

IF YOU ARE SELECTED TO COMPETE AT THE 2019 WORLD MASTERS TAKE NOTE OF HOW THE 15/10 KG RULE APPLIES TO YOU

Under normal circumstances, the 15/10 rule works like this:

Your starting weights in the Snatch and Clean & Jerk, which you submit at weigh-in (at a competition), must adhere to what is called the 15/10 kg rule. Meaning: the total weight of the first attempts in the Snatch and Clean & Jerk must equal or exceed the qualifying standard minus 15 kg (for men) or 10 kg (for women).

However, the 15/10 kg rule is being applied differently at the 2019 World Masters depending on the level of competition (IWF vs NON IWF) used at registration time.

Take a look at these charts and then refer to the below example:

2019 IWF WORLD MASTERS
New qualifying standards and new IWF bodyweight categories



MEN

Category ↓	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
55	170	161	149	137	123	111	98	86	73	60
61	184	173	160	148	133	120	106	92	79	64
67	195	184	171	157	141	127	113	98	84	68
73	206	194	180	166	149	134	119	104	88	72
81	218	205	190	175	157	142	125	109	93	76
89	228	215	199	183	165	148	131	114	97	80
96	235	222	205	189	170	153	135	118	100	82
102	240	227	210	193	174	156	139	121	103	84
109	246	232	215	198	178	160	142	124	105	86
109+	250	236	219	201	181	163	144	126	107	87

Table of start weights applying the 15/10 kg rule

Category ↓	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
55	155	146	134	122	108	96	83	71	58	52*
61	169	158	145	133	118	105	91	77	64	52*
67	180	169	156	142	126	112	98	83	69	53
73	191	179	165	151	134	119	104	89	73	57
81	203	190	175	160	142	127	110	94	78	61
89	213	200	184	168	150	133	116	99	82	65
96	220	207	190	174	155	138	120	103	85	67
102	225	212	195	178	159	141	124	106	88	69
109	231	217	200	183	163	145	127	109	90	71
109+	235	221	204	186	166	148	129	111	92	72

* Minimum weights only allowed

2019 IWF WORLD MASTERS
New qualifying standards and new IWF bodyweight categories



WOMEN

Category ↓	W35	W40	W45	W50	W55	W60	W65	W70
45	93	88	78	71	62	55	48	42
49	99	94	83	76	67	59	52	45
55	108	102	91	82	73	65	56	49
59	114	107	95	86	76	68	59	51
64	119	113	100	91	80	71	62	54
71	127	119	106	96	85	76	66	57
76	131	124	110	100	88	78	68	59
81	135	127	113	102	91	80	70	61
87	139	131	116	106	94	83	72	62
87+	147	139	123	112	99	88	76	66

Table of start weights applying the 15/10 kg rule

Category ↓	W35	W40	W45	W50	W55	W60	W65	W70
45	83	78	68	61	52	45	42*	42*
49	89	84	73	66	57	49	42	42*
55	98	92	81	72	63	55	46	42*
59	104	97	85	76	66	58	49	42*
64	109	103	90	81	70	61	52	54
71	117	109	96	86	75	66	56	57
76	121	114	100	90	78	68	58	59
81	125	117	103	92	81	70	60	61
87	129	121	106	96	84	73	62	62
87+	137	129	113	102	89	78	66	66

* Minimum weights only allowed

Meet Jane Smith.

Jane Smith is a 59 kg, Age 40, Female

Jane Smith lifted at the **2018 World Masters (IWF)** and totalled 120 kg

Jane Smith also lifts at **2019 Provincial Masters (NON-IWF)** and totals 120 kg

NOTE: SAME TOTAL BUT TWO DIFFERENT MEETS (one **IWF** and one **NON-IWF**)

As per the tables:

Jane Smith's 2019 Worlds Masters qualifying total = 107 kg

Jane Smith's 2019 Worlds Masters starting weights = 97 kg

HERE'S WHERE YOU NEED TO PAY ATTENTION

Jane Smith can ONLY register for 2019 Worlds Masters ONE TIME

If she registers with her 2018 World Masters total (IWF):

As noted in the qualifying standards table:

Total = 107 kg – 10 kg = 97 kg (or more)

So when she weighs in, her openers could be: 38 kg Snatch / 59 kg Clean & Jerk (or more)

If she registers with her 2019 Provincial Masters total (NON-IWF):

NOT NOTED IN THE QUALIFYING STANDARDS TABLE:

Total = 120 kg – 10 kg = 110 kg (or more)

So when she weighs in, her openers could be: 45 kg Snatch / 65 kg Clean & Jerk (or more)

SUMMARY:

If you use a NON-IWF total, this will result in GREATER STARTING ATTEMPTS than if you use an IWF total.

BUT, it is still better to have the HIGHEST TOTALS from either IWF-or NON-IWF-to be considered for selection purposes. Just take note when it comes time to weigh in and state your starting attempts.