



POWERLIFTING INDIA

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

Affiliated to : International Powerlifting Federation

Affiliated to : Asian Powerlifting Federation

Affiliated to : Commonwealth Powerlifting Federation

F4/4420/PI/2025

15/04/2025

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)

The Secretary

_____ Powerlifting Association.

Dear Sir,

**National 47th Men & 32nd Women Junior,
26th Boys & Girls Sub Junior and 51th Men & 43rd Women Senior
Equipped Powerlifting Championship to be held in
Davanagere, Karnataka from 22nd to 30th June 2025**

Venue : AKS Convention Hall, PB Road, Davanagere, Karnataka.

Date : From 22nd to 30th June 2025.

Happy to inform all that the Karnataka Powerlifting Association will be hosting this year's National Equipped Sub Junior, Junior & Senior (Men & Women) Equipped Powerlifting Championship 2025 in Davanagere, Karnataka in association with the Group of Iron Games, Davanagere at AKS Convention Hall from 22nd to 30th June 2025. The schedule of events will be as follows:-

1. **22/06/2025 @**

02.00 PM – Reporting of Teams.

04.00 PM – Technical Committee Meeting, Referee Clinic & Anti Doping Seminar.

06.00 PM – Opening Ceremony

All the team members and officials in proper uniform shall unfailingly attend the opening ceremony.

2. Competitions for Sub Junior & Junior will be conducted on two platforms from 23rd to 27th of June 2025.

Competitions for Seniors will also be on two platforms from 28th to 30th June 2025.

3. The following shall be the different age categories for competitions.
 - a. Sub Junior – 12 to 18 Years (2007 to 2013)
 - b. Junior – 19 to 23 years (2002 to 2006)
4. Indian teams for World Championships and Asian Championships will be selected from this National Championship @ Davanagere.
 - a) World Sub Junior & Junior Equipped Powerlifting Championship will be held at San Jose, Costa Rica from 29th August to 7th September 2025.
 - c) World Open Equipped Powerlifting Championship will be held at Cluj Napoca, Romania from 10th to 16th November 2025.
 - b) Asian Open Equipped Powerlifting Championship will be held in Istanbul, Turkey from 1st to 10th December 2025.
5. **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 : 23/05/2025

6. **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 : 02/06/2025

7. Entry fee shall be remitted to the bank account of Powerlifting India as per invoice sent to the state associations.
8. The Organizers at Davanagere will be providing food for all, but accommodation will be restricted to the Referees and Officials of Powerlifting India.
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. 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.
11. 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.
12. 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.
13. Application for New ID Cards for players shall be submitted at least 30 days before the Championship through the website www.powerliftingindia.net.
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. State teams shall be selected according to the minimum qualifying mark given below:-

SUB JUNIOR BOYS

Category	Squat	Benchpress	Deadlift
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

Category	Squat	Benchpress	Deadlift
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

Category	Squat	Benchpress	Deadlift
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

Category	Squat	Benchpress	Deadlift
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

SENIOR MEN

Category	Squat	Benchpress	Deadlift
59 Kg	135	85	135
66 Kg	145	85	145
74 Kg	150	90	150
83 Kg	155	95	155
93 Kg	160	95	160
105 Kg	165	97.5	160
120 Kg	160	95	160
+120 Kg	155	90	150

SENIOR WOMEN

Category	Squat	Benchpress	Deadlift
47 Kg	80	37.5	80
52 Kg	85	40	85
57 Kg	90	42.5	90
63 Kg	95	45	90
69 Kg	95	45	90
76 Kg	100	47.5	95
84 Kg	100	45	95
+84 Kg	90	40	90

8. The following are the contact details of organizers and they will be available for any help-

Mr. Sathish Kumar Kudroli
Secretary, Karnataka Powerlifting Assn. (Regd.)
Mob: 9448893344
Email : ekalavyask@yahoo.com

Mr. H. Dadapeer
Mob : +91 94480 28900

We request all state associations to conduct state championships and send their best teams for the national championship.

Please co-operate with the organizers and make the event a grand success.

Thanks and Regards,

Yours sincerely,



P. J. Joseph (Arjuna)
Secretary General

