



POWERLIFTING INDIA

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

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The Secretary

_____ Powerlifting Association.

Dear Sir,

XIII National Sub Junior & Junior (Men & Women)
Classic Powerlifting Championship
to be held at Sri Ganganagar, Rajasthan
from 06th to 09th June 2024

It is known to all that Mangalore, Karnataka was fixed as the venue after shifting from Odisha for the above championship. They are still willing also. But while again reviewing the decision among office-bearers, a proposal was received from Rajasthan, which was accepted with consensus. So it's the most welcome news that finally Rajasthan State Powerlifting Association has agreed to host the above national championship in **Sri Ganganagar, Rajasthan during 6th to 9th June 2024.**

The Indian team for World Classic & Equipped Sub Junior & Junior Powerlifting Championship to be held in Valletta, Malta from 28th August to 08th 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 : **06th to 09th of June 2024**

Venue : **S.D. Bihani Shiksha Trust, Sri Ganganagar, Rajasthan - 335001.**

Nearest Railway Station : The details of trains to Sri Ganganagar are given below-

- From Delhi to Shri Ganganagar (SGNR). Three trains available :-
Train no. 12481 time 13.15 Train no. 14728 time 18.10 , Train no. 12455 time 22.45
- Mumbai to Shri Ganganagar all days Bandra terminus to Shri Ganganagar, Train no. 14702 Time 21.00
- Jaipur to Shri Ganganagar Train no. 14702 time 18.00 , Train no. 22997 Time 21.40

- Ahmedabad to Shri Ganganagar , Train no. 14702 , time 04.40
- Ajmer to Shri Ganganagar Train no. 14702 , time 14.25
- Kota to Shri Ganganagar, Train no. 22997 , time 17.20

Nearest Airport : New Delhi

Accommodation is arranged for all invited National and International Referees.

Accommodation for all others including the competitors will be at their own expenses but the organizers can help them find cheaper accommodation in **Dharamshala & nearby Hotels**.

Food arranged for all in the venue itself for 4 days.

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. Technical Committee Meeting on 06th June at 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 (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

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

For any requirements/assistance for the teams at the venue, the following are the officially designated contact persons to attend:

Sh. Sumit Kumar
Organizing Secretary, Mob : 6375920008

Sh. Dinesh Bhatiwala
Organizing Joint Secretary, Mob : 7615900055

&

Sh. VINOD SAHU
Secretary,
Rajasthan State Powerlifting Association
105, Bapu Bazar, Udaipur, Rajasthan - 313001, Mob: 9660010560

Please ensure maximum participation of competitors 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

