

POWERLIFTING RULES

1. The competition shall be conducted under the International Powerlifting Federation Rules as adopted from time to time by the Powerlifting Federation of India, unless otherwise modified.
2. Table 1, shows the different weight categories that competitions will be held in.

Table 1

Categories
Up to 56 Kg
Up to 62 Kg
Up to 69 Kg
Up to 77 Kg
Above 77 Kg

3. There will be no powerlifting championship in this tournament.
4. In case of a tie for total weight lifted by two athletes, the athlete with lower body weight will be winner of the tie.