



SPORTSFEET'23

RULEBOOK

GENERAL RULES

- All department coordinators are requested to go through the fixtures and rules of each sport.
- The Participants participating in marathon are only allowed to participate in sports events in Sportsfete'23.
- No changes in fixtures and rule book will be made during the event.
- Decisions of the judges/umpires/Organisers and the Event Coordinator will be final and binding to all. If we found any argument in the event place, negative points or action might be taken.
- Any team that reports late or not coming without prior information will be awarded negative points (-3).
- Promoting good sportsmanship by way of example is required always. NO foul language or fighting will be tolerated. Neither consume any sort of intoxicants, nor engage in any kind of disruptive behavior.
- Sports Council and SAS officers have the rights to disqualify any team or player from the sportsfete, if they are involved in any indisciplinary activities.

POWERLIFTING (BOYS AND GIRLS)

POINTS:

FOR BOYS:

- 1st place - 8
- 2nd place -5
- 3rd place - 3

FOR GIRLS:

- 1st place - 5
- 2nd place -3
- 3rd place - 1

RULES :

- The competition will be held as per the International Powerlifting Federation Rules unless otherwise modified.
- Athletes (for men) in the sport are divided in two weight classes and placing is based on the total weight lifted on the three main lifts for boys :
 1. Squat
 2. Bench Press
 3. Deadlift

Six body weight categories (boys):

Weight Categories	Male (in kg)
I	Under 59
II	59-66
III	66-74
IV	74-83
V	83-93
VI	Above 93

Three body weight categories(girls):

Weight Categories	Women (in kg)
I	Under 57
II	57-69
III	Above 69

(for girls there is only one lift - deadlift)

- From each Department Only 2 participants would be allowed per category.
- For an event to take place, minimum 5 different Departments should register the event.
- During the weighing of athlete (only for men), he must mention his first lift for squat (minimum 50kg), bench-press (minimum 40kg) and deadlift (minimum 70kg) to referee.
- Its not mandatory for women to mention minimum lift for any lift to referee.
- Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total.
- Once the highest value has been collected for each lift, the total weight lifted in squat, bench press and deadlift added up. The lifter with the highest combined weight lifted becomes the champion. In the case of a tie, the lifter whose body weight is less becomes the champion.
- Player must come with proper kit during competition and Gloves are not allowed.
- A player can participate in only one category.
- In case of any controversy during competition and weighing, judge's decision will consider as final decision.
- Weight will be taken just before competition.

Squat rules:

The lifter must Squat down until their hip joint is lower than their knee joint, failure to which, will lead to disqualification of that lift.

Bench-press rules:

The bar is to be lowered, until it touches the chest area and then raised. While benching, failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint will lead to no-lift. The feet must be on the ground and head and, butt on the bench, raising of which during lift will lead to disqualification.

Deadlift rules:

As soon as you lift the bar, set your shoulders back and ensure your knees are locked out. Any downward movement of the bar before it reaches the final position will lead to disqualification as well as hitching is not allowed.

Common rule:-

Once the bar starts moving up, it can stop momentarily but should not go down.