



**Edition 1**

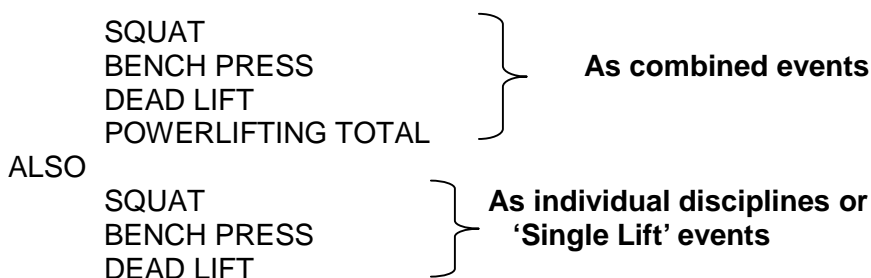
**Qualification  
Events  
Records  
Weigh-In  
Order of Competition**

## SECTION 1.1

### RECORDS

**International Records:** may only be set at WDFPF Sanctioned competitions providing that a minimum of 10% of lifters are drug tested by the urinalysis method, in a **WADA RECOGNIZED LAB.**

1. Records are recognised by the Federation in the following events :-



Men & Women/All bodyweight classes/All age classes

#### EQUIPPED AND UNEQUIPPED CATEGORIES

(See 'Costume and Personal Equipment' for technical specifications of both EQUIPPED & UNEQUIPPED categories).

Registers of Records for both Equipped and Unequipped categories of lifting are kept by the WDFPF Records Registrar.

## 2. Conditions for the Establishment or Breaking of Records

INTERNATIONAL – Lifter must have a minimum of 3 months National membership prior to the date of the record set. International records may also be broken at national competitions, providing these are held strictly under WDFPF international rules (incl. minimum 10% testing requirement). International records may be broken at National Championships without a jury present.

Lifters must claim formally by notifying the WDFPF General Secretary.

### **General Conditions**

- a. All records and bodyweight must be registered in metric values.
- b. Records may only be set at WDFPF sanctioned competitions and National events meeting the required criteria.
- c. The lifter must have fulfilled the weigh-in rules by establishing official bodyweight within the 2 hours prior to the start of the competition.
- d. The referee(s) or the Technical Officer must have checked that the barbell and discs conform to specifications, prior to the competition.
- e. Following the successful record setting attempt, the lifter must be subject to inspection by the adjudicating referee(s). Refer to "Costume and Personal Equipment".
- f. Each of the adjudicating referees must be a current WDFPF International Referee.
- g. The good faith and competence of referees of all member Nations is beyond dispute. Consequently, an International record can be assured by referees of the same nation at their National championships or relevant WDFPF Sanctioned event.
- h. The official Score Sheet signed by the adjudicating Referee(s), a copy of the current scales certificate and age verification where necessary, must be submitted to the WDFPF General Secretary within one calendar month of the date of the record setting competition.
- i. In a three-lift powerlifting competition, records set in individual lifts will only be valid if the lifter makes a total in the competition, which meets or exceeds the qualifying total for that event.
- j. Individuals may not attempt records for events they are not entered in that Single Lift records may not be transferred to Full Power and vice versa.

- k. In an event that two lifters break either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If bodyweights are identical, the lifters are to be re-weighed immediately following the competition. If during the re-weigh, both lifters weigh the same, both will be record holders. *This rule only applies where lifters of the same bodyweight category are lifting in simultaneous flights.* Where lifters are in the same flight the individual who lifts the weight first is the record holder.
- l. New records are only valid if they exceed the previous record by a minimum of 500grams. Where the record has been set in this manner the same individual may only lift to the 2.5 kg increment rule thereafter for attempts within the normal 3 attempts. IE if the lifter sets a new record with an jump of 500 grams on his first or second attempt (eg 93 kgs) their next attempt must be 95kg or greater unless it is a 4<sup>th</sup> attempt where they can again jump up 500 grams)
- m. The record will only be valid for the bodyweight category of the lifter as determined at the official weigh-in.

#### **Requirements for setting a record on a fourth attempt:**

- a. Only lifters actually taking part in a competition may attempt records as fourth attempts outside the competition. At international championships only international records may be broken on a fourth attempt.
- b. A lifter may be granted a fourth attempt for purposes of setting a record, at the discretion of the Chief Referee, if the third attempt was successful and within 20kg of the current record. In no case will further additional attempts be granted.
- c. No fourth attempts may be included in the total. Therefore a fourth attempt cannot be made to break a total record alone.
- d. Fourth attempts must be relevant to the level of competition being undertaken. At International events National records may not be a fourth attempt but may be broken or set in the setting of new European and World records.

## **SECTION 1.2**

### **EVENTS AND COMPETITIONS**

1. The WDFPF through its member Federations conducts:
  - A. Powerlifting Competition: The sum of the highest successful attempts made in the following order: squat, bench press, deadlift
  - B Single events Competition
2. The WDFPF through its member Federations sanctions the annual International championships listed below:
  - A Men/Women World Powerlifting Championships, Open and all categories and weight classes.
  - B Men/Women Continental Powerlifting Championships, Open and all categories and weight classes.
  - C Men/Women Regional Powerlifting Championships, Open and all categories and weight classes.
  - D Men/Women International Powerlifting Tournaments, Matches etc. Open and all categories and weight classes (conditions to apply as for international championships). Subject to WDFPF approval
  - E As above, but for competitions in the Single Event Championships (Squat; Bench Press; and Deadlift)

F Highland Games, MPF, Strongman/Strongwomen competitions within the National organisation of the WDFPF member nations

- 3 The Men/Women Open World Powerlifting Championships will be held in either October or November of each year.
- 4 Single Event World Championships must be scheduled in May or June.
- 5 **Open Championships:** Nations who wish to use either their National Championship or hold an additional event in their calendar that allows individuals from other WDFPF affiliated associations to participate may be run, with WDFPF approval, to ensure suitable numbers to run a National event or as an additional opportunity to hold a competitive competition. While the WDFPF allows open events in order to allow credible numbers at each competition it stresses that these open events are not a replacement for European and World events. The requirements for holding an open event are:
  - A The host Nation must have been affiliated to the WDFPF for at least 2 years and be currently fully registered.
  - B Nations who wish to host an open event, as their National Championship, must have a membership of less than 50 registered members in their association.
  - C The organisers are responsible for sending an invite to all affiliated Nations.
  - D There must be 3 International level referees from different Nations to officiate the event.
  - E All criteria with regards to Drugs Testing, equipment and specific regulations for hosting international level events must be applied when requesting records.
  - F Where there are more than 50 competitors the host nation will incur a fee made payable to the WDFPF of 100 Euros.
  - G Open Championships must be applied for to the WDFPF executive committee.
  - H WDFPF International competitions take priority over all open events.
  - I Open Championships carry no recognised WDFPF titles such as Champion.
  - J Open Championships count as WDFPF qualifying events only when being held as the host Nation's National event.
- 6 Only WDFPF Member Nations and/or individuals may compete in WDFPF sanctioned competitions.
- 7 All new National members must be registered within their National Organisation 3 months prior to the WDFPF event of choice and must participate in the national championships of affiliated nations.
- 8 Any guest lifter who wishes to compete in a WDFPF event, or any National event affiliated with the WDFPF, must be approved beforehand by the lifters National body
- 9 Federations who wish to host a World/European or International competition must be completely and fully registered to the WDFPF at least two years consecutively prior to application for the competition. Where a federation fails to comply with its registration requirements regarding hosting of events the WDFPF may remove the competition from the Nation and accept applications from other Nations to host the event instead.
- 10 World Powerlifting Championships must be held in minimum two days.

- 11 The Unequipped will always be before the Equipped in both Full Power and Single Lift events.
- 12 The WDFPF World congress will take place on the eve of the World Powerlifting Championships.
- 13 World Single Event Championship must be held minimum in three days:
  - 1) Squat 2) Bench press 3) Deadlift
- 14 Nations can only organise specific events once every 5 years for the same International competition. When there are no bids for events applications will be accepted at the congress for the following year regardless of the 5 year

### **SECTION 1.3**

#### **BID INFORMATION**

- 1 Bids may be submitted up to 2 years in advance of an event. Where a Nation bids for an event that is not in the following year (ie 2 years away) they only need provide an outline of area, event, accessibility, cost and any other information they may have.
- 2 At the congress prior to the event (The year's congress preceding the event) organisers must indicate what the entree fees will be and the hotel accommodations with prices too as to current rates. Once the prices are declared for entry they may not change (only tax adjustments) where the host Nation is not providing accommodation directly it is accepted that there may be price fluctuations based on local rates that cannot be influenced by the hosts. Failure to do so will allow other member Nations the opportunity to place a counter bid that may be considered at the congress.
- 3 Where a bid is submitted for an event that has not been previously allocated or under failure of a Nation to provide information, for the following year it is accepted the information may not be available as per para 16 above. The bidding nation is obliged to provide all such information a minimum of 6 months prior to the event in this case.
- 4 Entry Forms for all WDFPF Championships MUST be completed by the individual athlete, sent to their National Secretary with Entry Fee for verification of membership and Qualification for the event. Each National federation is responsible for the payment and collection the entry fees that are payable to the Meet Director. For each lifter registered for the event that does not attend the athletes host Nation is responsible for 50% of the entry fee. Where a host Nation or an individual has previously paid in full and does not attend they are not automatically entitled to a refund from the organiser who reserves the right to retain all fees paid by those who have not attended. Where fees have already been paid there will be no further payment required to cover the absent athlete.
- 5 Entry fees must be paid in the host Nations currency. The normal process will require the National Body to pay the organiser as a complete entry for all lifters. Each lifter may pay on the day of the entry ONLY by previously agreed arrangement, but the Nations are responsible for absent athletes as per para 18.
- 6 Meet Directors may not accept all Championships Entry Forms NO LATER than entry deadline of the competition without approval from WDFPF. A copy of each Nation's list of competitors must be sent to the WDFPF Executive Committee.

## **SECTION 1.4**

### **AWARDS AND PRIZES**

At World and European championships

- a. Awards for 1 – 2 - 3 place in each weight and age category
- b. Best lifters trophies Single Events: Squat , Bench, Deadlift Unequipped and Equipped Women + Men ( 12 TROPHIES )
- c. Best lifters trophies Powerlifting: Powerlifting Unequipped and Equipped Women + Men ( 4 TROPHIES )
- d. Best Nation trophy. Minimum 1

Any other trophies are not acceptable that are not part of the WDFPF recognised categories (for example best Master and MPF may be presented if the organisers decide)

## **SECTION 1.5**

### **COMPETITION PERMITS**

1. For any competition to be recognised by the WDFPF, it must be sanctioned by the Association. This refers to events of any kind, including all championships, matches, leagues and demonstrations.
2. Championships are awarded to a Nation on submission of a bid to the WDFPF to be considered at either the World congress or outside of congress via electronic means. In either circumstance affiliate nations will vote to confirm the winning bid. The host nation is then announced and the event advertised.
3. On undertaking the event the host nation is liable to pay the WDFPF 200 Euros as a permit fee to run the event. This fee is to be paid on full acceptance of the bid, this is deemed as the congress prior to the event year. The host is also then responsible for payment of 1 Euro per entrant over 200 entrants.

## **SECTION 1.6**

### **CHAMPIONSHIPS, COMPETITIONS AND MATCHES**

1. All championships, competitions and matches involving Powerlifting will be carried out under the By-Laws (rules and regulations concerning the sport of powerlifting) of the WDFPF and its affiliate Nations.
2. No championship, competition or match will be planned or executed without the permission of the WDFPF when executed in its name.
3. Competitors at all WDFPF events must produce proof of identity when requested.
4. In all WDFPF powerlifting or single event competitions, all participants are designated in the 'OPEN' section, as well as 'age group' performances and records being recognised. This is less the Senior Category who will always be termed open in WDFPF events.

## **SECTION 1.7**

### **INTERNATIONAL COMPETITIONS AND MATCHES**

1. The WDFPF rules of performance and regulations running competitions are the minimum requirement for recognised events. The National Council of any affiliate retains the right to apply its own rules and regulations to competitive powerlifting of its own events even if not consistent with international rules and regulations but restrictions may apply to the claiming of records or qualification of lifters for international events should the changes not meet the minimum WDFPF criteria.
2. No member may compete in or take part in any international/national competition of organisations that do not share the WDFPF ethos.
3. Selection of lifters from each Nation for International events is governed by the limits as defined in QUALIFICATION OF LIFTERS – Section 4

## SECTION 2

### WEIGHING - IN

1. All lifters are required to be members in order to take part in sanctioned events. Lifters who are contesting specific age-based categories must also bring proof of age to the weigh-in. All lifters participating in a WDFPF level event must be part of the submitted team list from their Nation.
2. Weighing in of the competitors must take place no earlier than two hours before the start of the **competition; ie NOT the flight the individual is participating in**. All lifters must attend the weigh-in.
3. The weigh-in period will last one and a half hours. All lifters must be present within the first hour of weigh in advertised times. The first hour of the scheduled weigh-in is indicated as the standard time, the next 30 mins is registered specifically for re-weighs. Where a lifter has failed to make their weight category and opted to re-weigh priority is given to those who have not attempted to weigh-in yet within the first hour, re-weighs will be conducted in the following 30 mins unless there are no remaining waiting competitors to weigh in in the first hour. The remaining half (1/2) hour prior to the commencement of the lifting will be used for the purpose of final competition preparation only.
4. Referees are preferred to conduct the weigh-in. These may be of any level in terms of qualification. Where there are not enough referees to facilitate the weigh-in other officials may be allocated to undertake the task as designated by the WDFPF representative.
5. The weigh-in for each competitor will be carried out in a suitable room with only the competitor, his/her coach or manager and the referee(s) present at the scales. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category have been weighed in.
6. Lifters may be weighed nude or wearing underpants or briefs. The briefs being worn at the event must be worn at the weigh in or held in hands for those weighing-in nude. Excessive clothing may not be worn in order to move up a category. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
7. The lifters may be weighed in the priority of the previously determined order of lifting or on arrival as queued.
8. The inspection of costume and personal equipment is no longer mandatory at International events. It is incumbent on National Technical Secretaries and individuals to ensure their equipment meets specifications within the WDFP rules. Where a host chooses to undertake equipment checks they may take place either;

**A** during the weigh-in period

**B** after weigh in, before the lifters flight commencement

**C** Prior to weigh –in, including the day before if scheduled. The technical officers or appointed referee(s) will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under Costume and Personal Equipment. The referees responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform.

9. Lots will be drawn to establish the order of lifting throughout the competition when lifters require the same weights for their attempts<sup>1</sup>. The drawing of lots is mandatory at international levels of competition. Lots may be drawn to establish the order of the weigh-in with large numbers of lifters in each category, the drawing of lots and referees' inspection of costume and personal equipment, may commence any time before the start of the weigh-in, although this may be varied as required by the Head Referee or Technical Officer. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the hour and one half

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<sup>1</sup> The only exception to this rule is when lifters are able to change their final attempt (Deadlift for full power, in each of the single lifts) and as long as the weight submitted (within the 3<sup>rd</sup> lift limits) has not already been surpassed the lifter may change their weight regardless of their lot number and the fact it would have seen them go prior to the lifter with a higher lot number.

allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. A lifter can only be re-weighed after all lifters in the same bodyweight category have been called to the scales. Lifters trying to make weight may be re-weighed as often as time and orderly progression allows. A lifter may only be weighed outside the time limit of one and one half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees.

10. A lifter who is too heavy may move into the next higher category, provided that he/she has previously achieved the minimum qualifying total required for the higher bodyweight category if one has been set for the competition. Additionally this may only happen if the lifter does not then exceed the national team limits of their nation, if so the team manager must decide which lifter is to represent their national team prior to the competition. The lifter must be present for the weigh-in at the time scheduled for his new category.
11. A lifter who weighs lighter than the lower limit for his category, may drop into the next lower category, provided (i) it has not already taken place (ii) that he/she has achieved the necessary qualifying total for the lighter category at the **lower bodyweight** previously. If this is not the case the lifter must try to make the heavier weight (their original qualification category) in order to be allowed to participate.
12. At tournaments, galas, festivals or friendly internationals, the weigh-in may, by mutual consent, take place earlier than two hours before the start of the competition. However, if a lifter declares an intention to attempt a record, that lifter must re-weigh two hours before the start of the competition.
13. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total or lift at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receives an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so on. In the event of a full power record being set in similar circumstances, the same procedure will be adopted to determine the record holder.
14. Starting weights for all lifts shall be declared by all lifters at the weigh-in. Changes on first attempts may occur before each flight of first attempts (see 'Order of Competition - The Rounds System' - [2]). There are **NO** changes permitted in the second and third attempts in Full Power events - with the exception made for the **third attempt deadlift** which may be changed twice. Single lift events allow 2 changes of the third attempt in the specific discipline.
15. Where applicable, lifters must check squat and bench press rack heights and foot blocks prior to the start of the competition and provide these when requested.

### SECTION 3

#### ORDER OF COMPETITION - THE ROUNDS SYSTEM

1. The Rounds System is mandatory at all WDFPF Sanctioned Competitions.
2. Notification of attempts: At the weigh-in, the lifter or his/her coach must declare starting weights for all three events. The starting attempt is allowed to be changed **ONLY ONCE**. Lifters in all flights may change their lifts when called prior to the start of the flight they are competing in. At International level events the starting weights in a single lift competition **MUST** be the minimum of the qualifying standard unless the lifter is declaring themselves injured in which they may only make one attempt. Any lifts below the qualifying standard will not be registered with a finishing position but will still be included in the results. Any drop in opening weights or more than 20KGs will be considered a declaration of injury and the injured lifter scenario is activated. In a Full Power event the total of the first attempts **MUST** add up to the value of the qualifying standard for the lifters class and must be at least the minimum of the required lifts in each discipline. Any changes in opening weights down **MUST** be reflected in an increase in the remaining lifts to meet the minimum standard of that class and discipline. Where weights are reduced due to injury the same rule applies in that of single lift results and placing<sup>2</sup>.

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<sup>2</sup> Registered injured in one discipline of the Full Power does not prevent the lifter from continuing to participate as normal in the rest of the Full Power event, but special attention must be considered to the requirement to maintain the minimum Full Power Total when dropping lifts in the injured discipline.



3. If applicable, opening attempts must be entered on the appropriate 'first attempt' card, signed by the lifter or coach and retained by the official conducting the weigh-in.
4. The lifter will complete additional blank attempt cards during the competition or provide direct to the desk official as dictated by the event.
5. Following the first attempt in an event, the lifter or coach must decide upon the weight required for the second attempt. This weight must be recorded where indicated on the card, and submitted to the marshall or other appointed official within the one minute time allowance. The same procedure is to be used for third attempts in all three events; also for record setting fourth attempts. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. The attempt card must be handed directly to the designated marshall or official. (The official should have extra attempt cards available for emergency purposes). If no weight is submitted within the one minute time allowance, if the lifter has failed to declare the next attempt, in the case of a second attempt the weight will either be the same as previous for a failed lift or an automatic increase of 2.5kg to the previous weight and they will be warned. Where the lifter fails to provide any further attempts for the rest of the competition the attempt will be entered as previous.
6. The use of attempt cards is mandatory at international levels of competition
7. Each lifter in the assigned flight will take their first attempt in the first round of the event. Regardless of the success/failure of the first attempt, all lifters in the assigned flight will then take their second attempt in that event. Regardless of the success/failure of the second attempt, all lifters in that same flight will then take their third attempt in that event. Lifters, who wish to take a fourth attempt for the purpose of setting international records, would follow the third attempt rotation. The flight would then vacate the platform, allowing the next flight of lifters to compete in that event. If there is only one flight of lifters in a session, that flight would move into a warm-up area to prepare for the next event. Each event would follow the format explained above.
8. The bar must be loaded on a progressive basis during a round, from lightest to heaviest. Lifters will not be allowed to take a lower weight in a following round for an attempt in any event. The bar cannot be reduced in weight once a lift has been performed with the announced weight. The only exception to this would be due to an error on the part of the Speaker/Announcer who may have inadvertently missed a lifter's attempt. If this is the case, the Chief Referee will reduce the load on the bar and then continue with the progress of that flight.
9. Lifting order will be determined by the weight on the bar and Lot Numbers. The lifter requiring the lightest weights lifts first; in the case of similar calls for weight, the lifter with the lowest Lot Number (drawn at the weigh-in) will lift first<sup>3</sup>. The use of lot numbers is mandatory at all WDFPF International events.
10. A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted, and the order of lifting in the first round will be changed accordingly. If the lifter is in the first flight, this change may take place at any time up to within five minutes before the start of the first attempt in that event. Weights submitted for second and third round attempts in the squat and bench press may not be changed in full power events.
11. If during a round, a lifter misses an attempt due to a misloaded bar or to a spotter error, the lifter will be granted another attempt at the same weight at the discretion of the Chief Referee or Technical Officer. The "repeated attempt" would be taken at the end of the current round. If the error occurs for the last lifter of a round, that lifter will be allowed a three (3) minute rest before repeating the attempt.
12. In the third round of the deadlift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to the previously submitted weight. (NB these procedures also apply in the case of Single Lift events).

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<sup>3</sup> Less as detailed in Section 2 Par 9

## Flight Formation

13. Flights are to be formed in competition order with the first flights consisting of the women progressing in weights classes followed by the Men in the same manner. Where 10 or more lifters are competing in a session, groups/flights may be formed consisting of approximately equal numbers of lifters whilst maintaining a competitive element in terms of age and weight classes.
- a. (Flights MUST be formed when 15 or more lifters are competing in the same session). A session can be composed of a single bodyweight class or any combination of bodyweight classes or ages at the discretion of the organiser for purposes of presentation.
  - b. If unsuccessful with an attempt, the lifter does not follow him/her, but must wait until the next round before he/she can attempt that weight again.
  - c. When two or more groups take part in a session upon a single platform, lifting will be organised on a group repetition basis. No time interval will be allowed between rounds other than that necessary for preparing the platform for the next event.
  - d. For example:-if there are two groups/flights taking part in a session, the first group will complete all three squat attempts. They will be followed immediately by the second group who will complete their three squat attempts. The platform will then be set for the bench press and the first group will complete their three bench press attempts, immediately followed by the second group who will similarly complete their three attempts on the bench press. The platform will then be set up for the deadlift and the first group will complete their three deadlift attempts.
    1. To run the weight-on-the bar signs, platform managers etc.
    2. Additional officials may be appointed as required, eg, doctors, paramedics, etc.

## Section 4

### QUALIFICATION OF LIFTERS

1. All lifters participating in WDFPF sanctioned events must be current members of affiliate Nations.
2. In addition, any participant must have made the qualification total for the event they are entered into at a bone-fide recognised sanctioned event where a qualification level is required<sup>4</sup>.
3. Lifters must have been members of an affiliate Nation for a minimum of 3 months prior to the WDFPF event entered as per records.
4. Each Nation may select a maximum of 3 individuals per age and weight class as part of a National team as long as:
  - a. Regardless of finishing position in the respective qualifying event the required total MUST have been achieved.
  - b. Membership criteria must be followed.
5. The WDFPF have the right to limit numbers at events to ensure both safety and reasonable competition timings are recognised. Where limits are to be imposed all member Nations will be informed well in advance of the manner in which numbers will be allocated to the event.

### Section 4.1

#### Additional Aspects for Qualification

1. The totals of Master lifters who qualify at their given age group, but who will be in the next age group at the date of Championships, will be considered valid in the next age group. This also applies to OPEN lifters taking part in the M1 category.

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<sup>4</sup> The WDFPF enforces the minimum qualification levels for both World events (Single Lifts and Full Power) Affiliate Nations may enforce its own criteria over and above the WDFPF requirements as it sees fit.

2. Where Junior and All Teen Lifters are scheduled to move up a category in age before the next event they **MUST** have obtained the minimum standard of that class in order to lift.
3. Lifters who qualify in the Unequipped section will automatically be eligible for participation in the Equipped section only if they have achieved the required total.
4. WDFPF qualification Totals & Scores apply to World Championship events both Full Power and Single Lifts and European Full Power and Single Lifts. A member Nation may impose additional qualification requirements as it sees fit.
5. Lifter may only lift in the category in which they qualified in terms of weight class. Where a lifter weighs in heavy they may lift in the heavier category as long as they have made the relevant qualifying total and they do not exceed the maximum of 3 lifters from their Nation. Where the qualification has not been reached or there are 3 members within the class from the same Nation the lifter may not participate.

## AGE CATEGORIES

- OPEN: From 14 years upwards (No category restrictions need apply).  
 TEENAGE: (T1) from 14-15 years, (T2) 16-17 years, (T3) 18-19 years.  
 JUNIOR: From 20 years up to and including 23 years of age.  
 MASTER: (Men and Women) (M1) from 40-44 years, (M2) 45-49 years and so on in five year increments, ad infinitum.

Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age groups by their specific age on the day of the competition. (The lifter must have attained minimum age on the day of the competition where age limits are imposed).

## BODYWEIGHT CATEGORIES

Men:	52.0kg	Class up to	52.0kg		
	56.0kg	Class from	52.01kg	to	56.0kg
	60.0kg	Class from	56.01kg	to	60.0kg
	67.5kg	Class from	60.01kg	to	67.5kg
	75.0kg	Class from	67.51kg	to	75.0kg
	82.5kg	Class from	75.01kg	to	82.5kg
	90.0kg	Class from	82.51kg	to	90.0kg
	100.0kg	Class from	90.01kg	to	100.0kg
	110.0kg	Class from	100.01kg	to	110.0kg
	125.0kg	Class from	110.01kg	to	125.0kg
	145.0kg	Class from	125.01kg	to	145.0kg
	+145.0kg	Class from	145.01kg	to	unlimited
Women:	44.0kg	Class up to	44.0kg		
	47.5kg	Class from	44.01kg	to	47.5kg
	50.5kg	Class from	47.51kg	to	50.5kg
	53.0kg	Class from	50.51kg	to	53.0kg
	55.5kg	Class from	53.01kg	to	55.5kg
	58.5kg	Class from	55.51kg	to	58.5kg
	63.0kg	Class from	58.51kg	to	63.0kg
	70.0kg	Class from	63.01kg	to	70.0kg
	80.0kg	Class from	70.01kg	to	80.0kg
	90.0kg	Class from	80.01kg	to	90.0kg
	+90.0kg	Class from	90.01kg	to	unlimited

QUALIFYING TOTALS AND LIFTS (Under Review from Nov 2016)

The following standards currently apply for qualification for entry:

MENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	227.5	252.5	280	310	342.5	325	310	297.5	285	272.5	245	220	200	180	160
56	242.5	270	300	332.5	370	350	330	312.5	297.5	285	257.5	232.5	210	190	170
60	262.5	290	322.5	357.5	397.5	377.5	357.5	337.5	320	305	275	247.5	222.5	202.5	182.5
67.5	295	327.5	365	405	447.5	427.5	407.5	387.5	367.5	347.5	315	285	257.5	230	207.5
75	322.5	357.5	397.5	440	487.5	462.5	440	420	400	380	342.5	310	280	252.5	225
82.5	345	382.5	425	472.5	525	497.5	472.5	450	430	410	370	332.5	300	270	242.5
90	365	405	447.5	497.5	555	527.5	500	475	452.5	432.5	390	350	315	285	257.5
100	385	427.5	475	527.5	585	557.5	530	502.5	477.5	455	407.5	367.5	330	297.5	267.5
110	397.5	440	490	542.5	602.5	572.5	545	517.5	490	465	412.5	377.5	340	307.5	277.5
125	410	455	505	562.5	625	595	565	537.5	510	482.5	435	392.5	352.5	320	287.5
145	430	477.5	530	587.5	652.5	620	590	560	532.5	505	455	407.5	367.5	330	302.5
145+	445	495	550	610	680	647.5	615	585	555	527.5	475	427.5	385	347.5	320

MENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	212.5	235	262.5	290	320	305	295	277.5	265	252.5	237.5	205	185	165	147.5
56	230	255	282.5	312.5	347.5	330	312.5	297.5	285	272.5	255	222.5	202.5	182.5	162.5
60	247.5	275	305	340	377.5	357.5	340	322.5	307.5	292.5	277.5	237.5	215	195	175
67.5	275	310	345	387.5	425	400	385	365	347.5	330	307.5	262.5	240	230	195
75	307.5	340	377.5	417.5	462.5	440	420	400	380	360	337.5	292.5	265	245	215
82.5	322.5	360	400	445	495	470	457.5	420	407.5	387.5	360	310	285	257.5	232.5
90	347.5	385	427.5	475	525	497.5	472.5	450	430	410	370	332.5	300	270	242.5
100	360	400	440	500	550	522.5	497.5	472.5	450	427.5	385	347.5	312.5	282.5	255
110	372.5	415	460	510	567.5	540	512.5	487.5	462.5	440	397.5	355	320	287.5	260
125	390	432.5	482.5	532.5	590	560	532.5	505	477.5	455	412.5	370	335	302.5	270
145	400	445	495	552.5	610	585	550	527.5	500	472.5	425	382.5	345	312.5	292.5
145+	417.5	467.5	512.5	575	637.5	607.5	575	550	522.5	495	450	400	360	325	295

## MENS' SQUAT - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	82.5	92.5	102.5	112.5	125.0	120.0	115	110.0	105.0	100.0	90.0	80.0	72.5	65.0	57.5
56	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
60	95	105	117.5	130.0	145.0	137.5	130	122.5	117.5	112.5	102.5	92.5	82.5	75.0	67.5
67.5	107.5	120	132.5	147.5	162.5	155.0	147.5	140.0	132.5	125.0	112.5	102.5	92.5	82.5	75.0
75	117.5	130	145.0	160.0	177.5	167.5	160	152.5	145.0	137.5	125.0	112.5	102.5	92.5	82.5
82.5	125	137.5	152.5	170.0	190.0	180.0	170	162.5	155.0	147.5	132.5	120.0	107.5	97.5	87.5
90	132.5	147.5	162.5	180.0	200.0	190.0	180	170.0	162.5	155.0	140.0	125.0	112.5	102.5	92.5
100	140	155	172.5	192.5	212.5	202.5	192.5	182.5	172.5	165.0	147.5	132.5	120.0	107.5	97.5
110	142.5	157.5	175.0	195.0	217.5	207.5	197.5	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0
125	147.5	165	182.5	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5
145	155	172.5	192.5	212.5	235.0	222.5	212.5	202.5	192.5	182.5	165.0	147.5	132.5	120.0	107.5
145+	160	177.5	197.5	220.0	245.0	232.5	220	210.0	200.0	190.0	170.0	152.5	137.5	125.0	112.5

## MENS' SQUAT - UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	85	72.5	65.0	57.5	52.5
56	82.5	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	92.5	80.0	72.5	65.0	57.5
60	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	100	85.0	77.5	70.0	62.5
67.5	97.5	107.5	120.0	132.5	147.5	140.0	132.5	125.0	120.0	115.0	107.5	92.5	82.5	75.0	67.5
75	107.5	120	132.5	147.5	162.5	155.0	147.5	140.0	132.5	125.0	120	102.5	92.5	82.5	75.0
82.5	115	127.5	142.5	157.5	175.0	167.5	160	152.5	145.0	137.5	127.5	112.5	102.5	92.5	82.5
90	122.5	135	150.0	167.5	185.0	175.0	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0
100	125	140	155.0	172.5	192.5	182.5	175	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0
110	132.5	147.5	162.5	180.0	200.0	190.0	180	170.0	162.5	155.0	140.0	125.0	112.5	102.5	92.5
125	137.5	152.5	170.0	187.5	207.5	197.5	187.5	177.5	167.5	160.0	145.0	130.0	117.5	105.0	95.0
145	142.5	157.5	175.0	195.0	217.5	207.5	200	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0
145+	147.5	165	180	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	105

## MENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0
56	60	67.5	75.0	82.5	92.5	87.5	82.5	77.5	72.5	70.0	62.5	57.5	52.5	47.5	42.5
60	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0
67.5	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5
75	80	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5
82.5	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
90	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
100	97.5	107.5	120.0	132.5	147.5	140.0	132.5	125.0	120.0	115.0	102.5	92.5	82.5	75.0	67.5
110	102.5	112.5	125.0	137.5	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0
125	105	115	127.5	142.5	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5
145	107.5	120	132.5	147.5	165.0	157.5	150	142.5	135.0	127.5	115.0	102.5	92.5	82.5	75.0
145+	112.5	125	137.5	152.5	170.0	162.5	155	147.5	140.0	132.5	120.0	107.5	97.5	87.5	80.0

## MENS' BENCH PRESS - UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	55	60	67.5	75.0	82.5	77.5	72.5	70.0	67.5	65.0	60	52.5	47.5	42.5	37.5
56	57.5	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	65	57.5	52.5	47.5	42.5
60	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	70	60.0	55.0	50.0	45.0
67.5	70	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5
75	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	87.5	77.5	70.0	62.5	57.5
82.5	82.5	92.5	102.5	115.0	127.5	120.0	115	110.0	105.0	100.0	92.5	80.0	72.5	65.0	60
90	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
100	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
110	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	117.5	112.5	102.5	90.0	82.5	75	65.0
125	100	110	122.5	135.0	150.0	142.5	135	127.5	120.0	115.0	105	92.5	85	77.5	67.5
145	102.5	115	127.5	142.5	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5
145+	105	120	132.5	147.5	162.5	155	147.5	140	132.5	125	117.5	100	90	82.5	75

## MENS' DEAD LIFT - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
56	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
60	102.5	112.5	125.0	137.5	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0
67.5	112.5	125	140.0	155.0	172.5	165.0	157.5	150.0	142.5	135.0	122.5	110.0	100.0	90.0	80.0
75	125	137.5	152.5	170.0	187.5	177.5	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0
82.5	132.5	147.5	165.0	182.5	202.5	192.5	182.5	172.5	165.0	157.5	142.5	127.5	115.0	102.5	92.5
90	140	155	172.5	192.5	215.0	205.0	195	185.0	175.0	167.5	150.0	135.0	122.5	110.0	100.0
100	147.5	165	182.5	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5
110	152.5	170	190.0	210.0	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5
125	157.5	175	195.0	217.5	242.5	230.0	217.5	207.5	197.5	187.5	170.0	152.5	137.5	125.0	112.5
145	167.5	185	205.0	227.5	252.5	240.0	227.5	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0
145+	172.5	192.5	215.0	237.5	265.0	252.5	240	227.5	215.0	205.0	185.0	167.5	150.0	135.0	122.5

## MENS' DEAD LIFT - UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	82.5	92.5	102.5	112.5	125.0	120.0	115	110.0	105.0	100.0	92.5	80.0	72.5	65.0	57.5
56	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	97.5	85.0	77.5	70.0	62.5
60	95	105	117.5	130.0	145.0	137.5	130	122.5	117.5	112.5	107.5	92.5	82.5	75.0	67.5
67.5	107.5	120	132.5	147.5	165.0	157.5	150	142.5	135.0	127.5	120	102.5	92.5	82.5	75.0
75	120	132.5	147.5	162.5	180.0	170.0	162.5	155.0	147.5	140.0	130	112.5	102.5	92.5	82.5
82.5	125	140	155.0	172.5	192.5	182.5	172.5	165.0	157.5	150.0	140	122.5	110.0	100.0	90.0
90	135	150	167.5	185.0	205.0	195.0	185	175.0	167.5	160.0	145.0	130.0	117.5	105.0	95.0
100	142.5	157.5	172.5	192.5	217.5	207.5	197.5	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0
110	147.5	165	182.5	202.5	225	215	205	197.5	182.5	172.5	155.0	140.0	125.0	112.5	102.5
125	152.5	170	190.0	210.0	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5
145	155	172.5	192.5	215.0	240.0	227.5	217.5	205.0	195.0	185.0	167.5	150.0	135.0	122.5	110.0
145+	165	182.5	200	225.0	250.0	237.5	225	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0

## WOMENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	130	137.5	152.5	167.5	187.5	177.5	170	162.5	155	147.5	132.5	122.5	112.5	102.5	95
47.5	135	147.5	162.5	180	200	190	180	172.5	165	157.5	142.5	132.5	122.5	110	100
50.5	145	157.5	172.5	190	212.5	200	190	180	172.5	165	150	140	130	117.5	105
53	157.5	165	185	197.5	220	207.5	197.5	187.5	180	172.5	157.5	147.5	137.5	125	107.5
55.5	160	175	197.5	210	232.5	220	207.5	197.5	187.5	180	165	155	145	132.5	115
58.5	167.5	182.5	205	230	245	232.5	220	207.5	197.5	187.5	172.5	162.5	152.5	140	120
63	177.5	192.5	217.5	245	260	247.5	235	222.5	212.5	205	185	172.5	160	147.5	122.5
70	192.5	202.5	237.5	267.5	285	272.5	260	247.5	235	222.5	200	185	172.5	160	135
80	202.5	230	260	292.5	315	297.5	287.5	275	252.5	250	225	202.5	185	172.5	145
90	222.7	247.5	280	315	340	325	310	295	272.5	272.5	247.5	222.5	200	187.5	157.5
90+	240	265	300	337.5	362.5	342.5	327.5	312.5	287.5	287.5	260	232.5	210	197.5	167.5

## WOMENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	107.5	122.5	135	150	165	157.5	150	142.5	137.5	132.5	122.5	112.5	105	100	90
47.5	120	132.5	145	157.5	177.5	167.5	160	152.5	145	137.5	130	127.5	112.5	105	95
50.5	127.5	140	155	170	190	180	170	162.5	152.5	147.5	140	132.5	120	110	100
53	132.5	147.5	165	180	200	190	180	170	160	155	147.5	137.5	125	115	105
55.5	140	155	172.5	192.5	215	205	195	185	162.5	167.5	160	142.5	132.5	122.5	110
58.5	150	167.5	185	205	227.5	215	205	195	175	175	167.5	150	140	130	115
63	155	172.5	192.5	215	240	227.5	215	205	185	185	175	157.5	147.5	137.5	120
70	170	187.5	207.5	230	255	242.5	230	217.5	202.5	197.5	185	165	155	145	125
80	177.5	202.5	225	250	277.5	265	252.5	240	222.5	212.5	197.5	175	165	155	130
90	200	222.5	245	272.5	300	285	272.5	260	242.5	230	212.5	192.5	177.5	165	135
90+	207.5	237.5	262.5	285	325	300	295	282.5	265	245	232.5	210	197.5	177.5	140



## WOMENS' SQUAT - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5
47.5	47.5	52.5	57.5	65.0	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	37.5	35.0
50.5	52.5	57.5	62.5	70.0	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	40	37.5
53	55	60	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	60	55	50	42.5	37.5
55.5	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	62.5	57.5	52.5	45.0	40.0
58.5	60	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	65	60	55	47.5	42.5
63	62.5	67.5	75.0	82.5	92.5	87.5	82.5	77.5	75	75	67.5	62.5	57.5	50	42.5
70	67.5	75	82.5	92.5	102.5	97.5	92.5	87.5	82.5	77.5	70.0	65	60	52.5	47.5
80	75	82.5	92.5	102.5	115.0	110.0	105	100.0	95.0	90.0	80.0	72.5	65.0	57.5	52.5
90	80	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5
90+	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5

## WOMENS' SQUAT - UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	40	45	50.0	55.0	60.0	57.5	55	52.5	50.0	47.5	42.5	37.5	35.0	32.5	30.0
47.5	42.5	47.5	52.5	57.5	65.0	62.5	60	57.5	55.0	50	47.5	40	37.5	35.0	32.5
50.5	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	55	50.0	45	40.0	37.5	35
53	47.5	52.5	57.5	62.5	70.0	67.5	67.5	62.5	60.0	57.5	55	47.5	42.5	40	37.5
55.5	50	55	60	67.5	75	72.5	70	67.5	62.5	62.5	60	50.0	45.0	42.5	40
58.5	52.5	57.5	65	72.5	80	75	72.5	70	65.0	65	62.5	52.5	47.5	45	42.5
63	55	60	67.5	77.5	85	80	75	72.5	67.5	67.5	65	55	50	47.5	45
70	60	67.5	72.5	80.0	90.0	85	80	75.0	72.5	70.0	67.5	57.5	52.5	50	47.5
80	65	72.5	80.0	90.0	100.0	95	90	85.0	77.5	75.0	72.5	60.0	55.0	52.5	50
90	72.5	80	87.5	97.5	107.5	102.5	97.5	92.5	85	82.5	75.0	67.5	60.0	55.0	52.5
90+	77.5	85	95.0	105.0	117.5	112.5	107.5	102.5	95	87.5	82.5	75.0	67.5	60.0	55.0

## WOMENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	27.5	30	32.5	35.0	40.0	37.5	35	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0
47.5	30	32.5	35.0	37.5	42.5	40.0	37.5	35.0	32.5	30.0	27.5	27.5	27.5	27.5	25.0
50.5	32.5	35	37.5	40.0	45.0	42.5	40	37.5	35.0	32.5	30.0	30	30	30	25.0
53	35	37.5	40	42.5	47.5	45.0	42.5	40.0	37.5	35.0	32.5	32.5	32.5	32.5	25.0
55.5	37.5	40	42.5	45.0	50.0	47.5	45	42.5	40.0	37.5	35.0	35	35	35	27.5
58.5	40	42.5	45	47.5	52.5	50.0	47.5	45.0	42.5	40.0	37.5	37.5	37.5	37.5	27.5
63	42.5	45	47.5	52.5	57.5	55.0	52.5	50.0	47.5	45.0	40.0	40	40	40	27.5
70	45	47.5	52.5	57.5	62.5	60.0	57.5	55.0	52.5	50.0	45.0	42.5	42.5	45	30.0
80	47.5	52.5	57.5	62.5	70.0	67.5	65	62.5	60.0	57.5	52.5	47.5	45	47.5	32.5
90	50	55	60.0	67.5	75.0	72.5	70	67.5	65.0	62.5	57.5	52.5	50	50	35
90+	52.5	57.5	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	60	55	52.5	52.5	37.5

## WOMENS' BENCH PRESS – UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	25	25	27.5	30.0	32.5	30.0	27.5	25.0	25.0	25.0	25	25	25	25	25
47.5	25	27.5	30.0	32.5	35.0	32.5	30	27.5	25.0	25.0	25	25	25	25	25
50.5	27.5	30	32.5	35.0	40	35.0	32.5	30.0	27.5	27.5	27.5	27.5	25	25	25
53	27.5	32.5	35	37.5	42.5	37.5	35	32.5	30.0	30	27.5	27.5	25	25	25
55.5	30	35	37.5	40	45	42.5	40	37.5	32.5	32.5	30	27.5	25	25	25
58.5	32.5	37.5	40	42.5	47.5	45	42.5	40	35.0	35	32.5	30	27.5	25	25
63	32.5	37.5	40	45	50	47.5	45	42.5	37.5	37.5	35	32.5	30	27.5	25
70	35	40	42.5	47.5	52.5	50	47.5	45	40.0	40	37.5	35	32.5	30	27.5
80	37.5	42.5	47.5	52.5	57.5	55.0	52.5	50.0	45	45.0	40.0	37.5	35	32.5	27.5
90	40	45	50.0	55.0	60.0	57.5	55	52.5	50.0	47.5	42.5	40	37.5	35	27.5
90+	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	52.5	50.0	45.0	40.0	37.5	30

## WOMENS' DEAD LIFT – EQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	52.5	57.5	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5
47.5	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0
50.5	60	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5
53	62.5	67.5	75.0	82.5	92.5	87.5	82.5	77.5	75	72.5	65	60	55	50	45
55.5	65	72.5	80.0	87.5	97.5	92.5	87.5	82.5	77.5	75	67.5	62.5	57.5	52.5	47.5
58.5	67.5	75	82.5	92.5	102.5	97.5	92.5	87.5	82.5	77.5	70.0	65	60	55	50
63	72.5	80	90.0	100.0	110.0	105.0	100	95.0	90.0	85.0	77.5	70.0	62.5	57.5	52.5
70	80	85	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5
80	85	95	105.0	117.5	130.0	122.5	117.5	112.5	107.5	102.5	92.5	82.5	75.0	67.5	60.0
90	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
90+	100	110	122.5	135.0	150.0	142.5	135	127.5	120.0	115.0	102.5	92.5	82.5	75.0	67.5

## WOMENS' DEAD LIFT – UNEQUIPPED

CAT.	T1	T2	T3	Jnr	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	47.5	52.5	57.5	65.0	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	42.5	35.0
47.5	52.5	57.5	62.5	70.0	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	50	45	37.5
50.5	55	60	67.5	75.0	82.5	80	75	72.5	67.5	65.0	62.5	60	55	47.5	40
53	57.5	62.5	70.0	77.5	87.5	85	77.5	75	70.0	67.5	65	62.5	57.5	50	42.5
55.5	60	65	75	85	95	90	85	80	72.5	72.5	70	65	62.5	55	45
58.5	65	72.5	80	90	100	95	90	85	75.0	75	72.5	67.5	65	60	47.5
63	67.5	75	85	92.5	105	100	95	90	80.0	80	75	70	67.5	62.5	50
70	75	80	92.5	102.5	112.5	107.5	102.5	97.5	90.0	87.5	80	72.5	70	65	52.5
80	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	92.5	85.0	77.5	75	70	52.5
90	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	107.5	100	95.0	85.0	80	75	55
90+	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	112.5	105	100.0	90.0	90	80	55

**Section 5****TEAM POINTS AWARDING**

In order to identify a best Nation at each World event the relevant formula will be used to indicate placing and points will be awarded to the top 10 lifters in each weight category in the following manner:

- |  |  |
|--|--|
| 1 <sup>st</sup> place will receive 12 team points; | 6 <sup>th</sup> place receives 5 points; |
| 2 <sup>nd</sup> place receives 9 points;           | 7 <sup>th</sup> place receives 4 points; |
| 3 <sup>rd</sup> place receives 8 points;           | 8 <sup>th</sup> place receives 3 points; |
| 4 <sup>th</sup> place receives 7 points;           | 9 <sup>th</sup> place receives 2 points; |
| 5 <sup>th</sup> place receives 6 points;           | 10 <sup>th</sup> place receives 1 point; |