

INDIAN WEIGHTLIFTING FEDERATION
POLICY FOR SELECTION IN INTERNATIONAL COMPETITIONS
(2026–2028) TILL LOS ANGELES OLYMPIC GAMES

I. BACKGROUND

The International Weightlifting Federation (IWF) has undertaken multiple revisions of its bodyweight categories over the past eight years in response to reforms initiated by the International Olympic Committee (IOC). These revisions have primarily been necessitated by the reduction of athlete quotas, restructuring of the Olympic competition programme and the implementation of governance reforms within the sport.

The chronology of these changes are as under:-

- **2018:** The IWF replaced the historical bodyweight categories with **10 categories for men and 10 categories for women**, which formed the basis for qualification and competition during the Tokyo 2020 and Paris 2024 Olympic cycles.

Men: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg.

Women: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg.

- **December 2024:** The IWF Executive Board approved the recommendation of its Innovation Commission to reduce the number of bodyweight categories from **10 to 8 per gender**, effective from June 2025, to align with the IOC's reduced athlete quota for the Los Angeles 2028 Olympic Games.

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg.

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg.

- **May 2025:** Following further consultation with the IOC, the IWF modified the men's **98kg category to 94kg** to ensure a more balanced progression between the Olympic weight categories and to facilitate safer athlete qualification pathways.

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg.

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg.

- **August 2026:** The IWF has announced the implementation of an entirely revised set of **eight bodyweight categories per gender** for all normal IWF competitions, while the **Los Angeles 2028 Olympic Games will contest only six categories per gender**, creating another distinction between normal IWF events and Olympic qualification events.

IWF Men 's bodyweight categories	Olympic Men 's bodyweight categories
60kg (≤ 60.00kg)	65kg (≤ 65.00kg)
65kg (60.01kg –65.00kg)	
70kg (65.01kg –70.00kg)	75kg (65.01kg -75.00kg)
75kg (70.01kg –75.00kg)	
85kg (75.01kg –85.00kg)	85kg (75.01kg -85.00kg)
95kg (85.01kg –95.00kg)	95kg (85.01kg –95.00kg)
110kg (95.01kg –110.00kg)	110kg (95.01kg -110.00kg)
+110kg (> 110.00kg)	+110kg (>110.00kg)
IWF Women 's bodyweight categories	Olympic Women 's bodyweight categories
48kg (≤ 48.00kg)	53kg (≤ 53.00kg)
53kg (48.01kg –53.00kg)	
57kg (53.01kg –57.00kg)	61kg (53.01kg -61.00kg)
61kg (57.01kg –61.00kg)	
69kg (61.01kg –69.00kg)	69kg (61.01kg -69.00kg)
77kg (69.01kg –77.00kg)	77kg (69.01kg -77.00kg)
86kg (77.01kg –86.00kg)	86kg (77.01kg -86.00kg)
+86kg (> 86.00kg)	+86kg (>86.00kg)

Consequently, during the 2026–2028 transition period, different international competitions will be conducted under different bodyweight structures. For example:

- The **Commonwealth Games, Glasgow (July 2026)** will be contested under the existing categories 16 body weight categories.
- The **Asian Games, Aichi-Nagoya (September 2026)** and the **IWF World Championships, Ningbo (October–November 2026)** will be conducted under the revised 16 weight category structure.
- The **Los Angeles 2028 Olympic Games** will be contested in only six categories per gender.

This unprecedented transition has resulted in a situation where athletes are required to continuously adjust bodyweight, competition strategy and long-term preparation within a very short period of time.

The Federation recognizes that the frequent and successive changes in IWF bodyweight categories present exceptional challenges in formulating a conventional athlete selection policy.

At present, no official national or international competitions have yet been conducted under the newly implemented August 2026 bodyweight categories. Consequently, there are no established performance benchmarks or ranking data available in the revised categories to objectively evaluate athletes.

Further, the deadlines prescribed by the respective international federations require preliminary entries to be submitted **well before** the implementation of the revised bodyweight categories.

Accordingly:

- The **2026 AWF Asian Youth (Boys & Girls) and Junior (Men & Women) Championships, Tashkent (7–14 August 2026)** required preliminary entries by **7 May 2026**.
- The **2026 IWF World Senior Championships, Ningbo, China (27 October–8 November 2026)** requires preliminary entries by **27 July 2026**.

Both deadlines fall before athletes have the opportunity to compete officially under the newly introduced bodyweight categories.

In these circumstances, conducting fresh selection trials exclusively under the revised categories is neither practical nor equitable, as athletes have not yet had adequate opportunity to stabilize their bodyweight, adapt training programmes, or demonstrate performance under the new competitive framework.

The Federation remains committed to ensuring that athlete selection is carried out in a transparent, fair and athlete-centric manner while safeguarding the health, welfare and long-term performance of all weightlifters.

Accordingly, for the limited transition period, the Federation has adopted the following guiding principles:-

1. **Performance-Based Evaluation:** Athlete selection shall be based on performances achieved during the preceding year in recognized International Weightlifting Competitions, National Championships and officially conducted Selection Trials.
2. **Creation of an Initial Athlete Pool:** Since no competitions have yet been conducted under the revised bodyweight categories, the athlete pool for preliminary entries shall be drawn from performances achieved under the

previously recognized IWF categories, with due consideration given to the athletes' likely transition into the revised categories.

3. **Compliance with International Entry Deadlines:** Preliminary entries shall be submitted in accordance with the timelines prescribed by the Asian Weightlifting Federation (AWF) and the International Weightlifting Federation (IWF), ensuring that India does not lose participation opportunities due to administrative delays arising from the transition.
4. **Athlete Welfare and Safety:** The Federation recognizes that repeated bodyweight manipulation and frequent selection trials within short intervals may expose athletes to unnecessary physiological stress, increased risk of injury, impaired recovery and compromised performance at major international competitions. Therefore, unnecessary trials during the transition period shall be avoided wherever possible.
5. **Scientific Preparation:** Athletes shall be provided sufficient time to progressively adjust to their new bodyweight categories through scientifically planned nutrition, conditioning and training programmes, thereby minimizing health risks and maximizing competitive readiness.
6. **Flexibility During Transition:** The Federation reserves the right to suitably map athletes from the earlier bodyweight categories into the revised categories based on objective performance analysis, physiological suitability, coaching recommendations and the strategic requirements of forthcoming international competitions.
7. **Athlete Welfare as the Paramount Consideration**

The Federation firmly believes that the ultimate objective of the selection process is not merely to identify athletes for participation but to ensure that Indian weightlifters are provided with the best possible opportunity to perform successfully at the continental, world and Olympic levels.

The repeated restructuring of international bodyweight categories is an external regulatory development beyond the control of athletes and the Federation. It would therefore be inappropriate to subject athletes to repeated qualification events solely because of administrative changes in competition categories.

Frequent selection trials, coupled with repeated weight adjustments within compressed timelines, may adversely affect athletes through excessive physical load, inadequate recovery, increased injury risk, psychological stress and deterioration in performance during major international championships.

Accordingly, the Federation has consciously adopted a balanced approach that upholds transparency, fairness and merit while placing the health, safety and long-term development of athletes at the forefront of all selection decisions.

This transitional policy is intended solely to facilitate the smooth implementation of the revised IWF bodyweight structure until sufficient competitive data becomes available under the new categories. Thereafter, the Federation shall review and update its selection policy in accordance with the stabilized IWF competition framework and the qualification pathway prescribed for future international championships and the Los Angeles 2028 Olympic Games.

II. PREAMBLE

The International Weightlifting Federation (IWF) has introduced revised body weight categories effective from 1 August 2026. Consequently, all international competitions conducted under the jurisdiction of the IWF and its Continental Federations shall be held in the newly prescribed body weight categories.

The transition from the existing body weight categories to the new body weight categories shall commence for the Youth and Junior age groups during the 2026 AWF Asian Youth (Boys & Girls) and Junior (Men & Women) Weightlifting Championships, scheduled to be held in Tashkent, Uzbekistan, from 7–14 August 2026.

For the Senior category, competitions shall be conducted in the new body weight categories during the 20th Asian Games, Aichi-Nagoya, Japan, from 23–29 September 2026, followed by the 2026 IWF Senior World Weightlifting Championships, scheduled to be held in Ningbo, China, from 27 October to 8 November 2026.

Furthermore, the Los Angeles Olympic Games 2028 shall comprise twelve (12) Olympic body weight categories selected from the sixteen (16) IWF-recognized body weight categories, effective from 1 August 2026 onwards.

In view of the foregoing, several athletes may be required to compete in alternative body weight categories during the transition period and throughout the qualification pathway for the Los Angeles Olympic Games 2028.

III. LOS ANGELES OLYMPIC GAMES 2028 QUALIFICATION PATHWAY

Selection of athletes for participation in the Los Angeles Olympic Games 2028 shall be governed strictly in accordance with the qualification system published by the International Weightlifting Federation (IWF), as detailed in Annexure-I, together with any amendments issued subsequently by the IWF, International Testing Agency (ITA), World Anti-Doping Agency (WADA), International Olympic Committee (IOC), or the Asian Weightlifting Federation (AWF).

The following competitions shall constitute the qualification events for the Los Angeles Olympic Games 2028:

Period-1

1. 2026 IWF Senior World Championships-Ningbo (China) – 27-10-2026 to 8-11-2026.
2. 2026 IWF Qualifier I – Doha (Qatar) – December 2026
3. 2027 IWF Qualifier II – Tashkent (Uzbekistan) – February - March 2027
4. 2027 AWF Senior Championships – Jeonju (Korea) – 2-11 July 2027
5. 2027 IWF Qualifier III – Lima (Peru) – June 2027
6. 2027 IWF Senior World Championships – Yerevan (Armenia) – Sep 2027

Period-2

1. 2027 IWF Qualifier IV – Caracas (Venezuela) – Sep 2027
2. 2028 IWF Qualifier V – Chiang Mai (Thailand) – Jan 2028
3. 2028 AWF Senior Championships - TBA
4. 2028 IWF Senior World Championships – Astana (Kazakhstan) – Apr 2028

IV. SELECTION FOR THE 2026 IWF SENIOR WORLD CHAMPIONSHIPS

For participation in the 2026 IWF Senior World Championships, a panel of thirty-two (32) probable athletes shall be identified and maintained by the Indian Weightlifting Federation.

The selection of the final contingent shall be based upon:

- International performance standards;
- National ranking and medal prospects;
- Compliance with anti-doping requirements;
- Fitness and medical clearance;

- Recommendations of the Selection Committee.

V. OPEN SELECTION TRIALS

The Indian Weightlifting Federation shall conduct Open Selection Trials during August-September 2026 for identifying athletes for participation in the following Olympic qualification events:

- 2026 IWF Qualifier I - Doha (Qatar) - December 2026*
- 2027 IWF Qualifier II - Tashkent (Uzbekistan) - February - March 2027

The Selection Committee shall evaluate athletes based on:

- Total weight lifted;
- International competitiveness;
- Technical consistency;
- Body weight category suitability;
- Injury and medical status;
- Anti-doping compliance.

The decision of the Selection Committee shall be final and binding.

[*Lifters those who are participating in the Asian Games, 2026 can opt their performance of Asian Games, if they want exemption from the Open Selection trials.]

VI. SELECTION THROUGH NATIONAL CHAMPIONSHIPS

Selection of athletes for the following competitions shall primarily be based on performances achieved during the IWLF Junior and Senior National Weightlifting Championships 2026–27, proposed to be held in Himachal Pradesh during February 2027, together with other performances recognized by the Federation:

1. 2027 AWF Asian Senior Championships – Jeonju (Korea) – 2-11 July 2027
2. 2027 IWF Qualifier III – Lima (Peru) – June 2027;
3. 2027 IWF Senior World Championships Yerevan (Armenia) – Sep 2027.

The Selection Committee shall also consider athletes who are consistently performing in international competitions, results and ranking position, medal potential and anti-doping status while finalizing the team.

VII. NATIONAL CAMP AND RETENTION FOR PERIOD-2

Upon completion of the qualification events falling under Period-1, the Federation shall identify the Top Sixteen (16) athletes based on:

- International ranking;
- Qualification standing;
- Consistency of performance;
- Medal potential;
- Physical fitness;
- Anti-doping compliance.

Such athletes shall continue in the National Coaching Camp and shall be considered for participation in:

1. 2027 IWF Qualifier IV – Caracas (Venezuela) - Sep 2027;
2. 2028 IWF Qualifier V – Chiang Mai (Thailand) – Jan 2028;
3. 2028 AWF Senior Championships - TBA
4. 2028 IWF Senior World Championships – Astana (Kazakhstan) – Apr 2028.

Retention in the National Camp shall remain subject to continuous performance review and compliance with all anti-doping obligations.

VIII. ANTI-DOPING COMPLIANCE AND ELIGIBILITY REQUIREMENTS

The Indian Weightlifting Federation adopts a strict zero-tolerance policy towards doping and shall ensure full compliance with the World Anti-Doping Code, International Standards, IWF Anti-Doping Rules, ITA Regulations and all directives issued by WADA, NADA, ITA, AWF and IWF.

No athlete shall be considered for selection unless the athlete:

1. Is fully compliant with all WADA, ITA, NADA and IWF anti-doping requirements;
2. Has completed all mandatory anti-doping education programmes and certifications prescribed by WADA, ITA or IWF;
3. Holds a valid International Athlete ADEL Certificate, wherever applicable;

4. Is available for testing and complies with all testing and whereabouts obligations;
5. Has not committed any Anti-Doping Rule Violation (ADRV) rendering the athlete ineligible under applicable rules.

Any athlete failing to meet anti-doping obligations may be removed from the National Camp, preliminary entries, final entries, or any selection process without prior notice.

IX. PRELIMINARY AND FINAL ENTRIES FOR INTERNATIONAL COMPETITIONS

For Youth, Junior and Senior International Championships, team entries shall be made in accordance with IWF and AWF regulations.

Preliminary Entry Requirements

A maximum of thirty-two (32) athletes per age group may be entered in the preliminary entry list.

To be eligible for inclusion in the preliminary entry list, an athlete must:

1. Be compliant with ADAMS whereabouts requirements for a minimum of two quarters immediately preceding and where applicable, succeeding the Championship period;
2. Possess a valid passport with adequate validity;
3. Possess a valid International Athlete ADEL Certificate issued through the WADA education platform;
4. Be available for anti-doping testing at all times;
5. Meet all eligibility requirements prescribed by the IWF, ITA and AWF.

Final Entry Requirements

From the preliminary entry list of thirty-two (32) athletes, a final team of up to sixteen (16) athletes may be selected, subject to IWF regulations.

Further:

- No more than two athletes may be entered in a single body weight category;
- No athlete outside the approved preliminary entry list shall be eligible for final selection or participation;

- Final team composition shall be determined solely by the Federation's Selection Committee.
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X. METHODS OF SELECTION FOR INTERNATIONAL COMPETITIONS

Selection of athletes for international participation may be undertaken through one or more of the following mechanisms:

A. Performance-Based Selection

Based on performances achieved in recognized National and International competitions and corresponding rankings, generally up to the twelfth (12th) position or as determined by the Selection Committee.

B. Open Selection Trials

Through officially notified Open Selection Trials conducted by the Federation.

C. National Championship Results

Based on performances recorded at the IWLF National Championships from the 2026–27 season onwards.

D. Special Consideration

The Selection Committee may, in exceptional circumstances, consider:

- International ranking position;
 - Medal-winning potential;
 - Injury rehabilitation status;
 - Recent international performances;
 - Qualification pathway requirements;
 - Strategic category allocation under Olympic qualification rules.
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XI. FEDERATION'S RESERVED POWERS

The Indian Weightlifting Federation reserves the right to:

1. Amend, modify, interpret or clarify this policy in accordance with changes issued by the IWF, IOC, ITA, WADA, AWF, NADA or the Government of India;

2. Reallocate athletes to alternate body weight categories based on qualification strategy and international requirements;
3. Withdraw, suspend or replace any athlete who becomes medically unfit, violates anti-doping rules, fails whereabouts obligations, or otherwise becomes ineligible;
4. Take all necessary measures to protect the integrity of the selection process and India's participation in international competitions.

XII. SELECTION OF COACHES, SUPPORT STAFF, INTERNATIONAL TECHNICAL OFFICIALS AND TEAM MANAGERS:-

The selection of Coaches, Support Staff, International Technical Officials (ITOs) and Team Managers for accompanying the Indian contingent to international training camps, exposure tours and competitions shall be carried out in a transparent, merit-based and objective manner in accordance with the following criteria:

- a. Only coaches who are presently engaged with the Indian Weightlifting Federation in the National Coaching Camp(s) and/or the National Centre of Excellence (NCOE) Camp(s) shall be considered for selection to accompany the Indian team for international exposure tours, training camps, and competitions. Female coaches and support staff to be given preference.
- b. The selection of coaches shall be based on their contribution to the preparation and performance of the athletes selected for the respective event, their technical competence, disciplinary record, availability and the requirements of the competition.
- c. Preference shall be given to coaches who have consistently worked with the selected athletes during the preparation phase and have demonstrated satisfactory performance in national camps.
- d. Every coach proposed for international assignment must possess a valid **International Coaching Licence (ICL)** issued by the **International Weightlifting Federation (IWF)**, or any other certification recognized by the IWF from time to time.
- e. Support staff, including but not limited to physiotherapists, sports scientists, strength and conditioning experts, massage therapists, psychologists, doctors,

nutritionists and other specialists, shall be selected based on the specific requirements of the team and the approval of the competent authority.

- f. All support personnel accompanying the Indian team must possess valid **Athlete and Anti-Doping Education Learning (ADEL)** certification of the **World Anti-Doping Agency (WADA)** and any other mandatory certifications prescribed by the Government of India, Sports Authority of India (SAI), or the International Weightlifting Federation.
- g. International Technical Officials shall be nominated from among those who hold valid international technical official licences/certifications recognized by the International Weightlifting Federation and fulfil the eligibility requirements prescribed by the organizing committee and the IWF.
- h. Team Managers shall be selected based on their administrative experience, knowledge of international sporting protocols, ability to manage athletes and officials and previous experience in handling national teams.

The final selection and nomination of Coaches, Support Staff, International Technical Officials, and Team Managers shall be made by the **Selection Committee, Indian Weightlifting Federation**, subject to compliance with the eligibility criteria, applicable Government of India and Sports Authority of India guidelines, and the approval of the competent authority wherever required. The decision of the Chairman of the Selection Committee shall be final and binding.

XIII. FINALITY

The interpretation of this policy shall rest exclusively with the Indian Weightlifting Federation. Any matter not specifically covered herein shall be decided by the Executive Board of the Federation, whose decision shall be final and binding.



QUALIFICATION SYSTEM

GAMES OF THE XXXIV OLYMPIAD – LA28

INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)

WEIGHTLIFTING



A. EVENTS	MEN (6)	WOMEN (6)
	65kg ($\leq 65.00\text{kg}$)	53kg ($\leq 53.00\text{kg}$)
	75kg (65.01kg-75.00kg)	61kg (53.01kg-61.00kg)
	85kg (75.01kg-85.00kg)	69kg (61.01kg-69.00kg)
	95kg (85.01kg-95.00kg)	77kg (69.01kg-77.00kg)
	110kg (95.01kg-110.00kg)	86kg (77.01kg-86.00kg)
	+110kg ($>110.00\text{kg}$)	+86kg ($>86.00\text{kg}$)

B. QUOTA PLACES

B.1. Total quota places for weightlifting			Total
Quota Places	54	54	108
Host Country Places	3	3	6
Universality Places	3	3	6
TOTAL	60	60	120

B.2. Maximum number of athletes per National Olympic Committee

QUOTA per NOC	3 (+1)* - max 1 per event	3 (+1)* - max 1 per event	6 (+2)*
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**The IWF will announce the overall Best Man Lifter and Best Woman Lifter of the Qualification Period after the final qualification event.*

*If an NOC whose athlete is awarded a Best Lifter title (one for men and one for women, as defined in **Section D.1: Quota Places**) has already reached the maximum quota for that gender (three athletes), it will receive one additional quota place. This allows the NOC to have up to four quota places for that gender, provided that all athletes have earned their quota places in accordance with Section D: Qualification Pathway, and the NOC adheres to the maximum quota permitted per Olympic bodyweight category.*

B.3. Maximum number of athletes per event:

Men: Each bodyweight category	10 (1 per NOC)
Women: Each bodyweight category	10 (1 per NOC)

B.4. Type of allocation of quota places

Olympic Qualification Ranking (OQR) and Continental Representation quota places are allocated to the eligible athletes by name.

Host country quota places are allocated to the Host NOC for eligible athletes.

Universality quota places are allocated to the eligible athletes by name.

C. ATHLETE ELIGIBILITY

All athletes must respect and comply with the provisions of the Olympic Charter currently in force, including but not limited to Rule 41 (Nationality of Competitors) and Rule 43 (World Anti-Doping Code and the Olympic Movement Code on the Prevention of Manipulation of Competitions), as well as the IOC Policy on the Protection of the Female (Women's) Category in Olympic Sport and Guiding Considerations for International Federations and Sports Governing Bodies (the "Policy").

Only those athletes who respect and comply with the Olympic Charter, the World Anti-Doping Code and the Olympic Movement Code on the Prevention of the Manipulation of Competitions, including the conditions of participation established by the IOC, plus the rules of the IWF, including the current IWF Anti-Doping Rules ([IWF ADR](#)), may participate in the LA28 Olympic Games.

Age Requirements

- C.1.** To be eligible to participate in the Los Angeles 2028 Olympic Games, athletes must have been born on or before 31 December 2013.

Additional IF Requirements

- C.2.** To be eligible for an OQR and Continental quota place, an athlete must meet the criteria detailed in **Section D.1., D.2 and the ANNEX.**

For athletes to be eligible to receive Host Country Quota Places, they must achieve at least two Total results during Period 1, and at least one Total result during Period 2, that is a total of three Total Results in the same Olympic bodyweight category, in the official qualification events, and in accordance with **Section D.3. and the ANNEX.**

For Universality Places, athletes must achieve at least one Total result during Period 1, and at least one Total result during Period 2, that is a total of two Total Results in any Olympic bodyweight category, in the official qualification events, and in accordance with **Section D.4. and the ANNEX.**

With reference to article 5.5.16 of the IWF ADR, the list of athletes set to participate in any of the qualification events, as per **Section D and the ANNEX** (and the related whereabouts information as per this provision), must be submitted by a minimum of three months prior to the qualification event in question. For the avoidance of doubt, in the event of non-compliance, the consequences outlined in Article 5.5.13 of the IWF ADR are applicable.

All athletes must remain continuously available for anti-doping testing throughout the entire Qualification Period. In addition, athletes are required to provide accurate whereabouts information when requested. Any interruption in availability for testing or failure to comply with whereabouts obligations may result in ineligibility to participate in the Los Angeles 2028 Olympic Games and consequences as per the applicable IWF Anti-Doping Rules.

Consequences due to Anti-Doping Rule Violations

Without prejudice to the power of the Independent Panel as per article 12.1 IWF ADR (the “Independent Panel”) to impose any other consequences, such as Member Consequences, under article 12 IWF ADR, the following provisions will apply:

- a) In the event that, during the period from 26 July 2024 until 13 July 2028, a Member Federation (MF) is found to have breached an obligation under the IWF ADR, including, but without limitation, under Article 18 (but excluding the violations under Article 12), or has failed to comply with any directive or request on anti-doping matters issued by the IWF, the Independent Panel may withdraw some or all of the quota places from that MF/NOC with regard to the Los Angeles 2028 Olympic Games or the next Olympic Games.
- b) Should three or more Anti-Doping Rule Violations sanctioned by the IWF or Anti-Doping Organisations other than a Member Federation or its National Anti-Doping Organisation have been committed by athletes and/or other persons affiliated to such MF/NOC from 26 July 2024 until 13 July 2028, the Independent Panel may withdraw some or all of the quota places from that MF/NOC with regard to the Los Angeles 2028 Olympic Games or the next Olympic Games. Quota reduction with respect to the next Olympic Games may be justified, for example where the third Anti-Doping Rule Violation is reported only after the Los Angeles 2028 Olympic Games. In cases where three or more of the underlying violations involve periods of Ineligibility of four years or more, all quota places will be withdrawn.
- c) When considering the application of points a) and b) above, the Independent Panel may refer to the principles set forth in Articles 12.3.2 and 12.4 IWF ADR applicable to the imposition of Member Consequences. Similarly, the procedural rules of Article 12.7 of the IWF ADR apply by analogy to the process pertaining to the provisions above.
- d) Any quota places withdrawn pursuant to points a) and/or b) above will be reallocated in accordance with the reallocation process as detailed in section **F. Reallocation of Unused Places**.
- e) With reference to Article 12.3.3 IWF ADR, should two or more athletes or other persons affiliated to an MF/NOC be found to have committed an Anti-Doping Rule Violation giving rise to a period of ineligibility of four years or more on the occasion of the Los Angeles 2028 Olympic Games (including after further analyses of samples), the MF/NOC concerned will automatically be prevented from recommending, entering and/or proposing affiliated athletes or other persons for participation in the next Olympic Games following the final decision imposing the (first two) relevant sanctions (and will take all necessary measures to prevent such participation), without prejudice to any other sanction that may be imposed in accordance with the IWF ADR.

D. QUALIFICATION PATHWAY

Number of quota places	Qualification events
MEN/WOMEN	D.1. 48 Men 48 Women Total 96 athletes IWF OQR – Refer to the ANNEX The Qualification Period for the OQR will begin on 27 July 2026 and conclude on 7 May 2028. The Qualification Period is divided into two sub-periods (Periods 1 and 2). Total results/Ranking Points achieved by athletes in the same Olympic bodyweight category will be included on the OQR as follows: • The best three Total results from Period 1, and • the best two Total results from Period 2. After the end of the Qualification Period and the procedural steps as described in the Annex, the eight highest-ranked athletes in the OQR in each Olympic bodyweight category will be allocated a quota place.
	D.2. 6 Men 6 Women Total 12 athletes OQR – Continental representation – Refer to the ANNEX • The highest ranked eligible athlete in an Olympic bodyweight category whose NOC's continent is not represented in the top eight of that Olympic bodyweight category will be allocated a quota place. • If continental representation has already been achieved in a given Olympic bodyweight category, the continental quota place will be reallocated in accordance with Section F. Reallocation of Unused Quota Places.
	D.3. 3 Men 3 Women Total 6 athletes Host Country Places – Refer to the ANNEX The Host Country is guaranteed a total of six quota places, three for men and three for women, in any Olympic bodyweight category, provided that the athletes meet the eligibility criteria outlined in Section C. After completion of the Qualification Period, the Host Country Places will be recalculated, taking into account any confirmed quota places obtained through the final OQR.

D.4.

3 Men
3 Women

**Total of 6
athletes**

Universality Places

Six Universality places, three for men and three for women, are available to eligible NOCs for the Los Angeles 2028 Olympic Games.

On 1 October 2027, the International Olympic Committee (IOC) will invite all eligible NOCs to submit their requests for Universality Places. The deadline for NOCs to submit their requests is 15 January 2028. The Tripartite Commission will confirm, in writing, the allocation of Universality Places to the relevant NOCs after the end of the qualification period for the sport concerned.

Detailed information on Universality Places is contained in the "Los Angeles 2028 Olympic Games - Tripartite Commission Universality Places - Allocation Procedure" document.

E. CONFIRMATION PROCESS FOR QUOTA PLACES

E.1. Confirmation of Quota Places

The IWF will publish the Final Olympic Qualification Ranking by 29 May 2028 on its [website](#).

The IWF will also confirm in writing to the NOCs, by 29 May 2028, the quota places they have obtained. NOCs must confirm to the IWF by 5 June 2028 whether they intend to use these quota places, as detailed in section **G. Qualification Timeline**.

E.2. Confirmation of Host Country Places

The IWF will confirm in writing to the Host Country, by 8 June 2028, the available host country quota places. The Host Country must then confirm in writing to the IWF, by 13 June 2028, whether it will use these Host Country places, as detailed in section **G. Qualification Timeline**.

F. REALLOCATION OF UNUSED QUOTA PLACES

F.1. Reallocation of unused Quota Places

If an allocated quota place obtained through the OQR is not confirmed by the NOC by the confirmation deadline of 5 June 2028, or is declined by the NOC, or is withdrawn by the Independent Panel, the quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category in the final OQR, while respecting the maximum quota per gender and per NOC.

If an allocated quota place obtained through continental representation is not confirmed by the NOC by the confirmation deadline of 5 June 2028, or is declined by the NOC, or is withdrawn by the Independent Panel, the quota place will be reallocated to the next highest-ranked eligible athlete in

the same Olympic bodyweight category from a continent that is not yet represented, while respecting the maximum quota per gender and per NOC.

If all five continents are already represented in the Olympic bodyweight category, the continental quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category (regardless of continent), while respecting the maximum quota per gender and per NOC, as detailed in section **G. Qualification Timeline**.

F.2. Reallocation of unused Host Country Places

Unused Host Country places will be reallocated in accordance with **D.2. OQR-Continental Representation** within the Olympic bodyweight categories in which the Host Country qualified athletes through the OQR. The quota places will be allocated to the next highest-ranked eligible athletes from an NOC whose continent is not yet represented in the final OQR for those Olympic bodyweight categories, while respecting the maximum quota per gender and per NOC.

If continental representation has already been achieved in an Olympic bodyweight category, the quota place will be reallocated to the next highest-ranked eligible athlete in the same Olympic bodyweight category (regardless of continent), while respecting the maximum quota per gender and per NOC, as detailed in section **G. Qualification Timeline**.

F.3. Reallocation of unused Universality Places

Any unused Universality places will be reallocated to the next highest-ranked eligible athletes in the same Olympic bodyweight category in the final OQR, while respecting the maximum quota per gender and per NOC. This process will be repeated until the quota for each Olympic bodyweight category has been filled.

G. QUALIFICATION TIMELINE

Period	Date	Milestone
Qualification	27 July 2026 – 7 May 2028	Qualification Period
	15 January 2028	NOCs submit requests for Universality Places.
	11 May 2028	OQR is updated and published, including announcement of the Best Man Lifter and Best Woman Lifter.
	12 May 2028	IWF notifies NOCs whose athletes appear in the top eight of the OQR in more than one Olympic bodyweight category to select the category in which

Confirmation and reallocation		those athletes will remain in the top eight of the OQR.
	17 May 2028	NOCs confirm to IWF their selected Olympic bodyweight category for athletes ranked in the top eight of the OQR in more than one category.
	17 May 2028	OQR is updated and published.
	17 May 2028	IWF notifies NOCs that have more than three eligible athletes per gender (or more than four with the Best Lifters provision) ranked in the top eight of the OQR to select those athletes and their Olympic bodyweight categories that will remain in the OQR, respecting the maximum number of athletes per NOC.
	22 May 2028	NOCs confirm to IWF their selected athletes and Olympic bodyweight categories that will remain in the top eight of the OQR, respecting the maximum number of athletes per NOC.
	23 May 2028	OQR is updated and published.
	23 May 2028	IWF notifies NOCs that have more than three eligible athletes per gender (or more than four with the Best Lifters provision) to obtain an OQR and continental representation quota place to select the three athletes per gender and Olympic bodyweight categories that will remain eligible to receive the OQR and continental representation quota places, respecting the maximum number of athletes per NOC.
	26 May 2028	NOCs confirm to IWF their selected athletes and Olympic bodyweight categories eligible to receive the OQR and continental representation quota places, respecting the maximum number of athletes per NOC.
	29 May 2028	Final OQR is updated and published.

Confirmation and reallocation	29 May 2028	IWF notifies NOCs of their allocated quota places obtained through the final OQR and continental representation per Olympic bodyweight category.
	5 June 2028	NOCs confirm to IWF use of allocated quota places.
	5 June 2028	IWF notifies NOCs of the reallocation of any unused through the final OQR and continental representation quota places.
	8 June 2028	NOCs confirm to IWF use of the reallocated quota places.
	8 June 2028	IWF notifies the Host Country of the available Host Country quota places.
	13 June 2028	Host Country to confirm to IWF use of Host Country quota places.
	13 June 2028	IWF notifies NOCs of the reallocation of any unused Host Country quota places.
	13 June 2028	IWF informs IOC of Olympic bodyweight categories available for Universality Places.
	16 June 2028	NOCs confirm to IWF use of reallocated Host Country quota places.
	20 June 2028	Tripartite Commission notifies NOCs of the allocation of Universality Places.
	23 June 2028	NOCs confirm to IWF use of allocated Universality Places.
	23 June 2028	IWF notifies NOCs of the reallocation of Universality Places.
	26 June 2028	NOCs confirm to IWF use of reallocated Universality Places.
Sport Entries deadline	26 June 2028	LA28 Olympic Games Sport Entries deadline
Games time	14-30 July 2028	LA28 Olympic Games

ANNEX

IWF Olympic Qualification Ranking (OQR)

The IWF will establish, maintain and publish the OQR.

- The athletes will be ranked in the OQR according to the number of points they collect.
- The ranking points collected correspond to, and are equal to, the Total results achieved by an athlete (one kilogram equals one point).
- The Total result is the sum of an athlete's best Snatch and best Clean and Jerk results from the same competition.
- One athlete per NOC will be listed in the OQR in each Olympic bodyweight category.
- This athlete will be the highest ranked athlete from that NOC in the respective category, as indicated in Tables 1 and 2.
- The IWF will also publish a Long-List-OQR (LLR), which includes all eligible athletes regardless of the maximum number of athletes per Olympic bodyweight category per NOC.
- The final Ranking Points of an athlete in the OQR are the sum of the five best Total results achieved during the Qualification Period in the same Olympic bodyweight category at the qualification events.
- The Qualification Period for the OQR will begin on 27 July 2026 and end on 7 May 2028.
- The Qualification Period is divided into two sub-periods (Periods 1 and 2). Total results/Ranking Points achieved by athletes in the same Olympic bodyweight category will be included in the OQR as follows:
 - The best three Total results from Period 1, and
 - the best two Total results from Period 2.
- Athletes who fail to achieve:
 - three Total results in the same Olympic bodyweight category during Period 1 will be removed from the OQR,
 - two Total results in the same Olympic bodyweight category during Period 2 will be removed from the OQR.

IWF Qualification Periods and Events are as follows:

- **Period 1 / 6 events**
 - **2026 IWF World (Senior) Championships**
 - **2026 IWF Qualifier I**
 - **2027 IWF Qualifier II**
 - **2027 Continental (Senior) Championships** or Continental (Senior) Games (one event per continent as officially approved by the IWF as a qualification event, following the TCRR with 8 men's and 8 women's categories, max. 8 athletes per gender)
 - 2027 Pan-American (Senior) Championships
 - 2027 European (Senior) Championships
 - 2027 Asian (Senior) Championships
 - 2027 African (Senior) Championships
 - 2027 Oceania (Senior) Championships
 - **2027 IWF Qualifier III**

- **2027 IWF World (Senior) Championships**
- **Period 2 / 4 events**
 - **2027 IWF Qualifier IV**
 - **2028 IWF Qualifier V**
 - **2028 Continental (Senior) Championships**
 - 2028 African (Senior) Championships
 - 2028 Asian (Senior) Championships
 - 2028 European (Senior) Championships
 - 2028 Pan-American (Senior) Championships
 - 2028 Oceania (Senior) Championships
 - **2028 IWF World (Senior) Championships**
- The detailed calendar of events is available on the IWF website at <https://iwf.sport/events/calendar>
- The OQR (and the LLR) will be available on the IWF website at <https://iwf.sport>
- If two or more athletes record the same number of points in the same Olympic bodyweight category, they will be ranked based on which athlete achieved the Total Result first, using equivalent Greenwich Mean Time (GMT) if necessary.
- A Total Result obtained by an athlete at a Continental (Senior) Championship or Continental (Senior) Games will be included in the OQR, provided that the Member Federation represented by the athlete is affiliated with the respective Continental Federation.

Results achieved by athletes in non-Olympic bodyweight categories will be included in the OQR under the corresponding Olympic bodyweight category that incorporates their bodyweight, as indicated in Tables 1 and 2 below. For example, an athlete's Total result in M70kg achieved at the 2027 Continental Championships will be included in the M75kg Olympic bodyweight category. The highest Total achieved by each athlete in the events outlined above will count towards their overall place in the OQR.

Table 1

IWF Men's bodyweight categories	Olympic Men's bodyweight categories
60kg ($\leq 60.00\text{kg}$)	65kg ($\leq 65.00\text{kg}$)
65kg (60.01kg–65.00kg)	
70kg (65.01kg –70.00kg)	75kg (65.01kg-75.00kg)
75kg (70.01kg–75.00kg)	
85kg (75.01kg–85.00kg)	85kg (75.01kg-85.00kg)
95kg (85.01kg–95.00kg)	95kg (85.01kg–95.00kg)
110kg (95.01kg–110.00kg)	110kg (95.01kg-110.00kg)
+110kg ($> 110.00\text{kg}$)	+110kg ($>110.00\text{kg}$)

Table 2

IWF Women's bodyweight categories	Olympic Women's bodyweight categories
48kg ($\leq 48.00\text{kg}$)	53kg ($\leq 53.00\text{kg}$)
53kg (48.01kg–53.00kg)	
57kg (53.01kg–57.00kg)	61kg (53.01kg–61.00kg)
61kg (57.01kg–61.00kg)	
69kg (61.01kg–69.00kg)	69kg (61.01kg–69.00kg)
77kg (69.01kg–77.00kg)	77kg (69.01kg–77.00kg)
86kg (77.01kg–86.00kg)	86kg (77.01kg–86.00kg)
+86kg ($> 86.00\text{kg}$)	+86kg ($> 86.00\text{kg}$)

After the end of the Qualification Period, and the procedural steps A), B) and C), as detailed below, the eight highest-ranked athletes in the Final OQR in each Olympic bodyweight category will be allocated a quota place.

- A) If an athlete is ranked in the top eight in more than one Olympic bodyweight category in the OQR, the athlete's NOC, in consultation with the MF recognised by the IWF, must confirm to the IWF by 17 May 2028 the event in which that athlete will compete at the Los Angeles 2028 Olympic Games. The athlete will then be removed from the OQR in all other Olympic bodyweight categories. Any ranking position that this makes available will automatically be assigned to the next highest-ranked eligible athlete in the respective Olympic bodyweight category.
- B) Should an NOC have more than three athletes (or four with through the Best Lifters provision) per gender from different Olympic bodyweight categories listed in the OQR, the NOC, in consultation with the MF, must confirm to the IWF by 22 May 2028 which of these athletes will be allotted the quota places. Any athletes not confirmed will then be removed from the OQR. Any ranking positions and quota places declined by the NOC will automatically be assigned to the next highest-ranked eligible athlete from an NOC that has not yet used its three quota places (or four with the Best Lifters provision).

C) Best Lifters

After the final qualification event, the IWF will announce the overall Best Man Lifter and Best Woman Lifter of the Qualification Period.

The official IWF Formula will be used to determine the Best Lifter in each gender, based on the best five Total results achieved in the same Olympic bodyweight category during the Qualification Period at the qualification events.

The NOC whose athlete is awarded a Best Lifter title and has already reached the maximum quota for that gender (three athletes), it will receive one additional quota place. This allows the NOC to have up to four quota places for that gender, provided that all athletes have earned their quota places through the OQR and the continental representation, and the NOC adheres to the maximum quota permitted per Olympic bodyweight category.

OQR – Continental representation

To ensure the widest possible representation across the IWF-recognised Continental Federations (Africa, Asia, Europe, Oceania and Pan America), one quota place will be allocated in each Olympic bodyweight category based on the OQR and the following criteria:

- The highest ranked eligible athlete in an Olympic bodyweight category whose NOC's continent is not represented in the top eight of that Olympic bodyweight category will be allocated a quota place.
- If continental representation has already been achieved in a given Olympic bodyweight category, the continental quota place will be reallocated in accordance with **Section F. Reallocation of Unused Quota Places**.

Should an NOC have more than three athletes (or four with the Best Lifters provision) per gender from various Olympic bodyweight categories listed in the OQR/Continental representation, the NOC, in consultation with the MF, must confirm to the IWF by 26 May 2028 which of these athletes will be allotted the quota places. Any athletes not confirmed will then be removed from the OQR. Any ranking positions and quota places declined by the NOC will automatically be assigned to the next highest-ranked eligible athlete from an NOC that has not yet used its three quota places (or four with the Best Lifters provision).

Host Country Places

The total number of Host Country Places to be allocated is determined as follows:

Men's Host Country Places

- If the Host Country does not obtain any men's places through the OQR, a total of three men's Host Country places will be allocated.
- If the Host Country obtains one men's place through the OQR, an additional two men's Host Country places will be allocated.
- If the Host Country obtains two men's places through the OQR, an additional one men's Host Country place will be allocated.
- If the Host Country obtains three men's places through the OQR, no men's Host Country places will be allocated.

If the Host Country obtains three men's places through the OQR and its athlete achieves recognition as the Best Man Lifter, no men's Host Country places will be allocated.

If the Host Country obtains four men's places through the OQR through the Best Man Lifter provision, no men's Host Country places will be allocated.

Women's Host Country Places

- If the Host Country does not obtain any women's places through the OQR, a total of three women's Host Country places will be allocated.
- If the Host Country obtains one women's place through the OQR, an additional two women's Host Country places will be allocated.
- If the Host Country obtains two women's places through the OQR, an additional one woman's Host Country place will be allocated.
- If the Host Country obtains three women's places through the OQR, no women's Host Country places will be allocated.

If the Host Country obtains three women's places through the OQR and its athlete achieves recognition as the Best Woman Lifter, no women's Host Country places will be allocated.

If the Host Country obtains four women's places through the OQR through the Best Woman Lifter provision, no women's Host Country places will be allocated.