



POWERLIFTING INDIA

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

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

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F4/5320/PI/2026

03/02/2026

The Secretary,

_____ State Powerlifting Association.

Dear Sir,

XV National Sub Junior & Junior (Men & Women)
Classic Powerlifting Championship to be held at KIMS,
Amalapuram, Andhra Pradesh from 15th to 20th May 2026

Happy to announce that **Examination Auditorium, KIMS, Amalapuram, Andhra Pradesh** will be the venue of the above National Championship to be hosted by Dr. Br. Ambedkar Konaseema District Powerlifting Association Amalapuram-533201 and Andhra Pradesh Powerlifting Association under the aegis of Powerlifting India during 15th to 20th May 2026.

The Championship assumes added importance as selection of Indian team for the World Sub Junior & Junior Classic Powerlifting Championship from 29th August to 07th September 2026 to be held in Sun City, South Africa will take place here.

The salient features of the National Sub Junior & Junior Classic Powerlifting Championship 2026 will be as follows-

1. Date of the Championship : **15 – 20 May 2026.**
2. Venue : **Examination Auditorium, KIMS, Amalapuram - 533201, Andhra Pradesh.**
3. Competitions will be conducted as per time schedule attached.
4. The food for the competitors and officials will be provided by the organizers but accommodation will be restricted to the invited officials. However, organizers will help the teams to find hotels for accommodating competitors.
5. The last date for submission of **preliminary entry is 15/04/2026.**
6. The last date for submission of **final entry is 01/05/2026.**

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Urwastores, Mangalore-575006, Karnataka.

7. Take care to submit team nominations/entries on time as delayed submission are not permitted.
8. Technical Committee Meeting on 15th May 2026 at 05.00 pm the venue itself.
9. 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.
10. 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.
11. Competitors shall collect their identity card prior to the weighing in and produce for verification along with Aadhar card.
12. **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.
13. The maximum number of members in a team for Sub Junior & Junior shall be 9 for Men and 9 for Women for each decision 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.
14. 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).
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. 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.
18. Minimum starting poundage for ensuing National Sub Junior & Junior Championship 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 |

19. The following shall be different age categories for competition.

a. Sub Junior – 12 to 18 Years, 2008 to 2014

b. Junior – 19 to 23 years, 2003 to 2007

20. Distance for journey to Amalapuram from important stations:

Rajamundry Railway Station to Amalapuram by road - 45 Km by Road

Rajamundry Airport to Amalapuram by road - 45 Km by Road

21. The following are the Organizing Committee Members :

- **Sri. G. M. HARISH BALAYOGI**, Honorable Member of Parliament & Chairman of the Championship.
- **Sri. Kankipati Venkateswara Rao**, Championship Organizing Secretary, Mob : 9247292794.
- **Sri. Sakala Suryanarayana**, General Secretary, AP Powerlifting Assn. Mob : 7021142908

We seek your kind co-operation for the success of the National Sub Junior & Junior Classic Powerlifting Championship to be held in Amalapuram, Andhra Pradesh.

Wishing you Best of Luck.

Thanking you,

Yours faithfully,



P. J. Joseph (Arjuna)
Secretary General

