

# **RAW POWERLIFTING**

## **CLASSIFICATION STANDARDS**

### RAW WOMEN'S POWERLIFTING CLASSIFICATION CHART \* NOTE: Weights Below in LBS.

Wt. Class	97	105	114	123	132	148	165	181	198	198+
<b>ELITE</b>	543	581	623	665	703	773	853	895	960	1012
<b>MASTER</b>	491	529	567	604	637	702	759	815	871	918
<b>CLASS I</b>	440	477	511	543	572	632	684	736	782	825
<b>CLASS II</b>	394	422	454	483	511	562	609	651	698	736
<b>CLASS III</b>	342	370	398	422	445	492	529	572	609	642
<b>CLASS IV</b>	295	319	342	361	384	422	454	487	525	553

To convert Classifications & Weight Classes to kilograms, simply divide the Total Listed by 2.2046  
**For Example:** The ELITE Total for the (275 lb. Class or 125 kg. Class) is 1654 lbs.  
 To convert to kilograms, take  $1654 \div 2.2046 = 750.2$  kg.

### RAW MEN'S POWERLIFTING CLASSIFICATION CHART \* NOTE: Weights Below in LBS.

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
<b>ELITE</b>	904	984	1059	1185	1298	1396	1471	1551	1607	1654	1728
<b>MASTER</b>	850	904	974	1087	1190	1279	1354	1476	1497	1518	1594
<b>CLASS I</b>	750	810	871	979	1068	1148	1209	1279	1321	1359	1420
<b>CLASS II</b>	661	712	768	858	937	1012	1068	1125	1162	1199	1251
<b>CLASS III</b>	571	623	670	754	820	881	932	984	1017	1045	1087
<b>CLASS IV</b>	502	543	586	656	712	768	810	853	890	914	951

**Note:** RAW Powerlifting is defined as wearing only a singlet and a weight belt.  
 These classification standards reflect a drug free lifter's Total. A Total is achieved by adding  
 A lifter's best **Squat, Bench & Deadlift** performed in a **Sanctioned Powerlifting Competition**.

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These Classification Standards were composed by the iXL Strength Agency.  
 A leader in drug-free power sports and an avid supporter of the 100% RAW Powerlifting Federation.



[www.RawClassificationStandards.info](http://www.RawClassificationStandards.info)