



POWERLIFTING INDIA

Reg. No. DRDK/SOR/189/2023 - 2024

Affiliated to : International Powerlifting Federation

Affiliated to : Asian Powerlifting Federation

Affiliated to : Commonwealth Powerlifting Federation

CHIEF PATRON

Sri. K.C.SINGH BABA

PATRONS :

Sri. MOHAN SANKER
Sri. PRAKASH MEHTA
Sri. SADANAND SHETTY

PRESIDENT :

Sri. SATHISH KUMAR

VICE PRESIDENTS :

Sri. KEWAL SINGH PATHANIA
Sri. PURAN SINGH
Sri. INDERJEET SINGH
Sri. D. S. MALHI
Sri. VINOD SAHU
Sri. KAILASH SHARMA
Sri. KANAILAL DEY

SECRETARY GENERAL :

Sri. P. J. JOSEPH (Arjuna)

SECRETARIES :

Sri. NARESH DHAWAN
Sri. NITIN KUDALKAR

TREASURER :

Sri. KRISHNA SAHU

JOINT SECRETARIES :

Sri. SANJAY SARDESAI
Sri. FAYYAZ AHMED

CHAMPIONSHIP SECRETARY :

Sri. AJITH S. NAIR

EXECUTIVE MEMBERS :

Sri. S. NAGARAJAN
Sri. NAGARAJ. M
Sri. ANUJ TIWARI
Ms. RAKSHA MAHARAO

ZONAL SECRETARIES :

Sri. GOPAL KRISHAN (N)
Sri. S. KOTESHWAR RAO (S)
Sri. DEBIPRASAD CHATTERJEE (E)
Sri. SACHIN MATHANE (W)

F4/4230/PI/2025

21/02/2025

The Secretary
_____ Powerlifting Association.

Dear Sir,

XIV National Sub Junior & Junior (Men & Women)
Classic Powerlifting Championship to be held at Kolhapur,
Maharashtra from 20th to 25th May 2025

Happy to announce that Rajmata Jijau Convocation Hall, Shivaji University Kolhapur, Maharashtra – 416004 will be the venue of the above National Championship to be hosted by Maharashtra Powerlifting Association under the aegis of Powerlifting India during 20th to 25th May 2025. This is a tourist destination attracting devotees in large number to the famous Mahalakshmi Temple.

The Championship assumes added importance as selection of Indian team for the World Sub Junior & Junior Classic Powerlifting Championship 2025 to be held in San Jose, Costa Rica will take place here.

Important points to be remembered :

1. Food will be made available by the organizers for all who participate.
2. Organizers are trying to provide accommodation for all, but it's can be confirmed only later.
3. Since it's a tourist place sufficient hotels are available.
4. All the states are directed to conduct their state championships well before the nationals for selecting teams and submit entries within the time scheduled for it.
5. Entry time schedule:

Preliminary Entry : 20/04/2025

Final Entry : 05/05/2025

6. Minimum Poundage :

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

7. The following shall be different age categories for competition.
 - a. Sub Junior – 12 to 18 Years, 2007 to 2013
 - b. Junior – 19 to 23 years, 2002 to 2006
8. Distance for journey to Kolhapur from important stations:

Miraj Junction to Kolhapur	-	1 Hr by Bus/Train
Pune to Kolhapur	-	6 Hrs by Bus/Train
Belgaum, Karnataka to Kolhapur	-	2.5 Hrs
Ratnagiri to Kolhapur	-	6 Hrs by Bus/Train
Solapur to Kolhapur	-	6 Hrs by Bus/Train
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 20th May 2025 at the venue 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. No proxy will be allowed.
8. Competitors shall collect their identity card prior to the weighing in 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 and legal actions which deem fit and proper.
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 for each desion 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.

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

Sri. Sanjay Sardesai (Mob : 8691983111)

Sri. Vijay Vadgaoker (Mob : 7755939165)

All are welcome to Kolhapur, Maharashtra.

Thanking you.

Yours sincerely,



P. J. Joseph (Arjuna)
Secretary General

