

POWERLIFTING

Event Head: Prajwal Sharma - 9871948530

1. Event will be conducted according to the rules of International Powerlifting Federation in effect before 31/01/2019 adopted by the All India Powerlifting Association.
2. Powerlifting will consist of 3 events: Squats, Bench Press and Deadlift. There are 6 weight categories in these events: 59kg, 66kg, 74kg, 83kg, 93kg, 105kg.
3. Maximum 2 players from a college can participate in each weight category. Also, maximum 6 players from a college can participate in powerlifting.
4. In case of any discrepancy, the decision-making power resides with the organizing team.

