

WDFPF MINIMUM STARTING WEIGHTS AT WORLD CHAMPIONSHIPS
"Single Powerlifting " EQUIPPED

WOMENS' SQUAT - EQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	45	50	55	67.5	75	70	67.5	65	62.5	55	50	45	40	35	32.5	
47.5	47.5	82.5	57.5	70	80	77.5	75	70	67.5	60	55	50	45	37.5	35	
50.5	52.5	57.5	62.5	75	85	82.5	77.5	75	70	62.5	57.5	52.5	47.5	40	37.5	
53	55	60	65	77.5	87.5	85	80	77.5	75	65	60	55	50	52.5	37.5	
55.5	57.5	62.5	70	82.5	92.5	90	85	82.5	80	67.5	62.5	57.5	52.5	45	40	
58.5	60	65	72.5	90	100	92.5	90	87.5	85	70	65	60	55	47.5	42.5	
63	62.5	67.5	75	95	105	100	92.5	90	87.5	72.5	67.5	62.5	57.5	50	42.5	
70	67.5	75	82.5	100	112.5	105	100	92.5	90	77.5	70	65	60	52.5	47.5	
80	75	82.5	92.5	112.5	125	117.5	112.5	105	95	90	80	72.5	82.5	57.5	52.5	
90	87.5	97.5	107.5	120	132.5	127.5	120	115	105	105	95	85	77.5	70	62.5	
+90	95	105	115	130	145	140	132.5	127.5	117.5	115	110	105	95	85	77.5	
+110	110	117.5	130	142.5	160	152.5	145	140	130	120	115	110	100	90	82.5	

WOMENS' BENCH PRESS – EQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	27.5	30	32.5	37.5	40	37.5	35	32.5	30	27.5	25	25	25	25	25	
47.5	30	32.5	35	40	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	27.5	25	
50.5	32.5	35	37.5	42.5	50	42.5	40	37.5	35	32.5	30	30	30	30	25	
53	35	37.5	40	45	52.5	45	42.5	40	37.5	35	32.5	32.5	32.5	32.5	25	
55.5	37.5	40	42.5	50	55	52.5	45	42.5	40	37.5	35	35	35	35	27.5	
58.5	40	42.5	45	52.5	60	55	50	45	42.5	40	37.5	37.5	37.5	37.5	27.5	
63	42.5	45	47.5	55	62.5	60	55	52.5	50	45	40	40	40	40	27.5	
70	45	47.5	52.5	60	65	62.5	60	55	52.5	50	45	42.5	42.5	40	30	
80	47.5	52.5	57.5	65	70	67.5	65	62.5	60	57.5	52.5	47.5	45	42.5	32.5	
90	50	55	60	67.5	75	70	67.5	65	62.5	62.5	57.5	52.5	50	50	35	
+90	52.5	57.5	65	75	82.5	80	77.5	75	70	65	60	55	52.5	52.5	37.5	
+110	65	67.5	70	87.5	95	87.5	85	82.5	77.5	62.5	60	57.5	55	52.5	50	

WOMENS' DEAD LIFT – EQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	57.5	62.5	67.5	77.5	87.5	85	80	77.5	72.5	70	65	60	55	52.5	45	
47.5	62.5	67.5	72.5	85	92.5	87.5	82.5	80	77.5	72.5	70	65	60	55	52.5	
50.5	65	70	77.5	90	100	95	90	87.5	80	77.5	75	72.5	70	65	60	
53	67.5	72.5	80	92.5	105	102.5	92.5	90	85	80	77.5	75	72.5	70	67.5	
55.5	70	75	85	102.5	115	107.5	102.5	95	90	82.5	80	77.5	75	72.5	70	
58.5	75	82.5	90	107.5	120	112.5	107.5	102.5	97.5	85	82.5	80	77.5	75	72.5	
63	77.5	85	95	110	125	120	112.5	107.5	102.5	90	85	80	77.5	72.5	60	
70	85	90	102.5	122.5	135	130	122.5	117.5	107.5	97.5	90	82.5	80	75	62.5	
80	90	97.5	107.5	130	142.5	137.5	132.5	125	120	102.5	95	87.5	85	80	65	

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"Single Powerlifting " EQUIPPED

90	97.5	107.5	117.5	145	157.5	150	142.5	137.5	130	110	105	95	90	85	65
+90	102.5	112.5	122.5	150	167.5	160	150	145	135	115	110	100	95	90	65
+110	112.5	120	130	155	180	170	162.5	152.5	147.5	125	120	110	100	85	65

MENS' SQUAT - EQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	82.5	92.5	102.5	127.5	140	132.5	127.5	120	115	100	90	80	72.5	65	57.5
56	90	100	110	137.5	152.5	147.5	140	135	127.5	105	95	85	77.5	70	62.5
60	95	105	117.5	152.5	165	155	150	142.5	137.5	112.5	102.5	92.5	82.5	75	67.5
67.5	107.5	120	132.5	170	185	175	165	155	150	125	112.5	102.5	92.5	82.5	75
75	117.5	130	145	187.5	202.5	192.5	185	175	165	137.5	125	112.5	102.5	92.5	82.5
82.5	125	137.5	152.5	195	217.5	207.5	200	190	180	147.5	132.5	120	107.5	97.5	87.5
90	132.5	147.5	162.5	210	230	217.5	210	200	190	155	140	125	112.5	102.5	92.5
100	140	155	172.5	215	240	227.5	217.5	205	195	165	147.5	132.5	120	107.5	97.5
110	142.5	157.5	175	227.5	250	237.5	225	212.5	202.5	167.5	150	135	122.5	110	100
125	147.5	165	182.5	235	260	245	235	220	210	175	157.5	142.5	127.5	115	102.5
145	155	172.5	192.5	242.5	270	260	250	235	220	182.5	165	147.5	132.5	120	107.5
145+	160	177.5	197.5	252.5	280	267.5	255	242.5	230	190	170	152.5	137.5	125	112.5

MENS' BENCH PRESS - EQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	57.5	62.5	70	92.5	102.5	97.5	90	87.5	85	67.5	60	55	50	45	40
56	60	67.5	75	100	112.5	105	100	92.5	90	70	62.5	57.5	52.5	47.5	42.2
60	65	72.5	80	112.5	125	117.5	112.5	105	100	75	67.5	60	55	50	45
67.5	75	82.5	92.5	127.5	140	135	127.5	120	115	87.5	80	72.5	65	57.5	52.5
75	80	90	100	135	150	142.5	137.5	130	125	97.5	87.5	80	72.5	65	57.5
82.5	87.5	97.5	107.5	142.5	160	150	142.5	137.5	132.5	105	95	85	77.5	70	62.5
90	92.5	102.5	112.5	152.5	170	160	150	142.5	137.5	110	100	90	80	72.5	65
100	97.5	107.5	120	155	175	165	155	150	142.5	115	102.5	92.5	82.5	75	67.5
110	102.5	112.5	125	160	177.5	167.5	160	155	147.5	117.5	105	95	85	77.5	70
125	105	115	127.5	167.5	187.5	177.5	167.5	160	150	120	107.5	97.5	87.5	80	72.5
145	107.5	120	132.5	177.5	195	187.5	177.5	167.5	160	127.5	115	102.5	92.5	82.5	75
145+	112.5	125	137.5	185	202.5	195	185	175	165	132.5	120	107.5	97.5	87.5	80

MENS' DEAD LIFT -EQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	87.5	97.5	107.5	135	150	142.5	137.5	132.5	125	105	95	85	77.5	70	62
56	92.5	102.5	115	147.5	162.5	152.5	145	137.5	132.5	110	100	90	80	72.5	65
60	102.5	112.5	125	155	172.5	165	155	147.5	142.5	117.5	105	95	82.5	77.5	70
67.5	112.5	125	140	177.5	200	190	180	170	162.5	135	122.5	110	85	90	80
75	125	137.5	152.5	195	215	205	195	185	177.5	145	130	117.5	105	95	85

WDFPF MINIMUM STARTING WEIGHTS AT WORLD CHAMPIONSHIPS

"Single Powerlifting " EQUIPPED

82.5	132.5	147.5	165	207.5	230	220	207.5	197.5	190	157.5	142.5	127.5	115	102.5	92.5
90	140	155	172.5	222.5	245	235	222.5	210	200	167.5	150	135	122.5	110	100
100	147.5	165	182.5	230	260	250	237.5	225	212.5	175	157.5	142.5	127.5	115	102.5
110	152.5	170	190	242.5	270	257.5	245	237.5	220	180	162.5	147.5	132.5	120	107.5
125	157.5	175	195	252.5	280	265	252.5	240	227.5	187.5	170	152.5	137.5	125	112.5
145	167.5	185	205	257.5	287.5	272.5	260	245	235	195	175	157.5	142.5	127.5	115
145+	172.5	192.5	215	270	300	285	270	257.5	245	205	185	167.5	150	135	122.5