

For clarity during reading:

- “Current bodyweight categories” refers to the existing bodyweight categories as [established by the IWF Executive Board in July 2018](#)
- “New bodyweight categories” refers to the bodyweight categories announced by the IWF on December 20, 2025 and [set to take effect on June 1, 2025](#).

Point 1: 2025 A/B standards for the CURRENT bodyweight categories

The USAW Sport Performance Team worked with statisticians to develop the A standards for the current bodyweight categories. Please see the [Selection Procedure Policy](#) to see the full process used to develop the A/B standards. As a reminder, USAW sets A standards annually based on the average of twelfth place of the IWF rankings for the prior three years for each weight category and gender.

In 2024, result totals in the non-Olympic bodyweight categories were noticeably lower than result totals in the Olympic bodyweight categories, especially in the twelfth place ranking for each non-Olympic bodyweight category. To account for this material performance differential between Olympic and non-Olympic bodyweight categories in 2024, we worked with a statistician to adjust our approach to calculating the 2025 Senior A standards.

To calculate the average of twelfth place in the non-Olympic weight categories, we used the running average of Q-points of the adjacent Olympic categories (further explained below at Example 1A). In bodyweight categories with less than two adjacent Olympic categories (the lightest and heaviest weight categories), we used the mean of the Q-points for the closest Olympic weight bodyweight category. The Q-point calculation for each non-Olympic bodyweight category was then used to produce a total (Example 1B).

For the Olympic bodyweight categories, we used the 12th place total for 2024, dropped the 12th place from 2021, and averaged the three remaining years; 2022, 2023, and 2024.

Example 1A:

- The average of 12th place in 2022, 2023, and 2024 in the Olympic 59 kg category was 218 kg. A 218 kg total in the 59 kg category equals 307.765 Q-points.
- The average of 12th place in 2022, 2023, and 2024 in the Olympic 71 kg category was 235 kg and equals 303.546 Q-points.
- To find the Q-points for the 2025 64 kg A standard, the 59 kg category Q-points and 71 kg category Q-points were averaged, equaling 305.656 Q points.

- For a 64 kg athlete, these Q points equal a 226.01 kg total. Thus, the USAW 64 kg senior A standard is 226 kg.

Example 1B:

- In the case of categories that did not have two adjacent Olympic categories, we used the mean of all Q-points, and the Q-points of the next closest Olympic Category.
- For example with the men's 55 kg bodyweight category, the mean of the ten men's Q-points equals 443.812, and the Q-points of the men's 61 kg category equals 448.980. The average of these two categories equals 446.396
- This Q-point total for the men's 55 kg thus equals 254.5 or a 255 kg total.
- This method was also used for the women's 87 kg and men's 109 kg categories due to the difficulty in establishing a Q-point value for the women's +87 kg and men's +109 kg bodyweight categories.

Point 2: USAW created the remaining 2025 A/B standards for CURRENT bodyweight categories based on the senior A standards established in Point 1

USAW then applied our published method of determining senior B standards (95% of the respective A standard) and all of the remaining A and B standards.

- Senior B: 95% of Senior A standard
- Junior A: 90% of Senior A standard
- Junior B: 85% of Senior A standard
- Youth A: 80% of Senior A standard
- Youth B: 75% of Senior A standard
- U15 standard: 70% of Senior A (new for this year)

Point 3: 2025 A/B standards for the NEW bodyweight categories

A and B standards for new categories were created using the following method:

A/B standards for the new bodyweight categories were created by using the calculated 2025 A standard from Point 1 and working with statisticians.

- A weighted average of Q-points between current bodyweight categories was used to determine Q-points for the new bodyweight categories.
- The Q-points were then used to produce a total for each new bodyweight category.

Example: The weighted average formula below was used to find the Q points for the new W48 kg weight category:

$$\frac{(\text{categoryHigh} - \text{categoryNew})/(\text{categoryHigh} - \text{categoryLow}) * \text{QPointscategoryLow} + (\text{categoryNew} - \text{categoryLow})/(\text{categoryHigh} - \text{categoryLow}) * \text{QPointscategoryHigh}}$$

$$=(49-48)/(49-45)*294.43+(48-45)/(49-45)*298.47$$

The 2025 A standards and the Q-points associated with each category were averaged and that weighted average was matched with a respective bodyweight to produce a total for the new category. These totals were rounded to the nearest kilo. These totals were then presented as the A standards for the new bodyweight categories.