

Fit Expo India 2023



National Open Weightlifting Championship BBMP (Milan Mela Kolkata)

Events: The “Snatch” and The “Clean and Jerk”

Category list:

There will be 3 categories – 2 Sub Categories per Category:

- JUNIOR : Below 18 years (Junior Boys and Junior Girls)
- SENIOR OPEN: 19 Years to 40 years (Senior Open Men and Senior Open Women)
- MASTERS OPEN: 41 Years and above (Masters Open Men and Masters Open Women)

Weight Criteria:

The athlete have to measure and submit their current weight and Age to the management team 1 hour before the starting of the event

Registration Fee Structure:

- Registration/Participation fees for Pre-registered candidates will be **Rs. 1,000/-**
- In case of On-spot registration (till 2nd December, 2023), Fees = Rs. 1500/- Only

Prize distribution: Total Prize money = Rs. 60,000/-

Category: Junior	Boy	Girl
1 st	Rs. 5000	Rs. 5000
2nd	Rs. 3000	Rs. 3000
3rd	Rs. 2000	Rs. 2000

Category: Senior	Men	Women
1 st	Rs. 5000	Rs. 5000
2nd	Rs. 3000	Rs. 3000
3rd	Rs. 2000	Rs. 2000

Category: Masters	Men	Women
1 st	Rs. 5000	Rs. 5000
2nd	Rs. 3000	Rs. 3000
3rd	Rs. 2000	Rs. 2000

Additionally:

- Medals and certificates will be provided to top 3 winners
- Prize money will be given to 1st, 2nd and 3rd position athletes.
- Top 5 winners will receive certificates

Attire:

Recommended: Wear a singlet and Weightlifting shoes.

The competitors are recommended to wear a proper weightlifting Wear - Singlet and Weightlifting shoes. In case, an athlete does not have singlet or shoes, he/she can wear any sports-wear and shoes and compete in the competition, in prior to the approval from the POF Head Judge.

(Barefoot is not allowed, and tight clothes are needed)

How to participate:

Step 1: The athlete have to first register at POF Weightlifting Competition Online at Fit Expo Website.

Step 2: The Athlete have to provide their raw weight and age 1 hour prior during the day and time of competition

Step 3: On each registration, there will be an one-time participation for the event. The athlete have to provide their max weight lift (in 1st attempt) to the judge.

Step 4: In case the athlete does not register online, he/she can register on-spot at the venue.

Lifts Attempts:

- 2 attempt will be provided in each exercise
- Before each attempt, the athlete has to provide their max lift
- The athlete cannot decrease the weight of their 1st attempt if they fail to lift it. For example, if the 1st attempt Snatch is 60 Kgs and the athlete fails, the 2nd attempt must still be at 60 kgs.

Movement Explanation:**1st Movement: Snatch****Breakdown of the exercise and points to ponder**

Exercise: Snatch
Points to ponder: 1. The movement will start from deadlift position, hands wider than shoulder width and spine neutral
2. The athlete can perform a power snatch or squat snatch
3. The movement should be completed after complete hip, knee and elbow extension.

2nd Movement: Clean and Jerk**Breakdown of the exercise and points to ponder**

Exercise: Clean

Points to Ponder: 1. The movement will start from the bottom, spine neutral
2. The bar rest at the anterior deltoid or upper chest region
3. Power clean or squat clean can be performed
4. the clean will be completed after proper hip and knee extension
Exercise: Jerk
Points to Ponder: 1. The athlete can either perform Push jerk or Split jerk
2. While pushing the bar overhead, elbow should be fully locked.
3. The movement will be completed only after the hip, knee and elbow is fully extended.

Judging criteria:

The Judgement of Winner will be on the basis of **Sinclair Coefficient** Method for Weightlifting as per IWF Norms.

There will be no Particular weight category, but we have age groups as mentioned above. Any-one having any weight are welcome to perform and give their best lift. The winner will be selected on the basis of **Sinclair Coefficient** Formula (approximation).

The **Sinclair Coefficient** is a mathematical equation that assigns a coefficient to each weightlifter based on their total lift (combined snatch and clean and jerk) and body weight. It allows for a fair comparison between weightlifters of different weight classes, as it takes into account the fact that lighter weightlifters typically have higher strength-to-weight ratios.

NO-REP CRITERIA

In clean and Jerk:

- If the athlete does not complete the hip and knee extension after performing clean, it will be consider as NO-REP
- If the athlete fails to extend his/her elbow during the jerk, it will be consider as NO-REP
- The athlete has to keep the bar in overhead position until and unless the judge asks to lower the weight. Failing of which will be Consider as NO-REP
- If the athlete lifts before the judges asks to lift, will also be consider as no lift.

In Snatch:

- Bending of elbow in overhead position will be consider as NO-REP
- Lack to triple extension (knee, hip and elbow) during the completion of snatch will be consider as NO-REP
- If the athlete lifts before the judges asks to lift, will also be consider as no lift.

Rules and Regulations:

- The registration column and bank details for payment is provided on the Fit expo website
- Original Valid ID Card (Aadhar card or Pan Card) is required to submit during the time of providing the age to the organisers. If found mismatched, the athlete will be disqualified immediately from the event/competition.
- Registration fees are non-refundable and non-transferable. in case the athlete fails to show or participate in the competition, no refund will be given.
- All decisions will be taken by the judges panel and will be considered as final.
- The top 3 Winners will receive a medal, Certificate and cash prizes.
- Participants are required to provide their weight, Age and Max Lift weight (for 1st attempt) before 1 hour of starting of the event.
- Social behaviour and decency of supporting crowd of a particular athlete inside venue shall be the responsibility of that athlete. If any athlete found misbehaving or arguing with any of the judges, he/she will be disqualified from the very event.
- Food and Lodging facilities is not included in the registration fees
- Participants are required to submit a soft copy of aadhar card as well as original hard copies & Signed disclaimer form.
- The organisers shall have the right to retain and use the stage photographs of the athlete
- The participants are required to reach the venue of the event in given time. Late entry will not be entertained and might lead to penalty of 30 seconds.
- Dress code of POF Weightlifting shall be followed. Any athlete who register on spot and does not have the singlet and weightlifting shoe, with prior approval from the organisers, it will be decided if the athlete be allowed to participate or not.
- In a group or category, there has to be 7 members minimum. If there are less than 7 in a category, that particular group will be merged with another group.
- On request, required medical facilities will be provided to athletes promptly
- No professional Photography or videography is allowed inside the venue without prior permission from the organisers. They reserve the right to prohibit live streaming/blogging.
- If at all the management decides to organise the same event with less participants, the rewarding amount will differ from the said amount and it will be as per the decision of the Fit Expo Management.

FORCE MAJEURE: In case of any event, which includes but is not limited to, a declaration of War, a disease epidemic, imposition of lockdown and curfews, any riots, a cyclonic storm, an earthquake, or any other natural disaster due to “Act of God”, the date of the event may be revised and/or the competition may be cancelled, and in any situation, the registration fee shall not be refunded.