

गोंय विद्यापीठ

ताळगांव पठार,

गोंय - ४०३ २०६

फोन : +९१-८६६९६०९०४८



(Accredited by NAAC)

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No. ACTIVY/68/2024-SPORTS-GU/1787

Date: 25/07/2024

To,
The Principal/Dean of Colleges
Participating in Inter-Collegiate Championships 2024-2025

Sub: Detailed brochure of Inter-Collegiate Weight lifting (Men) Championship 2024-2025.

Sir/Madam,

Please find enclosed herewith the **detailed brochure** regarding First Phase Inter-Collegiate Weightlifting (M) Championship 2024-2025 for your kind perusal and further necessary action.

❖ **Weight Lifting for Men**

- ❖ Inter-Collegiate Weight lifting Competition will be conducted in accordance with the rules of the Indian Weight Lifting Federation, unless, otherwise modified in these rules.
- ❖ The Inter-Collegiate Weight Lifting Championship will be held on 13th & 14th August, 2024 at University Jubilee Hall, from 09.30 a.m. onwards in the following weight categories:

Sr.No	13/08/24	Sr.No	14/08/24
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

- ❖ A College can enter **only two competitors in each weight category**
- ❖ Last date to send college entry through google form <https://forms.gle/rfi3WwnzrMjDUtqN8> is **04/08/2024**.
- ❖ All participants in first five weight categories shall report on **13/08/24**. Official weighing will start from 09:30 a.m onwards. Max 15-20 minutes will be given for a Weighing of each category.
- ❖ All the participants in categories at Sr. Nos. 6 to 10 shall report on **14/08/24**. Official weighing will start from 09:30 a.m onwards. Max 15-20 minutes will be given for a weighing of each category.
- ❖ Unofficial weighing check will be available at the venue outside official weighing room. **Athlete will get only one chance to give official weighing and it will be final.**
- ❖ Competition in one category will be completed entirely before starting competition for next category.
- ❖ Participating teams should submit their eligibility Performa in excel sheet format through email to icteligibility@unigoa.ac.in latest by **04/08/2024 till 5.00 p.m.**
- ❖ College Directors of Physical Education and Sports must ensure that all the participants are medically fit. Goa University will not ask for medical certificates and will not be responsible for any medical complications.
- ❖ All the teams must carry their own first aid kits.
- ❖ The minimum starting qualifying weight for **Snatch is 40kgs** and **Clean & Jerk is 50Kgs** in each category.

Yours faithfully,

(Shri. Balachandra Jadar)

Asst. Director of Phy. Edn. & Sport

- c.c to: 1. College Directors of Physical Education & Sports of affiliated colleges.
2. P. S. to the Vice-Chancellor, Goa University
3. A.R to the Registrar, Goa University