

Rules of the 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 - 85
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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.

