

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 77-85

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.



