



**Edition
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**Book 1
The Official B.D.F.P.A.
Constitution and By-Laws**

(Including the Referees handbook)

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WOMENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	197.5	187.5	177.5	167.5	160	152.5	137.5	125	112.5	102.5	92.5	177.5	160	145	130
47.5	210	200	190	180	170	162.5	147.5	132.5	120	107.5	97.5	190	170	152.5	137.5
50.5	220	210	200	190	180	170	152.5	137.5	125	112.5	102.5	197.5	177.5	160	145
53	230	217.5	207.5	197.5	187.5	177.5	160	145	130	117.5	105	207.5	187.5	170	152.5
55.5	240	227.5	215	205	195	185	167.5	150	135	122.5	110	215	192.5	172.5	155
58.5	250	237.5	225	215	205	195	175	157.5	142.5	127.5	115	225	202.5	182.5	165
63	267.5	255	242.5	230	217.5	207.5	187.5	170	152.5	137.5	125	240	215	192.5	172.5
70	292.5	277.5	262.5	250	237.5	225	202.5	182.5	165	147.5	132.5	262.5	237.5	215	192.5
80	322.5	307.5	292.5	277.5	262.5	250	225	202.5	182.5	165	147.5	290	260	235	212.5
90	347.5	330	312.5	297.5	282.5	267.5	240	215	192.5	172.5	155	312.5	282.5	255	230
90+	372.5	355	337.5	320	305	290	260	235	212.5	192.5	172.5	335	302.5	272.5	245

WOMENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	172.5	165	157.5	150	142.5	135	122.5	110	100	90	80	155	140	125	112.5
47.5	185	175	167.5	160	152.5	145	130	117.5	105	95	85	167.5	150	135	122.5
50.5	192.5	182.5	172.5	165	157.5	150	135	122.5	110	100	90	172.5	155	140	125
53	202.5	192.5	182.5	172.5	165	157.5	142.5	127.5	115	102.5	92.5	182.5	165	147.5	132.5
55.5	210	200	190	180	170	162.5	147.5	132.5	120	107.5	97.5	190	170	152.5	137.5
58.5	220	210	200	190	180	170	152.5	137.5	125	112.5	102.5	197.5	177.5	160	145
63	235	222.5	212.5	202.5	192.5	182.5	165	147.5	132.5	120	107.5	212.5	192.5	172.5	155
70	257.5	245	232.5	220	210	200	180	162.5	147.5	132.5	120	232.5	210	190	170
80	282.5	267.5	255	242.5	230	217.5	195	175	157.5	142.5	127.5	255	230	207.5	187.5
90	305	290	275	262.5	250	237.5	215	192.5	172.5	155	140	275	247.5	222.5	200
90+	327.5	310	295	280	265	252.5	227.5	205	185	167.5	150	295.0	265	237.5	215

WOMENS' SQUAT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	67.5	65	62.5	60	57.5	55	50	45	40	35	32.5	60	55	50	45
47.5	72.5	70	67.5	65	62.5	60	55	50	45	40	35	65	57.5	52.5	47.5
50.5	77.5	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	70	62.5	57.5	52.5
53	80	75	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	72.5	65	57.5	52.5
55.5	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
58.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
63	92.5	87.5	82.5	77.5	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	75	67.5	60
70	102.5	97.5	92.5	87.5	82.5	77.5	70	62.5	57.5	52.5	47.5	92.5	82.5	75	67.5
80	115	110	105	100	95	90	80	72.5	65	57.5	52.5	102.5	92.5	82.5	75
90	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80	72.5	65	57.5	110	100	90	80
90+	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5

WOMENS' SQUAT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30	55	50	45	40
47.5	65	62.5	60	57.5	55	52.5	47.5	42.5	37.5	35	32.5	57.5	52.5	47.5	42.5
50.5	67.5	65	62.5	60	57.5	55	50	45	40	35	32.5	60	55	50	45
53	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5
55.5	72.5	70	67.5	65	62.5	60	55	50	45	40	35	65	57.5	52.5	47.5
58.5	77.5	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	70	62.5	57.5	52.5
63	82.5	77.5	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	75	67.5	60	55
70	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
80	100	95	90	85	80	75	67.5	60	55	50	45	90	80	72.5	65
90	107.5	102.5	97.5	92.5	87.5	82.5	75	67.5	60	55	50	97.5	87.5	80	72.5
90+	117.5	112.5	107.5	102.5	97.5	92.5	82.5	75	67.5	60	55	105	95	85	77.5

WOMENS' BENCH PRESS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	40	37.5	35	32.5	30	27.5	25	25	25	25	25	35	32.5	30	27.5
47.5	42.5	40	37.5	35	32.5	30	27.5	25	25	25	25	37.5	35	32.5	30
50.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	25	40	35	32.5	30
53	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	42.5	37.5	35	32.5
55.5	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	45	40	35	32.5
58.5	52.5	50	47.5	45	42.5	40	35	32.5	30	27.5	25	47.5	42.5	37.5	35
63	57.5	55	52.5	50	47.5	45	40	35	32.5	30	27.5	52.5	47.5	42.5	37.5
70	62.5	60	57.5	55	52.5	50	45	40	35	32.5	30	57.5	52.5	47.5	42.5
80	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5
90	75	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60	55	50
90+	80	75	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	72.5	65	57.5	52.5

WOMENS' BENCH PRESS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	32.5	30	27.5	25	25	25	25	25	25	25	25	30	27.5	25	25
47.5	35	32.5	30	27.5	25	25	25	25	25	25	25	32.5	30	27.5	25
50.5	37.5	35	32.5	30	27.5	25	25	25	25	25	25	35	32.5	30	27.5
53	40	37.5	35	32.5	30	27.5	25	25	25	25	25	35	32.5	30	27.5
55.5	42.5	40	37.5	35	32.5	30	27.5	25	25	25	25	37.5	35	32.5	30
58.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	25	40	35	32.5	30
63	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	42.5	37.5	35	32.5
70	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	45	40	35	32.5
80	57.5	55	52.5	50	47.5	45	40	35	32.5	30	27.5	52.5	47.5	42.5	37.5
90	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30	55	50	45	40
90+	67.5	65	62.5	60	57.5	55	50	45	40	35	32.5	60	55	50	45

WOMENS' DEAD LIFT – EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	80	75	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	72.5	65	57.5	52.5
47.5	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
50.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
53	92.5	87.5	82.5	77.5	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	75	67.5	60
55.5	97.5	92.5	87.5	82.5	77.5	72.5	65	57.5	52.5	47.5	42.5	87.5	80	72.5	65
58.5	102.5	97.5	92.5	87.5	82.5	77.5	70	62.5	57.5	52.5	47.5	92.5	82.5	75	67.5
63	110	105	100	95	90	85	77.5	70	62.5	57.5	52.5	100	90	80	72.5
70	120	115	110	105	100	95	85	77.5	70	62.5	57.5	107.5	97.5	87.5	80
80	130	122.5	117.5	112.5	107.5	102.5	92.5	82.5	75	67.5	60	117.5	105	95	85
90	142.5	135	127.5	120	115	110	100	90	80	72.5	65	127.5	115	102.5	92.5
90+	150	142.5	135	127.5	120	115	102.5	92.5	82.5	75	67.5	135	122.5	110	100

WOMENS' DEAD LIFT – UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	72.5	70	67.5	65	62.5	60	55	50	45	40	35	65	57.5	52.5	47.5
47.5	77.5	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	70	62.5	57.5	52.5
50.5	82.5	77.5	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	75	67.5	60	55
53	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
55.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
58.5	95	90	85	80	75	72.5	65	57.5	52.5	47.5	42.5	85	77.5	70	62.5
63	100	95	90	85	80	75	67.5	60	55	50	45	90	80	72.5	65
70	110	105	100	95	90	85	77.5	70	62.5	57.5	52.5	100	90	80	72.5
80	120	115	110	105	100	95	85	77.5	70	62.5	57.5	107.5	97.5	87.5	80
90	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5
90+	140	132.5	125	120	115	110	100	90	80	72.5	65	125	112.5	102.5	92.5

TEENAGE: (T1) from 14-15 years, (T2) 16-17 years, (T3) 18-19 years.
 JUNIOR: From 20 years up to and including 23 years of age.
 MASTER: (Men and Women) (M1) from 40-44 years, (M2) 45-49 years and so on
 in five year increments, ad infinitum.

Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age groups by their specific age on the day of the competition. (The lifter must have attained minimum age on the day of the competition where age limits are imposed).

BODYWEIGHT CATEGORIES

Men:	52.0kg	Class up to	52.0kg		
	56.0kg	Class from	52.01kg	to	56.0kg
	60.0kg	Class from	56.01kg	to	60.0kg
	67.5kg	Class from	60.01kg	to	67.5kg
	75.0kg	Class from	67.51kg	to	75.0kg
	82.5kg	Class from	75.01kg	to	82.5kg
	90.0kg	Class from	82.51kg	to	90.0kg
	100.0kg	Class from	90.01kg	to	100.0kg
	110.0kg	Class from	100.01kg	to	110.0kg
	125.0kg	Class from	110.01kg	to	125.0kg
	145.0kg	Class from	125.01kg	to	145.0kg
	+145.0kg	Class from	145.01kg	to	unlimited
Women:	44.0kg	Class up to	44.0kg		
	47.5kg	Class from	44.01kg	to	47.5kg
	50.5kg	Class from	47.51kg	to	50.5kg
	53.0kg	Class from	50.51kg	to	53.0kg
	55.5kg	Class from	53.01kg	to	55.5kg
	58.5kg	Class from	55.51kg	to	58.5kg
	63.0kg	Class from	58.51kg	to	63.0kg
	70.0kg	Class from	63.01kg	to	70.0kg
	80.0kg	Class from	70.01kg	to	80.0kg
	90.0kg	Class from	80.01kg	to	90.0kg
	+90.0kg	Class from	90.01kg	to	unlimited

3. REFEREES'/OFFICERS' REQUIREMENTS: