

Rules:

Rules of International Powerlifting Federation will be followed.

The Weight categories for powerlifting are as follows:

Weight Category (kg):

<i>Below 59</i>	<i>59-66</i>	<i>66-74</i>	<i>74-83</i>	<i>83+</i>
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Ranking in each category will be decided on the basis the cumulative performance in **squat, deadlift** and **bench-press**.

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.