



**Gauhati University**  
**Inter College**  
**Weight Lifting and Power Lifting Competition, 2025-26**  
**Organised by Mayang Anchalik College**  
**Date : 29<sup>th</sup> – 30<sup>th</sup> June, 2026**

**E-mail should be sent to [macwlp2026@gmail.com](mailto:macwlp2026@gmail.com)**

## **RULES AND REGULATIONS FOR POWER LIFTING & WEIGHTLIFTING**

1. The tournament is open for both Boys and Girls.
2. Reporting, Registration, Weighing and other verification will be done on 29<sup>th</sup> June, 2026 from 7 a.m. onwards.
3. The mode of the power lifting tournament will be Raw (unequipped) lifting.
4. Wearing of proper power lifting & weight lifting dress is mandatory for all participants.
5. The participants should abide by the rules formulated by Indian Power lifting Federation and Indian Weightlifting Federation.
6. In the event of any dispute, the decision of the technical committee will be final and binding.
7. Participants are required to bring their own wrist band, knee cap, belt and other accessories.
8. Colleges can send only one participant for each category (Boys and Girls separately)

### **Weight classification:**

#### **Men Section:**

- Weight lifting: 60kg, 65kg, 71kg, 79kg, 88kg, 98 kg, 110kg, 110kg+
- Power Lifting: 59kg, 66 kg, 74kg, 83kg, 93kg, 105 kg, 120kg, 120kg+

#### **Women Section :**

- Weight lifting: 48kg, 53kg, 58kg, 63kg, 69kg, 77 kg, 86kg, 86kg+
- Power Lifting: 47kg, 52 kg, 57kg, 63kg, 72kg, 79 kg, 84kg, 84kg+

### **Eligibility**

1. A student shall represent a college only on the following conditions:
  - a. If he/she is a bonafide student of the college/institution under Gauhati University.
  - b. If he/she is not above 25 years of age on 1st July, 2025.
  - c. Only UG and PG class participants will be allowed to participate in the tournament.

2. Each of the players shall have to submit the following documents at the time of registration:
  - a. College Identity Card (upto date)
  - b. Three (03) recent passport size colour photographs duly signed by the Principal.
  - c. Certificate for age proof viz. HSLC Admit Card/Aadhaar Card / PAN Card etc. must be produced by candidates in original. (no duplicate copies will be accepted)
3. The enclosed proforma of the eligibility of the players duly signed by the principal of the college must be submitted in duplicate to the Organizing Committee at the time of registration.
4. A player who has appeared in a University Examination and has been waiting for the declaration of the result shall be allowed to play for the college from which he/she appeared in the examination as a regular student.
5. The Organizing Committee will take appropriate decision/action on receipt of any complaint, problem in black and white regarding age of players, playing conditions etc. The complainant shall have to follow certain procedures to lodge any kind of complaint.
6. A formal discussion between the technical team and the team leaders from the colleges will be arranged before the competition with a view to smooth conduct of the competition.
7. The decision of the Organizing Committee shall be final and binding in all respects.
8. The area of jurisdiction in case of any dispute shall be Morigaon.

### **Information on Expenses**

1. Each participant team shall bear the traveling expenses of its own contingent.
2. A participating college has to pay a registration fee of Rs.300/-for each participant.
3. Lodging of the teams will be arranged by the Organizers.
4. Fooding and Lodging facilities will be available only on 28<sup>th</sup> June Evening to 30<sup>th</sup> June, 2026
5. The participating team must have to pay a sum of Rs 1000/- as GU Sports Board affiliation fee.

## Important Information

1. The participants are requested to go through detailed information uploaded on the college website [www.mayanganchalikcollege.org.in](http://www.mayanganchalikcollege.org.in)
2. The proforma of eligibility of participants can be downloaded from the college website.
3. The filled up proforma for eligibility of participants duly signed by the Principal of the respective colleges should be submitted through mail to [macwlpl2026@gmail.com](mailto:macwlpl2026@gmail.com) on or before 24<sup>th</sup> June, 2026. The original copy should be submitted at the time of registration.
4. The participants should also bring up to date College Identity Card, Certificate of age proof duly attested by the Principal and a recent passport size photograph.
5. The participating colleges must bring their respective college flag and submit at the time of registration.



Dr Ranjan Timsina  
Secretary  
Organising Committee



Mr Dilip Saikia  
Joint Secretary  
Organising Committee



Dr Ranjit Kumar Kalita  
Principal  
Mayang Anchalik College  
Chairman  
Organising Committee

Principal  
Mayang Anchalik College  
Date 20-06-2026