



POWERLIFTING INDIA

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India
Affiliated to : International Powerlifting Federation & Asian Powerlifting Federation
Registered under Registration of Societies Act, West Bengal

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F3/118/SA/PI/2022

14.02.2022

The Secretary

_____ Powelifting Association

Dear Sir,

**National Sub Junior, Junior, Senior & Masters
Men & Women Classic Powerlifting
Championship 2021-22
to be held in Alappuzha, Kerala
from 9th to 13th April 2022.**

In view of restrictions due to Covid 19, the National Classic Powerlifting Championship that was proposed to be held in Kerala in February 2022 stands postponed and the revised dates and venue will be the **Municipal Town Hall, Alappuzha, Kerala from 9th to 13th April 2022** to be hosted by the Kerala State Powerlifting Association in accordance with the applicable protocol of that time.

It may be noted that the Sub Junior, Junior, Senior & Masters National Classic Powerlifting Championship of the year 2021-22 proposed to be held in Kerala in February 2022 will be held as per rescheduled date and venue as 9th to 13th April 2022 in Alappuzha, but as it is the Championship of the year 2021-22, the applicable date of birth of the competitors will be the same as announced in the earlier circular. But, the lifters cannot claim inclusion in the national team for international meets, as the IPF will be fixing new eligibility date, which alone will be applicable for international championships.

Points to be remember

1. The following shall be the different age categories for competitions.
 - a. Sub Junior – 12 to 18 Years, 2003 to 2009
 - b. Junior – 19 to 23 years, 1998 to 2002
 - c. Senior – 12 years to any age
 - d. Master I – 40 to 49 years, 1972 to 1981
 - e. Master II – 50 to 59 years, 1962 to 1971
 - f. Master III – 60 to 69 years, 1952 to 1961
 - g. Master IV – Born on or before 1951
2. State teams shall be formed by conducting State Championships. Conducting special selection trials shall be the last option.
3. The Selected team members shall be able to perform at least the minimum qualifying mark fixed by the federation.
4. Take care to submit team nominations/entries on time as delayed submission are not permitted.
5. All the teams shall report at 10AM on 9th April 2022 itself. There will be mandatory Antigen Test for Covid 19 and Covid positive cases shall not be permitted.
6. Only 4 (i.e.2+2) officials are permitted for Men & Women team together.
7. Referees and officials for all categories of competitions will be declared in advance and they alone shall report and officiate as announced.
8. Competitors shall collect their identity card early and produce for verification along with Aadhar card.
9. **Original date of birth certificate must be produced for verification before the Age Verification Committee prior to giving body weight.** Some instances are found earlier to dupe the officials by producing fake Date of Birth certificates and related documents, it has been decided to put a Medical Board for physical examination of the competitors to assess ascertain and confirm their real age. Decision of the Medical Board will be final and binding on all concerned and those found to have produced fake certificates will face disciplinary actions which deem fit and proper.

10. Preliminary nomination of your State shall be submitted to the Secretary General, Powerlifting India by email - pjoseph_arjun@yahoo.co.in and the same must be uploaded in the website www.powerliftingnomination.com. at least 30 days ahead of the National Championship.

Preliminary Nomination End Date :10th March 2022

11. Final nomination from the names already included in the preliminary nomination shall be submitted to the Secretary General, Powerlifting India by email - pjoseph_arjun@yahoo.co.in and the same must be uploaded in the website www.powerliftingnomination.com. at least 15 days before championship.

Final Nomination End Date :24th March 2022

12. Minimum qualification mark for the first attempt weight of Squat, Benchpress and Deadlift are given for the State team selection and this minimum poundage should be insisted upon and complied with.
13. The maximum number of members in a team for Sub Junior & Junior shall be 9 for Men and 9 for Women, Senior & Masters shall be 8 for Men and 8 for Women and there can be a maximum of 2 nominations from a team in a particular weight category. 5 reserves are allowed in the preliminary entry and reserves shall not be permitted in the final entry.
14. The organizers can provide food and accommodation only for the exact number of competitors and officials and team members shall be limited to the permissible number only.
15. Application for New ID Cards shall be given at least 30 days before the Championship through the website www.powerliftingindia.net (along with preliminary entry).
16. On completion of competition in each weight category, the medal awarding ceremony will take place immediately, for which the technical controller will instruct the competitors for line-up on the stage. Medals will be given away then and there itself. The absentees will forfeit the medals and certificates. Winners shall be on the victory stand strictly with track-suit and shoes.
17. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
18. After submission of final entry by States, federation will be sending invoices indicating entry fee to be paid by each team, and the amount as per invoice shall be remitted to the bank account of the federation on or before the date mentioned for the same. Direct payment of cash in the championship venue will not be accepted.
19. Minimum starting poundage for ensuing Sub Junior, Junior, Senior & Masters National shall be as under:

SUB JUNIOR BOYS

Category	Squat	Benchpress	Deadlift
53 Kg	60 Kg	30 Kg	60 Kg
59 Kg	65 Kg	35 Kg	65 Kg
66 Kg	70 Kg	40 Kg	70 Kg
74 Kg	75 Kg	45 Kg	75 Kg
83 Kg	80 Kg	50 Kg	80 Kg
93 Kg	85 Kg	50 Kg	85 Kg
105 Kg	90 Kg	55 Kg	90 Kg
120 Kg	95 Kg	55 Kg	95 Kg
120+ Kg	90 Kg	50 Kg	90 Kg

SUB JUNIOR GIRLS

Category	Squat	Benchpress	Deadlift
43 Kg	30 Kg	25 Kg	30 Kg
47 Kg	35 Kg	25 Kg	35 Kg
52 Kg	40 Kg	25 Kg	40 Kg
57 Kg	40 Kg	27.5 Kg	40 Kg
63 Kg	45 Kg	27.5 Kg	40 Kg
69 Kg	45 Kg	27.5 Kg	45 Kg
76 Kg	50 Kg	30 Kg	50 Kg
84 Kg	45 Kg	30 Kg	45 Kg
84+ Kg	45 Kg	30 Kg	45 Kg

JUNIOR MEN

Category	Squat	Benchpress	Deadlift
53 Kg	70 Kg	30 Kg	80 Kg
59 Kg	75 Kg	35 Kg	85 Kg
66 Kg	80 Kg	40 Kg	90 Kg
74 Kg	85 Kg	45 Kg	100 Kg
83 Kg	90 Kg	50 Kg	110 Kg
93 Kg	90 Kg	55 Kg	115 Kg
105 Kg	95 Kg	60 Kg	120 Kg
120 Kg	95 Kg	60 Kg	120 Kg
120+ Kg	90 Kg	60 Kg	120 Kg

JUNIOR WOMEN

Category	Squat	Benchpress	Deadlift
43 Kg	35 Kg	25 Kg	40Kg
47 Kg	40 Kg	25 Kg	50 Kg
52 Kg	45 Kg	30 Kg	55 Kg
57 Kg	50 Kg	30 Kg	60 Kg
63 Kg	55 Kg	35 Kg	65 Kg
69 Kg	60 Kg	35 Kg	70 Kg
76 Kg	60 Kg	35 Kg	75 Kg
84 Kg	65 Kg	35 Kg	75 Kg
84+ Kg	60 Kg	35 Kg	75 Kg

SENIOR MEN

Category	Squat	Benchpress	Deadlift
59 Kg	110 Kg	65 Kg	120 Kg
66 Kg	115 Kg	70 Kg	125 Kg
74 Kg	120 Kg	75 Kg	130 Kg
83 Kg	125 Kg	80 Kg	130 Kg
93 Kg	130 Kg	85 Kg	135 Kg
105 Kg	130 Kg	85 Kg	130 Kg
120 Kg	125 Kg	80 Kg	130 Kg
+120 Kg	120 Kg	70 Kg	120 Kg

SENIOR WOMEN

Category	Squat	Benchpress	Deadlift
47 Kg	60 Kg	30 Kg	70 Kg
52 Kg	65 Kg	35 Kg	75 Kg
57 Kg	70 Kg	37.5 Kg	80 Kg
63 Kg	75 Kg	40 Kg	85 Kg
72 Kg	80 Kg	40 Kg	85 Kg
84 Kg	80 Kg	40 Kg	85 Kg
+84 Kg	70 Kg	35 Kg	80 Kg

For any information :

Mr.VENU G. NAIR
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Mr. JOSEPH STANLEY
Organizing Secretary
Secretary
Alleppey Dist. Powerlifting Assn
Vadackal, Alappuzha
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The Covid-19 protocol in vogue will be strictly followed as amended by the government from time to time.

Please ensure maximum participation of competitors and accredited officials from your state and make the championship enjoyably grand success.

Wishing you Best of Luck.

Thanks and Regards,



P. J. Joseph (Arjuna)
SecretaryGeneral



National Sub Junior & Junior, Senior & Masters
(Men & Women)
Classic Powerlifting Championship 2021-22
From 9th to 13th April 2022 at Alleppey, Kerala

FINAL PROGRAMME

09.04.2022 - Saturday

10.00 AM	Reporting
12.00 NOON	Age verification with original certificate and Collect ID Cards
03.00 PM	Technical Committee Meeting
04.00 PM	Referees Clinic
05.00 PM	Dope Awareness Clinic

10.04.2022 - Sunday

WEIGH IN TIME	PLATFORM 1	PLATFORM 2	PLATFORM 3
07.00 AM - Weigh in 53 & 59 Kg Men (All Age Group)	09.00 AM – Competition 59 Kg Senior & All Masters	09.00 AM – Competition 53 & 59 Kg Sub Junior	09.00 AM – Competition 53 & 59 Kg Junior
09.00 AM - Weigh in 43,47 & 52 Kg Women (All Age Group)	11.00 AM – Competition 47 & 52 Kg Senior & All Masters	11.00 AM – Competition 43, 47 & 52 Kg Sub Junior	11.00 AM – Competition 43, 47 & 52 Kg Junior
11.00 AM - Weigh in 66 Kg Men (All Age Group)	01.00 PM – Competition 66 Kg Senior & Masters I	01.00 PM – Competition 66 Kg Sub Junior, M- II & M-IV	01.00 PM – Competition 66 Kg Junior & Masters III
02.00 PM - Weigh in 57 Kg Women (All Age Group)	05.00 pm MEDAL CEREMONY	04.00 PM – Competition 57 Kg Senior & Sub Junior	04.00 PM – Competition 57 Kg Junior & Masters

11.04.2022 – Monday

WEIGH IN TIME	PLATFORM 1	PLATFORM 2	PLATFORM 3
07.00 AM - Weigh in 74 Kg Men (All Age Group)	09.00 AM – Competition 74 Kg Senior & Master I	09.00 AM – Competition 74 Kg Sub Junior & Master II	09.00 AM – Competition 74 Kg Junior, M- III, M- IV

10.30 AM	OPENING CEREMONY		
09.00 AM - Weigh in 83 Kg Men (All Age Group)	11.00 AM – Competition 83 Kg Senior & Master I	11.00 AM – Competition 83 Kg Sub Junior & Master II	11.00 AM – Competition 83 Kg Junior, M- III, M- IV
11.00 AM - Weigh in 93 Kg Men (All Age Group)	01.00 PM – Competition 93 Kg Senior & Masters I	01.00 PM – Competition 93 Kg Sub Junior & Master II	01.00 PM – Competition 93 Kg Junior, M- III, M- IV
02.00 PM - Weigh in 63 Kg Women (All Age Group)	05.00 pm MEDAL CEREMONY	04.00 PM – Competition 63 Kg Senior & All Masters	04.00 PM – Competition 63 Kg Sub Junior & Junior

12.04.2022 - Tuesday

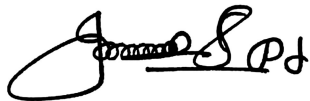
WEIGH IN TIME	PLATFORM 1	PLATFORM 2	PLATFORM 3
07.00 AM - Weigh in 69 & 76 Kg Women (All Age Group)	09.00 AM – Competition 69 Kg Sub Junior, Junior & Senior	09.00 AM – Competition 76 Kg Sub Junior, Junior & Senior	09.00 PM – Competition 69 & 76 Kg All Masters
09.00 AM - Weigh in 105 Kg Women (All Age Group)	03.00 PM MEDAL CEREMONY	11.00 AM – Competition 105 Kg Senior & All Masters	11.00 AM – Competition 105 Kg Sub Junior & Junior

13.04.2022 - Wednesday

WEIGH IN TIME	PLATFORM 1	PLATFORM 2	PLATFORM 3
07.00 AM - Weigh in 120 & 120+ Kg Men (All Age Group)	09.00 AM – Competition 120 & 120+ Kg All Senior	09.00 AM – Competition 120 & 120+ Kg All Sub Junior & M- I	09.00 AM – Competition 120 & 120+ Kg Junior, M- II, M-III & M- IV
09.00 AM - Weigh in 84 & 84+ Kg Women (All Age Group)	11.00 AM – Competition 84 & 84+ Kg Senior	11.00 AM – Competition 84 & 84+ Kg Sub Junior & M- I	11.00 AM – Competition 84 & 84+ Kg Junior, M- II & M-III

Programme subject to change at the discretion of the Organizers.




 P. J. Joseph (Arjuna)
 Secretary General