



Weightlifting

- The rules of the International Volleyball Federation as adopted from time to time by the All India Volleyball Association shall apply, unless otherwise modified.
- Athletes in the sport are divided in five weight classes and placing is based on the total weight lifted on the two main lifts:
 1. Snatch
 2. Clean and Jerk
- 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 athlete is allowed three attempts at each chosen weight for each lift.
- Three referees judge the lift.
- 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 the snatch is added to the total weight lifted in the clean and jerk. 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 lightweight, 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 snatch and clean jerk to referee
- 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 be considered as final decision.

