

WDFPF MINIMUM STARTING WEIGHT AT WORLD CHAMPIONSHIPS

"Single and Powerlifting " UNEQUIPPED

WOMENS' SQUAT - UNEQUIPPED

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	40	45	50	55	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30
47.5	42.5	47.5	52.5	57.5	65	62.5	60	57.5	55	50	47.5	40	37.5	35	32.5
50.5	45	50	55	60	67.5	65	62.5	60	57.5	55	50	45	40	37.5	35
53	47.5	52.5	57.5	62.5	70	67.5	65	62.5	60	57.5	55	47.5	42.5	40	37.5
55.5	50	55	60	67.5	75	72.5	70	67.5	65	62.5	60	50	45	42.5	40
58.5	52.5	57.5	65	72.5	80	75	72.5	70	67.5	65	62.5	52.5	47.5	45	42.5
63	55	60	67.5	77.5	85	80	75	72.5	70	67.5	65	55	57.5	47.5	45
70	60	67.5	72.5	80	90	85	80	75	72.5	70	67.5	57.5	52.5	50	47.5
80	65	72.5	80	90	100	95	90	85	77.5	75	72.5	60	55	52.5	50
90	72.5	80	87.5	97.5	107.5	102.5	97.5	92.5	85	82.5	75	67.5	60	55	52.5
+90	77.5	85	95	105	117.5	112.5	107.5	102.5	95	87.5	82.5	75	67.5	60	55
+110	87.5	95	105	115	127.5	122.5	117.5	112.5	105	97.5	92.5	85	77.5	70	65

WOMENS' BENCH PRESS - UNEQUIPPED

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	25	25	27.5	30	32.5	30	27.5	25	25	25	25	25	25	25	25
47.5	25	27.5	30	32.5	35	32.5	30	27.5	25	25	25	25	25	25	25
50.5	27.5	30	32.5	35	40	35	32.5	30	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	30	27.5	27.5	25	25	25
55.5	30	35	37.5	40	45	42.5	40	37.5	35	32.5	30	27.5	25	25	25
58.5	32.5	37.5	40	42.5	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25
63	32.5	37.5	40	45	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25
70	35	40	42.5	47.5	52.5	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5
80	37.5	42.5	47.5	52.5	57.5	55	52.5	50	47.5	45	40	37.5	35	32.5	27.5
90	40	45	50	55	60	57.5	55	52.5	50	47.5	42.5	40	37.5	35	27.5
+90	45	50	55	60	67.5	65	62.5	60	57.5	52.5	50	45	40	37.5	30
+110	55	60	65	70	77.5	75	72.5	70	67.5	62.5	60	55	45	42.5	37.5

WOMENS' DEAD LIFT - UNEQUIPPED

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	47.5	52.5	57.5	65	72.5	70	67.5	65	62.5	60	55	50	45	42.5	35
47.5	52.5	57.5	62.5	70	77.5	72.5	70	67.5	65	62.5	57.5	52.5	50	45	37.5
50.5	55	60	67.5	75	82.5	80	75	72.5	67.5	65	62.5	60	55	47.5	40
53	57.5	62.5	70	77.5	87.5	85	77.5	75	70	67.5	65	62.5	57.5	50	42.5
55.5	60	65	75	85	95	90	85	80	75	72.5	70	65	62.5	55	45
58.5	65	72.5	80	90	100	95	90	85	77.5	75	72.5	67.5	65	60	47.5
63	67.5	75	85	92.5	105	100	95	90	85	80	75	70	67.5	62.5	50
70	75	80	92.5	102.5	112.5	107.5	102.5	97.5	90	87.5	80	72.5	70	65	52.5
80	80	87.5	97.5	107.5	120	115	110	105	100	92.5	85	77.5	75	70	52.5
90	87.5	97.5	107.5	120	132.5	125	120	115	107.5	100	95	85	80	75	55

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+90	92.5	102.5	112.5	125	140	132.5	125	120	112.5	105	100	90	85	80	55
+110	100	110	120	130	150	142.5	135	130	122.5	115	110	100	90	85	60

MENS' SQUAT - UNEQUIPPED

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	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	85	72.5	65	57.5	52.5
56	82.5	90	100	110	122.5	117.5	112.5	107.5	102.5	97.5	92.5	80	72.5	65	57.5
60	87.5	97.5	107.5	120	132.5	125	120	115	110	105	100	85	77.5	70	62.5
67.5	97.5	107.5	120	132.5	147.5	140	132.5	125	120	115	107.5	92.5	82.5	75	67.5
75	107.5	120	132.5	147.5	162.5	155	147.5	140	132.5	125	120	102.5	92.5	82.5	75
82.5	115	127.5	142.5	157.5	175	167.5	160	152.5	145	137.5	127.5	112.5	102.5	92.5	82.5
90	122.5	135	150	167.5	185	175	167.5	160	152.5	145	130	117.5	105	95	85
100	125	140	155	172.5	192.5	182.5	175	165	157.5	150	135	122.5	110	100	90
110	132.5	147.5	162.5	180	200	190	180	170	162.5	155	140	125	112.5	102.5	92.5
125	137.5	152.5	170	187.5	207.5	197.5	187.5	177.5	167.5	160	145	130	117.5	105	95
145	142.5	157.5	175	195	217.5	207.5	200	187.5	177.5	167.5	150	135	122.5	110	100
145+	147.5	165	180	202.5	225	215	205	195	185	175	157.5	142.5	127.5	115	105

MENS' BENCH PRESS - UNEQUIPPED

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	55	60	67.5	75	82.5	77.5	72.5	70	67.5	65	60	52.5	47.5	42.5	37.5
56	57.5	65	72.5	80	90	85	80	75	72.5	70	65	57.5	52.5	47.5	42.5
60	65	72.5	80	90	100	95	90	85	80	75	70	60	55	50	45
67.5	70	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80	72.5	65	57.5	52.5
75	80	87.5	97.5	107.5	120	115	110	105	100	95	87.5	77.5	70	62.5	57.5
82.5	82.5	92.5	102.5	115	127.5	120	115	110	105	100	92.5	80	72.5	65	60
90	90	100	110	122.5	135	127.5	120	115	110	105	95	85	77.5	70	62.5
100	92.5	102.5	112.5	125	140	132.5	125	120	115	110	100	87.5	80	72.5	65
110	97.5	107.5	115	127.5	142.5	135	127.5	125	117.5	112.5	102.5	90	82.5	75	67.5
125	100	110	122.5	135	150	142.5	135	127.5	120	115	105	92.5	85	77.5	70
145	102.5	115	127.5	142.5	157.5	150	142.5	135	127.5	120	107.5	97.5	87.5	80	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 - UNEQUIPPED

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	112.5	125	120	115	110	105	100	92.5	80	72.5	65	57.5
56	90	100	110	122.5	135	127.5	120	115	110	105	97.5	85	77.5	70	62.5
60	95	105	117.5	130	145	137.5	130	122.5	117.5	112.5	107.5	92.5	82.5	75	67.5
67.5	107.5	120	132.5	147.5	165	157.5	150	142.5	135	127.5	120	102.5	92.5	82.5	75
75	120	132.5	147.5	162.5	180	170	162.5	155	147.5	140	130	112.5	102.5	92.5	82.5
82.5	125	140	155	172.5	192.5	182.5	172.5	165	157.5	150	140	122.5	110	100	90
90	135	150	167.5	185	205	195	185	175	167.5	160	145	130	117.5	105	95

WDFPF MINIMUM STARTING WEIGHT AT WORLD CHAMPIONSHIPS

"Single and Powerlifting " UNEQUIPPED

100	142.5	157.5	172.5	192.5	217.5	207.5	197.5	187.5	177.5	167.5	150	135	122.5	110	100
110	147.5	165	182.5	202.5	225	215	205	197.5	182.5	172.5	155	140	125	112.5	102.5
125	152.5	170	190	210	232.5	220	210	200	190	180	162.5	147.5	132.5	120	107.5
145	155	172.5	192.5	215	240	227.5	217.5	205	195	185	167.5	150	135	122.5	110
145+	165	182.5	200	225	250	237.5	225	215	205	195	175	157.5	142.5	127.5	115