



# POWERLIFTING INDIA

Affiliated to : International Powerlifting Federation  
Affiliated to : Asian Powerlifting Federation  
Affiliated to : Commonwealth Powerlifting Federation

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The Secretary

Dear Sir,

**National Sub Junior & Junior (Men & Women)**  
**Equipped Powerlifting Championship 2023**  
**From 12 – 17 May 2023 at Courtallam, Tenkasi, Tamil Nadu**

Courtallam in Tenkasi District of Tamil Nadu, the beautiful tourist destination of Tamil Nadu will host the National Sub Junior & Junior (Men & Women) Equipped Powerlifting Championship 2023 during 12 – 17 May 2023. The venue will be Kalaivanar Arangam, Courtallam, Tenkasi District, Tamil Nadu – 627802.

The organizers will be providing free food and accommodation. Besides rooms ranging from Rs. 500/- to Rs. 5000/- are also available.

Train is available from Egmore Station of Chennai. Also train is available from Kollam Station in Kerala and the nearest Airport is Trivandrum in Kerala, which is 110 Km away from Courtallam.

The Indian team for World Sub Junior & Junior (Men & Women) Powerlifting Championship 2023 to be held in Cluj – Napaco city of Romania will be selected from this national meet.

**Points to Remember :**

1. The following shall be the different age categories for competitions.
  - a. Sub Junior – 12 to 18 Years, 2005 to 2011
  - b. Junior – 19 to 23 years, 2000 to 2004

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 12.05.2023.
6. Referees and officials for all categories of competitions will be declared in advance and they alone shall report and officiate as announced.
7. Competitors shall collect their identity card early and produce for verification along with Aadhar card.
8. **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 set up 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.
9. Preliminary nomination of your State shall be submitted to the Secretary General, Powerlifting India by email - [pjoseph\\_arjun@yahoo.co.in](mailto:pjoseph_arjun@yahoo.co.in) and the same must be uploaded in the website [www.powerliftingnomination.com](http://www.powerliftingnomination.com). at least 30 days ahead of the National Championship.

Preliminary Nomination End Date: **12.04.2023**

10. 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](mailto:pjoseph_arjun@yahoo.co.in) and the same must be uploaded in the website [www.powerliftingnomination.com](http://www.powerliftingnomination.com). at least 15 days before championship.

Final Nomination End Date : **27.04.2023**

11. Minimum qualification mark for the first attempt weight of Squat, Bench Press and Deadlift are given for the State team selection and this minimum poundage should be insisted upon and complied with.

12. The maximum number of members in a team for Sub Junior & Junior shall be 9 for Men and 9 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.
13. 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.
14. Application for New ID Cards players shall be given at least 30 days before the Championship through the website [www.powerliftingindia.net](http://www.powerliftingindia.net).
15. 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.
16. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
17. Minimum starting poundage for ensuing Sub Junior & Junior National shall be as under:

#### **SUB JUNIOR BOYS**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
53 Kg	75 Kg	45 Kg	75 Kg
59 Kg	80 Kg	47.5 Kg	80 Kg
66 Kg	85 Kg	50 Kg	85 Kg
74 Kg	90 Kg	52.5 Kg	90 Kg
83 Kg	95 Kg	55 Kg	95 Kg
93 Kg	100 Kg	60 Kg	100 Kg
105 Kg	105 Kg	62.5 Kg	105 Kg
120 Kg	105 Kg	65 Kg	105 Kg
120+ Kg	105 Kg	65 Kg	105 Kg

#### **SUB JUNIOR GIRLS**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
43 Kg	40 Kg	27.5 Kg	45 Kg
47 Kg	45 Kg	30 Kg	50 Kg
52 Kg	50 Kg	30 Kg	55 Kg
57 Kg	50 Kg	32.5 Kg	60 Kg
63 Kg	55 Kg	32.5 Kg	65 Kg
69 Kg	55 Kg	35 Kg	65 Kg
76 Kg	60 Kg	35 Kg	65 Kg
84 Kg	60 Kg	35 Kg	65 Kg
84+ Kg	60 Kg	32.5 Kg	65 Kg

## **JUNIOR MEN**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
53 Kg	95 Kg	40 Kg	95 Kg
59 Kg	100 Kg	45 Kg	105 Kg
66 Kg	105 Kg	50 Kg	110 Kg
74 Kg	110 Kg	55 Kg	115 Kg
83 Kg	115 Kg	60 Kg	120 Kg
93 Kg	120 Kg	65 Kg	125 Kg
105 Kg	125 Kg	65 Kg	130 Kg
120 Kg	125 Kg	65 Kg	135 Kg
120+ Kg	120 Kg	60 Kg	130 Kg

## **JUNIOR WOMEN**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
43 Kg	45 Kg	30 Kg	55 Kg
47 Kg	50 Kg	35 Kg	65 Kg
52 Kg	55 Kg	40 Kg	70 Kg
57 Kg	60 Kg	40 Kg	75 Kg
63 Kg	65 Kg	45 Kg	80 Kg
69 Kg	70 Kg	45 Kg	85 Kg
76 Kg	70 Kg	45 Kg	85 Kg
84 Kg	75 Kg	45 Kg	85 Kg
84+ Kg	75 Kg	40 Kg	80 Kg

*For any information :*

**Mr. S. Nagarajan**  
**Secretary**  
**Tamil Nadu Powerlifting Association**  
**16/32, Ganapathi Nivas, Senthil Nagar,**  
**Sowripalayam Post,**  
**Coimbatore – 641 028, Tamil Nadu**  
**Mob : 09025240143**

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)  
Secretary General

