

Rules of the 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 and above
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IMPORTANT NOTE:

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

