



### SPORTS SECTION

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No. **ACTIVY/68/2024-SPORTS-GU/2043**

Email: [sports@unigoa.ac.in](mailto:sports@unigoa.ac.in)

Date: 29/11/2024

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

### **Sub: Inter-Collegiate Power-Lifting (Men) Championships 2024-2025.**

Sir/Madam,

Please find enclosed herewith the **Detailed brochure** regarding Inter-Collegiate Powerlifting (Men) Championships 2024-2025 for your kind perusal and further necessary action.

#### ❖ **POWER LIFTING FOR MEN**

- Inter-Collegiate Power Lifting Competition will be conducted in accordance with the rules of the Indian Power Lifting Federation, unless, otherwise modified in these rules.
- The Inter-Collegiate Power Lifting Championship will be held from **16<sup>th</sup> to 20<sup>th</sup> December, 2024** at University Jubilee Hall, from 09.30 a.m. onwards in the following weight categories:

Sr No	16/12/2024	17/12/2024	18/12/2024	20/12/2024
1	Upto & Incl. 59 kgs.	3. Upto & Incl. 74 kgs.	5. Upto & Incl. 93 kgs.	7. Upto & Incl. 120 kgs.
2	Upto & Incl. 66 kgs.	4. Upto & Incl. 83 kgs.	6. Upto & Incl. 105 Kgs.	8. Above 120 Kgs.

- A College can enter **only two competitors in each weight category**
- Last date to send college entry through google form <https://forms.gle/RtMskWPZiWNaue5K8> is **07/12/2024.**
- All participants in first 2 weight categories Sr. No 1 to 2 shall report on **16/12/24.** 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. 3 & 4 shall report on **17/12/24.** 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. 5 & 6 shall report on **18/12/24.** 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. 7 & 8 shall report on **20/12/24.** 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](mailto:icteligibility@unigoa.ac.in) latest by **07/12/2024 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 **Squat is 80kgs, Bench Press is 50kgs & Deadlift is 110kgs** 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