



RULES AND REGULATIONS

Game : Weight Lifting (Girls & Boys)

1. The competition will be conducted according to the rules of Indian Weightlifting Federation (IWLF) with modifications wherever applicable.
2. The competitions will be held in the following three categories U-14, U-17 & U-19 years age.
3. At Cluster level, **one player** from each school can participate in each age group and weight category.
4. The participants shall be 12 years and above to participate in the competition.
5. Athletes must wear a weightlifting costume and sport footwear which compiles with the following criteria :
 - * must be one piece
 - * must be collarless
 - * may be of any colour
 - * must not cover the elbows
 - * must not cover the knees
6. The fixture will be drawn after having weight.
7. In the sport of weightlifting the IWLF recognizes two (2) lifts which must be executed in the following sequence:
 - a) The Snatch
 - b) The Clean & Jerk
8. Merit certificate will be provided to first, second and third position winners. (Both the Semi-finalist will be provided the certificate of merit and bronze medal for the third place.)
9. No protest will be entertained against the judgement of officials.
10. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
11. The competition shall be conducted in the following age and weight categories:

Sr.No	U-14 Boys KG	U-14 Girls KG	U-17 Boys KG	U-17 Girls KG	U-19 Boys KG	U-19 Girls KG
1.	-49	-40	-49	-40	-55	-45
2.	-55	-45	-55	-45	-61	-49
3	-61	-49	-61	-49	-67	-55
4.	-67	-55	-67	-55	-73	-59
5.	-73	-59	-73	-59	-81	-64
6.	-81	-64	-81	-64	-89	-71
7.	-89	-71	-89	-71	-96	-76
8.	-96	-76	-96	-76	-102	-81
9.	-102	-81	-102	-81	+102	-87
10.	+102	+81	+102	+81	--	+87