age Group 13-17 years)**

**Girls (8):** 45kg, 49kg, 53kg, 57kg, 61kg, 69kg, 77kg, +77kg

**Boys (8):** 55kg, 60kg, 65kg, 70kg, 75kg, 85kg, 95kg, +95kg

Please note that only the above weight categories shall be valid from 1<sup>st</sup> August 2026 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,

**S.H. Anande Gowda**  
Secretary General



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