

Rules of International Powerlifting Federation will be followed.

The Weight categories for powerlifting are as follows:

Weight Category (kg):

Below 59	59-66	66-74	74-83	83+
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Ranking in each category will be decided on the basis the cumulative performance in squat, deadlift and bench-press.

IMPORTANT NOTE:

RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION IN ALL MATTERS RESTS WITH THE SPARDHA TEAM.