

**Selection Policy for Indian Weightlifting Federation**  
**Selection of Athletes for Asian Games – Aichi-Nagoya 2026**  
**(Applicable to Men and Women Categories under revised IWF Bodyweight Categories**  
**effective from 1 August 2026)**

**1. Background**

The Asian Games Organizing Committee has restricted participation in Weightlifting events at the 2026 Asian Games to a maximum of:

- Five (5) bodyweight categories per gender, and
- One (1) athlete per bodyweight category.

Further, the International Weightlifting Federation (IWF) revised bodyweight categories shall come into effect from 1 August 2026, thereby necessitating a structured transition mechanism from the existing categories contested during the 2026 international competition season.

The Indian Weightlifting Federation (IWLF) therefore adopts the following policy framework to identify and finalize the most competitive bodyweight categories and athletes for participation in the Asian Games.

**2. Objective of the Policy**

The objective of this policy is to:

- Identify the most competitive Indian weightlifting bodyweight categories under the new IWF bodyweight structure;
- Maximize medal and top-ranking prospects for India at the Asian Games;
- Establish a transparent, merit-based and performance-oriented selection mechanism;
- Ensure continuity during transition from old to revised bodyweight categories.

**3. Transitional Weight Categories**

Based on comparative analysis of Indian performances, Asian standards, athlete depth, and transition feasibility from existing to revised bodyweight categories, the following categories are identified as “Contesting Categories” for evaluation.

**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**

***These categories shall constitute the primary evaluation pool for Asian Games qualification and final entries.***

- a) To maintain consistency in athlete selection the following relaxation is being proposed in the qualifying total lifted for the selection for Asian games.

- For the difference between the previous and new category is 1 kg reduction in body weight category a relaxation of 2 kg in the total lift and for 2 kg reduction a relaxation of 4 kg in the total lift is proposed whereas wherever the weight categories are increased upwards to 1 kg, a total lift of 2 kg upwards will be considered for them.
  - As the athletes are reducing the body weight 1 kg or 4 kg more than the existing, this can significantly affect performance. This relaxation is proposed to ensure a smooth transition between the old and new category structure without disadvantaging athletes who are directly impacted by the shift in classification.
- b) The relaxation is calculated to proportionately compensate for the minimal changes in body weight category these relaxations are temporary and specifically applicable for the current selection for the Asian Games.

<b>MEN SECTION</b>								
<b>Old Weight Category</b>	<b>New Body weight category</b>	<b>Increase/ Decrease</b>	<b>Ranking based on 2026 Senior Asian Championships results</b>					
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
60 kg	60 kg	No change in wt. cat.	304	277	267	257	255	254
65 kg	65 kg	No change in wt. cat.	329	321	319	307	300	294
71 kg	70 kg	Original results for 71 kg weight category	351	335	314	313	312	302
		Adjustment upwards for -1 kg to 70 kg	349	333	312	311	310	300
79 kg	75 kg	Original results for 79 kg weight category	364	358	345	339	335	333
		Adjustment upwards for -4 kg to 75 kg	356	350	337	331	327	325
88 kg	85 kg	Original results for 88 kg weight category	387	369	368	367	365	354
		Adjustment upwards for -3 kg to 85 kg	381	363	362	361	359	348
94 kg	95 kg	Original results for 94 kg weight category	386	373	354	352	352	334
		Adjustment upwards for +1 kg to 95 kg	388	375	356	354	354	336

110 kg	<b>110 kg</b>	No change in wt. cat.	420	392	381	375	363	355
+110 kg	<b>+110 kg</b>	No change in wt. cat.	457	445	416	409	386	385

<b>WOMEN SECTION</b>								
Old Weight Category	New Body weight category	Increase/ Decrease	Ranking based on 2026 Senior Asian Championships results					
			1	2	3	4	5	6
48 kg	49 kg	Original results for 48 kg weight category	193	192	177	176	161	158
		Adjustment upwards for +1 kg to 49 kg	195	194	179	178	163	160
53 kg	53 kg	No change in wt. cat.	216	195	194	188	185	184
58 kg	57 kg	Original results for 58 kg weight category	230	225	221	214	203	165
		Adjustment upwards for -1 kg to 57 kg	228	223	219	212	201	163
63 kg	61 kg	Original results for 63 kg weight category	254	251	235	215	211	201
		Adjustment upwards for -2 kg to 61 kg	250	247	231	211	207	197
69 kg	69 kg	No change in wt. cat.	263	239	219	217	208	206
77 kg	77 kg	No change in wt. cat.	265	260	220	214		
86 kg	86 kg	No change in wt. cat.	270	265	245	220	184	165
+86 kg	<b>+86 kg</b>	No change in wt. cat.	323	299	298	260	235	200

**4. Top 6 Asian ranking matrix based on new body weight categories ascertained**

As there is a change in the category from 1st August 2026 and Asian Games 2026 would be the first event to be conducted in new category. The following criteria is being proposed for the selection of the athletes for Asian Games.

- c) 5 athletes each male and female to be selected for Asian Games.

- d) For selection, the total performed in the respective bodyweight category during the last one year i.e. 2025 Commonwealth Senior, Junior & Youth Weightlifting Championships, 2025 IWF Senior World Weightlifting Championships, 2026 AWF Asian Senior Weightlifting Championship to be considered.
- e) In the event that more than five athletes achieve the qualifying total, selection shall be based on the recommendations of the Selection Committee. Where two or more athletes are tied on performance criteria in different weight categories, the Selection Committee shall have the sole discretion to finalize the team, taking into consideration the relevant weight category, medal potential and overall competition prospects for the Asian Games Aichi-Nagoya 2026.
- f) The Selection Committee shall not consider any athlete for selection, who is under disciplinary review, investigation or against whom disciplinary proceedings are pending at the time of selection. This shall include cases involving indiscipline, misconduct, breach of camp regulations, adoption of unfair practices or any other conduct prejudicial to the interests and integrity of the National Coaching Camp or policies of Indian Weightlifting Federation. Such athletes shall be ineligible for selection to the team irrespective of their performance, ranking, qualification status, medal prospects or achievement of the prescribed selection criteria, until the disciplinary proceedings have been concluded and the athlete has been cleared by the competent authority.

### **Performance Benchmarks for Qualification – 2026 Asian Games**

#### **Men's Events**

<b>Weight Category</b>	<b>Benchmark Total (kg)</b>
60 kg	254 kg
65 kg	294 kg
70 kg	300 kg*
75 kg	325 kg*
85 kg	348 kg*
95 kg	336 kg*
110 kg	355 kg
+110 kg	385 kg

#### **Women's Events**

<b>Weight Category</b>	<b>Benchmark Total (kg)</b>
49 kg	160 kg*
53 kg	184 kg
57 kg	163 kg*
61 kg	197 kg*
69 kg	206 kg
77 kg	214 kg**

86 kg	165 kg
+86 kg	200 kg

**\* Benchmark Basis: Performance equivalent to the athlete placed 6<sup>th</sup> in the corresponding weight category at the 2026 Asian Senior Weightlifting Championships after due adjustment in reduction / increase from old weight categories.**

**5. Performance Events Considered**

Selection evaluation shall be based exclusively on performances achieved at the following international events:-

**A. Mandatory Evaluation Events**

- 2025 Commonwealth Senior, Junior & Youth Championships  
Ahmedabad, India  
24-30 August 2025
- 2025 IWF Senior World Championships  
Forde, Norway  
3-14 October 2025
- 2026 AWF Asian Senior Weightlifting Championships  
Gandhinagar, India  
10–17 May 2026

Only officially ratified results recognized by the relevant international federation shall be considered.

**6. Anti-Doping, ADEL certification and Whereabout Information Compliance**

All selected athletes must remain fully compliant with regulations of:

- National Anti-Doping Agency,
- International Testing Agency,
- International Weightlifting Federation,
- Olympic Council of Asia.
- Any athlete under suspension, provisional suspension, whereabouts failure, or anti-doping investigation shall be ineligible for selection.
- Possession of valid ADEL certification for athletes are mandatory for selection.

**7. Conclusion**

This policy seeks to ensure that India fields the strongest possible weightlifting contingent at the Asian Games by objectively identifying the most competitive bodyweight categories and athletes during the transition into the revised international weight category structure effective from 1 August 2026.

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