

WORLD RAW POWERLIFTING FEDERATION



CLASSIFICATION STANDARDS

Strict Biceps Curl

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WRPF sports categories and ranks

WRPF has developed and approved a **unified system of sports categories and ranks**. You can familiarise yourself with it on the official website in the corresponding section 'Standards': <https://wrpf.pro/normativy/>.

When calculating the standard, increasing coefficients are applied for awarding discharges and titles up to and including MSIC for athletes:

age 50-54 years +10%,

age 55-59 +15%,

age 60-64 +20%,

age 65-69 years +25%,

age 70 years and older + 30 per cent of the athlete's result.

The result obtained for the increase by the corresponding percentage shall **be rounded down** to 2.5 kg. downwards. This adjustment is made regardless of the age group in which the athlete takes part in the tournament.

age group in which the athlete takes part in the tournament. It is made on the basis of the actual age of the athlete on the day of participation in the tournament.

Sports categories and ranks

WRPF branches must use a unified system of WRPF sports categories and ranks.

Sports categories and ranks are assigned by the branch in which the standard is fulfilled.

Strict biceps curl non-tested divisions

Men

Weight Category	MSIC	MS	CMS	I	II	III
52	55	47,5	40	35	30	25
56	57,5	50	42,5	37,5	32,5	27,5
60	62,5	52,5	45	40	35	30
67.5	70	60	52,5	45	37,5	32,5
75	75	65	57,5	50	42,5	35
82.5	80	70	62,5	55	47,5	40
90	85	75	67,5	60	52,5	45
100	90	80	72,5	65	57,5	50
110	95	85	77,5	70	62,5	55
125	100	90	82,5	75	67,5	60
140	105	95	87,5	80	72,5	65
+140	112,5	102,5	92,5	85	77,5	70

Women

Weight Category	MSIC	MS	CMS	I	II	III
44	35	30	25	22,5	20	17,5
48	37,5	32,5	27,5	25	22,5	20
52	40	35	30	27,5	25	22,5
56	42,5	37,5	32,5	30	27,5	25
60	45	40	35	32,5	30	27,5
67.5	47,5	42,5	37,5	35	32,5	30
75	50	45	40	37,5	35	32,5
82.5	52,5	47,5	42,5	40	37,5	35
90	57,5	52,5	47,5	42,5	40	37,5
90+	62,5	57,5	52,5	47,5	42,5	40