

  
**UNIVERSITY OF MYSORE**

Department of Physical Education, Sports Pavilion, Mysore-5

No. DPE/UIT/ 218 /2019-2020

Date : 5<sup>th</sup> Aug. 2019

To

The Principals of Affiliated  
and Constituent Colleges of  
University of Mysore

E.mail-dir.deptofphyedn@gmail.com  
Ph. No. 0821-2419288

Sir/Madam,

**Sub :** Mysore University Inter-Collegiate Competitions-cum-Selection Trials in Gymnastics, Best Physique, Weight Lifting, Swimming & Diving, Wrestling, Yogasana and Karate (Men & Women) for the year 2019-2020

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I Write to inform you that the Mysore University Final Selection Trials-cum-Inter-Collegiate Competitions in Wrestling, Gymnastics, Swimming & Diving, Yogasana, Karate (M&W), Best Physique and Weight Lifting (Men) will be held **on 18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> Sept. 2019 at the Department of Physical Education, University of Mysore, Sports Pavilion, Mysore-5.**

You are requested to send the entry of two competitors in Best Physique Swimming & Diving, Weight Lifting, Wrestling, Karate for each Event/Weight Class and Team/Individual for Gymnastics & Yogasana along with eligibility particulars **on or before 09<sup>th</sup> Sept. 2019**. Without entries, no competitors will be allowed to take part in the above competitions. All competitors should bring the Identification Certificates duly signed by the Principal of concerned Institution in the Identification Certificate Proforma as circulated by the Department of Physical Education compulsorily during competitions. **From this year onwards ASSOCIATION OF INDIAN UNIVERSITIES Rules and Regulations will be followed for ALL University Inter-Collegiate Competitions conducted by Dept. of Physical Education.**

The timing of weighing-in and competition-cum-selection trials in Weight Lifting & Best Physique will be informed to the competitors at 8-00 A.M. on 18<sup>th</sup> Sept. 2019 at Sports Pavilion, Mysore. For Wrestling, Drawing of lots will be on 17<sup>th</sup> Sept. 2019 with the presence of Either by the Wrestlers or his/her Substitutes at 4-00 P.M. to 5-00 P.M. at Sports Pavilion, Mysore. **Weighing-in of Wrestlers (M&W) Competition will be on 18<sup>th</sup> Sept. 2019 from 7-00 A.M. to 8-A.M. at Sports Pavilion, University of Mysore, Mysore.**

Kindly direct your college students who are participating in the above competitions to report by wearing College Uniforms **on 18<sup>th</sup> Sept. 2019 at 8-00 A.M. at the University Gymnasium Hall, Sports Pavilion, Mysore for the Inaugural Function.**

The qualifying standards to select Mysore University Teams fixed for Weight Lifting are mentioned below.

**WEIGHT-LIFTING QUALIFYING STANDARD**  
(Based on 2018-19 Inter University Competition Results)

Sl.No.	Body Wt. Category	Kgs.	Snatch Kgs.	+ Clean & Jerk Kgs.	Total Kgs.
1.	Upto	55	93	121	214
2.	"	61	94	120	214
3.	"	67	107	135	242
4.	"	73	114	142	256
5.	"	81	115	144	259
6.	"	89	120	147	267
7.	"	96	115	151	266
8.	Above	102	125	152	277
9.		109	115	141	256
10.		+109	100	124	224

**BEST PHYSIQUE WEIGHT CATEGORY****WRESTLING WEIGHT CATEGORY**

Men			Men Section		Women Section		Greco Roman
1. Upto & Inclusive	60	Kgs.	1. Upto	57 Kgs.	1. Upto 50 Kgs.		55 Kgs.
2. "	65	"	2. "	61 "	2. " 53 "		60 "
3. "	70	"	3. "	65 "	3. " 55 "		63 "
4. "	75	"	4. "	70 "	4. " 57 "		67 "
5. "	80	"	5. "	74 "	5. " 59 "		72 "
6. "	85	"	6. "	79 "	6. " 62 "		77 "
7. "	90	"	7. "	86 "	7. " 65 "		82 "
8. Above	90	"	8. "	92 "	8. " 68 "		87 "
			9. "	97 "	9. " 72 "		97 "
			10. Above	+97-125 "	10. " 76 "		+97-130"

**KARATE (WOMEN) INDIVIDUAL KUMITE****KARATE (MEN) INDIVIDUAL KUMITE**

Sl.No.	Weight Category	Sl.No.	Weight Category
1.	U-45 Kg	1.	U-50 Kg
2.	U-50 Kg	2.	U-55 Kg
3.	U-55 Kg	3.	U-60 Kg
4.	U-61 Kg	4.	U-67 Kg
5.	U-68 Kg	5.	U-75 Kg
6.	Over+68 Kg	6.	U-84 Kg
		7.	Over+84 Kg

**KARATE COMPETITION GENERAL RULES**

- 1) The Championship will be conducted as per the WKF/IKF rules and regulations and for Karate competition two competitors in each weight category will be allowed.
- 2) Every participant is expected to wear clean "White Gi" and respective belt only. Coloured or dirty Gi will not be permitted. Girls are permitted to wear white round neck T-Shirt beneath the Karate Jacket.
- 3) All Kumite participants should bring their own protective equipment.
- 4) No metallic objects (like rings, chains, amulets, kada, bracelets etc.) will be allowed to be worn by the contestant.
- 5) The decision of the judges will be final and binding by all the participants.
- 6) Argument with the Referee/Judge/Match Supervisor or the Organisers on incorrect reference of rules and regulations should be strictly avoided.
- 7) No Karateka/Manager/Coach will be entertained to discuss anything with the judges while the event is in progress.
- 8) Any indisciplinary behavior within or outside the contest ring by the karateka or their supporters will be viewed seriously. Failure to adhere to warnings and orders will result in disqualification of the contest/team from the competition.

- Note:**
1. For Yogasana (M&W) competitions, a team may consist of maximum six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for team championship but the performance will be considered for individual position. For team championship marks of the best five will be counted.
  2. Competitors who have been called for University Selection Trials in Gymnastics (M&W) & Wrestling (M&W) have to undergo Physical Fitness Tests (introduced from the year 2002-2003 for Men & from 2010-2011 for Women) in order to qualify for Final Selection Trials by securing minimum points prescribed as per the PFT Norms (PFT details already circulated)

Kindly extend your co-operation for the successful conduct of the above meet.

Thanking you,

Yours faithfully,

(Dr. P. KRISHNAIAH)

DIRECTOR

Director of Physical Education  
University of Mysore,  
MYSORE



# UNIVERSITY OF MYSORE

## Department of Physical Education, Sports pavilion, Mysore-5

### WRESTLING ENTRY FORM (MEN & WOMEN)

Name of the Institution								
GRECO ROMAN(MEN)			MEN FREE STYLE			WOMEN FREE STYLE		
55 Kg	1		57 Kg	1		50 Kg	1	
	2			2			2	
60 Kg	1		61 Kg	1		53 Kg	1	
	2			2			2	
63 Kg	1		65 Kg	1		55 Kg	1	
	2			2			2	
67 Kg	1		70 Kg	1		57 Kg	1	
	2			2			2	
72 Kg	1		74 Kg	1		59 Kg	1	
	2			2			2	
77 Kg	1		79 Kg	1		62 Kg	1	
	2			2			2	
82 Kg	1		86 Kg	1		65 Kg	1	
	2			2			2	
87 Kg	1		92 Kg	1		68 Kg	1	
	2			2			2	
97 Kg	1		97 Kg	1		72 Kg	1	
	2			2			2	
130 Kg	1		125 Kg	1		76 Kg	1	
	2			2			2	

1. COMPETITION WILL BE CONDUCTED AS PER A.I.U RULE: i.e., Two day format.
2. Draws will be done on 17<sup>th</sup> September 2019 Either by the Wrestler or his Substitute.
3. Wrestler has to produce Eligibility Certificate before draws.
4. Weighing in will be done in the morning of the competitions between 7 am to 8 am.

PRINCIPAL