



Powerlifting

The competition will be held as per the International Powerlifting Federation Rules unless otherwise modified.

Athletes in the sport are divided in five weight classes and placing is based on the total weight lifted on the three main lifts:

1. Squat
2. Bench Press
3. Deadlift

- Five body weight categories:

Weight categories	Male(in kg)
I	Under 56
II	56-62
III	62-69
IV	69-77
V	Above 77

- Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total.
- Three referees judge the lift.
- If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
- A good lift is signaled by indicating a white flag, and an illegal one by a red flag.
- Once the highest value has been collected for each lift, the total weight lifted in squat, bench press and deadlift added up. The lifter with the highest combined weight lifted becomes the champion.
- In the case of a tie, then the lifter whose body weight is less becomes the champion.
- The weight of an athlete's first lift determines their place in the starting order. If they choose to go for a light weight, they will go earlier in the order.
- Referee's decision will be last decision.
- Weighing of players will be started before 2 hours from competition.
- During the weighing player must mention his first lift for squat, bench press and deadlift to referee.

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15TH EDITION

- Player must come with proper kit during competition.
- A player can participate in only one category.
- In case of any controversy during competition and weighing judge's decision will consider as final decision.

