



# WEIGHT LIFTING

## SHRUJAN 2.0

GIET UNIVERSITY, GUNUPUR

No of Players:- Individual Participant

**ONLY FOR BOYS**

- Each lifter is given three attempts at each of the Snatch and the Clean and Jerk.
- First, all lifters in a session will complete all three attempts at the Snatch. Then, after a 10 minutes break, all lifters will take three attempts at the Clean and Jerk.
- The Total of the Best Snatch and the Best Clean and Jerk determine medal or trophy placement.
- Each lifter competes with other lifters in their own weight class but in most sessions, a few weight classes are mixed. In Open events, both Weight Classes and Age Classes are often mixed.