



Weightlifting Rulebook Aavhan'18

1. Registration will be open till **26th March** after that registration will not be accepted
2. Players will be placed in 2 different categories(**Sr. & Jr.**) according to their D.O.B.
3. 1st, 2nd, 3rd position holder in their respective category, will be awarded by points 5, 3, 1 respectively.
4. After lifter's name is announced he has 90 seconds to start the lift otherwise that lift will be cancelled by the referee and has to lift in the remaining attempts.
5. Two lift must be executed in the following sequence:
 - a. **Snatch**
 - b. **Clean&jerk**
6. Maximum three attempt will be given for each lift(Snatch and Clean&jerk) and out of three maximum lifted weight will be counted.
7. Position of the player will be decided by his total weight(**Snatch+Clean&jerk**) lifted.
8. If two players lifted equal weight then the winner will be decided as per indian weightlifting federation rules.
9. Weight for the lift are suppose to given at the time of weighing and are changeable according to the rules of IWF(indian weightlifting federation rules).
10. All other rules will be same as decided by Indian weightlifting federation.
11. Overall championship for senior- junior and best lifter trophies will be awarded along with cash prizes to all medal winners.

General Guidelines:

1. Weighing for Competition will start from 8:00 AM on 31st march
2. Competition will have 8 categories for weightlifters as per IWF.
3. Competition will take place on 31st march 8:00 AM in the order of increasing weight Category. Starting from 56kg to 105+ kg .

For any queries conatct:

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