

UDGAM
NATIONAL LEVEL SPORTS FEST 2025

POWER LIFTING RULEBOOK



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Rules:

- Rules of International Powerlifting Federation will be followed.
- The Body Weight categories for powerlifting are as follows:

Body Weight Category (kg):

Below 59	59-66	66-74	74-83	83+
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- Ranking in each category will be decided on the basis the cumulative performance in squat, deadlift and bench-press.
- Maximum 2 players per category.

Rules are taken from Powerlifting federation of India.

- . Only knee caps are allowed.
- Everybody should Come in Shorts or Singlet.
- No other bands are allowed.

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