



PROF. ARUN DATAR
PIONEER

'TRION - ART'
A NEW DISCIPLINE IN COMPETITIVE
IRON GAMES



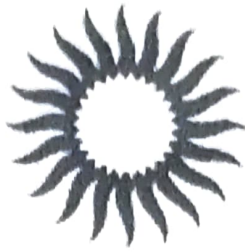
Theme Song

*Sing the Body-beautiful as God,
Who made it planned.*

*Sing the body supple,
Quick to move at its command.*

-Health and Strength League.





INTERNATIONAL TRION – ART FEDERATION

PROF. ARUN DATAR

PRESIDENT (ITAF)

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VICE-PRESIDENT (ITAF)

MR. VIKRAM GOKHALE

VICE-PRESIDENT (ITAF)

MR. VITTHAL LIKHITE

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MR. ULHAS TRIMAL

FOUNDER MEMBER (ITAF)

PROF. ARATI DATAR

FOUNDER MEMBER (ITAF)



C/O SURYA GYM.

**NEAR CHATUSHRINGI,
SENAPATI BAPAT ROAD PUNE.**

PIN CODE – 411016.

MAHARASHTRA, INDIA.

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STRENGTH STAMINA STYLE SPEED SYMMETRY SHOW

INTRODUCTION

Faster runs, longer jumps, higher vaults, longer throws and heavier lifts.... Sports persons are all the time trying to achieve these and set-up records in running, jumping, throwing, lifting and various other field sports; To prove the superiority over others; is the main driving force behind these record setting.

*There are three competitive sports in Iron-Games. They are Weight - lifting, Power lifting and Body-Beautiful. Since many years a question was lingering in my mind, as to why all the importance was given only to the muscular development in the sport of Body - Building. There are no means to test the strength and the flexibility of well - built body. On the other hand in case of weight lifters and power lifters no importance has been given to the muscular development, though they lift very heavy weights. Therefore, a sport called **TRION-ART** has been developed which can truly test strength, stamina, endurance, suppleness and muscular development of a contestant.*



Arun Datar

1. DEFINITION OF SPORT

The definition of the word "**sports**" as such has not been given by anyone, anywhere. Perhaps, "Use of leisure for entertainment with full use of man's intelligence, strength, stamina and skills to prove his superiority in a competitive environment is sports." would be an apt definition.

There are various kinds of sports such as singles, doubles, in teams of three, five, nine, or eleven players. When an individual excels in an individual sport, the credit goes to that person alone. However, in-group games, the entire team gets the credit.

ORIGIN OF SPORTS:

Playfulness is a natural instinct hence a concept like sport can have its origin in an instinct but not in anything specific. We can observe that even animals like dogs, cats, horses, cows and especially their young ones can hardly keep still, more so when they are in company. They are very playfully running after one another, pulling legs, locking horns or knocking one another down. All this comes spontaneously to them. Babies too hardly stop moving their hands and legs. The pre-historic or the Stone-age man may have done the same thing. As man's intelligence developed, this must also have evolved. The need to prove one's superiority introduced things like running over a long distance, physically overpowering the other, climbing tall trees, lifting heavy stones, throwing stones for a maximum distance etc. As man progressed, the type of sports also did. Hunting, elephant fights, horse-riding, duels, boxing, wrestling, archery, fencing or sword fights and similar sports are in vogue for the last thousand years or so. The equipment used in sports underwent lots of changes as mankind evolved intellectually and advanced in science and technology till we have reached the present state in sports.

THE OBJECTIVES OF SPORTS AND GAMES:

As the very definition implies, in my opinion, entertainment is the prime motive behind both sports and games. Of course, making one's body strong and tough and proving one's superiority is an important motive too. Now a day's lot of people participate in various sports activities either as a player or as a spectator, to get maximum pleasure, joy and fun. Of late it seems that the concept of sports and its aim has taken a turn for the worse. Recently the match-fixing scandal was unearthed and it raised a storm all over. Sports-lovers were flabbergasted and totally dumbstruck. It proved beyond doubt that

earning money by hook or crook was the overriding priority even in cricket, which was always considered a gentleman's game. Players, coaches, managers, right down to the groundmen all fell like nine pins to the monster of match fixing. The "bookies", people totally unconnected to this prestigious game, took over the game results causing deep trauma to cricket lovers and others connected to the game.

"Play the game in the spirit of the game"—this was the sacred motto until this recent racket. This motto was shown the garbage bin and some greedy persons changed it to "Play the game or lose it, all for the love of money." God forbid should such demeaning things happen to other sports as well!

THE BENEFITS OF SPORTS IN HUMAN LIFE:

- 1) It helps in toning and strengthening the entire body.
- 2) Quick decision-making capacity is enhanced.
- 3) Improvement in the capacity to concentrate, sportsmanship, strength, stamina, suppleness skills and competitive spirit, which in turn make one, perform at his best.
- 4) The mind and body co-ordination is vastly improved.
- 5) One is refreshed and ready to work hard and more, after enjoying pleasure, fun or joy from a sport activity.
- 6) One is trained to respect not only the umpires and referee but also one's opponents.

Very importantly, it cultivates a habit to show and pay respect not only outwardly but also mentally to senior sportsmen and peers.

TYPES OF SPORTS:

War games, equestrian events, aquatics, hunting, elephant-fights, boxing, fencing, wrestling and duce are considered manly games where power (physical or mental) is put to test. In India, Lord Krishna's dance with his village girls has been called a sport as is love also called a sport or game. These, however, would be totally out of place here.

ATTRIBUTES OF GOOD SPORTS:

The capacity to think independently is a gift bestowed on mankind. Besides this, human beings exhibit the natural instinct of overcoming difficulties by using sharp memory and vision. Various kinds of sports were invented to increase physical, mental, intellectual and spiritual levels of players. A deep thought has been given to both

the aspects ---theory and practice of progress in every sphere. In keeping with this, the concept of sport can be explained on the following counts---

1) Strength, stamina, endurance and swiftness have to be tested. Power is tested in sports like weight lifting, shortcut, wrestling, boxing, hammerthrow, javelin throw, and discus throw. Stamina and breath-holding capacity as well as are put to test in games like kabbadi, kho-kho, hockey, football, running etc.

2) Skill is an integral part of sports. So also the performance must be attractive, graceful, and rhythmic and must exude tempo. This can be exemplified in gymnastics, malkhamb, high jump and bodybuilding.

3) There have to be some criteria of evaluation of performance such as how high or how long one jumped, how much weight did one lift or who takes lesser time to run the specified distance. E.g., Long jump, high jump and so on.

4) There must be an element of curiosity and it must be heightened during the performance like- will there be another goal? Will another wicket fall or not?

5) The spectators should be glued to their seats as well as be totally involved while watching the game. An element of uncertainty is a must. It must be next to impossible to conjecture about what would happen next. Cricket remains thrilling because it is a game of glorious uncertainty.

6) The game must be confined to such a time limit that it does not become boring to sportsmen as well as the spectators. Games played for shorter durations tend to be faster and more exciting and vice versa. It is a known fact that when one-day cricket was introduced, it became more interesting and exciting.

7) Pace should be intrinsic part of a game. The game must be eventful. Some or the other event must continuously be happening.

8) There should be some spirit of adventure such as in hang-gliding, trapeze, gymnastics, rappelling, surfing, trekking, para-jumping and bungee- jumping.

9) Art or artistic movements is also an important quality of sports. Sports have almost become an art. In the last few years some sports have a lot of importance on the artistic aspects. Synchronized swimming, gymnastics, aerobics and floor exercises fall in this category.

The more the number of attributes mentioned above in a particular sport, the more it can be said to be complete. Any sport having these

qualities by and large would make it complete.

If one participates in a so-called complete sport, the sportsman gets an all-round development. It helps in sharpening intelligence, increasing sportsmanship the capacity to concentrate and makes the body well toned and erect. The sportsman becomes confident and fearless and capable of adjusting to any circumstances as well as facing any physical or mental difficulty with grit and determination. A sportsman forges his identity wherever he goes. He can make his presence felt under any circumstances. He becomes a cultured citizen. He starts loving the sport, its equipment and also the very ground on which it is played. Following this, he comes to have a deep love and regard for his motherland.

It is therefore advisable for one and all to take up some complete sport, learn it, and take interest in it and to practice it regularly.

A new form of sport—**TRION ART**—has all the qualities of a complete sport. It satisfies all the criteria for game perfection and thus is meritorious in itself. It is suggested that though new, this should be considered seriously as a very viable and perfect option.

This game originated in Pune, Maharashtra. This is a unique and pioneering effort in the field of iron games. This extremely challenging, exciting, artistic and fast-paced form of sport. We are confident that this will revolutionize iron games. It has aroused a lot of wonder and curiosity from many sports experts and fans. If properly propagated, this would turn out to be an all-time favorite of even the most reluctant converts or rigid non-believers. **TRION-ART** is guaranteed to be the top choice of all sports enthusiasts in the years to come.



TRION-ART

A GAME IN THE QUEST OF AN IDEAL & COMPLETE IRON ATHELET

1. WHAT IS IRON GAME?

Iron games encompasses Weight lifting, Power lifting, Body-beautiful, weight training as an additional exercise and all activities in which athletes use weights as additional resistance in any exercise. These weights are made from steel or iron, and so the activity is called Iron game. The athletes engaged in Iron games are obviously known as Iron men or Iron women.

2. WHAT IS 'TRION-ART'?

In Iron games competitions are held in weight – lifting, power – lifting and Body – Beautiful events. As I have explained earlier that none of these competitive sports can together test to the limits the strength, stamina, suppleness and muscular development of competitors. Therefore, by combining these three Iron games, we have developed a new Iron game – '**TRION – ART**'. The name Trion – art has been derived from Three Irons through Tri – Iron. To exhibit one's physique through posing is an art in the game of Bodybuilding. Similarly, there is speed, grace, beauty and artistic movements in the lifting round. Therefore, we have unanimously decided the name of the new sport '**Three Iron Art, TRION – ART**'.

3. THE SOURCE AND THE DEVELOPMENT OF TRION-ART

I feel it necessary to explain in short the background of the development of the '**Trion- Art**'. Approximately hundred years ago Mr. Fredrik Muller of Prussia had proved himself as the strongest man in the world. Later on who became popular as one and only, Eugene Sandow. Sandow used to give stage performances. He used to lift ponderous weights in various styles, he was a master poser, and his muscle control was a grand display of showmanship and was able to do the gymnastics movements gracefully. In my opinion he was an ideal Iron Athlete. Perhaps, this is the root cause of the development of the '**TRION – ART**'.

4.WHO CAN PARTICIPATE IN 'TRION - ART'?

All Iron Athletes, men and women can take part in it. Body builders and power lifters can participate with a little practice of Snatch and Clean and Jerk. Similarly, weight lifters and power lifters will have to shape-up their bodies and learn posing. I know, this is not an easy job, but I am sure that Iron men and Iron women can do this because they are very determined.

5.WEIGHT CATEGORIES:

This Sport has been designed for four categories for the Male Competitor

- | | | |
|----|---------------|---------------|
| 1) | BantamWeight | below 55 kgs. |
| 2) | Light Weight | 55 to 65 kgs. |
| 3) | Middle Weight | 65 to 75 kgs. |
| 4) | Open Weight | above 75 kgs. |

For the ladies, there are two categories

- | | | |
|----|--------------|---------------|
| 1) | Fly Weight | Upto 50 Kgs |
| 2) | BantamWeight | above 50 Kgs. |

6.THE TRION ART EVENTS ARE HELD IN TWO ROUNDS.

FIRST ROUND - THE LIFTING ROUND:

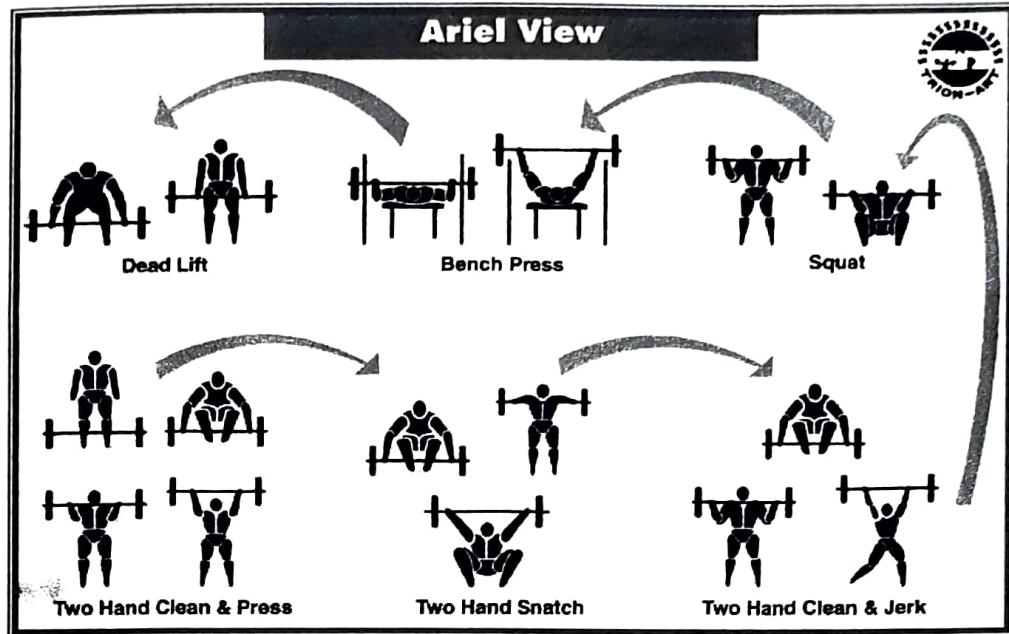
The test of Strength, Stamina & Speed.

In this round six barbell sets are arranged on the platform, loaded with different standard weights according to the specifications of the International **TRION-ART** Federation. Competitors are given two minutes each to lift these weights in six different styles namely: -

- | | |
|------------------------------|----------------|
| 1) Two hands clean and press | 4) Squat |
| 2) Two hands snatch | 5) Bench Press |
| 3) Two hands clean & Jerk | 6) Dead lift |

in the given order. Even if the competitor fails to lift any one of the six lifting sets, he is allowed to continue till the end of the two minutes allotted to him.

LIFTING ROUND-



VARIOUS WEIGHTS FOR LIFTING ROUND AS A GUIDELINE:

- | | |
|---------------------------|--|
| Two hands press: - | Body Weight |
| Two hands snatch: - | Body Weight |
| Two hands Clean & jerk: - | Body wt. + 20% to 30% Of body weight. |
| Squat: - | Double the body weight. |
| Bench Press: - | Body wt. 30% to 50% of of body wt. |
| Dead Lift: - | Double the body wt. |

The upper limit of every category will be considered as standard body weight for that category, for competition purpose. This may vary from time to time. If on the other hand, the participant finishes lifting the six barbell sets before time is up, he can lift the weights one more time within the given two minutes & if he does, he is given 10 points per lift. When the participant is lifting the weights the second time, within the given two minutes, he is not bound to follow the same order. He may lift any weight in the prescribed style, except he should not lift one and the same weight more than once in any given round. The participant may lift the six sets any number of times within the given **two minutes**.

There are two types of snatches even in International weight lifting. They are – 1) **squat style of snatch**, which has been used by almost all lifters and 2) **the split style of snatch**. In my opinion split style is more artistic and more graceful style of snatch, split snatch is little easy to learn, particularly for bodybuilders, willing to participate in **TRION-ART**. The split snatch has been disappeared from international weight lifting. In my opinion **TRION-ART** may give rebirth to split style snatch.

THE SPLIT STYLE OF SNATCH: -



7. RULES REGARDING ASSESSMENT IN THE FIRST ROUND

1. 10 points are given for every perfect lift.
2. If for some reason, in the first round, the participant is unable to lift some weights, then he can participate in another attempt in lifting round for two minutes. If this is done, the first attempt is considered as cancelled.

Under these circumstances, the result of the second round will be final. The maximum points given per lift in such second attempt are "9" (nine) for each lift in the given set of six weights.

As you know there are two styles of snatch. The Squat Style Snatch and the Split Style Snatch. In my opinion, Split Style Snatch is safe and easy to learn (particularly for Body-builders.) and an artistic style of snatch. I hopes that 'Trion-Art', may give re-birth to split style of snatch.

8. THE SECOND ROUND: BODY-BEAUTIFUL ROUND: -

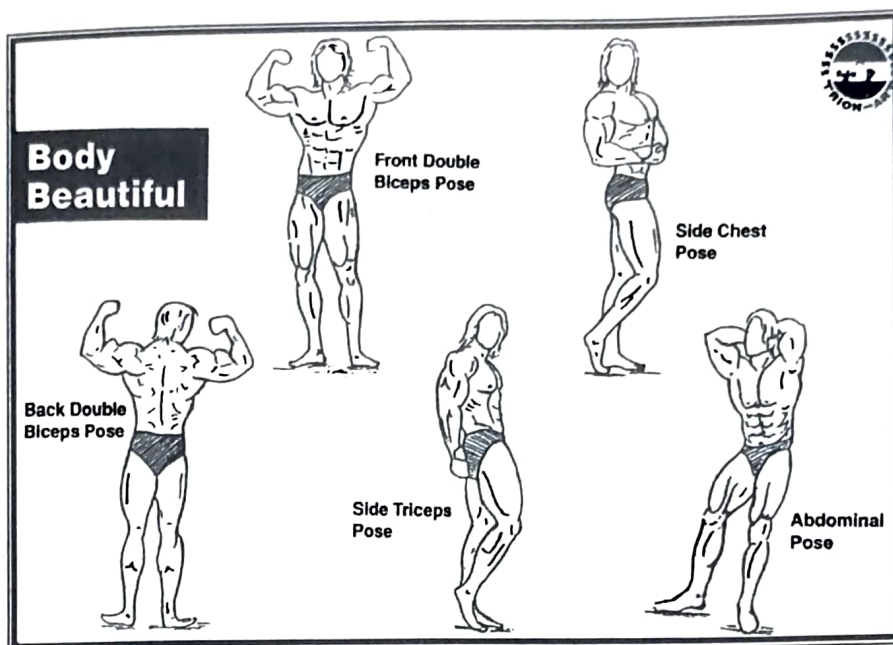
Emphasizes exhibition of the participant's physique through five compulsory poses and free posing on music.

The five compulsory poses are:

- a...Front double biceps pose
- b... Side Chest pose
- c...Back double biceps pose
- d...Side triceps pose
- e...Abdominal pose followed by an array of free posing.

As soon as the bell rings, at the end of the given two minutes, the participant must freeze himself in that particular pose in his display, a which, he is found at that moment. Otherwise he stands to lose points. There is no second chance in the second round.



THE BODYBEAUTIFUL ROUND: - five compulsory poses-**9. RULES REGARDING EVALUATION IN THE SECOND -ROUND:**

100 points are allotted for this round.

- 1) Each compulsory pose carries 10 points.
 - 2) 40 points are allotted for free posing.
 - 3) 10 points for General Appearance and Grace.
- Proportion of various Muscles lower and upper body balance etc.
The points of the 1st and 2nd rounds are added together to arrive at the final result.

10. IMPLEMENTATION: -

On Jan 26th 1995, we took the first extensive trial of this newly developed Iron-Game.

The results were very encouraging. Subsequently State Level Competitions in Trion-Art were conducted in Sept of 1998 in Pune.



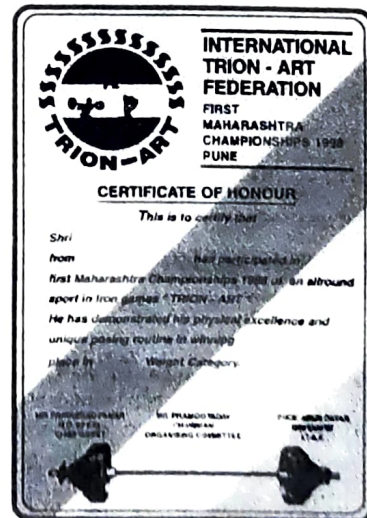
THE PRESS QUOTED: -

1. It calls for a high degree of versatility from participant-MID DAY.
2. Trion-Art has written a new chapter in the field of sport-- Daily Loksatta.



The noteworthy features of this competition were

1. There were 45 participants from all parts of Maharashtra.
2. There were 3 attractive cash prizes in each category :
 Rs. 10,000 /- Ist Place Winner
 Rs. 7,000 /- IInd Place Winner
 Rs. 5,000 /- IIIrd Place Winner
 Along with an attractive gold, silver & bronze medal of 5" diameter.
3. In addition to the above each participant was given a handsome participation allowance, health food packs, a T-shirt & a certificate.



4. These participants showed tremendous eagerness towards the new game. Their Zeal & enthusiasm were noteworthy.
5. A few girls were also willing to participate only in the lifting round.

11. CONCLUSION

While developing **Trion – Art** every consideration has been given to the dangers involved in the event. It is indeed extremely trying and only the most determined competitors can stand up to this challenge. As for the spectators, it is intriguing to watch the performers lift six sets of weights in two minutes, in the various prescribed styles. The speed at which this is done is difficult to believe and behold in the spectator's eyes. Needless to say that the excitement is difficult to contain.

Trion– Art is the true test of strength, stamina, speed, efficiency and physical attributes of a person within just four minutes.

In this game there is anxiety, speed, beauty and grace. It tests the ability of the examiners in fast and accurate decisions, thus challenging the participants as well as the assessors. Therefore, this is a complete game, which requires a unique combination of intelligence along with Strength and Precision.

Usually a person can do body beautiful & power lifting simultaneously but weight lifting & body-beautiful are very difficult to do together because in the latter all the exercises are to be done slowly. On the contrary, weight lifting demands utmost speed. In body-beautiful, it is possible that the muscles become hard and the flexibility of joints diminishes. For weight lifting the muscles must be fully relaxed and the body must be extremely supple.

12. EXPECTATIONS:

Nature has gifted woman with greater endurance. I am confident that they will perform wonderfully well in this new event. Human beings are always exploring various frontiers of every endeavor. In sports the Pole Star of excellence is constantly lighting up the paths of sports persons. Higher, faster, longer, heavier... are the watchwords constantly ringing in their ears, as they participate in various events. It is my expectation that **Trion–Art** has already opened yet another avenue over which our Iron – Games specialists will march majestically to still greater glory illuminating strength, stamina, speed, symmetry, and style in a grand display of showmanship.

13. TRION-ART – RULES AND REGULATION

The **Trion-Art** is a combination of three different disciplines of Iron game, namely **Weight lifting, Body-beautiful, and Power lifting**. Since **Trion-Art** is a new concept and has a new purpose of overall development; we have formed rules for the Game to suit the performance and convenience. The **Trion-Art** competitions will be conducted in Two Rounds. They are:

FIRST ROUND: Lifting round --one call and that's all.

This is known as LIFTING ROUND. It is of two minutes duration. It is the test of strength, stamina and speed of the competitors. In this round six barbell sets will be arranged on the platform loaded with different standard weights fixed by the Technical Committee of the Federation.

- 1) Competitors will have to lift these weights in six different styles, namely – two hands clean and press, two hands snatch, two hands clean and jerk, squats, bench press, and dead-lift.
- 2) The competitor has to observe and obey the orders of the referee, while lifting different weights. Instead of traditional signals and oral orders like lift, rack or clap the referees will blow a whistle to instruct the players in lifting round.
- 3) After completing each and every lift by the competitor, the referee's panel will give their verdict immediately and the scorer will declare loudly whether the lift is pass or fail.
- 4) If a competitor completes successfully the compulsory six lifts in less than two minutes and if there is some spare time, the lifter can start lifting barbells in another circuit, till two minutes are over, to collect more points.
- 5) For this circuit the competitor need not follow the order of lifts mentioned above, and he can lift his strong lifts first.
- 6) If a competitor fails in one or more lifts in compulsory circuit he can not start his second circuit which is an optional one. He must try to clear those fail lifts, and if time permits, he can go in for his optional circuit.
- 7) Unless the competitor clears the first six compulsory lifts, the competitor cannot go in for the optional lifts.
- 8) The competitor need not follow the specific order for optional lifts, but he will not lift the weight in the same style, for two consecutive times.

- 9) Similarly, the competitor will not repeat any of the lifts for the third time, unless he clears all six lifts for the second time in a round. That means, the competitor for example will not go on lifting lift no. 2 and lift no. 6, and again lift no. 2 and lift no.6, and so on till two minutes are over.
- 10) The competitor has to lift all six lifts in compulsory circuit and all six lifts in optional circuit successfully and then he can go in for third circuit, if time permits.
- 11) The rules and fouls of the first lift, i.e. two hands clean and press are:
(A) Two Hands Clean and Press:
First Motion: - The bar shall be placed horizontally in front of the athlete's legs; grip it with both hands and bring in at a single, distinct motion to the shoulders either lunging or springing on bent legs, rest the bar on the chest or on the arms thoroughly bent, bring back the feet on the same line, separated by a distance of 40 centimeters, at maximum.
Second Motion: - Being in this position, mark a two seconds stop standing motionless; then slowly lift up the bar vertically until the arms are completely extended without any jerk or sudden start, the motion being completely finished, mark a two second stop, arms and legs stretched.
 During the sole execution of the second motion, that is to say to develop proper, the athlete's body and head must constantly keep the vertical position.
Important Remark: - As a rule the bar must touch the chest before the execution of the second motion, which must not begin before the referee gives the signal by clapping his hands or by a whistle.
 Athletes, who are unable to rest the bar on their chest, must inform the jury of this fact before commencing the execution. For this class of competitors, the starting point of the bar as far as the develop proper is concerned, shall be indicated by the meeting point of the collarbones with the sternum.
Incorrect motion: - All departure of the body or the head from the vertical position; all torsion, all feet motion (hill lift, etc.) and all bending – however little – of the legs, and the uneven extending of the arms during the develop, are forbidden.
- 12) Moreover, while doing lift no. 4 the 'squat', it is suggested to the competitors that they will try to do the full knee bend, instead of the usual below parallel level sitting.
- 13) Every pass lift will carry **10 (ten)** points. No points for fail lifts.
- 14) The competitor will start lifting weights one after the other, in the

- prescribed order, as soon as he hears the order of the Chief Referee, '**On your mark, get set, go.**'
- 15) The chief referee would whistle to give instructions or order to communicate with competitor as decided by the federation.
 - 16) There will be a bell or a buzzer to warn the competitor to stop at completion of two minutes.
 - 17) If any of the lifts is in progression at the time of the buzzer, the competitor will be allowed to complete that lift. The competitor will get full **10(ten)** points for that lift, if the lift is pass.

SECOND CHANCE:

- If any competitor feels that he has failed to perform his best in lifting round, he may request for a second chance of lifting round.
- 1) This second chance will be an optional one and will be of two minutes duration.
 - 2) The second chance of lifting round, will be given immediately after the first chance of lifting round of all the competitors in that weight category.
 - 3) When a competitor will start lifting barbells for his second chance of lifting round, the scorer will cancel or scratch the points of his first chance of lifting round.
 - 4) In that case the points of his first chance will not be counted.
 - 5) Competitors will not be given the option of selecting the points, from these two chances of lifting round.
 - 6) The competitor will automatically lose his right on the first chance of lifting round, as soon as he will start lifting barbells in his second chance of lifting round.
 - 7) There will be **9 (nine)** points per lift, instead of 10 (ten) points per lift in this second chance of lifting round.

SECOND ROUND: Body beautiful round--- symmetry, style, show

This is known as Body-Beautiful Round. This round is also of two minutes duration. All the competitors competing in each weight category will come on the stage and serially each competitor will be given two minutes to exhibit his/her physique. This is the test of symmetry, style, showman-ship, proportion and muscular development of competitors.

The competitors will have to take five compulsory poses:

- (A) They are- (1) Front double biceps pose (2) Side chest pose (3) Back double biceps pose (4) Side triceps pose and (5) Abdominal pose.
- (B) As soon as the competitor completes his fifth pose, he will start his free posing routine on music.

- (C) Competitors will have the facility of selecting the music of their choice.
- (D) Competitors will take as many poses as they can and they want, till two minutes are over.
- (E) Points for free posing are not linked only with the number of poses one takes.
- (F) Competitors will observe that they include front, side and back poses in selecting their free poses.
- (G) Competitor will stop his posing, and will take a freeze action, immediately after the buzzer.
- (H) Any extra pose will carry penalty points.
- (I) There will not be second chance in this round.
- (J) There will be **100 (hundred)** points in all, for this round.

The distribution of the points will be as follows: -

- (1) Each compulsory pose will carry 10 (ten) points, so total 50 (fifty) points.
- (2) There will be 40 (forty) points for free posing.
- (3) There will be 10 (ten) points for general appearance, neatness, muscular development and proportion.

By adding the points of first round and second round (R1 + R2), the scorer will prepare the result and hand it over to the chief referee. The chief referee will check and certify the score sheet and forward it to the Master of Ceremonies to declare it and the Victory Ceremony will follow.

GENERAL RULES AND REGULATIONS:

- 1) There shall be six different lifts in lifting round. They are: Two hands clean and press, Two hands snatch and Two hands clean and jerk, squat, Bench press and Dead lift.
- 2) Knee bandage or knee straps are strictly prohibited, but kneecap is allowed.
- 3) The feet spacing for dead lift and for squat, between heels shall not exceed twenty inches.
- 4) Chewing gum or consumption of alcohol is strictly prohibited throughout the competition.
- 5) The number issued by the organizers to the competitors shall be fixed on the left side of the costume throughout the competition.
- 6) The jury may disqualify any competitor, who by his conduct on the stage and on the platform can be said to be bringing the sport of **Trion - Art** into disrepute.

WEIGHT CATEGORIES:

| | | |
|----------------|---|-----------------|
| Fly Weight | : | Below 55 kgs. |
| Bantam Weight | : | 55 to 60 kgs. |
| Feather Weight | : | 60 to 65 kgs. |
| Light Weight | : | 65 to 70 kgs. |
| Middle Weight | : | 70 to 75 kgs. |
| Open | : | Above 75 kgs. |
| OR | | |
| Fly Weight | : | Below 55 kgs. |
| Bantam Weight | : | 55 to 62.5 kgs. |
| Feather Weight | : | 62.5 to 70 kgs. |
| Light Weight | : | 70 to 77.5 kgs. |
| Middle Weight | : | 77.5 to 85 kgs. |
| Open | : | Above 85 kgs. |
| OR | | |

Categories for 1998 Competition

Below 55 kgs, 55 to 65 kgs, 65 to 75 kgs, Above 75 kgs.

USE OF LAMPS:

The use of lamps is compulsory. These lamps should light up only when the buttons are pressed by all the three referees and not separately.

APPARATUS, WEIGHING MACHINE & PLATFORM:**Platform:**

The lifts must take place on square wooden platform measuring minimum 30' x 20'. Height of the platform will be between 50 mm and 150 mm. The top edge of the platform must have a different colored line of atleast 5-cm. Platform may be made of wood, plastic, or any solid material and may be covered with non-slippery material.

Scale:

The scale must be capable of weighing upto 200 kg. with precision of minimum 50 grams.

Barbells:

For all **TRION-ART** contests only Disc barbells are authorized. The total of minimum eight barbell sets should be made available, out of which six barbell sets will be on the platform and two sets in warm-up room.

The barbell must be of the following dimensions: -

- (a) Total length of the bar outside sleeves – 2.2 m.
- (b) Distance between inside collars – 1.31 m.

- (c) Width of the inside collar including the collar on the sleeve, a minimum of 30 mm.
- (d) Diameter of the bar – 28 mm.
- (e) Diameter of the sleeve – 50 mm.
- (f) Weight of the bar – 20 kgs.
- (g) Weight of two collars 5 kgs. (2.5 kg. each)
- (h) Diameter of the largest disc – 45 cm.
- (i) Weight of the largest disc – 25 kgs.
- (j) Discs must be of the following range and covered with rubber or plastic:

- 25 kgs. of Red
- 20 kgs. of Blue
- 15 kgs. of Yellow
- 10 kgs. of Green
- 5 kgs. of White
- 2.5 kgs. of Black
- 1.25 kgs. of Chrome
- 0.5 kgs. of Chrome
- 0.25 kgs. of Chrome

25 kgs., 20 kgs., 15kgs. & 10 kgs. discs must be covered with rubber or plastic & coated with permanent colors or painted at least on the surface of the rim. Other lighter discs may be made purely of metal.

All the discs must have a clear indication of their weight.

Before the beginning of competitions, the organizers must check the weight of the bar and the discs so that the total weight may be identical with that announced.

COMPETITION STRATEGY:

For all **TRION – ART** competitions a Competition Secretary shall be appointed? At National Championship the Competition Secretary shall be the General Secretary of the ITAF.

The duties of the Competition Secretary are as follows:

- 1) To be responsible for the running of the competition.
- 2) To verify the list of the competitors.
- 3) To supervise the drawing of lots.
- 4) To record the body weights during the weighing-in.
- 5) To issue passes to the players and their team officials to admit them to the warming up room.
- 6) To supervise the order during the competition.
- 7) To attend to these tasks in close co-operation with the jury and the Technical Controller.

TECHNICAL CONTROLLER:

At national championship and other important regional championships the Technical Committee or the official delegate of the ITAF shall appoint a Technical Controller who will help the Competition Secretary or the ITAF delegate in the supervision of the competition. Technical controller must be category 1 Referee.

His duties shall be the following:

- 1) To assist the competition secretary in the weighing-in.
- 2) To check the competition platform, the barbell, the timing clock, the warming up room and the other facilities of the competition.
- 3) To check the correct uniform of these referees.
- 4) To control the costume of the competitors and to enforce the rules during the competition, if necessary.
- 5) To place the referee cards on the Jury tables and collect it at the end of the competition.
- 6) That, only the accredited number of officials accompanies the athlete near the competition area.
- 7) That, when the athlete is on the stage, no-body including the technical controller is seen in that area. (in view of the cameras.)
- 8) To control the cleaning of the bar and the platform.
- 9) To assist Doping commission, if required.

TECHNICAL COMMITTEE:

The technical committee of the Federation shall appoint Jury members, the chief referee and side referees for the championships.

JURY:

- (a) Before each contest a Jury shall be set up. It will consist of the President, Chairman Technical Committee, Hon. Secretary and three members chosen from amongst the holders of referee's category – 1 Identity card with sufficient experience. In absence of the President, Chairman Technical Committee shall act as Chairman. In absence of both the Juries shall elect its own Chairman.

When two (2) sets of Jury are appointed, the President of Jury is ITAF President and the President of Jury Panel 2 is ITAF Technical Committee Chairman.

- (b) The function of Jury Panel 2 is to ensure the technical rules are being applied. During the course of the competition the jury, by a majority of vote, may replace referee whose decisions prove him to be incompetent, provided that such referee shall have first been warned in that regard. The impartiality of the referees cannot be doubted but a mistake in

refereeing can be committed in good faith. In such case a referee must be allowed to give his explanation in reference to his decision which is the subject of his warning. Referees decisions are final and there cannot be any appeal.

- (c) When there is a serious mistake in refereeing contrary to the technical rules, the jury by unanimous vote has the right to grant another attempt of lifting round to the competitor. This attempt will be executed before the attempt of the next competitor.
- (d) The President of Jury will appoint three of its members to observe the referees. They shall employ the marking system for all the three referees. Their mark paper shall be given to the General Secretary who will calculate the results and report them to the Technical Committee who will decide if any further action is necessary for referees with low mark. Referees who obtain 95 % or more shall be placed on the list of recommended referees.
- (e) The Jury, in conjunction with the Competition Secretary, makes the decision in the case of an error in loading the barbell in the case of an incorrect announcement by the speaker.
- (f) The Jury must be seated in the position from where their view is clear.

REFEREE:

There shall be three referees. The one nominated as the Chief Referee shall give the signal to return the bar to the ground in all lifts. The Chief Referee may use whistle for signaling.

If referees light system is not in operation, the referees will give their decision by showing white flag / red flag. The chief referee shall not have an overriding vote.

If one of the side referees sees a serious fault during the performance of the lift (i.e. during the clean for a jerk) he may raise his hand to call attention to the fault. If there is agreement from the other side referee or from the chief referee himself, this constitutes a majority option and the Chief referee shall stop the lift and signal the lifter to lower the bar to the platform.

During the rounds, which they are adjudicating, the referee must not receive any document bearing upon the progress of the contest. They will not make any commentary on the progress of the contest.

Each referee must place his ITAF identity card on the Jury's table in front of the President. He must have paid necessary fees to ITAF.

The same referees' panel will be appointed for Lifting Round and for Body Beautiful Round of any weight category.

The chief referee shall be seated three meters from the platform. The two side referees must be seated in a way so that they have a sight of the competitor lifting from correct angle; i.e. the discs of the barbell do not cover the competitor.

Before the Contest, the referees must ascertain:

- (a) The platform and equipment's are according to the rules.
- (b) That the barbells weigh accurately.
- (c) That the scales work exactly and correctly.
- (d) That all competitors weigh-in within the limit of one hour for their category.
- (e) That the costume of the players is correct. During the contest the referees must ascertain:
 - (i) That the weight of the bar agrees with that announced.
 - (ii) That nobody but the lifter handles the bar during the execution of a lift.

The selection of a referee to the position of chief referees does not prevent his selection as side referee in another category in the case of insufficient category 1 referees.

After the competition the referees must sign the official score sheets.

Whenever they accept any request to act as referee in any performance. In case of inability to attend, for any reason whatsoever, timely notice should be given by them to the organizing authority so that performance may not be hampered in any way.

APPOINTMENT OF REFEREES:

- (a) Members shall appoint certified referees for performances open to athletes of their own area only. In performances open to athletes of more than one member association, the appointment of referees will have to be made or sanctioned by the Federation. Senior referees shall always be observed.
- (b) In every exhibition, competition, and championship meeting, recognized by or registered with either the federation or any of its members or any organization and/or institution directly or indirectly connected with any member, only certified referees of the Federation will be eligible to act as such.
- (c) The chief referee shall be responsible for the enforcement of the rules And regulations of the Federation.
- (d) The chief referee shall be the sole arbitrator in all cases either of disputes or otherwise regarding matters at the meeting for which he is appointed, if there be no Jury.

- (e) Chief referee, in consultation with other referees, shall have power to warn, disqualify or suspend any athlete for ungentlemanly behavior or gross violation of sportsmanship or for any other similar cause.
- (f) He shall have the power to warn, disqualify or suspend any athlete from participating for any misbehavior or violation or sportsmanship or for any cause. In such cases he will have to report, in writing, within two days from the date of exercising his power, to the appointing authorities the reason of the action taken by him, along with copy of his decision communicated to the participant concerned.
- (g) The results and report of any performance not supervised by certified referees will not be accepted either by the Federation or by any member of any organization directly or indirectly connected with either the Federation or the member. If the organizer of any such performance will fully appoint referees who have been disabled from action as such the results shall not be recognized and necessary action shall be taken against the organizer by the Honorary Secretary or by any official of the Federation having due authority. In case of any action taken, the matter will be placed before the Executive Committee of the Federation preferably at its next meeting. But if appointment had been through mistake or oversight this fact shall be immediately notified in writing to the Federation and a copy thereof forwarded to the member concerned.
- (h) The international referee shall be the ex-officio member of the general council and the Executive Committee of the State Association under whose jurisdiction they will reside for a period of two years or more, but without right to vote.

PENALTIES:

- 1) Penalties imposed by the Federation or its affiliated member upon a competitor shall be applicable to all affiliated members. They shall be operative as soon as the decision is circulated.
- 2) A competitor cannot take part in competition :
 - (a) When he is under suspension.
 - (b) When he competes against a competitor suspended or expelled or competes in a contest not registered or recognized as per rules of the Federation or competes against the professionals.
- 3) A competitor can be disqualified, suspended or expelled on the following grounds:
 - (a) A competitor properly entered for a contest does not compete.
 - (b) A competitor guilty of violation or disobedience towards the Federation or the officials during the execution of their

- functions.
- (c) A competitor waiving of an agreement or not defending his chance.
 - (d) A competitor who by words or gestures threatens the referees or any other officials in their functions, shall be disqualified on the spot by the Jury / Competition Secretary.
 - (e) A competitor who participates in a contest with other country or countries without the permission of the Federation.
 - (f) A competitor found guilty of using dope. Any official involved in the matter of dope shall also be suspended or expelled.
 - (g) Competitor found guilty of producing false age certificate or misrepresenting about his status of whatsoever nature affecting his participation in the competition.
- 4) An official guilty of misconduct or action contrary to the constitution or rules of the Federation may be suspended from all the activities for a period to be decided by the Executive Committee of the Federation.
 - 5) The Executive Committee of the Federation shall decide permanent expulsion of any competitor or official.
 - 6) In case of protest against a junior player regarding over-age during a Junior National Championships the Medical Board of the competition shall be supreme authority to decide the matter and is competent to disqualify the player if they consider him to be of over-age inspire of whatever age certificate he might have produced.

CEREMONY VICTORY:

In all competitions the Victory Ceremony will be held immediately after the competition of each category. No competitor of the category, for which the Victory Ceremony is held, would leave the competition hall till the ceremony is over.

A Victory Podium with three places shall be placed in the middle of the platform.

ITEMS:

- 1) Founder Members: - The first members of the state body who came together for promoting the game will be the founder members of that particular state.
- 2) When a state level competition is held or when we grow to hold national and international competitions the organizing committee or the said state or of the national or international level would part certain amount to International Trion – Art Federation as license fee.
- 3) Affiliation Membership Fees for state level bodies would be RS. 15000/- to 25000/- per five years which may subject to change in managing committee meeting of the Federation.

- 4) We organize the show or Trion - Art Competition in a particular sequence. E.g. - Lifting Round and Body Beautiful Round. This has been decided to allow a competitor to participate smoothly.
- 5) But changing the sequence in this game while performing or putting up a show would not change the basic principle of this game of overall development of Iron men. But the sequence suggested earlier is the most scientific and methodical approach of a competitor towards competing and completing the said game with ease, grace and beauty, which would make him perfect human being.

" ONE CALL & THAT'S ALL "





Name: Prof. Arun Datar
Date of Birth: 19th December 1943
Resi. Address: 824, Chintamani Apartments,
Bhandarkar Road,
Pune - 411004.
Gym. Address: **SURYA GYM**
Near Chatushringi Temple,
Senapati Bapat Road,
Pune – 411016.
Tel. No.: (Res.) 020-5652372
(Gym) 020-5671621
E-mail: trionart@myself.com

Education: M.A. (Economics)
School education from Bhosala Military School, Nasik. At the forefront in all sport activities right from school days. Dazzling performances in Weight-lifting Body-Beautiful. Numerous trophies at inter collegiate, inter-university and the national levels.

Present Status: A proud owner of **SURYA GYM**. A successful couch in Iron games. **Founder President** of the **International 'Trion – Art' Federation**. 'Trion – Art' a sport invented by **Prof. Datar**, through 30 years of study, experiment and thinking. **Vice-President – P.D.W.L.A.**

Prestigious Activities: In 1976, started a gymnasium at his residence. The same residential gymnasium has today transformed into most modern **Surya Gym** and is at the forefront in the sports world. Surya is a gymnasium based on 'Gurukul', system. The first expert in 'Physical Fitness Training' and **Instructors Training Course**'. The only instructor in Pune giving scientific guidance to the participants in various sports and in the gym. Students of the **Surya Gym** working as coaches even in foreign countries.

Awards and Rewards: Students of Surya have won hundreds of prizes in weight lifting and bodybuilding because of proper guidance in the gym. **Mr. Asim Mishra**, a student of **Surya Gym** had the great honour of receiving **Mr. Pune** title twice, **Mr. Hariyana** title thrice and the honour of receiving **Mr. India** title. **Miss. Sunila Shrungarpure**, a member **Surya Gym's** ladies wing entered 'Limca Book of World Records' as the first Indian women in the field of Bodybuilding.

Additional: "Surya Gym" is a feather in Pune's cap. **Mr. Datar** has, as if vowed to make the youth of the nation physically fit and strong by creating in there hearts a love for exercising."

----- **Dr. Jayant Naralikar**