

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+
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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.