

# RAW POWERLIFTING

## MALE CLASSIFICATION STANDARDS

*As of 10/2011*

\*NOTE: Weights Below in LBS.

### Men's Squat

<i>Wt. Class</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>220</i>	<i>242</i>	<i>275</i>	<i>275+</i>
<b>ELITE</b>	<b>292</b>	<b>320</b>	<b>348</b>	<b>389</b>	<b>452</b>	<b>495</b>	<b>535</b>	<b>565</b>	<b>590</b>	<b>620</b>	<b>662</b>
<b>MASTER</b>	269	294	320	358	416	455	492	520	543	570	609
<b>CLASS I</b>	239	262	285	319	371	406	439	463	484	508	543
<b>CLASS II</b>	210	230	251	280	325	356	385	407	425	446	477
<b>CLASS III</b>	184	202	219	245	285	312	337	356	372	391	417
<b>CLASS IV</b>	161	176	191	214	249	272	294	311	325	341	364

### Men's Bench Press

<i>Wt. Class</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>220</i>	<i>242</i>	<i>275</i>	<i>275+</i>
<b>ELITE</b>	<b>235</b>	<b>258</b>	<b>275</b>	<b>314</b>	<b>358</b>	<b>387</b>	<b>415</b>	<b>440</b>	<b>462</b>	<b>483</b>	<b>500</b>
<b>MASTER</b>	214	235	253	289	329	356	382	405	425	444	462
<b>CLASS I</b>	193	212	226	257	294	317	340	361	379	396	412
<b>CLASS II</b>	169	186	198	226	258	279	299	317	333	348	363
<b>CLASS III</b>	148	163	173	198	226	244	261	277	291	304	315
<b>CLASS IV</b>	129	142	151	173	197	213	228	242	254	266	275

### Men's Deadlift

<i>Wt. Class</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>220</i>	<i>242</i>	<i>275</i>	<i>275+</i>
<b>ELITE</b>	<b>346</b>	<b>374</b>	<b>402</b>	<b>468</b>	<b>537</b>	<b>597</b>	<b>625</b>	<b>642</b>	<b>660</b>	<b>689</b>	<b>700</b>
<b>MASTER</b>	318	344	370	431	494	549	575	591	607	634	644
<b>CLASS I</b>	284	307	330	384	440	490	513	526	541	565	574
<b>CLASS II</b>	249	269	289	337	387	430	450	462	475	496	504
<b>CLASS III</b>	218	236	253	295	338	376	394	404	416	434	441
<b>CLASS IV</b>	190	206	221	257	295	328	344	353	363	379	385

## Men's Strict Curl

<i>Wt. Class</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>220</i>	<i>242</i>	<i>275</i>	<i>275+</i>
<b>ELITE</b>	<b>85</b>	<b>100</b>	<b>115</b>	<b>130</b>	<b>142</b>	<b>151</b>	<b>160</b>	<b>168</b>	<b>175</b>	<b>175</b>	<b>175</b>
<b>MASTER</b>	77	91	105	118	130	138	148	156	163	163	163
<b>CLASS I</b>	70	82	94	107	117	124	132	139	144	144	144
<b>CLASS II</b>	61	72	83	94	103	109	116	122	127	127	127
<b>CLASS III</b>	54	63	72	82	90	95	102	107	111	111	111
<b>CLASS IV</b>	46	54	62	70	78	83	88	92	97	97	97

## Men's Powerlifting Total

<i>Wt. Class</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>220</i>	<i>242</i>	<i>275</i>	<i>275+</i>
<b>ELITE</b>	<b>805</b>	<b>881</b>	<b>947</b>	<b>1124</b>	<b>1261</b>	<b>1396</b>	<b>1495</b>	<b>1587</b>	<b>1630</b>	<b>1710</b>	<b>1740</b>
<b>MASTER</b>	741	811	871	1034	1160	1279	1375	1460	1500	1573	1601
<b>CLASS I</b>	660	722	777	922	1034	1148	1226	1301	1337	1402	1427
<b>CLASS II</b>	580	634	682	809	908	1012	1076	1143	1174	1231	1253
<b>CLASS III</b>	507	555	597	708	794	879	942	1000	1027	1077	1096
<b>CLASS IV</b>	443	485	521	618	694	768	822	873	897	941	957

The Powerlifting Total is the sum of the lifter's best squat, bench press, and deadlift performed within a sanctioned powerlifting competition.

These lifting classifications apply to a drug free lifter that is competing without the use of any supportive equipment other than a lifting belt and wrist wraps. The standard form for a proper competition squat is the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. The standard form for a proper competition bench press is the lifter must pause the bar on the chest until the press command is received. The standard form for the deadlift is that the lifter must stand erect with shoulders in line with the body without using a hitch. The standard form for the strict curl is that the lifter must keep their upper back and butt pressed against the wall throughout the entire lift.