



# Aavhan 2019

IIT Bombay's Annual Sports Fest

## Weightlifting 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 Weight Categories:

Lifters in the sport are divided in seven weight classes

Weight categories	Male(in kg)
I	Under 61
II	61-67
III	67-73
IV	73-81
V	81-96
VI	96-109
VII	Above 109

### C. Schedule:

**Date:** 24th 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 Rules of Gameplay:**

- Weigh-in of players will be started before 2 hours before the start of competition.
- Placing in each category is based on the total weight lifted in two main lifts:
  1. Snatch
  2. Clean and Jerk
- During weigh-in player must mention his first lift for snatch and clean jerk to referee
- 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. Rule for deciding Best Lifter of Championship**



- Following formula will be followed for deciding the best lifter of the Championship
- **Sinclair Total = Actual Total x Sinclair Coefficient**
- Sinclair Coefficient for each category will be used as per the latest world records

#### **H. 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 ***International Weightlifting Federation ( IWF )***.

#### **I. Point of Contact:**

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