



Aavhan 2019

IIT Bombay's Annual Sports Fest

Powerlifting Championship(Men's) Official Rule-book

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

**The tournament is open to all College students and teams.*

A. Eligibility for Participation:

The tournament is open to all **College students**.

Each participant hereby certifies that the competitors who have been entered are bonafide members of their institution.

B. List of Categories:

Weight categories	Male(in kg)
I	Under 59
II	59-66
III	66-74
IV	74-83
V	83-93
VI	93-105
VII	105-120
VIII	Above 120

C. Schedule:

Date: 23rd March

Weigh-In time: 9:00-10:00 AM

Competition Time: Competition will start from 11:00 AM sharp

D. Registration Fee:

For each Weight Category: INR 200 per participant



E. Prize Money:

Winner: INR 1200

Runners-up: INR 800

Third-place: INR 500

Trophy for the Best Lifter

Championship Trophy for Winning team

Note: *Prize money, certificates and medals will not be awarded in the weight categories in which less than 4 athletes report for the competition(excluding IIT Bombay students).*

F. General Regulations of play:

- Weigh-in of players will be started before 2 hours before competition.
- Placing in each category is based on the total weight lifted in three main lifts:
 1. Squat
 2. Bench Press
 3. Deadlift
- Player must come with proper kit during competition, no kit will be provided by Aavhan, IIT Bombay.
- A player can participate in only one category.
- In case of any controversy during competition and weigh-in referee's decision will be considered as final decision.
- 1st, 2nd, 3rd and 4th position holders in their respective category ,will be awarded 5-3-2-1 points respectively.
- The sum total of points secured in all the events by a team will determine their overall position in championship.
- In case of tie for the overall position, whichever team has more gold medal/s will be given better position. If number of gold for both teams are same, then whichever team has more silver medal/s will be given better position. In case of same number of gold and silver medal/s, whichever team has more bronze medal/s will be given better position. In case of same number of gold, silver and bronze medal/s, whichever team has more 4th position will be given better position. In case of same number of gold, silver, bronze medal and 4th position, both team will be given same position.

G. General Regulations:



- Players are liable to disqualification against breach of disciplinary conduct if players/management are involved in illegal activities as per institute norms in IIT Bombay.
- Smoking/consumption of alcohol or any prohibited substances inside the campus is strictly prohibited. Entire teams will be disqualified from the tournament even if a single player is found to be violating these rules

Note: *All the other rules for lifts to be performed by player will be same as described by Indian Powerlifting Federation (IPLF).*

H. Point of Contact:

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