



GOA UNIVERSITY

Sports Section

Taleigao Plateau Goa 403 206

Tel.: 8669609018/8669609075.

No. 18/01/23-SS/1049

Date: 25/07/2023.

To,

The Principal/Dean of Colleges
Participating in Inter-Collegiate Championships 2023-2024.

Sub: Inter-Collegiate Championships 2023-2024.

Sir/Madam,

Kindly find enclosed herewith details for Weight Lifting(M) and Power Lifting(M),

1. WEIGHT LIFTING FOR MEN

- i) Inter-Collegiate Weight lifting Competition will be conducted in accordance with the rules of the Association of Indian University, unless, otherwise modified in these rules.
- ii) The Inter-Collegiate Weight Lifting Championship will be held on 7th & 8th August, 2023 at Jubilee Hall, Goa University from 09.30 a.m. onwards in the following weight categories

Sr No	07/08/23	Sr No	08/08/23
1	Up to & Including 55 Kgs	6	Up to & Including 81 Kgs.
2	Up to & Including 61 Kgs..	7	Up to & Including 89 Kgs.
3	Up to & Including 67 Kgs.	8	Up to & Including 96 Kgs
4	Up to & Including 73 Kgs.	9	Up to & Including 102 Kgs
5	Above 109 Kgs.	10	Up to & Including 109 Kgs

- iii) A College can enter **only two competitors in each weight category.** Names to be submitted in weight wise in detailed entry form.
- iv) All participants in categories from Sr. Nos. 1 to 5 shall report on **07/08/23**. Official weighing will start from 09:30 a.m onwards. Max 15-20 minutes will be given for a Weighing of each category.
- v) All the participants in categories at Sr. Nos. 6 to 10 shall report on **08/08/23**. Official weighing will start from 09:30 a.m onwards. Max 15-20 minutes will be given for a weighing of each category.
- vi) Unofficial weighing check will be available till 9:30 a.m only. **Athlete will get only one chance to give official weighing and it will be final.**
- vii) Competition in one category will be completed entirely before starting competition for next category.
- viii) There should be minimum **4 participants** in each category for the competition to be conducted.
- ix) Last date to submit eligibility along with detailed entry form to University Sports Section is **29/07/23 by 4 p.m.**
- x) The minimum starting qualifying weight for Snatch and Clean & Jerk in each category is as follows:

<i>Snatch</i>	<i>Clean & Jerk</i>
40 kgs	50kgs

2. POWER LIFTING FOR MEN

- i) Inter-Collegiate Power Lifting Championship will be conducted in accordance with the rules of the Association of Indian University, unless, otherwise modified in these rules.
- ii) The Inter-Collegiate Power Lifting Championship will be held on 9th, 10th & 11th August 2023 at Jubilee Hall, Goa University from 09.30 a.m. onwards in the following weight categories;

Sr No	09/08/2023	Sr No	10/08/2023	Sr No	11/08/2023
1	Upto & Incl. 59 Kgs.	3	Upto & Incl. 74 Kgs.	6	6. Upto & Incl.105 Kgs.
2	Upto & Incl. 66 Kgs.	4	Upto & Incl. 83 Kgs.	7	7. Upto & Incl. 120 Kgs.
		5	Upto & Incl. 93 Kgs.	8	8. Above 120 Kgs.

- iii) A College can enter **only two Competitors in each weight category**. Names to be submitted in detailed wise entry form.
- iv) All participants in categories at Sr. Nos. 1 and 2 shall report on **09/08/23** and be ready for official weighing from 9:30 a.m onwards. Max 15-20 minutes will be given for a Weighing of each category.
- v) All participants in categories from Sr. Nos. 3 to 5 shall report on **10/08/23** and be ready for official weighing from 9:30 a.m onwards. Max 15-20 minutes will be given for a Weighing of each category.
- vi) All participants in categories from Sr. Nos. 6 to 8 shall report on **11/08/23** and be ready for official weighing from 9:30 a.m onwards. Max 15-20 minutes will be given for a Weighing of each category.
- vii) Unofficial weighing check will be available till 9:30 a.m. only. **Athlete will get only one chance to give official weighing and it will be final.**
- viii) Competition in one category will be completed entirely before starting competition for next category.
- ix) There should be minimum **4 participants** in each category for the competition to be conducted.
- x) Last date to submit eligibility along with detailed entry form to University Sports Section is 31/07/23.
- xi) The minimum starting qualifying weight for Squats, Bench Press and Dead Lift in each category is as follows:

Squats	Bench press	Deadlift
80 kgs	50 kgs	110 kgs

Note Please:

1. The Eligibility Performa should have the University Registration Number of all the students, who have been issued the same.
2. Re - admission/repetition of a class/course by a student should be indicated in remarks Column of the eligibility performa.

Thanking you,

Yours faithfully,



(Mr. Balachandra B. Jadar)
Asst. Director of Phy. Edn. & Sports

c.c to: College Directors of Phy. Edn. & Sports of colleges
participating in Inter-Collegiate Championships 2023-2024