

Women's A & B Standards for IWF Bodyweight Categories through July 31, 2026

Senior Women's A Standards								
Category	48	53	58	63	69	77	86	86+
Total	181	199	215	225	233	238	242	263

Senior Women's B Standards								
Category	48	53	58	63	69	77	86	86+
Total	172	189	204	214	221	226	230	250

Junior Women's A Standards								
Category	48	53	58	63	69	77	86	86+
Total	163	179	194	203	210	214	218	237

Junior Women's B Standards								
Category	48	53	58	63	69	77	86	86+
Total	154	169	183	191	198	202	206	224

Youth Women's A Standards								
Category	44	48	53	58	63	69	77	77+
Total	130	145	159	172	180	186	190	194

Youth Women's B Standards								
Category	44	48	53	58	63	69	77	77+
Total	122	139	149	159	166	175	179	182

U15 Women's Standards								
Category	44	48	53	58	63	69	77	77+
Total	113	127	139	151	158	163	167	169

Men's A & B Standards for IWF Bodyweight Categories through July 31, 2026

Senior Men's A Standards								
Category	60	65	71	79	88	94	110	110+
Total	281	304	325	347	367	376	388	410

Senior Men's B Standards								
Category	60	65	71	79	88	94	110	110+
Total	267	289	309	330	349	357	369	390

Junior Men's A Standards								
Category	60	65	71	79	88	94	110	110+
Total	253	274	293	312	330	338	349	369

Junior Men's B Standards								
Category	60	65	71	79	88	94	110	110+
Total	239	258	276	295	312	320	330	349

Youth Men's A Standards								
Category	56	60	65	71	79	88	94	94+
Total	207	225	243	260	278	294	301	310

Youth Men's B Standards								
Category	56	60	65	71	79	88	94	94+
Total	194	211	228	244	260	275	282	291

U15 Men's Standards								
Category	56	60	65	71	79	88	94	94+
Total	181	197	213	228	243	257	263	272

Women's A & B Standards for IWF Bodyweight Categories that take effect August 1, 2026

Senior Women's A Standards								
Category	49	53	57	61	69	77	86	86+
Total	185	199	212	221	233	238	242	263

Senior Women's B Standards								
Category	49	53	57	61	69	77	86	86+
Total	176	189	201	210	221	226	230	250

Junior Women's A Standards								
Category	49	53	57	61	69	77	86	86+
Total	167	179	191	199	210	214	218	237

Junior Women's B Standards								
Category	49	53	57	61	69	77	86	86+
Total	157	169	180	188	198	202	206	224

Youth Women's A Standards								
Category	45	49	53	57	61	69	77	77+
Total	134	148	159	170	177	186	190	194

Youth Women's B Standards								
Category	45	49	53	57	61	69	77	77+
Total	125	139	149	159	166	175	179	182

U15 Women's Standards								
Category	45	49	53	57	61	69	77	77+
Total	117	130	139	148	155	163	167	169

Men's A & B Standards for IWF Bodyweight Categories that take effect on August 1, 2026

Senior Men's A Standards								
Category	60	65	70	75	85	95	110	110+
Total	281	304	321	337	361	377	388	410

Senior Men's B Standards								
Category	60	65	70	75	85	95	110	110+
Total	267	289	305	320	343	358	369	390

Junior Men's A Standards								
Category	60	65	70	75	85	95	110	110+
Total	253	274	289	303	325	339	349	369

Junior Men's B Standards								
Category	60	65	70	75	85	95	110	110+
Total	239	258	273	286	307	320	330	349

Youth Men's A Standards								
Category	55	60	65	70	75	85	95	95+
Total	210	225	243	257	270	289	302	310

Youth Men's B Standards								
Category	55	60	65	70	75	85	95	95+
Total	197	211	228	241	253	271	283	291

U15 Men's Standards								
Category	55	60	65	70	75	85	95	95+
Total	184	197	213	225	236	253	264	272