

# SAMAR 2K19

## NIT Raipur Annual Sports Fest

### Weightlifting Championship Official Rule-book

This rulebook is binding and will be strictly followed in the course of the tournament.

#### **List of Events:**

Weightlifting Men's & Women's tournament.

#### **Eligibility for Participation:**

All players should be currently registered and studying in the same college. All players must carry valid i-card before the start of every match. In-case of protest against the admission of a player into a particular college, said player must produce copy of current semester mark-sheet or website registration details as proof of admission within 4 hours of intimation to avoid disqualification.

#### **Prize\*:**

##### **Men's Weightlifting:**

- Men's Winners: Gold medal + Certificate.
- Men's Runners up: Silver medal + Certificate.

##### **Women's Weightlifting:**

- Women's Winners: Gold medal + Certificate.
- Women's Runners up: Silver medal + Certificate.

### **General Regulations:**

- a. Teams are liable to disqualification against breach of disciplinary conduct if players/management are involved in illegal activities as per institute norms in NIT Raipur.
- b. Smoking/consumption of alcohol or any prohibited substances inside the campus are strictly prohibited. Entire team will be disqualified from the tournament even if a single player found to be violating these rules.
- c. Team members should followed by referee.
- d. Each team has to bring their id card on court on match day
- e. Each team has to get their personal kits, proper kit is compulsory that is t-shirt, shorts, shoes.
- f. We will provide the match balls.
- g. Please take care of your kits and belongings, if lost they would not be the management's responsibility.
- h. Drinking water will be available. Just carry water bottles with you.
- i. All teams must report 30 Minutes before the scheduled time.
- j. Please respect the officials and the other players. In all cases, the umpire's decision would be final. Disputes will be resolved by organizing committee after discussions with the officials.
- k. There is no specific age limit.

## Rules of Play:

- The rules of the International Weightlifting Federation as adopted from time to time by the All India Weightlifting Association shall apply, unless otherwise modified.
- 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.
- Five body weight categories:  
Weight categories Male(in kg)
  - I Under 56
  - II 56-62
  - III 62-69
  - IV 69-77
  - V Above 77
- Athletes in the sport are divided in five weight classes and placing is based on the total weight lifted on the two main lifts:
  - 1. Snatch
  - 2. Clean and Jerk
- Each athlete is allowed three attempts at each chosen weight for each lift.
- A good lift is signalled by indicating a white flag, and an illegal one by a red flag.
- Tie will be resolved by successively applying the following criteria:
  - 1. Individual matches won/individual matches lost.
  - 2. Games won by the team/games lost by the team.
  - 3. Points for/Points against.The tally for all the matches played in the league fixture will be considered.
- Any team refusing to play match without justification will be eliminated from the competition and the results of the matches already played will be cancelled.
- Only the coach is allowed to stand near the field with the team during their match. If a team does not have a coach,

captain shall take the responsibility and no other person will be allowed on the court.

- In case of teams having equal points the following equation will determine the ranking.  
$$C = \frac{\text{Total number of sets won}}{\text{Total number of sets lost}}$$

The team with higher ratio “C” will be ranked higher.
- If the tie still remains, then the following system will be applied.  $Z = \frac{\text{Total number of winning points}}{\text{Total number of lost points}}$
- The team with higher ratio “Z” will be ranked higher.
- If the tie still remains, then the following procedure will be adopted.  
If the tie still remains, then the following procedure will be adopted.
- Two teams involved: precedence will be given to the team winning that match, in which they played against each other.
- In no circumstances extra match will be played to determine which team ranked higher. The tally of all matches played in the league fixture will be considered.
- The general rules for Weightlifting (Women) are the same. The game will be best of three set

NOTE: A team is supposed to report at the respective court 20 minutes before their match. The match will not be rescheduled in case of a common player in more than 1 sport.

**Point of Contact:**

**XYZ**

Coordinator, Events

Contact No:-

Email Id :-