



World Para Powerlifting

Appendix 9: Minimum Standard Table

Version 1.1

2025

MINIMUM STANDARD (MS) TABLES

In accordance with the WPPO Rules and Regulations, the Minimum Standard (MS) it be used to award medals based on entry viability and level of Competition (listed below), outlined in the respective information package and/or qualification regulations for each Competition. Additionally,

Where the age groups are recognised at Competitions, the age of the Athlete is as by 31 December the year of the Recognised Competition.

The weights are listed in kilograms (kg).

Elite Men (15+)

Category	World Championships and Paralympic Games	Regional Championships	Other Sanctioned and Approved Competitions
Up to 49.00 kg	96	87	78
Up to 54.00 kg	101	92	83
Up to 59.00 kg	107	97	87
Up to 65.00 kg	108	99	89
Up to 72.00 kg	125	114	102
Up to 80.00 kg	132	120	108
Up to 88.00 kg	130	119	107
Up to 97.00 kg	129	118	106
Up to 107.00 kg	134	122	110
Over 107.00 kg	140	127	114

Elite Women (15+)

Category	World Championships and Paralympic Games	Regional Championships	Other Sanctioned and Approved Competitions
Up to 41.00 kg	59	54	49
Up to 45.00 kg	58	53	48
Up to 50.00 kg	66	60	54
Up to 55.00 kg	73	66	59
Up to 61.00 kg	73	66	59
Up to 67.00 kg	73	66	59
Up to 73.00 kg	75	69	62
Up to 79.00 kg	78	71	64
Up to 86.00 kg	83	75	67
Over 86.00 kg	86	78	70

Legend Men (45+)

Category	World Championships	Regional Championships, Other Sanctioned and Approved Competitions
Up to 49.00 kg	70	61
Up to 54.00 kg	74	64
Up to 59.00 kg	78	68
Up to 65.00 kg	79	69
Up to 72.00 kg	91	79
Up to 80.00 kg	96	84
Up to 88.00 kg	95	83
Up to 97.00 kg	94	82
Up to 107.00 kg	98	85
Over 107.00 kg	102	89

Legend Women (45+)

Category	World Championships	Regional Championships, Other Sanctioned and Approved Competitions
Up to 41.00 kg	43	38
Up to 45.00 kg	42	37
Up to 50.00 kg	48	42
Up to 55.00 kg	53	46
Up to 61.00 kg	53	46
Up to 67.00 kg	53	46
Up to 73.00 kg	55	48
Up to 79.00 kg	57	50
Up to 86.00 kg	60	52
Over 86.00 kg	62	54

Next Gen Men (18-20)

Category	World Championships and Regional Youth Games	Regional Championships, Other Sanctioned and Approved Competitions
Up to 49.00 kg	70	61
Up to 54.00 kg	74	64
Up to 59.00 kg	78	68
Up to 65.00 kg	79	69
Up to 72.00 kg	91	79
Up to 80.00 kg	96	84
Up to 88.00 kg	95	83
Up to 97.00 kg	94	82
Up to 107.00 kg	98	85
Over 107.00 kg	102	89

Next Gen Women (18-20)

Category	World Championships and Regional Youth Games	Regional Championships, Other Sanctioned and Approved Competitions
Up to 41.00 kg	43	38
Up to 45.00 kg	42	37
Up to 50.00 kg	48	42
Up to 55.00 kg	53	46
Up to 61.00 kg	53	46
Up to 67.00 kg	53	46
Up to 73.00 kg	55	48
Up to 79.00 kg	57	50
Up to 86.00 kg	60	52
Over 86.00 kg	62	54

Rookie Men (15-17)

Category	World Championships and Regional Youth Games	Regional Championships, Other Sanctioned and Approved Competitions
Up to 49.00 kg	52	43
Up to 54.00 kg	55	46
Up to 59.00 kg	58	48
Up to 65.00 kg	59	49
Up to 72.00 kg	68	57
Up to 80.00 kg	72	60
Up to 88.00 kg	71	59
Up to 97.00 kg	70	59
Up to 107.00 kg	73	61
Over 107.00 kg	76	63

Rookie Women (15-17)

Category	World Championships and Regional Youth Games	Regional Championships, Other Sanctioned and Approved Competitions
Up to 41.00 kg	32	27
Up to 45.00 kg	32	26
Up to 50.00 kg	36	30
Up to 55.00 kg	39	33
Up to 61.00 kg	39	33
Up to 67.00 kg	39	33
Up to 73.00 kg	41	34
Up to 79.00 kg	42	35
Up to 86.00 kg	45	37
Over 86.00 kg	47	39

Version History

Version	Date	Comments
1.0	2022-03-07	Initial document creation.
1.1	2022-05-12	Update to include Legend age group; general adjustments to MQSs reflect 2021 performance levels.
1.2	2023-02-09	Update to term “Minimum Standard” with description to better clarify usage.
1.3	2025-04-15	Update related to new competition cycle 2025-2028.