

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

- 0.M30 age 30-34 (PL)
- 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 80-84
- 11.M85 age 85 and above

2.2 The IWF Masters organise lifting in eleven (11) age groups for women within each body weight category. The age groups are:

- 0.W30 age 30-34 (PL)
- 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 70-74

9.W75 age 75-79

10.W80 age 80-84

11.W85 age 85 and above