



**PBC No. 213 / 2025**  
**RBE No. 97 / 2025**

**दक्षिण रेलवे Southern Railway**  
**प्रधान मुख्य कार्मिक अधिकारी कार्यालय**  
**Office of the Principal Chief Personnel Officer**  
**प्रधान कार्यालय, कार्मिक विभाग, चेन्नै-600003**  
**Headquarters, Personnel Department, Chennai-600003**

सं/No: P(R) 563 / P / DRQ / Sports Quota

दिनांक/Dated: 24.10.2025

All PHODs/ DRMs/ CWMs/ CEWE/ CAO/ CPM/ PDA/ Dy.CPOs/ Sr.DPOs/ Secy to GM,Chairman/RRB/MAS,TVC, Addl.Registrar/RCT/MAS, Secretary/RRT/MAS, Principal MDZTI/TPJ, SRCETC/TBM, ZETTC/AVD, DPOs/SPOs/WPOs/APOs of HQ/Divisions /Workshops/Units.

**विषय/Sub :Recruitment of Sportspersons (Weightlifting) against sports quota as per new weight categories – Clarification regarding.**

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A copy of the Railway Board's letter No. 2025/E(Sports)/4(3)/12/WLG dated 22.09.2025 on the above subject is enclosed for information, guidance and necessary action.

Railway Board's letters dated 31.12.2010 and 28.08.2018 referred therein have been circulated as PBC No. 221 / 2010 and PBC No. 175 / 2018

संलग्नक/Encl. 02 pages

**सहायक कर्मचारी संबंधी अधिकारी/Asst.Personnel Officer / IR & Trg.**  
**कृते प्रमुकाधि/For Principal Chief Personnel Officer**

प्रतिलिपि/Copy to: The General Secretary/SRMU  
The General Secretary / DREU  
The General Secretary/AISCTREA  
The General Secretary/AIOBCREA  
The General Secretary/NFIR  
IT Section/PB/HQ - to upload in the SR website.

**भारत सरकार/GOVERNMENT OF INDIA**  
**रेल मंत्रालय/MINISTRY OF RAILWAYS**  
**(रेलवे बोर्ड/RAILWAY BOARD)**

No. 2025/E(Sports)/4(3)/12/WLG

New Delhi, dated 22.09.2025

The General Managers (P),  
All Zonal Railways, Production and other units.

**Sub:** Recruitment of Sportspersons (Weightlifting) against sports quota as per new weight categories - Clarification regarding.

**Ref:** (i) Railway Board's Policy Letter No. 2010/E(Sports)/4(1)/1(Policy) dated 31.12.2010 (RBE No. 189B/2010) with subsequent amendments issued thereto from time to time.  
(ii) Railway Board's letter No. 2018/E(Sports)/4(1)/9/Policy Clarification, dated 28.08.2018.

Indian Weightlifting Federation (IWLFF) has informed that new bodyweight categories have been approved by Executive Committee of International Weightlifting Federation (IWF) and all future weightlifting competitions w.e.f. 01.06.2025 onwards will be held as per new bodyweight categories. The updated weight categories are as under :

(i) For Senior and Junior age Groups:

Men (in kg)	60, 65, 71, 79, 88, 94, 110, +110	8 Weights
Women (in kg)	48, 53, 58, 63, 69, 77, 86, +86	8 Weights

(ii) For Youth age Groups:

Men (in kg)	56, 60, 65, 71, 79, 88, 94, + 94	8 Weights
Women (in kg)	44, 48, 53, 58, 63, 69, 77, +77	8 Weights

2. Accordingly Railways/Units shall follow the following guidelines for recruitment of male and female Weightlifters through Talent Scouting and Open Advertisement against Sports Quota for the year 2025-26 onwards :

- i. All future recruitment of Weightlifting against sports quota shall be as per new weight categories mentioned below in the table. The instructions shall also be applicable to the cases where trials are yet to be conducted.
- ii. However, the sports achievement certificates issued for the events concluded prior to 01.06.2025 for old weight categories, which were valid for recruitment in accordance with the criteria mentioned in Board's letter No. 2010/E(Sports)/4(1)/1(Policy) dated 31.12.2010 (RBE No. 189B/2010) alongwith clarification/corrigendum issued thereto

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from time to time, shall continue to be considered eligible for recruitment and trial purposes.

- ii. The eligibility for recruitments and trials of candidates, having sports achievement certificates for the events concluded prior to 01.06.2025 for old weight categories, shall be decided as per the corresponding new weight categories, as detailed below:

Senior Category				Youth Category			
Men		Women		Men		Women	
New Weight Categories (Kg.)	Old Weight Categories (Kg.)	New Weight Categories (Kg.)	Old Weight Categories (Kg.)	New Weight Categories (Kg.)	Old Weight Categories (Kg.)	New Weight Categories (Kg.)	Old Weight Categories (Kg.)
60 kg	55 kg - 61 kg	48 kg	40 kg, 48kg - 49kg	56 kg	49kg - 55 kg	44 kg	40 kg - 45 kg
65 kg	61 kg - 67kg	53 kg	49kg - 55 kg	60 kg	55kg - 61 kg	48 kg	45kg - 49 kg
71 kg	67kg - 73 kg	58 kg	55kg - 59 kg	65 kg	61kg - 67 kg	53 kg	49kg - 55 kg
79 kg	73kg - 81 kg	63 kg	59kg - 64 kg	71 kg	67kg - 73 kg	58 kg	55kg - 59 kg
86 kg	81kg - 89 kg	69 kg	64kg - 71 kg	79 kg	73kg - 81 kg	63 kg	59 kg - 64 kg
94 kg	89kg, 94kg & 102 kg	77 kg	71 kg - 76kg	88 kg	81kg - 89 kg	69 kg	64kg - 71 kg
110 kg	102kg, 109 kg & 129 kg	86 kg	76kg - 81kg & 87 kg	94 kg	89kg, 96 kg & 102 kg	77 kg	71kg - 76 kg
>110 kg.	102kg, 109 kg & 129 kg	>86 kg	81kg, 87 kg & >87 kg	>94 kg	96 kg, 102 kg & >102kg	>77 kg	71kg, 76kg, 81 kg & >81 kg

3. This issues with approval of Director General (Human Resource), Railway Board.

*Pawan Kumar*  
22/9/25

Dy. Director-II/ Estt.(Sports)

No. 2025/E(Sports)/4(3)/12/WLG

New Delhi, dated 22.09.2025

Copy to:

1. The General Secretary, AIRF, 4, State Entry Road, New Delhi.
2. The General Secretary, NFIR, 3, Chelmsford Road, New Delhi.
3. The General Secretary, All India SC/ST Railway Employees Association, 7-GF, Rail Bhawan, New Delhi.
4. The General Secretary, All India OBC Railway Employees' Association, Room No. 48, Rail Bhawan, New Delhi.

*ASL 22.9.25*  
For PED(IR) /Railway Board

Copy to:

1. The PFAs, All Zonal Railways and Production Units.
2. The Hony. General Secretaries, Sports Associations of all Zonal Railways/ Production and other Units.
3. PPSs/PSs to CRB & CEO, DG(HR), AM(HR), PED(IR), ED/E(N), ED(E), ED/E(Res.), ED/F(E), D/E(N), JD/E(N), JD/E(Rep.)-I&II, JD/E(W), DD/E(N)I&II, DD/E(R)-I&II, DD/F(E)-I,II & III and E(Rep.)-I, II & III, E(SCT) I & II, E(NG) I & II and F/E(Spl) Branches.