



FAQs

Q1. In which year the first genuine national 'meet' were held?

ANS - The first genuine national 'meet' was held in September 1964 under the auspices of the York Barbell Company.

Q2. Write about the fundamental skills of squats.

Ans - The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar (a "thumbs around" grip is not required). The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.

Q3. In which year international power lifting federation added Women's competition?

Ans - In the year 1979 International power lifting federation added Women's competition.

Q4. What is the length of bench press bar?

ANS - The length of bench press bar is not less than 1.22m.

Q5. What is the weight of the bar?

ANS - Weight of the bar is 25 kg.

Q6. Write is the measurement of platform.

Ans - Platform measurement must between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. It must not exceed 10 cm in height from the surrounding stage or floor.

Q7. Write international power lifting federation new weight classes for both men and women.

Ans -

Men: Upto 53 kg (Sub-Junior/Junior), 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+

Women: upto 43 kg (Sub-Junior/Junior), 47 kg, 52 kg, 57 kg, 63 kg, 72 kg, 84 kg, 84 kg +

Q8. Explain about dead lift.

Ans - The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect. On completion of the lift the knees shall be locked in a straight position and the shoulders back.

Q9. What are permitted equipment to be used?

Ans - Weight belts, knee sleeves, wrist wraps and special footwear can be used.

Q10. What are failure colour of the card?

Ans - Colour of the cards:

Failure no. 1 = red card

Failure no. 2 = blue card

Failure no. 3 = yellow card