



# POWERLIFTING INDIA

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

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12/04/2024

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The Secretary

\_\_\_\_\_ Powerlifting Association.

Dear Sir,

**XIII National Sub Junior & Junior (Men & Women)**  
**Classic Powerlifting Championship**  
**to be held at Mangalore, Karnataka**  
**from 07<sup>th</sup> to 09<sup>th</sup> June 2024**

The Karnataka Powerlifting Association has gladly taken up the challenge of hosting the XIII National Sub Junior & Junior Men & Women Classic Powerlifting Championship 2024 @ Mangalore in Karnataka from 07<sup>th</sup> to 09<sup>th</sup> of June 2024.

The Indian team for World Classic & Equipped Sub Junior & Junior Powerlifting Championship to be held in Valletta, Malta from 28<sup>th</sup> August to 08<sup>th</sup> September 2024 will be selected from this meet, which underlines the importance of the re-scheduled national championship on the cards.

Date of National Championship : **07<sup>th</sup> to 09<sup>th</sup> of June 2024**

Venue : **Dr. Ambedkar Bhavan, URWA Stores,  
Mangalore - 575006.**

Nearest Railway Station : Mangalore

Nearest Airport : Mangalore

**Accommodation** : Made available in the Dr. Ambedkar Bhavan itself with mattresses for all the competitors.

For National and International Referees accommodation is arranged in the nearby hotels of Railway Station.

**Food** : Arranged in the venue itself. For 3 days each competitor will be charged @ Rs. \_\_\_\_\_ . All the participants will get the required available facilities.

**Points to Remember :**

1. The following shall be different age categories for competition.
  - a. Sub Junior – 12 to 18 Years, 2006 to 2012
  - b. Junior – 19 to 23 years, 2001 to 2005
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 07<sup>th</sup> June 2024 itself.
6. For Sub Junior & Junior Men & Women Team put together there can be 4 officials. Similarly 4 officials are permitted for Sub Junior & Junior Women team also.
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 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.
10. Preliminary nomination of your State shall be uploaded online.  
Preliminary Nomination End Date : **10/05/2024**  
Final Nomination End Date : **24/05/2024**
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. Application for New ID Cards shall be given at least 30 days before the Championship through the website [www.powerliftingindia.net](http://www.powerliftingindia.net) (along with preliminary entry).
14. 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.
15. Officials from NADA and Powerlifting India will be present in the venue and any lifter can be subjected to anti-doping test.
16. 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.
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	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**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
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**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
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**

<b>Category</b>	<b>Squat</b>	<b>Benchpress</b>	<b>Deadlift</b>
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

For any requirements assistance and of the teams at the venue, the following are the officially designated contact person to attend:

**SATHISH KUMAR KUDROLI**

**Secretary,**

**Karnataka Powerlifting Assn. (Regd.)**

**Near Babbu Swamy Temple, Sunkadakatte, Urwastores, Mangalore - 575006**

**Mob: 9448893344**

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

Wishing the teams & competitors ALL THE BEST.

Thanks and Regards,



P. J. Joseph (Arjuna)  
Secretary General

