

Rules of International Weightlifting Federation will be followed.

The Weight categories for weightlifting are as follows:

Weight Category (kg):

| | | | | |
|----------|-------|-------|-------|-----|
| Below 56 | 56-62 | 62-69 | 69-77 | 77+ |
|----------|-------|-------|-------|-----|

Ranking in each category will be decided on the basis the cumulative performance in snatch and clean jerk.

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.