

INDIAN WEIGHTLIFTING FEDERATION
In association with
Government of Gujarat and Sports Authority of Gujarat
Under the aegis of
Ministry of Youth Affairs & Sports and Sports Authority of India

23rd April 2025

To,

**ALL MEMBER COUNTRIES OF
COMMONWEALTH WEIGHTLIFTING FEDERATION**

Dear Member Countries,

Greetings from the Indian Weightlifting Federation!

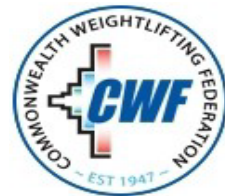
We are pleased to extend our warmest invitation to your esteemed federation to participate in the 2025 Commonwealth Weightlifting Championships—a prestigious event that will bring together top weightlifters from across the Commonwealth.

The Championships will be held in Ahmedabad, India, from 24th to 30th August 2025, and will feature competitions in the following categories:

- Commonwealth Senior Championships (Men & Women).
- Commonwealth Junior Championships (Men & Women).
- Commonwealth Youth Championships (Boys & Girls).

This event is proudly organized by the Indian Weightlifting Federation, in collaboration with the Government of Gujarat and the Sports Authority of Gujarat, under the auspices of the Ministry of Youth Affairs & Sports and the Sports Authority of India.

Importantly, this Championship also serves as a direct qualification event for the 2026 Commonwealth Games to be held in Glasgow, and we look forward to your athletes making their mark on this global stage.



We assure every participating delegation of exceptional hospitality, a comfortable stay, and a professionally managed competitive environment. It will be our utmost priority to make your experience in India memorable and enriching.

Please find enclosed the official bulletin containing detailed regulations and information regarding the Championships.

We eagerly look forward to welcoming your team to India and witnessing another glorious chapter in Commonwealth weightlifting.

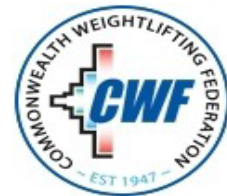
Warm regards,

Yours Sincerely,


[Sandeep Yadav]
PRESIDENT



Indian Weightlifting Federation
Mobile no. +918130621444
Email - sportseventswl@gmail.com



**2025 COMMONWEALTH SENIOR, JUNIOR & YOUTH
WEIGHTLIFTING CHAMPIONSHIPS AHMEDABAD – INDIA
– 24-30 AUGUST 2025**

INFORMATION BULLETIN

The 2025 Edition of Commonwealth Senior, Junior and Youth Weightlifting Championships will be held in Ahmedabad -INDIA. The relevant information regarding the Championships have been submitted below:-

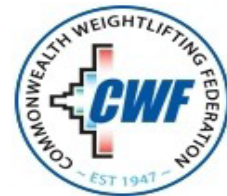
Competition Rules and Regulations

The 2025 Commonwealth Senior, Junior and Youth Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

Terms and Condition of Participation

Accredited participants (Athletes, Team Officials, Technical Officials (TOs) guests, etc.) should acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti-Doping Policy (ADP).

- Must abide by all reasonable directions given by the CWF, the Organizing Committee (OC), TOs.
- Must participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk.
- Must undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages.
- Are responsible for all property they bring into the Event and that the CWF and/or OC shall have no responsibility in any loss or damage of this property.
- Acknowledge and agree that neither the CWF nor the OC shall arrange any insurance connected with the participation in the Event. This is the responsibility of each individual federation.
- Must irrevocably release CWF and OC (and their respective members, officers, employees, etc.) from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event.
- Must guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) if they are minors.
- Will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of CWF/LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for paying the additional charges on damage for act of sabotage and damage to hotel property by guest.



Eligibility

- **YOUTH: 13 – 17 years of age**
- **JUNIOR: 15 – 20 years of age**
- **SENIOR: 15+ years of age**
- All age groups are calculated in the athlete's year of birth.
- In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2021, **whereabouts information of the athletes shall be submitted at minimum three months prior to the event by 23rd May 2024.** The Athletes who do not comply with this provision are not eligible to compete.
- Only competitors of member federations that has no arrears towards the CWF are eligible to participate.

Competition Categories Senior & Juniors:

IWF Categories for Men and Women.

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

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

IWF Categories for Youth Boys and Girls.

Boys: 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, +98kg

Girls: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

Deadlines

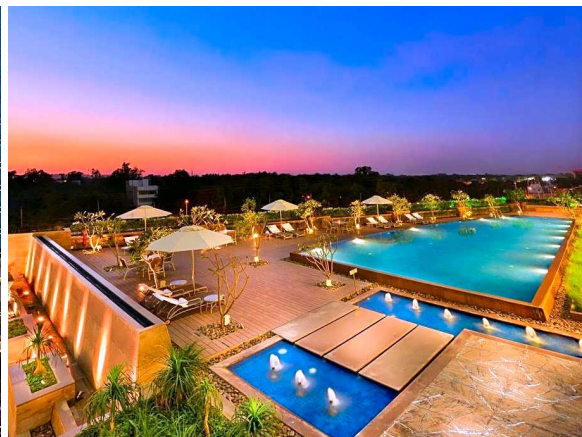
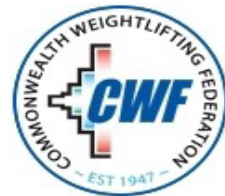
Preliminary Entries- These entries are online. Each Federation will be given a username and password to register their athletes and officials. The closing date for the Preliminary Entries is **Saturday 24th May 2025 18:00 hours Brisbane-Australia time UTC +10.** However please understand the regulations of the IWF. Once the Preliminary Entries are submitted, (the system will not allow you to put in any additional lifters after 24th May 2025). This is the link to enter on line <https://platform.commonwealthweightlifting.com/>

Final Entries - Again these are online. The closing date is **24th July 2025 18:00 hours Brisbane-Australia time UTC+10.**

Verification of Entries - These will also be done online with the deadline being **Sunday, 10th August 2025** at 18:00 hours Brisbane-Australia time UTC+10.

Accommodation:

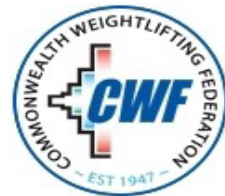
The accommodation will be at the Crowne Plaza Ahmedabad City Centre.



The cost per twin room (per person per night) is USD \$180.00 this includes full-board (Breakfast, lunch and dinner).

The cost per single room (per person per night) is USD \$200.00 this includes full-board (Breakfast, lunch and dinner).

A minimum stay of 3 (Three) nights is required for all participants.

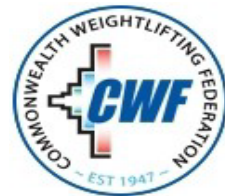


Venue of the Competition:

Block C: Indoor Multisport arena with 5,200 spectator seating capacity

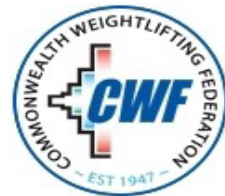
Block D: Club Class Community Sports Centre.





Mode of payment – All payments must be paid to the Organizing Committee through bank transfer at least 1 month (24.7.2025) in Advance in the following bank account-

Name of Beneficiary	-	Indian Weightlifting Federation
Name of Bank	-	HDFC Bank Limited
Address	-	B-222-223, Sector-16, Noida, U.P. 201301
Account No.	-	50100477267200
IFSC Code	-	HDFC0001351
MICR Code	-	110240154
SWIFT Code	-	HDFCINBB
IBAN No.	-	50100477267200
BSR CODE	-	0510875-2710008



All payments must be made in US Dollar currency and any bank charges for transfers or other transactions shall be paid by the Member Federation / Association.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full by the Local Organizing Committee (LOC).

No accommodation is guaranteed until full payment is received.

Hotel “No-Show” charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Local Organizing Committee before 24 July 2025, the delegation must pay the charge of “No-Show” per person to the Local Organizing Committee. The charge is equal to the Accommodation Fee per person/day.

If one or more participants are delayed one or more days, the delegation must pay for all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form until 24 July 2025 at the last, should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel, however, this cannot be guaranteed.

Cancellations will not be accepted after 24 July 2025 and no refunds will be given.

BANK TRANSFER PAYMENTS

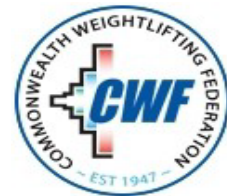
Important rules for Bank transactions:

100% of the total payment (accommodation, doping test & entry fee) must be transferred by 24 July 2025 to the Bank Account of the Local Organizing Committee.

The countries unable to make wire transfers are required to submit a request to the CWF President and the CWF General Secretary to be allowed to pay in cash upon arrival.

Please contact your bank and consider the transaction time of your transfer to be duly received by the deadline to the bank account of the LOC.

We kindly remind you to send the bank statement confirming the bank transfer you made to the bank account of the LOC by sending it to E-mail



sportseventswl@gmail.com. The difference of charges, if any, deducted by the transferee or receiving bank will be paid on arrival by the participating teams in Cash (USD).

Payments in cash must be made in USD dollars upon your arrival for those countries / participants who have been given exception by President / General Secretary of Commonwealth Weightlifting Federation as a special case. No direct payments to the hotels are accepted. Payments are to be deposited with the Local Organizing Committee Office situated in the Hotel itself.

Transport Form:

Fill out the Accommodation and Transport Form and sent to the Organizing Committee not later than 24-7-2025.

Awards

Gold, Silver and Bronze medals will be awarded to seniors, juniors and youth lifters in each bodyweight category for both men and women in the **total only**. Trophies will be awarded to the team that places first for men and women in the Senior, Junior and Youth and Best Lifters for men and women in the Senior, Junior and Youth.

Transport

Local transport will be provided by the Organising Committee from Ahmedabad Domestic Airport and Sardar Vallabhbhai Patel International Airport to hotels upon the arrival of delegations.

Competition Venue

The competition venue will be the Naranpura Sports Complex, Pragatinagar, Nandanvan, Ahmedabad, Gujarat 380061. This venue will accommodate approximately 5000 spectators. Twelve warm up platforms will be available for the competition.

Training Venue

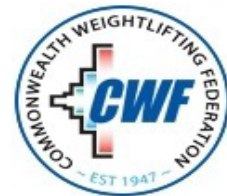
Training will be available to all teams prior to the competition on a timetable basis. 30 platforms will be available for training, at the same venue where the competition is held which is the Naranpura Sports Complex, Ahmedabad.

Barbells/Weights Equipment

All Equipment will be IWF approved ELEIKO equipment for the competition. However, Indian Weightlifting Federation approved brand equipment will be used for training.

Doping Control

Doping control will be conducted during the competition. All athletes competing must pay **USD\$200 each. This will go toward the cost of Doping tests and entry fees.**



Whereas entry fee for Team Official will be US \$100 each. This must be paid by electronic transfer to the Organising Committee. Bank details will be included in the invoice.

ACCREDITATION

The Accreditation will take place at Hotel Crowne Plaza, Ahmedabad. It is essential to send clear photos of each participant to the Organizing Committee by a google form link -

<https://docs.google.com/forms/d/e/1FAIpQLSdgUeIN9qkr6m6ouORfdsCojbcnXT64FA2ry5fJj59A367wA/viewform?usp=header>

to facilitate the preparation of Accreditation cards well before the arrival of the teams to Ahmedabad (INDIA).

ANTHEM

Each Member Federation should bring two (2) national flags sized 100 x150cm and the national anthem on USB drive. This must be submitted upon arrival/accreditation to the Organizing Committee (OC).

The LOC/CWF cannot be held responsible for errors relating to the flag and anthem.

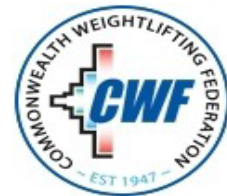
Travelling Documents & Visas

Travelling to Ahmedabad is very easy. The documentation required is a valid passport valid for at least six months with at least two blank pages. All participants to apply for the **Indian Business Visa category B-3**. The invitation letter will be sent by the Organizing Committee based on the excel file (attached separately along with passport size photograph. Photo Requirements (scanned):

- Size: 3.5 cm x 4.5 cm
- File size: 100 KB to 500 KB
- Background: White
- File Format: JPG
- File Name: The file name must include the full name and function of the participant (e.g., Full Name_Coach.jpg).

Document Submission: Submit the completed application form along with the required documents to the designated Indian Visa Application Centre (e.g., BLS International) or the Indian Mission/Post in your country, Biometric Data: Provide biometric data if required, Interview: Attend an interview at the Indian Mission/Post, if requested, Processing Time: Visa processing times may vary; it's advisable to apply well in advance of the intended travel date.

Fill out the visa application form on the official Indian Visa Online portal: <https://indianvisaonline.gov.in>.



International Travel

The airport has direct passenger flights scheduled to 48 destinations in 10 countries served by 21 different airlines. Whereas Ahmedabad offers direct international connections to several key cities:

Air India (Europe), Air Arabia, Emirates, Etihad Airways, Fly Baghdad, Fly Dubai, Indigo, SpiceJet, Iraqi Airways, Kuwait Airways, Malaysia Airlines, Qatar Airways, Singapore Airlines, Thai AirAsia, Thai Airways, VietJet Air.

Ahmedabad is well-connected domestically, with direct flights from numerous Indian cities: Delhi (DEL): Approximately 148 weekly flights, Mumbai (BOM), Bengaluru (BLR), Chennai (MAA), Kolkata (CCU): Multiple daily flights. Direct flights also operate from cities like Pune, Lucknow, Jaipur, and Hyderabad.

Health Insurance

We encourage that everyone attending the championships to take out appropriate Health Insurance in the event of an accident or unforeseen circumstance or illness. Full medical services are available at the local hospital; however, it is not possible for competitors and officials to purchase health insurance in India.

General Information

Departure Tax

There is no departure tax in India.

Population

Ahmedabad's population is estimated to be approximately 8.16 million within the city limits and around 9.06 million in the metropolitan area.

Currency and Banking Facilities

Official Currency: Indian Rupee (INR, ₹) Denominations: Coins: ₹1, ₹2, ₹5, ₹10, Banknotes: ₹10, ₹20, ₹50, ₹100, ₹200, ₹500, \$10.00 US dollars is at present approximately 825 Rupees.

Currency Exchange

Airports: Convenient but often higher exchange rates. Authorized Money Changers: Found in cities and tourist hubs, Banks: Reliable, but may have limited hours, Hotels: May offer exchange, but not always at best rates, Documents Required: Passport and visa often required for currency exchange

Exchange Receipts: Keep them, especially if you want to reconvert unused rupees when leaving India. All major credit cards are welcomed by hotels, restaurants, shops, rental cars, etc.



Banking & ATM Access

ATMs: Widely available in cities and towns, Most ATMs accept international cards (Visa, Mastercard, etc.), Withdrawal limits vary (₹10,000–₹25,000 per transaction typically), Check if your card has foreign transaction fees

Banks: Major Banks: State Bank of India (SBI), ICICI Bank, HDFC Bank, Axis Bank, etc., **Services:** Currency exchange, traveller's cheque encashment, international transfers

Digital Payments

India has a booming digital payment scene: UPI (Unified Payments Interface): Widely used, but generally requires an Indian bank account. International credit/debit cards, and some mobile wallets like Paytm, PhonePe, Google Pay (some may require Indian phone number/bank account)

Telephones

Direct dial phone service is available between India and all countries of the world. International calls may be placed from any private or public phone.

Languages

Both ENGLISH and HINDI languages are spoken in India.

Time

Indian Standard time is +5:30 hours ahead of Greenwich Mean Time.

Religion

Major religions of India are Hinduism, Islam, Christianity, Sikhism, Buddhism, Jainism. However, India is officially a secular state, with freedom of religion guaranteed by the Constitution.

Electricity

Voltage: 230 volts, **Frequency:** 50 Hz, **Plug types:** Type C (Europlug – two round pins), Type D (Indian plug – three round pins in a triangle), **Amperage:** Most sockets are rated at 6 amps, **Plug Adapters:** If you're coming from a country with different plug types (e.g., Type A/B for the US, Type G for the UK), you'll need an adapter.

Climate and Seasons

Temperature - Average High: Around 32°C (89.6°F), Average Low: Approximately 25°C (77°F) and Average Temperature: About 29°C (84°F).

Clothing: Opt for lightweight, breathable, and quick-drying fabrics.

Rain Gear: Carry an umbrella or raincoat to stay dry during sudden showers.

Sun Protection: Use sunscreen with high SPF, wear sunglasses, and consider a wide-brimmed hat to protect against UV rays.



Hydration: Stay well-hydrated to cope with the heat and humidity.

Health

Ensure all routine vaccinations are up to date, including those Yellow Fever (if applicable), and polio. India is polio-free, travellers to and from polio-affected countries are advised to receive a dose of Oral Polio Vaccine (OPV) at least four weeks prior to travel.

Emergency Medical and Dental Care

General Hospital as well as a private hospital is available in Ahmedabad.

Organising Committee Chairperson

Shri Sahdev Yadev

President : India Weightlifting Federation

Email: sportseventswl@gmail.com

Tel. +91 120 454 1605

Paul Coffa MBE

General Secretary

Commonwealth Weightlifting Federation

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