

Weightlifting Rules

- The competition shall be conducted under the International Weightlifting Federation Rules as adopted from time to time by the Weightlifting Federation of India, unless otherwise modified.
- Each team will be allowed to enter two competitors for each weight class. The competition for a weight class will be held even if there is only one competitor.
- Each team will be submitting a complete team list (2 participants) of participants with the weight category in which they will be participating before the weighing in on the first day, irrespective of whether the competition for that weight category is being held on that day or not.
- The competitions in the following weight class as shown in the below table will be held. The corresponding points of each event for Weightlifting Championship are indicated in the table.

Classes	Individual points			
	I	II	III	IV
Up to 56 Kg	5	3	2	1
56 to 62 Kg	5	3	2	1
62 to 69 Kg	5	3	2	1
69 to 77 Kg	5	3	2	1
Above 77 Kg	5	3	2	1

- Placing is based on the total weight lifted on the two main lifts:
 - Snatch
 - Clean and Jerk
- Each athlete is allowed three attempts at each chosen weight for each lift.
- Three referees judge the lift.

- A good lift is signalled by indicating a white flag, and an illegal one by a red flag.
- Once the highest value has been collected for each lift, the total weight lifted in the snatch is added to the total weight lifted in the clean and jerk.
- The lifter with the highest combined weight lifted becomes the champion.
- In the case of a tie, then the lifter whose body weight is less becomes the champion.
- The weight of an athlete's first lift determines their place in the starting order. If they choose to go for a light weight, they will go earlier in the order.
- Referee's decision will be last decision.
- Weighing of players will be started before 2 hour from competition .
- During the weighing player must mention his first lift for snatch and clean jerk to referee .
- Player must come with proper kit during competition .
- 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.
- The progression after every successful attempt for the same weightlifter must be a minimum of 1 kilogram.
- Certificate shall be awarded to the first three places in all weightlifting events.

Best Lifter:

A separate prize will be awarded to the best lifter on the basis of the following formula:

Let 'X' be the weight of the lifter

Let 'a' be the weight lifted by snatch

Let 'b' be the weight lifted by jerk

Then $k = (a + b) / X$

Best Lifter: The lifter with the highest 'k'.

In case of tie for Weightlifting Championship, the team winning maximum number of gold medals will be awarded the Championship. If tie still persists, the team winning maximum number of silvers will be awarded championship and so on.

Note:-

- As taking of drugs, to enhance the performance, is banned universally, it will also be followed strictly in the sports fest. If any student is found guilty, he will be debarred from the competition, and awarded medal will be taken back.
- The coach of respective event will also be punished. Hence the participants may be asked to submit an undertaking.
- The Competitors should wear only 'position slips' and no oil or grease should be applied to the body at any stage.

****RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION RESTS WITH THE SANGRAM ORGANIZING TEAM**