

IPF / USAPL Weight Classes*

Women

- **43 kg / 94.75 lb (Teen/Juniors only)**
- **47 kg / 103.50 lb**
- **52 kg / 114.50 lb**
- **57 kg / 125.50 lb**
- **63 kg / 138.75 lb**
- **72 kg / 158.50 lb**
- **84 kg / 185.00 lb**
- **84+ kg / 185.00 lb+**

Men

- **53 kg / 116.75 lb (Teen/Juniors only)**
- **59 kg / 130.00 lb**
- **66 kg / 145.50 lb**
- **74 kg / 163.00 lb**
- **83 kg / 182.75 lb**
- **93 kg / 205.00 lb**
- **105 kg / 231.25 lb**
- **120 kg / 264.50 lb**
- **120+ kg / 264.50+ lb**

***Pound equivalent rounded to the next lowest 0.25 lb**