

# United States Powerlifting Federation

## Classification Awards Program

*(Masters 40+ developed by Mike Reed & John Pettitt)*  
*~See last page for Classification Awards Program details.~*

### MEN'S CLASSIFICATION STANDARDS

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Master	981	1064	1146	1279	1400	1505	1595	1675	1736	1786	1857
Class I	882	953	1025	1152	1257	1350	1422	1505	1554	1598	1670
Class II	777	838	934	1009	1102	1190	1257	1323	1367	1411	1472
Class III	672	733	788	887	965	1036	1097	1157	1196	1229	1279
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

### TEENAGE MEN'S CLASSIFICATION STANDARDS

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1014	1097	1180	1323	1450	1549	1637	1731	1786	1841	1918
Master	910	987	1064	1191	1301	1395	1477	1554	1610	1654	1725
Class I	799	866	932	1042	1147	1224	1295	1367	1411	1455	1510
Class II	678	733	794	882	970	1036	1097	1158	1196	1236	1284
Class III	546	595	640	711	783	838	882	932	965	992	1036
Class IV	408	441	474	529	579	618	656	689	717	733	766

### WOMEN'S CLASSIFICATION STANDARDS

CLASS	97	105	114	123	132	148	165	181	198	198+
Elite	639	683	733	782	827	909	981	1053	1130	1190
Master	579	623	667	711	749	827	893	959	1025	1080
Class I	518	562	601	639	672	744	805	865	920	970
Class II	463	496	535	568	601	661	706	766	821	865
Class III	402	435	468	496	524	579	623	672	706	755
Class IV	347	375	402	424	452	496	535	573	617	650

### TEENAGE WOMEN'S CLASSIFICATION STANDARDS

CLASS	97	105	114	123	132	148	165	181	198	198+
Elite										
Master										
Class I		<i>Coming soon!</i>								
Class II										
Class III										
Class IV										

### Masters (40+) Classification Standards

44 kilo / 97 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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<u>CLASS</u>	(Women)
Elite	
Master	
Class I	
Class II	

629	586	546	487	426	397	371	327	288
569	533	494	442	387	361	335	296	260
508	476	443	375	346	324	298	265	233
453	423	426	351	309	289	269	236	207

Class III	396	369	343	306	270	250	230	204	181
Class IV	324	319	295		233	217	201	179	

48 kilo / 105 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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CLASS (Women)

Elite	672	626	583	520	456	424	396	350	307
Master	612	573	531	476	417	388	360	318	280
Class I	551	516	481	407	375	351	323	288	252
Class II	486	453	457	376	331	310	288	253	222
Class III	428	399	371	331	292	271	249	221	196
Class IV	350	343	319		252	235	217	194	

52 kilo / 114 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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CLASS (Men)

Elite	1047	975	909	810	710	661	617	545	479
Master	964	903	837	749	655	611	567	501	440
Class I	865	810	755	639	589	551	507	451	396
Class II	760	710	666	589	518	485	451	396	347
Class III	661	617	573	512	451	418	385	341	303
Class IV	551	540	501	451	396	369	341	305	264

CLASS (Women)

Elite	721	672	623	558	490	455	425	375	330
Master	656	587	567	510	446	416	387	341	299
Class I	590	552	517	435	401	376	346	307	270
Class II	525	489	460	406	357	334	310	273	239
Class III	461	405	398	357	314	291	268	238	211
Class IV	375	368	342		270	251	232	208	

56 kilo / 123 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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CLASS (Men)

Elite	1140	1058	992	881	777	722	672	595	523
Master	1047	981	909	826	710	666	617	545	479
Class I	936	870	815	738	639	595	551	490	429
Class II	821	771	716	655	573	523	485	429	380
Class III	722	672	628	567	490	457	424	374	330
Class IV	628	584	545	496	424	396	369	325	286

CLASS (Women)

Elite	770	715	671	595	526	488	454	402	353
Master	700	656	607	552	475	445	412	364	320
Class I	628	583	546	495	429	399	369	328	288
Class II	557	523	485	444	385	354	329	289	257
Class III	489	455	425	397	331	309	287	253	223
Class IV	417	388	362		282	263	245	216	

60 kilo / 132 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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**CLASS** (Men)

Elite	1229	1146	1063	947	832	777	722	639	562
Master	1129	1052	981	887	766	716	661	589	512
Class I	1010	942	876	793	688	639	595	523	462
Class II	887	832	771	699	606	562	523	462	407
Class III	771	722	672	632	529	490	457	402	352
Class IV	677	633	589	534	479	429	396	352	308

**CLASS** (Women)

Elite	815	761	705	629	553	516	479	424	373
Master	738	688	641	580	500	468	432	403	335
Class I	662	618	575	520	451	419	390	343	303
Class II	571	535	496	450	404	362	337	304	262
Class III	512	481	447	420	352	326	304	267	234
Class IV	444	415	386		315	282	260	231	

## 67.5 kilo / 148 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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**CLASS** (Men)

Elite	1372	1284	1195	1063	936	870	810	716	628
Master	1267	1173	1096	975	859	799	738	655	573
Class I	1135	1058	986	876	771	716	666	589	518
Class II	992	925	865	771	677	628	584	518	451
Class III	870	815	760	677	595	556	512	457	396
Class IV	760	710	661	589	518	479	446	396	347

**CLASS** (Women)

Elite	894	837	779	694	610	567	528	467	410
Master	820	758	709	631	556	517	477	423	370
Class I	733	683	637	565	498	463	430	380	335
Class II	650	606	566	505	444	411	383	339	295
Class III	568	532	496	442	389	363	334	299	258
Class IV	488	456	425		333	308	287	254	

## 75 kilo / 165 lb. Weight Class

40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
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**CLASS** (Men)

Elite	1504	1405	1306	1162	1025	953	887	782	688
Master	1377	1289	1201	1069	936	876	810	716	628
Class I	1234	1157	1074	959	843	782	727	644	567
Class II	1085	1014	942	837	738	688	639	567	496
Class III	947	887	826	733	644	600	556	496	435
Class IV	821	771	716	639	562	523	485	429	374

**CLASS** (Women)

Elite	966	903	836	747	659	612	570	502	442
Master	879	822	766	683	597	559	517	456	399
Class I	791	741	687	614	540	501	465	412	363
Class II	695	650	604	537	474	441	409	364	318
Class III	611	573	533	473	416	388	359	320	281

<b>Class IV</b>	524	492	457		359	334	310	274	
<b>82.5 kilo / 181 lb. Weight Class</b>									
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

<b>CLASS</b>	<i>(Men)</i>								
Elite	1614	1510	1405	1251	1102	1025	942	843	738
Master	1482	1383	1289	1146	1008	942	870	771	677
Class I	1300	1240	1157	1030	903	843	782	694	606
Class II	1168	1096	1019	909	799	744	688	611	534
Class III	1019	953	887	788	694	644	600	529	468
Class IV	887	832	771	688	606	562	523	462	407

<b>CLASS</b>	<i>(Women)</i>								
Elite	1035	969	901	802	707	657	604	540	474
Master	945	881	821	730	643	600	554	489	432
Class I	833	795	741	660	579	540	501	445	388
Class II	752	706	656	585	513	479	443	393	344
Class III	661	618	575	511	451	418	389	343	304
Class IV	562	530	489		384	356	332	293	
<b>90 kilo / 198 lb. Weight Class</b>									
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

<b>CLASS</b>	<i>(Men)</i>								
Elite	1703	1592	1482	1317	1162	1080	1003	892	777
Master	1565	1466	1366	1212	1069	992	925	815	716
Class I	1399	1306	1218	1085	953	936	826	733	639
Class II	1234	1157	1074	959	843	782	727	644	567
Class III	1080	1008	936	837	733	683	633	562	490
Class IV	939	876	815	727	639	595	551	490	429

<b>CLASS</b>	<i>(Women)</i>								
Elite	1112	1040	967	860	758	705	655	582	507
Master	1006	942	877	779	687	638	594	524	460
Class I	905	845	788	702	616	605	535	474	413
Class II	806	755	701	626	551	511	475	420	371
Class III	695	649	602	539	472	440	407	361	316
Class IV	608	567	528		414	385	357	317	
<b>90+ kilo / 198+ lb. Weight Class</b>									
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

<b>CLASS</b>	<i>(Women)</i>								
Elite	1176	1092	1021	906	798	744	690	613	535
Master	1062	998	924	824	725	675	657	554	487
Class I	955	891	830	738	650	607	561	497	436
Class II	850	797	742	659	580	540	501	443	389
Class III	744	694	647	575	504	471	439	388	338
Class IV	639	596	556		435	407	374	331	

<b>100 kilo / 220 lb. Weight Class</b>									
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

**CLASS** *(Men)*

Elite	1802	1675	1565	1388	1223	1140	1058	939	821
Master	1647	1537	1432	1278	1124	1047	970	859	755
Class I	1482	1383	1289	1146	1008	942	870	771	677
Class II	1300	1218	1135	1008	887	826	766	677	595
Class III	1140	1063	992	881	771	722	672	595	518
Class IV	986	920	859	766	672	628	578	512	451
110 kilo / 242 lb. Weight Class									
40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+	

<u>CLASS</u>	(Men)									
Elite		1862	1741	1620	1444	1267	1185	1102	975	848
Master		1708	1598	1488	1322	1162	1085	1008	892	782
Class I		1526	1432	1333	1184	1041	970	903	799	699
Class II		1344	1256	1173	1041	916	854	793	699	617
Class III		1173	1096	1025	914	799	744	694	611	540
Class IV		1030	975	898	799	699	655	606	540	473
125 kilo / 275 lb. Weight Class										
40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+		

<u>CLASS</u>	(Men)									
Elite		1912	1791	1669	1482	1306	1212	1129	1003	876
Master		1758	1642	1532	1361	1195	1118	1036	920	804
Class I		1570	1471	1394	1218	1074	997	925	821	716
Class II		1388	1295	1229	1074	947	881	815	727	628
Class III		1207	1129	1069	936	821	766	710	633	551
Class IV		1058	986	936	821	722	672	622	551	485
125+ kilo / 275+ lb. Weight Class										
40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+		

<u>CLASS</u>	(Men)									
Elite		2000	1868	1741	1548	1361	1273	1179	1047	914
Master		1829	1708	1592	1416	1245	1162	1074	953	837
Class I		1642	1537	1432	1273	1118	1041	970	859	749
Class II		1449	1355	1262	1118	986	931	876	766	661
Class III		1256	1173	1096	975	854	799	738	655	573
Class IV		1102	1030	959	854	749	699	650	573	501

### SPECIAL OLYMPIAN CLASSIFICATION STANDARDS

<u>CLASS</u>	
Elite	301%+ of Bodyweight
Master	251 to 300% of Bodyweight
Class I	201 to 250% of Bodyweight
Class II	151 to 200% of Bodyweight
Class III	101 to 150% of Bodyweight
Class IV	51 to 100% of Bodyweight

## CLASSIFICATION AWARDS PROGRAM DETAILS

Classification Awards Certificates and/or Patches are issued only to athletes who qualify.

Powerlifting totals must equal or exceed the totals listed in tables above for the respective body weight classes.

All totals must be made in a USPF Sanctioned Meet or Contest.

**TO APPLY:** Send your completed LC Application to:

USPF Classifications Award Chairman, Sheri Hartmann  
2160 E. Fry Blvd., Suite C-5, PMB# 424  
Sierra Vista, AZ 85635

Official USPF Classification Patches can be purchased either online or with your LC Application.