



SPORTS SECTION

Tel: 8669609018/8669609075

No. **ACTIVY/68/2024-SPORTS-GU/4308**

Email: sports@unigoa.ac.in

Date: 13/08/2026

To,
The Principal/Dean of Colleges
Participating in Inter-Collegiate Championships 2026-2027

Sub: Detailed brochure of Inter-Collegiate Weight lifting (Men) Championship 2026-2027.

Sir/Madam,

Please find enclosed herewith the **detailed brochure** regarding Goa University Inter-Collegiate Weightlifting **(M)** Championship 2026-2027 for your kind perusal and further necessary action.

❖ **Weight Lifting for Men**

- ❖ Inter-Collegiate Weight lifting Competition will be conducted in accordance with the rules of the Indian Weight Lifting Federation, unless, otherwise modified in these rules.
- ❖ The Inter-Collegiate Weight Lifting Championship will be held on 26th & 27th August 2026 at DSYA Badminton Hall, Peddem, Mapusa-Goa, from 09.30 a.m. onwards in the following weight categories:

Competition Schedule & Categories:

26/08/2026	27/08/2026
Upto & Incl. 60 kgs.	5. Upto & Incl. 85 kgs
Upto & Incl. 65 kgs.	6. Upto & Incl. 95 kgs.
Upto & Incl. 70 kgs.	7. Upto & Incl. 110 kgs.
Upto & Incl. 75 kgs.	8. Above 110 kgs

- ❖ The minimum starting qualifying weight for **Snatch** is **40kgs** and **Clean & Jerk** is **50Kgs** in each category.
- ❖ A College can enter **only two competitors in each weight category**
- ❖ **Official Weigh-in** will commence at 9:30 a.m. Weigh-in window will last for a maximum of 30 minutes per category, proceeding sequentially.
- ❖ **Unofficial weigh-in** check scale will be available at the venue. Athletes will receive only one chance on the official scale, and the recording will be final.

Registration & Deadlines

- ❖ **Online Entry**(must be filled out and submitted exclusively by the College Director of Physical Education and Sports): Last date to send college entry through Google Form <https://forms.gle/627vkhvJgUHZzfgSA> is **17/08/2026 latest by 10.00 a.m.**
- ❖ **Eligibility Proforma:** Participating teams must submit their eligibility proforma in Excel format via email to icteligibility@unigoa.ac.in no later than **17/08/2026 till 5.00 p.m.**

Health & Medical Safety Guidelines

- ❖ **Medical Fitness:** College Directors of Physical Education and Sports are responsible for ensuring all participants are fully fit. Goa University will not collect medical certificates, nor will it be held responsible for any medical complications that arise
- ❖ **First Aid:** Every participating team must carry their own dedicated first aid kit.

Yours faithfully,

**Member Secretary-Sports Council,
University Asst. Director of Phy. Edn. & Sports,
Goa University**

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