



# INDIAN POWERLIFTING FEDERATION

Affiliated to: International Powerlifting League & Asian Powerlifting League  
Recognized by : Ministry of Youth Affairs & Sports, Govt. of India  
(Regd. Under Societies Act XXVI of 1961)  
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## **QUALIFYING MARKS FOR NATIONAL CHAMPIONSHIPS WITH EFFECT FROM 1ST April, 2019.**

### **MEN**

<b><u>Body weight class</u></b>	<b><u>Squat</u></b>	<b><u>Bench</u></b>	<b><u>Dead</u></b>
52	65	55	80
56	70	60	90
60	80	65	120
67.5	95	70	130
75	100	72.5	140
82.5	110	75	150
90	115	77.5	155
100	125	80	165
110	127.5	85	170
125	130	80	170
140	135	85	175
140+	135	85	180

### **WOMEN**

<b><u>Body weight class</u></b>	<b><u>Squat</u></b>	<b><u>Bench</u></b>	<b><u>Dead</u></b>
44	35	20	50
48	45	25	65
52	50	30	70
56	55	35	75
60	60	37.5	75
67.5	65	40	80
75	70	45	85
82.5	65	45	75
90	60	40	70
90+	60	40	70

### **IMPORTANT NOTE :-**

- After final nomination body weight class cannot be changed
- Over or Under weight shall be treated as new entry