



**INFINITO 2024**

**WEIGHT LIFTING  
RULEBOOK**

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## WEIGHT LIFTING RULEBOOK



### Game Details:

- It is a team event with each team consisting of 4 members.
- There will be 4 challenge which includes squat, deadlift, plank and clean-press . Each member will perform only one challenge (ie. If a member has performed plank he/she can't perform the other three).
- The squat, deadlift and clean-press will be given 1 min duration to be performed with one point every subsequent repetition . In case of plank the score will be total number of seconds divided by 10 . the final team score will be the total score will be the sum total of the score of all participants.(an example will be provided ahead).

### Game Rules:

- **Squats:**
  - a. There will be fixed weight of 100kgs.
  - b. There will be two warnings for performing with wrong posture, the final warning means the participant need to stop performing . there will be no point for warning repetition.
  - c. Protective wear allowed are knee support, belt and lifting shoes.
- **Deadlift:**
  - a. There will be a fixed weight of 80kgs.
  - b. There will be two warnings for performing with wrong posture . the final warning means the participant need to stop performing . there will be no point for warning repetition.
  - c. Protective wear allowed are knee support, belt and lifting shoes.
- **Clean Press:**
  - a. The number of second the plank is performed will be counted, the score point will be equal to number of seconds divided by 10.
  - b. There will be two warnings for performing with wrong posture . the final warning means the participant need to stop performing . there will be -1 point for each warning.
  - c. No protective wear will be allowed.



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Scoring Scheme:

Challenge	Squats	Deadlift	Clean-press	Plank
Total Performed	15reps	17reps	12reps	122 sec
Point Score	15 points	17 points	12 points	12.2 points

So the Total Score will be  $15+17+12+12.2=56.2$  points.

This point score will decide the teams rank in the leaderboards.

## Additional Information/Rules:-

- Not abiding by the rules or not respecting the decision of Judges will lead to Disqualification.
- Wearing appropriate sports wear is compulsory.

Contact :

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