

RULES & REGULATIONS (SOPs) FOR HOLDING OF WEIGHTLIFTING (BOYS) EVENT

INTER DIVISION AT PROVINCIAL LEVEL

1. Each team shall comprise of 07-Players and 01-Official.
2. Weightlifting Competitions shall be held in following 07-Weight categories
 - i. - 55 kg iv. - 73 Kg vii. + 102 Kg
 - ii. - 61 kg v. - 89 Kg
 - iii. - 67 kg vi. - 102 Kg
3. The Player who has represented any Department / Unit of Department / Division of Department / Section of Department and Employee on Game bases shall not be allowed to compete.
4. Out of province players is not allow to participate.
5. The tournament committee reserves the rights to change the venue and time of the match / competition with prior notice to the participants.
6. Players / officials, who breach code of conduct, shall be disqualified from the competition.
7. Each team / player shall be in proper uniform during the competition.
8. The decision of umpires / judges shall be final and binding to the participants.
9. Teams / players shall report at the venue 30 minutes before the start of the match otherwise walkover shall be awarded against the defaulters.
10. It is mandatory for the team officials to sign the score sheet after the completion of the competition.
11. Competitions shall be held on knockout basis (through open draws if so required).
12. The protest (if any) shall be lodged to Jury of Appeal along with protest fee of Rs. 3000/- within 30 minutes after the match. The protester shall furnish the evidence / solid proof within 10 hours after the lodging of protest to the Jury of Appeal which will decide the protest within 12 hours. In case the protest is upheld the protest fee shall be refunded otherwise it will be forfeited.
13. All SOPs for conduct of events issued by Sports Board Punjab shall be strictly followed.