

2.1 The IWF Masters organise lifting in ten (age) groups for men within each body weight category.

The age groups are:

- 1.M35 age 35-39
- 2.M40 age 40-44
- 3.M45 age 45-49
- 4.M50 age 50-54
- 5.M55 age 55-60
- 6.M60 age 60-64
- 7.M65 age 65-69
- 8.M70 age 70-74
- 9.M75 age 75-79
- 10.M80 age 80 and above

2.2 The IWF Masters organise lifting in eight (8) age groups for women within each body weight category.

The age groups are:

- 1.W35 age 35-39
- 2.W40 age 40-44
- 3.W45 age 45-49
- 4.W50 age 50-54
- 5.W55 age 55-59
- 6.W60 age 60-64
- 7.W65 age 65-69
- 8.W70 age 70 and above