

Glasgow 2026 Commonwealth Games: 23 July – 02 August 2026

WEIGHTLIFTING – International Weightlifting Federation (IWF)

The information in this Qualification System is accurate as of **02 February 2026**. For the avoidance of doubt, Commonwealth Sport ('CS') and International Weightlifting Federation ('IWF') reserve the right to amend this Qualification System in any manner, at their absolute discretion, should they deem it necessary.

1 INTRODUCTION

The Weightlifting Qualification System consists of four (4) methods of qualification for the Glasgow 2026 Commonwealth Games ('G2026'):

1. Automatic Qualification – Host CGA
2. Direct Qualification – 2025 Commonwealth Weightlifting Senior Championships
3. IWF Commonwealth Ranking List (Ranking Period: 01 June 2025 – 18 May 2026)
4. Bipartite Invitation

2 MEDAL EVENTS & QUALIFICATION SLOTS

2.1 Weightlifting Medal Events

Women's Medal Events	Men's Medal Events
• 48kg	• 60kg
• 53kg	• 65kg
• 58kg	• 71kg
• 63kg	• 79kg
• 69kg	• 88kg
• 77kg	• 94kg
• 86kg	• 110kg
• +86kg	• +110kg

2.2 Weightlifting Qualification Slots

Women's Medal Events	Maximum Qualification Slots
• 48kg	• 11
• 53kg	• 11

• 58kg	• 11
• 63kg	• 11
• 69kg	• 11
• 77kg	• 11
• 86kg	• 11
• +86kg	• 11

Men's Medal Events	Maximum Qualification Slots
• 60kg	• 11
• 65kg	• 11
• 71kg	• 11
• 79kg	• 11
• 88kg	• 11
• 94kg	• 11
• 110kg	• 11
• +110kg	• 11

2.3 Total Qualification Slots for Weightlifting

	Automatic Qualification (Host CGA) (1 qualification slot per event)	Direct Qualification (1 qualification slot per event)	IWF Commonwealth Ranking List (8 qualification slots per event)	Bipartite Invitation (1 qualification slot per event)	Total (11 qualification slots per event)
Women	8	8	64	8	88
Men	8	8	64	8	88
Total	16	16	128	16	176

2.4 Maximum Number of Athletes per CGA per Event

Sport	Gender	Entries
Weightlifting	Women	1 athlete per event per CGA*
	Men	1 athlete per event per CGA*

*During the period of 01 June 2025 – 22 July 2026 the maximum number of athlete qualification slots allocated to a CGA will be reduced by one (1) if any weightlifting athlete and/or athlete support personnel (regardless of whether such athlete appears, or not, on the IWF Commonwealth Ranking List) from that CGA commits an anti-doping rule violation ('ADRV') sanctioned by the International Testing Agency (ITA) on behalf of the IWF or any other Anti-Doping Organisation.** If there are multiple ADRV's committed by weightlifting athletes and/or weightlifting athlete support personnel sanctioned during the period of 01 June 2025 – 22 July 2026 the maximum number of athlete qualification slots allocated to a CGA will be reduced by the same number as the number of ADRV's. For the sake of clarity, only those ADRVs committed from 01 June 2025 to 22 July 2026 and conclusively sanctioned in the same period shall be considered for potential reduction in quota under this provision.

Where a CGA's Qualification Slot(s) is reduced as a result of an ADRV or sanctions imposed by the Independent Panel in line with the IWF's Anti-Doping Rules, including under Article 12.3 of the IWF's Anti-Doping Rules, or any other Anti-Doping Organisation, the respective slot(s) may be reallocated in accordance with section 5 (Reallocation of Qualification Slots) against the timelines stipulated in Section 7 (Qualification Timeline) of this Qualification System.

**For the avoidance of doubt, the affiliation of athlete support personnel to a CGA shall be determined by the IWF.

3 QUALIFICATION PATHWAY

A CGA must be affiliated with the IWF to be eligible to qualify and participate in G2026. If a CGA is not eligible to affiliate with the IWF they will be required to obtain approval from the IWF to qualify and participate in G2026.

Athletes from all eligible CGAs will be selected to compete at G2026 in accordance with the following Qualification Pathway:

Qualification Method	Qualification Detail
1. Automatic Qualification Host CGA	<p>The Host CGA (CGA SCO) shall be issued with one (1) Automatic Qualification Slot per medal event in accordance with the below:</p> <ul style="list-style-type: none"> Automatic Qualification Slots are issued to the Host CGA for allocation to eligible athletes in accordance with Section 6 (Athlete Eligibility) of this Qualification System and are binding to the medal event. For the avoidance of doubt, this includes the mandatory requirement that athletes have competed in at least two (2) IWF Sanctioned Events eligible for IWF Commonwealth Rankings within the Ranking Period of 01 June 2025 – 18 May 2026.* In at least one (1) of these two (2) IWF Sanctioned Events, athletes must have competed in the specific medal event (bodyweight category) in which they are due to enter at G2026.

	<p>*For the avoidance of doubt, to compete, is as defined in the IWF Technical and Competition Rules and Regulations.</p>
<p>2. Direct Qualification</p> <p>2025 Commonwealth Weightlifting Senior Championships</p>	<p>The highest placed eligible Commonwealth athlete per medal event at the 2025 Commonwealth Weightlifting Senior Championships will be allocated a Direct Qualification Slot in accordance with the below:</p> <ul style="list-style-type: none"> • Direct Qualification Slots are issued to the CGA in the name of a specific athlete and are binding to the medal event (bodyweight category) with which the athlete qualified within. • In accordance with Section 6 (Athlete Eligibility) of this Qualification System, athletes must compete in a minimum of two (2) IWF Sanctioned Events eligible for IWF Commonwealth Rankings within the Ranking Period. For the avoidance of doubt, to be allocated a Direct Qualification Slot athletes would be required to compete in at least one (1) more IWF Sanctioned event eligible for IWF Commonwealth Rankings within any medal event during the Ranking Period. • In the event that the 2025 Commonwealth Weightlifting Senior Championships are not held due to unforeseen or extenuating circumstances, Direct Qualification Slots will be issued in accordance with Section 5 (Reallocation of Qualification Slots) of this Qualification System.
<p>3. IWF Commonwealth Ranking List</p> <p>Ranking Period: 01 June 2025 – 18 May 2026</p>	<p>The top eight (8) ranked eligible athletes per medal event from CGAs not otherwise qualified on the IWF Commonwealth Ranking List as at 23:59 UTC on 18 May 2026 will be allocated a Qualification Slot in accordance with the below:</p> <ul style="list-style-type: none"> • Qualification Slots are issued to the CGA in the name of a specific athlete and are binding to the medal event with which the athlete qualified within. • CGAs will be eligible to qualify a maximum of one (1) athlete per medal event in Weightlifting, and the IWF Commonwealth Ranking List will be amended to reflect this maximum representation per medal event. • Athletes will be eligible to feature on the final IWF Commonwealth Ranking List for one (1) medal event (bodyweight category) only. CGAs with athletes ranked in multiple medal events must

	<p>elect which individual medal event they wish their athlete to be ranked within and submit in writing to CS by no later than 25 May 2026 as outlined in Section 7 (Qualification Timeline) of this Qualification System. Failure to notify CS of the elected medal event by this deadline will result in CS selecting the medal event on behalf of the CGA firstly based upon the highest rank, and should the rank be equal it will be selected based upon their most recent result.</p> <ul style="list-style-type: none"> • In the event the final Qualification Slot has been achieved by more than one athlete with the same result, the slot will be allocated to the athlete that achieved the result first by date and time (UTC). • In the case of Great Britain, Crown Dependencies and British Overseas Territories, results attained by British athletes at IWF Sanctioned Events eligible for IWF Commonwealth Rankings (i.e., competitions where athletes must compete for their IF affiliated organisation) shall be attributed to their eligible CGA for the purposes of the IWF Commonwealth Ranking List. In this case only, it is the responsibility of the respective CGAs (via the IWF member) to ensure the IWF has correctly captured the CGA for which the athlete will represent at the Commonwealth Games. • Only eligible athletes that have met the requirements outlined in Section 6 (Athlete Eligibility) of this Qualification System will feature on the IWF Commonwealth Ranking List. For the avoidance of doubt, this includes the mandatory requirement that athletes have competed within at least two (2) IWF Sanctioned Events eligible for IWF Commonwealth Rankings within the Ranking Period.
<p>4. Bipartite Invitation IWF and CGF Bipartite Invitation</p>	<p>One (1) Bipartite Invitation slot per medal event will be issued to eligible athletes from CGAs not otherwise qualified within that respective medal event in accordance with the below:</p> <ul style="list-style-type: none"> • Bipartite Invitation Slots are issued to the CGA in the name of a specific athlete and are binding to the medal event with which they are allocated. • Applications for Bipartite Invitation slots are to be submitted by the CGA to CS by 18 May 2026.

	<ul style="list-style-type: none"> Only eligible athletes that have met the requirements outlined in Section 6 (Athlete Eligibility) of this Qualification System will be considered for the allocation of a Bipartite Invitation slot. For the avoidance of doubt, this includes the mandatory requirement that athletes have competed in at least two (2) IWF Sanctioned Events eligible for IWF Commonwealth Rankings within the Ranking Period. In at least one (1) of these two (2) IWF Sanctioned Events, athletes must have competed within the specific medal event (bodyweight category) in which they are requesting a Bipartite Invitation Slot for. <p>The allocation of Bipartite Invitation Slots is made at the absolute discretion of the IWF and CS. In making these decisions, the IWF and CS will consider factors including but not limited to the following:</p> <ul style="list-style-type: none"> Regional representation Depth of field and strength of competition Demonstrated previous levels of performance commensurate to participation in the Commonwealth Games <p>The allocation of Bipartite Invitation Slots shall be made by the CS Director of Sport (or their appointed designate) and an IWF appointed representative ('The Bipartite Commission').</p> <p>All decisions of the Bipartite Commission are final and shall not be subject to appeal.</p>
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Results achieved by eligible athletes in the Ranking Period at the IWF Sanctioned Events listed in Annex one (1) of this Qualification System only will be recognised for the IWF Commonwealth Ranking List.

IWF has confirmed that the Home Nations (England, Wales, Scotland, Northern Ireland) the Crown Dependencies (Guernsey, Jersey and Isle of Man) and those British Overseas Territories (BOTs) whereby the jurisdiction lies with British Weightlifting can compete as independent entities at the 2025 Commonwealth Weightlifting Senior Championships, 2025 IWF World Senior Championships, 2026 Universal Weightlifting Cup, 2026 Canadian Senior Weightlifting Championships, and the respective 2026 Continental Senior Championship (including the 2026 British Championships) for which the CGA is located as per the [IWF Continents](#).

The IWF has confirmed that British Weightlifting as a member of IWF has jurisdictional responsibility of all eligible athletes across the UK (i.e. Home Nations, Crown Dependencies and those BOTS whereby the jurisdiction lies with British Weightlifting). These responsibilities include the facilitation and enforcement of an athlete's acceptance and compliance under the international regulations (including eligibility and anti-doping regulations) stipulated by IWF and the standards executed by

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British Weightlifting.

Please consult the [IWF Calendar](#) for further details on the IWF Sanctioned Events recognised for the IWF Commonwealth Ranking List as listed in Annex one (1) of this Qualification System.

4 ALLOCATION OF QUALIFICATION SLOTS

4.1 Automatic Qualification Slot

CS will confirm in writing to the Host CGA (CGA SCO) by 20 May 2026 of the allocation of Automatic Qualification Slots. The Host CGA will then have seven (7) days to respond to CS to confirm acceptance of the allocated Automatic Qualification Slots in accordance with section 7 (Qualification Timeline) of this Qualification System.

4.2 Direct Qualification Slots

CS will confirm in writing to the respective CGAs by 20 May 2026 of the allocation of Direct Qualification Slots. The CGAs will then have seven (7) days to respond to CS to confirm acceptance of the allocated Direct Qualification Slots in accordance with section 7 (Qualification Timeline) of this Qualification System.

4.3 IWF Commonwealth Ranking list slots

CS will confirm in writing to the respective CGAs by 29 May 2026 of the Qualification Slots allocated via the IWF Commonwealth Ranking List. The CGAs will then have seven (7) days to respond to CS to confirm acceptance of the Qualification Slots in accordance with section 7 (Qualification Timeline) of this Qualification System.

The IWF Commonwealth Ranking List will be updated and published on the [IWF website](#) after each IWF Sanctioned Event eligible for IWF Commonwealth Rankings. The final IWF Commonwealth Ranking List will be published on the IWF website on 26 May 2026.

4.4 Bipartite Invitation Slots

CS will confirm in writing to the respective CGAs by 29 May 2026 of the allocation of Bipartite Invitation Slots. The CGAs will then have seven (7) days to respond to CS to confirm acceptance of the allocated Bipartite Invitation Slots in accordance with section 7 (Qualification Timeline) of this Qualification System.

5 REALLOCATION OF QUALIFICATION SLOTS

5.1 Automatic Qualification Slots

If an Automatic Qualification Slot(s) is declined by the Host CGA (CGA SCO), or if acceptance of the automatic Qualification Slot(s) is not received by the Confirmation of Acceptance Deadline, then CS will reallocate the Automatic Qualification Slot(s) via the IWF Commonwealth Ranking List to the next

highest ranked eligible athlete not otherwise qualified from that medal event whilst respecting the maximum CGA representation per medal event.

5.2 Direct Qualification Slots

If a Direct Qualification Slot is declined by a CGA, or if acceptance of the Direct Qualification Slot is not received by the Confirmation of Acceptance Deadline, then CS will reallocate the Direct Qualification Slot via the IWF Commonwealth Ranking List to the next highest ranked eligible athlete not otherwise qualified from that medal event whilst respecting the maximum CGA representation per medal event.

5.3 IWF Commonwealth Ranking list slots

If a Qualification Slot via the IWF Commonwealth Ranking List is declined by a CGA, or if acceptance of the Qualification slot is not received by the Confirmation of Acceptance Deadline, then CS will reallocate the Qualification Slot in accordance with the Qualification Pathway to the next highest ranked eligible athlete not otherwise qualified from that medal event whilst respecting the maximum CGA representation per medal event.

5.4 Bipartite Invitation Slots

If a Bipartite Invitation Slot is declined by a CGA, or if acceptance of the Bipartite Invitation Slot is not received by the Confirmation of Acceptance Deadline, then CS will reallocate the Bipartite Invitation slot in accordance with the Qualification Pathway to the next eligible athlete with consideration for the Bipartite Invitation factors listed in section 3 (Qualification Pathway) of this Qualification System.

Where there are no further eligible Bipartite Invitation applicants, the remaining slots will be reallocated to the next highest ranked eligible athlete remaining on the IWF Commonwealth Ranking List, not otherwise qualified from that medal event whilst respecting the maximum CGA representation per medal event.

Where there are no eligible athletes remaining on the IWF Commonwealth Ranking List from the respective medal event(s), any remaining Qualification Slots may be reallocated at the absolute discretion of CS and IWF taking into account the eligibility criteria outlined in section 6 (Athlete Eligibility) of this Qualification System.

CS and IWF reserve the right not to reallocate a Qualification Slot, in the case that such reallocation may result in compromising the safety and integrity of the Weightlifting competition.

6 ATHLETE ELIGIBILITY

To be eligible to represent a CGA in the Weightlifting competition of G2026 an athlete must:

- Have competed in at least two (2) IWF Sanctioned Events eligible for IWF Commonwealth Rankings within the Ranking Period. In at least one (1) of these two (2) IWF Sanctioned Events, athletes must have competed within the specific medal event (bodyweight category) in which they are due to enter at G2026.

- Not currently be disqualified or suspended by CS, their CGA, IWF or under the World Anti-Doping Code;
- Have complied with all applicable rules and regulations of CS, IWF and the World Anti-Doping Code as may be modified and applied by CS to ensure that the overriding principles of the Commonwealth Games are observed;
- Have met CS's eligibility regulations in accordance with the CS Constitution;
- Have complied with the minimum age regulations, as stipulated by the IWF (athletes must be born on or before 31 December 2011).

7 QUALIFICATION TIMELINE

Date	Milestones
01 June 2025	IWF Commonwealth ranking period commences
24 – 30 August 2025	2025 Commonwealth Weightlifting Senior Championships
18 May 2026	IWF Commonwealth ranking period closes
18 May 2026	CGA deadline to submit Bipartite Invitation applications to CS
20 May 2026	The preliminary IWF Commonwealth Ranking List is published on the IWF website. Athletes who received a Direct Qualification slot and Host CGA (SCO) athletes will be removed from this preliminary Ranking list
By 20 May 2026	CS to issue Automatic and Direct Qualification Slots to CGAs
20 May 2026	CGAs with athlete(s) ranked within the top eight (8) in more than one (1) medal event (bodyweight category) in the IWF Commonwealth Ranking List, will be notified by CS and requested to select the one (1) medal event (bodyweight category) in which they wish their athlete(s) to be ranked within
25 May 2026	Deadline for CGAs with athlete(s) ranked within the top eight (8) in more than one (1) medal event (bodyweight category) in the IWF Commonwealth Ranking List to inform CS which one (1) medal event (bodyweight category) they wish their athlete(s) to be ranked within.
26 May 2026	The final IWF Commonwealth Ranking List is published on the IWF website

27 May 2026	Confirmation of Acceptance Deadline: CGAs to confirm acceptance of Automatic and Direct Qualification slots
By 29 May 2026	CS to issue qualification slots via the IWF Commonwealth Ranking List and Bipartite Invitation slots to CGAs
By 29 May 2026	CS to reallocate any returned Automatic and Direct Qualification Slots to CGAs
05 June 2026	Confirmation of Acceptance Deadline: CGAs to confirm acceptance of: <ul style="list-style-type: none"> - Qualification slots via the IWF Commonwealth Ranking List - Bipartite Invitation slots - Any reallocated Automatic Qualification Slots - Any reallocated Direct Qualification Slots
06 -19 June 2026	CS to reallocate any returned Qualification slots to CGAs
23 June 2026	Glasgow 2026 Entry by Name Deadline
23 July – 02 August 2026	Glasgow 2026 Commonwealth Games

Annex 1: Glasgow 2026 Commonwealth Games - Weightlifting Qualification Events

Below are the IWF Sanctioned Events eligible for IWF Commonwealth Rankings. All details below are accurate at the date of issue of this Qualification System. Please consult the [IWF Calendar](#) regularly for further details on these Events, inclusive of updates to the final event dates for those that are currently listed as TBC.

IWF COMPETITIONS*

2025 IWF WORLD (SENIOR) CHAMPIONSHIPS* / 02-11 October 2025, Forde (NOR)

COMMONWEALTH CHAMPIONSHIPS* (Direct Qualification event)

2025 SENIOR/JUNIOR/YOUTH* / 24-30 August 2025, Ahmedabad (IND)

OPEN EVENTS*

2026 2026 UNIVERSAL WEIGHTLIFTING CUP* / 27 April - 2 May 2026, Samoa

2026 CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS* / 15 - 17 May 2026, Quebec (CAN)

AFRICA

2025 AFRICA YOUTH/JUNIOR CHAMPIONSHIPS / 15-22 August 2025, Accra (GHA)

2026 AFRICA SENIOR CHAMPIONSHIPS* / 10-17 May 2026, Ismailia (EGY)

ASIA

2025 ASIAN YOUTH/JUNIOR CHAMPIONSHIPS / 01-07 July 2025, Astana (KAZ)

2026 ASIAN SENIOR CHAMPIONSHIPS* / 1-10 April 2026, Gandhinagar (IND)

EUROPE

2025 EUROPE YOUTH CHAMPIONSHIPS / 23-30 July 2025, Madrid (ESP)

2025 EUROPE JUNIOR CHAMPIONSHIPS / 04-12 September 2025, Tirana (ALB)

2026 EUROPEAN SENIOR CHAMPIONSHIPS* / 19-26 April 2026, Batumi (GEO)

2026 BRITISH CHAMPIONSHIPS* / 16-17 May 2026, Telford, (ENG)

OCEANIA

2025 OCEANIA SENIOR CHAMPIONSHIPS / 01-05 July 2025, Palau

2026 OCEANIA SENIOR/JUNIOR/YOUTH CHAMPIONSHIPS* // 27 April- 2 May 2026, Samoa

PAN-AMERICA

2025 PAN-AMERICAN SENIOR CHAMPIONSHIPS / 12-18 July 2025, Cali (COL)

2025 PAN-AMERICAN YOUTH CHAMPIONSHIPS / 10-15 November 2025, San Luis Potosi (MEX)

2026 PAN-AMERICAN SENIOR CHAMPIONSHIPS* / 27 April - 1 May 2026, Panama City (PAN)

*IWF has confirmed that the Home Nations (England, Wales, Scotland, Northern Ireland) the Crown Dependencies (Guernsey, Jersey and Isle of Man) and those British Overseas Territories (BOTs) whereby the jurisdiction lies with British Weightlifting can compete as independent entities at the 2025 Commonwealth Weightlifting Senior Championships, 2025 IWF World Senior Championships, 2026 Universal Weightlifting Cup, 2026 Canadian Senior Weightlifting Championships, and the respective 2026 Continental Senior Championship (including the 2026 British Championships) for which the CGA is located as per the [IWF Continents](#). For clarity, all CGAs with Member Federations affiliated with the European Continental Federation as per the [IWF Continents](#) can compete at the 2026 British Championships.

In accordance with Section 6 (Athlete Eligibility) of this Qualification System, to be eligible for a Weightlifting Qualification Slot to compete in G2026 athletes must have competed in at least two (2) IWF Sanctioned Events eligible for IWF Commonwealth Rankings (as listed above) within the Ranking Period. For the avoidance of doubt, to compete, is as defined in the IWF Technical and Competition Rules and Regulations.