

SA POWERLIFTING AND BENCH PRESS - INCENTIVE BADGES AND QUALIFYING STANDARDS

| MEN'S INCENTIVE BADGE : POWERLIFTING | | | | | | | | | | | | | |
|--------------------------------------|--------|--------|-------|-------|-------|-------|--------|--------|-------|---------|---------|---------|---------|
| DIV | YELLOW | ORANGE | GREEN | BLUE | BROWN | BLACK | BRONZE | SILVER | GOLD | ELITE 1 | ELITE 2 | ELITE 3 | ELITE 4 |
| 53 | 265 | 290 | 317.5 | 345 | 372.5 | 402.5 | 430 | 460 | 485 | 510 | 542.5 | 567.5 | 595 |
| 59 | 292.5 | 322.5 | 352.5 | 385 | 415 | 445 | 477.5 | 507.5 | 537.5 | 565 | 595 | 625 | 655 |
| 66 | 322.5 | 355 | 390 | 425 | 460 | 492.5 | 527.5 | 560 | 592.5 | 625 | 655 | 687.5 | 720 |
| 74 | 347.5 | 382.5 | 420 | 455 | 495 | 532.5 | 572.5 | 607.5 | 642.5 | 680 | 715 | 752.5 | 790 |
| 83 | 385 | 422.5 | 460 | 500 | 542.5 | 582.5 | 622.5 | 662.5 | 700 | 740 | 780 | 820 | 860 |
| 93 | 407.5 | 447.5 | 490 | 530 | 575 | 617.5 | 660 | 705 | 745 | 787.5 | 830 | 872.5 | 915 |
| 105 | 432.5 | 475 | 520 | 565 | 610 | 655 | 702.5 | 745 | 790 | 835 | 877.5 | 922.5 | 965 |
| 120 | 452.5 | 497.5 | 545 | 590 | 637.5 | 685 | 732.5 | 780 | 825 | 872.5 | 920 | 965 | 1012.5 |
| 120+ | 462.5 | 507.5 | 555 | 602.5 | 655 | 705 | 752.5 | 800 | 847.5 | 892.5 | 937.5 | 980 | 1022.5 |

| MEN'S QUALIFYING STANDARDS POWERLIFTING | | | |
|---|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | QC | ORANGE | BLUE |
| J | YELLOW | GREEN | BRONZE |
| O | BROWN | BLACK | GOLD |
| M1 | ORANGE | GREEN | BLACK |
| M2 | YELLOW | ORANGE | BROWN |
| M3 | YELLOW | ORANGE | BLUE |
| M4 | YELLOW | ORANGE | GREEN |

| MEN'S QUALIFYING STANDARDS POWERLIFTING UNEQUIPPED | | | |
|--|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | QC | YELLOW | ORANGE |
| J | YELLOW | YELLOW | BROWN |
| O | GREEN | BLUE | BRONZE |
| M1 | ORANGE | GREEN | BLUE |
| M2 | YELLOW | YELLOW | GREEN |
| M3 | QC | YELLOW | ORANGE |
| M4 | QC | YELLOW | YELLOW |

| WOMEN'S INCENTIVE BADGE : POWERLIFTING | | | | | | | | | | | | | |
|--|--------|--------|-------|-------|-------|-------|--------|--------|-------|---------|---------|---------|---------|
| DIV | YELLOW | ORANGE | GREEN | BLUE | BROWN | BLACK | BRONZE | SILVER | GOLD | ELITE 1 | ELITE 2 | ELITE 3 | ELITE 4 |
| 43 | 142.5 | 157.5 | 175 | 192.5 | 212.5 | 230 | 247.5 | 267.5 | 287.5 | 307.5 | 330 | 352.5 | 377.5 |
| 47 | 152.5 | 170 | 187.5 | 207.5 | 227.5 | 245 | 265 | 285 | 305 | 325 | 345 | 367.5 | 392.5 |
| 52 | 165 | 182.5 | 202.5 | 222.5 | 242.5 | 265 | 287.5 | 307.5 | 330 | 352.5 | 375 | 400 | 425 |
| 57 | 180 | 200 | 222.5 | 245 | 267.5 | 290 | 312.5 | 337.5 | 362.5 | 385 | 407.5 | 432.5 | 457.5 |
| 63 | 197.5 | 217.5 | 242.5 | 265 | 290 | 315 | 340 | 367.5 | 392.5 | 420 | 447.5 | 470 | 497.5 |
| 69 | 210 | 232.5 | 257.5 | 282.5 | 310 | 335 | 362.5 | 392.5 | 417.5 | 447.5 | 477.5 | 502.5 | 530 |
| 76 | 222.5 | 247.5 | 275 | 300 | 330 | 357.5 | 387.5 | 417.5 | 445 | 477.5 | 510 | 537.5 | 565 |
| 84 | 242.5 | 270 | 300 | 330 | 360 | 390 | 422.5 | 455 | 487.5 | 517.5 | 547.5 | 580 | 612.5 |
| 84+ | 255 | 285 | 317.5 | 347.5 | 380 | 412.5 | 447.5 | 480 | 515 | 547.5 | 580 | 617.5 | 652.5 |

| WOMEN'S QUALIFYING STANDARDS POWERLIFTING | | | |
|---|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | QC | ORANGE | BLUE |
| J | YELLOW | GREEN | BLACK |
| O | GREEN | BLUE | SILVER |
| M1 | YELLOW | ORANGE | BROWN |
| M2 | QC | YELLOW | BLUE |
| M3 | QC | YELLOW | GREEN |

| WOMEN'S QUALIFYING STANDARDS POWERLIFTING UNEQUIPPED | | | |
|--|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | QC | YELLOW | ORANGE |
| J | YELLOW | YELLOW | BLUE |
| O | ORANGE | GREEN | BRONZE |
| M1 | ORANGE | GREEN | BLUE |
| M2 | QC | YELLOW | GREEN |
| M3 | QC | YELLOW | ORANGE |

| MEN'S INCENTIVE BADGE : BENCH PRESS | | | | | | | | | | | | | |
|-------------------------------------|--------|--------|-------|-------|-------|-------|--------|--------|-------|---------|---------|---------|---------|
| DIV | YELLOW | ORANGE | GREEN | BLUE | BROWN | BLACK | BRONZE | SILVER | GOLD | ELITE 1 | ELITE 2 | ELITE 3 | ELITE 4 |
| 53 | 60 | 67.5 | 75 | 80 | 87.5 | 92.5 | 100 | 105 | 112.5 | 117.5 | 125 | 130 | 137.5 |
| 59 | 67.5 | 75 | 82.5 | 87.5 | 95 | 102.5 | 110 | 115 | 122.5 | 130 | 137.5 | 145 | 150 |
| 66 | 72.5 | 80 | 87.5 | 95 | 105 | 112.5 | 120 | 127.5 | 137.5 | 142.5 | 150 | 157.5 | 165 |
| 74 | 82.5 | 90 | 97.5 | 107.5 | 117.5 | 125 | 135 | 142.5 | 150 | 160 | 170 | 180 | 187.5 |
| 83 | 90 | 100 | 110 | 120 | 130 | 137.5 | 147.5 | 157.5 | 167.5 | 177.5 | 187.5 | 195 | 205 |
| 93 | 97.5 | 107.5 | 117.5 | 127.5 | 137.5 | 147.5 | 160 | 167.5 | 177.5 | 187.5 | 197.5 | 207.5 | 217.5 |
| 105 | 105 | 115 | 125 | 135 | 147.5 | 157.5 | 170 | 180 | 190 | 200 | 210 | 220 | 230 |
| 120 | 110 | 117.5 | 130 | 140 | 152.5 | 165 | 175 | 187.5 | 197.5 | 210 | 220 | 232.5 | 242.5 |
| 120+ | 112.5 | 120 | 132.5 | 145 | 157.5 | 170 | 180 | 192.5 | 202.5 | 212.5 | 225 | 237.5 | 247.5 |

| MEN'S QUALIFYING STANDARDS BENCH PRESS | | | |
|--|---------------|------------------|---------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | YELLOW | GREEN | BROWN |
| J | ORANGE | BLUE | SILVER |
| O | BLACK | BRONZE | ELITE 1 |
| M1 | GREEN | BLUE | BRONZE |
| M2 | ORANGE | GREEN | BLACK |
| M3 | ORANGE | GREEN | BROWN |
| M4 | YELLOW | ORANGE | BLUE |

| MEN'S QUALIFYING STANDARDS BENCH PRESS UNEQUIPPED | | | |
|---|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | YELLOW | YELLOW | GREEN |
| J | YELLOW | ORANGE | BLACK |
| O | BLUE | BROWN | SILVER |
| M1 | YELLOW | ORANGE | BROWN |
| M2 | YELLOW | YELLOW | BLUE |
| M3 | YELLOW | YELLOW | GREEN |
| M4 | YELLOW | YELLOW | ORANGE |

| WOMEN'S INCENTIVE BADGE : BENCH PRESS | | | | | | | | | | | | | |
|---------------------------------------|--------|--------|-------|------|-------|-------|--------|--------|-------|---------|---------|---------|---------|
| DIV | YELLOW | ORANGE | GREEN | BLUE | BROWN | BLACK | BRONZE | SILVER | GOLD | ELITE 1 | ELITE 2 | ELITE 3 | ELITE 4 |
| 43 | 30 | 32.5 | 35 | 40 | 45 | 50 | 55 | 60 | 62.5 | 67.5 | 72.5 | 80 | 85 |
| 47 | 35 | 37.5 | 42.5 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 |
| 52 | 37.5 | 42.5 | 47.5 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 87.5 | 92.5 | 97.5 |
| 57 | 40 | 45 | 50 | 55 | 62.5 | 67.5 | 72.5 | 77.5 | 82.5 | 87.5 | 95 | 100 | 105 |
| 63 | 45 | 50 | 55 | 60 | 67.5 | 72.5 | 77.5 | 82.5 | 90 | 95 | 102.5 | 107.5 | 115 |
| 69 | 47.5 | 52.5 | 57.5 | 65 | 72.5 | 77.5 | 82.5 | 87.5 | 95 | 102.5 | 110 | 115 | 122.5 |
| 76 | 52.5 | 57.5 | 62.5 | 70 | 77.5 | 82.5 | 87.5 | 92.5 | 102.5 | 110 | 117.5 | 122.5 | 130 |
| 84 | 57.5 | 62.5 | 70 | 75 | 82.5 | 90 | 97.5 | 105 | 112.5 | 120 | 125 | 132.5 | 140 |
| 84+ | 60 | 65 | 72.5 | 80 | 87.5 | 95 | 102.5 | 112.5 | 120 | 127.5 | 135 | 142.5 | 150 |

| WOMEN'S QUALIFYING STANDARDS BENCH PRESS | | | |
|--|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | YELLOW | GREEN | BROWN |
| J | ORANGE | BLUE | BRONZE |
| O | BLUE | BROWN | GOLD |
| M1 | ORANGE | GREEN | BLACK |
| M2 | YELLOW | ORANGE | BROWN |
| M3 | QC | YELLOW | BLUE |

| WOMEN'S QUALIFYING STANDARDS BENCH PRESS UNEQUIPPED | | | |
|---|---------------|------------------|--------|
| COMPETE | MEDAL & TITLE | NATIONAL COLOURS | |
| SJ | YELLOW | YELLOW | GREEN |
| J | YELLOW | ORANGE | BROWN |
| O | ORANGE | GREEN | BRONZE |
| M1 | YELLOW | YELLOW | BLUE |
| M2 | YELLOW | YELLOW | GREEN |
| M3 | QC | YELLOW | ORANGE |

QC = lifter must have competed in a qualifying event and posted a total

Effective from Oct 2020