

**2nd Edition of Chief Minister's Cup 2025–26
Powerlifting Junior Boys & Girls, L.B. Stadium**

Powerlifting India Rules & Regulations

1. **Discipline:** Powerlifting
2. **Event categories:**
Boys: 59, 66, 74, 83, 93, 105, 120, 120+
Girls: 47, 52, 57, 63, 69, 76, 84, 84+
3. **Overall:** Championship will be conducted

Powerlifting event

Squat

Bench press

Deadlift

1. Platform: 8/8 – 2 sets
2. Challenge: barbell 20 kgs – 2 no's
3. Challenge: 25 kgs – 6 plates
4. Powder: 5 kgs
5. Platform carpet – 10/15 – 1
6. Weighing machine – 1

National Category 1 Technical Officials:

1. Referees: 14 members
2. Championship loaders: 14 members
3. Team championship: men and women winner and runner
4. Strong men, strong women

First aid kit