



**उत्पाद मैनुअल**  
**भा. मा. 4630: 2022 के अनुसार**  
**बारबेल सेट के लिए**  
**दस्तावेज संख्या-पी एम/आई एस 4630/1/दिसंबर 2022**

भारतीय मानक ब्यूरो की स्कीम-I (अनुरूपता मूल्यांकन) विनियम, 2018 के तहत यह उत्पाद मैनुअल प्रमाणीकरण के प्रचालन में रीति और पारिश्रिता की सुसंगतता सुनिश्चित करने के लिए सभी क्षेत्रीय/शाखा कार्यालयों और लाइसेंसी द्वारा संदर्भ सामग्री के रूप में उपयोग किया जाएगा। बीआईएस प्रमाणीकरण लाइसेंस/प्रमाणपत्र प्राप्त करने के इच्छुक भावी आवेदकों द्वारा भी इस दस्तावेज का उपयोग किया जा सकता है।

**PRODUCT MANUAL FOR**  
**BARBELL SET**  
**ACCORDING to IS 4630:2022**

**Document No.-PM/IS 4630/1/ December 2022**

*This Product Manual shall be used as reference material by all Regional/Branch Offices & licensees to ensure coherence of practice and transparency in operation of certification under Scheme-I of Bureau of Indian Standards (Conformity Assessment) Regulations, 2018 for various products. The document may also be used by prospective applicants desirous of obtaining BIS certification licence/certificate.*

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## PRODUCT MANUAL FOR BARBELL SET ACCORDING TO IS 4630: 2022

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|    |                                  |   |                                                                                       |
|----|----------------------------------|---|---------------------------------------------------------------------------------------|
| 1. | Product                          | : | IS 4630: 2022                                                                         |
|    | Title                            | : | Barbell Set                                                                           |
|    | No. of Amendments                | : | Nil                                                                                   |
| 2. | Sampling Guidelines:             |   |                                                                                       |
| a) | Raw material                     | : | Bar- as per Cl. 2.1.1 of IS 4630: 2022<br>Collar- as per Cl. 2.1.3 of IS 4630: 2022   |
| b) | Grouping guidelines              | : | Please refer ANNEX –A                                                                 |
| c) | Sample Size                      | : | 1 No.                                                                                 |
| 3. | List of Test Equipment           | : | Please refer ANNEX –B                                                                 |
| 4. | Scheme of Inspection and Testing | : | Please refer ANNEX –C                                                                 |
| 5. | Possible tests in a day          | : | All tests                                                                             |
| 6. | Scope of the Licence:            | : | Licence is granted to use Standard Mark as per IS 4630:2022 with the following scope: |
|    | Name of product                  | : | Barbell Set                                                                           |
|    | Type of Bar                      | : | Men Bar/Women Bar                                                                     |
|    | Type of Disc                     | : | Competition Disc/Training Disc                                                        |

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**ANNEX A**

**Grouping Guidelines**

1. Barbell Set as per IS 4630: 2022 may be classified according to following criteria:
  - Based on type of Bar:
    - ✓ Men Bar
    - ✓ Women Bar
  - Based on type of discs:
    - ✓ Competition disc
    - ✓ Training disc
2. Considering the above, sample of Barbell Set of each type of Bar and each type of Disc shall be tested to cover barbell Sets of each type of Bar and Discs.
3. The Firm shall declare the varieties of Barbell Sets intended to be covered in the Licence. The Scope of Licence may be restricted based on the Manufacturing and testing capabilities of the Manufacturer.
4. During the operation of the Licence, BO shall ensure that all the varieties covered in the Licence are tested in rotation, to the extent possible.

**ANNEX B****List of Test Equipment**

*Major test equipment required to test as per the Indian Standard*

| S.no. | Tests used in with Clause Reference     |                          | Test Equipment                         |
|-------|-----------------------------------------|--------------------------|----------------------------------------|
|       | Cl. No.                                 | Test                     |                                        |
| 1.    | 2, Fig.1,<br>Fig.2, Table<br>1, Table 2 | Dimensions and<br>Weight | Scale, Vernier Caliper, Weighing scale |

*The above list is indicative only and may not be treated as exhaustive*

**ANNEX C**

**Scheme of Inspection and Testing**

**1. LABORATORY** - A laboratory shall be maintained which shall be suitably equipped (as per the requirement given in column 2 of Table 1) and staffed, where different tests given in the specification shall be carried out in accordance with the methods given in the specification.

**1.1** The manufacturer shall prepare a calibration plan for the test equipments.

**2. TEST RECORDS** – The manufacturer shall maintain test records for the tests carried out to establish conformity.

**3. LABELLING AND MARKING** – As per the requirements of IS 4630: 2022. Additionally, type of Bar and type of Disc shall also be marked on each Barbell set.

**4. CONTROL UNIT**- All Barbells of same type of Bar and Disc, manufactured from same method and under similar conditions from same consignment of raw material in a day shall constitute a control unit.

**5. LEVELS OF CONTROL** - The tests as indicated in column 1 of Table 1 and the levels of control in column 3 of Table 1, shall be carried out on the whole production of the factory which is covered by this plan and appropriate records maintained in accordance with paragraph 2 above.

**5.1** All the production which conforms to the Indian Standards and covered by the licence should be marked with Standard Mark.

**6. REJECTIONS** – Disposal of non-conforming product shall be done in such a way so as to ensure that there is no violation of provisions of BIS Act, 2016.

**TABLE 1**

| (1)          |                        |                                     |           | (2)                                                                            | (3)               |                   |                                                                                                |
|--------------|------------------------|-------------------------------------|-----------|--------------------------------------------------------------------------------|-------------------|-------------------|------------------------------------------------------------------------------------------------|
| Test Details |                        |                                     |           | Test equipment requirement<br>R: required (or)<br>S: Sub-contracting permitted | Levels of Control |                   |                                                                                                |
| Cl.          | Requirement            | Test Method                         |           |                                                                                | No. of Sample     | Frequency         | Remarks                                                                                        |
|              |                        | Clause                              | Reference |                                                                                |                   |                   |                                                                                                |
| 2.1,2.3      | Material               | 2.1, 2.3                            | IS 4630   | S                                                                              | One               | Each Consignment  | No further testing is required if material is received with test certificate or is ISI Marked. |
| 2.1.1        | Weight of Bar          | 2.1.1                               | IS 4630   | R                                                                              | One               | Each Control Unit | --                                                                                             |
| 2.1.2        | Dimensions of Bar      | 2.1.2, Fig.1, Fig.2                 | IS 4630   | R                                                                              | One               | Each Control Unit | --                                                                                             |
| 2.2          | Discs                  | 2.2.1, 2.2.2, 2.2.3, 2.2.4, Table 1 | IS 4630   | R                                                                              | One               | Each Control Unit | --                                                                                             |
| 2.3          | Collar                 | 2.3, Table 2                        | IS 4630   | R                                                                              | One               | Each Control Unit |                                                                                                |
| 3            | Workmanship and Finish | 3                                   | IS 4630   | R                                                                              | Each piece        |                   |                                                                                                |
| 4            | Performance test       | 4                                   | IS 4630   | R                                                                              | One               | Each Control Unit |                                                                                                |

Note-1: Sub-contracting is permitted to a laboratory recognized by the Bureau or Government laboratories empanelled by the Bureau.

Note-2: Levels of control given in column 3 are only recommendatory in nature. The manufacturer may define the control unit/batch/lot and submit his own levels of control in column 3 with proper justification for approval by BO Head.