



Directorate of Students' Welfare  
Guru Gobind Singh Indraprastha University  
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F.No. GGSIPU/DSW/Sports/2015/


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Notice

**Subject: Weight Category Body Building, Power Lifting and Arm Wrestling for Annual Sports Meet 2015.**

It is hereby informed that all players of the University of USS/Affiliated Institutes for participation in Body Building, Power Lifting and Arm Wrestling, the weight category of the competition is as under:

Power Lifting and Body Building Category (Men)		Arm Wrestling
1	0-55 kg.	0-50 kg.
2	55-60 kg.	50-60 kg.
3	60-65 kg.	60-70 kg.
4	65-70 kg.	70-80 kg.
5	70-75 kg.	80-90 kg.
6	75-80 kg.	90-100 kg.
7	80-85 kg.	100- above
8	85-90 kg.	
9	90-95 kg.	
10	95-100 kg.	
11	100- above	

  
(Prof. C.S. Rai)  
Director, Students' Welfare