



POWERLIFTING INDIA

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

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05/04/2024

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The Secretary

_____ Powerlifting Association.

Dear Sir,

**National 46th Men & 31st Women Junior
& 25th Sub Junior Boys & Girls
Equipped Powerlifting Championship to be held in
Patiala, Punjab from 16th to 21st June 2024**

Punjab Powerlifting Association will be hosting the captioned championships in Rink Hall, Baradari, Patiala from 16th to 21st June 2024. Please make preparations and arrangements accordingly.

The Indian Sub Junior & Junior Classic & Equipped Powerlifting teams will be selected in Patiala for the World Championships to be held in Valletta of Malta from 28th August to 08th September 2024.

The national medal winners are required to submit their names online though the respective states for selection to the Indian team.

Points to Remember :

- The following shall be the different age categories for competitions.
 - Sub Junior – 12 to 18 Years (2006 to 2012)
 - Junior – 19 to 23 years (2001 to 2005)
- State teams shall be formed by conducting State Championships. Conducting special selection trials shall be the last option for formation of the state team.
- 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 submissions are not permitted.
5. All the teams shall report at 10.00am on 16.06.2024.
6. Referees and officials for all categories of competitions will be declared in advance and they alone shall report and officiate as announced.
7. Competitors shall collect their identity card early and produce for verification along with Aadhar card.
8. **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.
9. **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 : 17/05/2024

10. **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 : 01/06/2024

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. 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.
14. Application for New ID Cards for players shall be submitted at least 30 days before the Championship through the website www.powerliftingindia.net.
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. Minimum starting poundage for ensuing Sub Junior & Junior National shall be as under:

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

The contact persons for further information:

Mr. DEVINDER S. MALHI, Mob : 98723 77977
President, Punjab Powerlifting Association
H No. 39 Fhulkian Enclave
Near Secretariat Patiala, Punjab – 147001

Mr. GURINDERPAL SINGH., Mob : 7696311112
Hony. Gen Secretary
.#22-B., Hira Bagh, Patiala, Punjab.
Email: guripatiala1963@gmail.com

The team members for national championships will be given food by the organizers in the venue in the Rink Hall, Patiala.

The organizers can provide less expensive accommodation to the team members who must contact the organizers and confirm accommodation.

Wishing you Best of Luck.

Thanks and Regards,



P. J. Joseph (Arjuna)
Secretary General

