



World Masters Games and World Masters Championships 2027
qualifying totals [kg]

Qualification Period 15 January 2026 – 15 December 2026

MEN

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90+
60	165	156	145	138	126	109	99	86	72	57	46	39
65	178	168	156	144	134	117	105	91	77	62	47	42
70	187	177	163	152	140	124	109	97	82	65	50	43
75	195	184	167	157	143	127	112	99	85	68	51	45
85	207	195	178	165	150	132	116	103	89	72	52	47
95	217	205	190	175	159	140	124	109	93	75	53	48
110	228	216	200	185	167	149	130	114	96	79	56	48
110+	233	221	205	190	171	153	132	116	96	79	56	48

Minimum weight on the bar - 26kg (For M70-M90+ - 15kg)

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
49	94	88	78	68	59	51	45	34	30	30	30	30
53	101	95	84	74	61	53	48	36	30	30	30	30
57	105	99	88	78	65	56	50	39	32	30	30	30
61	109	102	91	81	68	58	51	41	32	30	30	30
69	115	108	95	86	73	61	54	45	33	30	30	30
77	120	113	100	90	76	66	58	47	34	30	30	30
86	124	118	104	95	80	68	59	49	35	30	30	30
86+	132	127	112	97	85	71	62	50	36	30	30	30

Minimum weight on the bar - 21kg (For W70-W90+ - 15kg)

For men and women in age groups 70 and above, the minimum weight on the bar shall be 15 kg (10- kg bar and two full-sized 2.5-kg discs, with clips instead of collars). If the desired weight is 20 kg, a 15-kg bar may be used. The qualification standards must be observed.