



World Masters Weightlifting Qualifying Standards for 2025

**YOU CAN USE THE QUALIFYING TOTALS UNDER
THE NEW IWF BODY WEIGHT CATEGORIES
AND/OR THE QUALIFYING TOTALS UNDER
THE CURRENT IWF BODY WEIGHT CATEGORIES**

World Masters Championship Qualifying Totals [kg]
Qualification Period 5 September 2024 - 1 July 2025

MEN

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
60	172	163	151	144	132	113	104	90	75	59	48
65	185	176	163	150	140	122	110	95	81	65	49
71	197	187	171	160	147	130	114	102	86	68	52
79	209	196	178	167	150	135	117	105	90	73	53
88	220	207	190	176	160	140	123	110	95	77	54
98	230	217	201	185	169	149	131	115	98	80	55
110	238	225	209	193	175	155	136	119	100	81	57
110+	243	231	213	198	178	160	138	121	100	82	58

Minimum weight on the bar - 26kg *

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
48	97	91	82	70	61	54	47	36	30	30	30
53	106	100	88	78	65	56	50	38	31	30	30
58	112	105	94	84	69	60	53	42	33	30	30
63	117	109	97	86	73	63	55	44	34	30	30
69	122	114	101	91	77	65	57	48	35	30	30
77	126	119	105	95	80	69	61	49	36	30	30
86	131	124	109	101	85	72	62	51	37	30	30
86+	140	134	118	103	89	75	66	53	38	31	30

Minimum weight on the bar - 21kg*

**For men and women aged 70 and above, the minimum weight on the bar shall be 15kg (10kg bar and 2 full sized 2.5kg discs with clips instead of collars). If the desired weight is 20kg a 15kg bar may be used. The qualification standards must be observed.*