

Powerlifting

🏋️♂️ Attention Powerlifting Enthusiasts! 🏋️♀️

Get ready to test your strength and join the College Powerlifting Event!

Registration is now open, and we're calling all lifters to showcase their power!

In Powerlifting we are organizing Bench-press and Deadlift!

Note: You have to perform both bench-press and deadlift for this event and the total of your highest attempt in both the deadlift and Bench will get added and then according to this we will get the Winners per category.

Event Date: [22nd November]

Venue: [UIT Ground]

Weight Categories: Men:

- 55-62 kg
- 63-70 kg
- 71-78 kg
- 79-85 kg
- 86-95 kg

Mechanism:

- Weight measurement of each participant and checking the baggage they carried in. (Belt, Wrist-straps, etc.)
- Primarily the event starts with the bench-press for all weight categories simultaneously for each weight category in ascending order.
- After the completion of the bench-press, the deadlift would start in the same order.
- For calculation of the weights for the result, the heaviest weight lifted in deadlift and bench-press by an individual in every weight category would be added and on the basis of this winners get selected in their respective weight category.

Guidelines:

- All participants must complete both bench-press and deadlift.
- Each participant will have 3 attempts for both bench-press and deadlift, only the highest successful attempt would count towards the final score.

- The lift will only be counted if it is completed in a controlled manner, if the individual didn't maintain their posture they will be eliminated.
- Bar hitching or jerking isn't allowed and dropping the bar will also lead to disqualification.
- Hold briefly at the top for the judge's confirmation before the lowering the bar and listen carefully all the calls given by the judges.
- Any injury caused during the lift, college isn't responsible for it.
- Show respect to Judges, participants and volunteers, Unsportsmanlike conduct may lead to disqualification.

How to Register:

- There is only offline registration available for UGI Students so Please collect you form as soon as possible.
- For other Colleges we are launching our website for registration so Register yourself and showcase your best lifts!!

For Any Queries:

- Tanmay Singh (83187 56126)
- Raviraj Singh (70070 57403)
- Adarsh Kesharwani (93058 55671)

Train hard and show us your strength!

We're looking forward to an exciting competition and witnessing some record-breaking lifts!

Best of luck to all participants!

**SNIGMA'12
2024**