

WORLD RAW POWERLIFTING FEDERATION



# CLASSIFICATION STANDARDS

*Edition May 29, 2024*

## 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/normativity/>.

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.

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.

## RAW Powerlifting non-tested divisions

### *Men*

<b>Weight Category</b>	<b>MSIC</b>	<b>MS</b>	<b>CMS</b>	<b>I</b>	<b>II</b>	<b>III</b>
<b>52</b>	475	412,5	372,5	332,5	290	250
<b>56</b>	515	447,5	405	360	315	270
<b>60</b>	552,5	480	432,5	385	337,5	290
<b>67.5</b>	615	535	482,5	430	375	322,5
<b>75</b>	677,5	592,5	532,5	475	417,5	360
<b>82.5</b>	722,5	630	567,5	507,5	445	385
<b>90</b>	760	662,5	597,5	532,5	467,5	402,5
<b>100</b>	800	697,5	630	560	492,5	425
<b>110</b>	842,5	735	665	592,5	522,5	450
<b>125</b>	877,5	767,5	692,5	617,5	545	470
<b>140</b>	905	790	715	637,5	560	485
<b>+140</b>	927,5	810	730	652,5	575	495

## *Women*

<b>Weight Category</b>	<b>MSIC</b>	<b>MS</b>	<b>CMS</b>	<b>I</b>	<b>II</b>	<b>III</b>
<b>44</b>	305	262,5	225	202,5	182,5	152,5
<b>48</b>	332,5	287,5	252,5	222,5	195	167,5
<b>52</b>	362,5	312,5	272,5	237,5	215	182,5
<b>56</b>	390	335	292,5	257,5	230	197,5
<b>60</b>	410	352,5	320	277,5	245	210
<b>67.5</b>	440	382,5	332,5	295	262,5	225
<b>75</b>	470	405	350	322,5	282,5	237,5
<b>82.5</b>	492,5	430	375	337,5	297,5	255
<b>90</b>	515	445	390	345	307,5	262,5
<b>90+</b>	522,5	455	395	350	315	270