



Nordic Weightlifting Federation

New Nordic Record Standards (starting from 1st of June 2025)

The records are calculated based on the following set of rules, to set a record a 1kg increase is needed from the set standard.

Senior Females: Q-points rounded to 290 points; super heavyweight is calculated with 120kg. Ratio between C&J and Snatch in range of 1.26-1.27. Female -48kg category 93% of 400 points, Female -53kg category 97% of 400 points.

Senior Males: Q-points rounded to 400 points; +110 category uses 140kg for body weight to calculate records. Ratio between C&J and Snatch in the range of 1.22-1.23. Men -60kg category 93% of 400 points, Men -65kg category 97% of 400 points.

Female Senior				Male Senior			
BW Category	Snatch	Clean&Jerk	Total	BW Category	Snatch	Clean&Jerk	Total
-48kg	72kg	92kg	164kg	-60kg	106kg	127kg	233kg
-53kg	82kg	103kg	185kg	-65kg	117kg	143kg	260kg
-58kg	90kg	113kg	203kg	-71kg	129kg	157kg	286kg
-63kg	94kg	119kg	213kg	-79kg	137kg	167kg	304kg
-69kg	98kg	124kg	222kg	-88kg	143kg	176kg	319kg
-77kg	102kg	130kg	232kg	-94kg	147kg	180kg	327kg
-86kg	106kg	134kg	240kg	-110kg	155kg	190kg	345kg
+86kg	116kg	149kg	265kg	+110kg	167kg	204kg	371kg



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Junior Females: Q-points rounded to 250 points; super heavyweight is calculated with 120kg. Ratio between C&J and Snatch in range of 1.26-1.27. Female -48kg category 93% of 250 points, Female -53kg category 97% of 250 points.

Junior Males: Q-points rounded to 360 points; +110 category uses 140kg for body weight to calculate records. Ratio between C&J and Snatch in the range of 1.22-1.23. Men -60kg category 93% of 360 points, Men -65kg category 97% of 360 points.

Female Junior				Male Junior			
BW Category	Snatch	Clean&Jerk	Total	BW Category	Snatch	Clean&Jerk	Total
-48kg	63kg	79kg	142kg	-60kg	94kg	116kg	210kg
-53kg	71kg	90kg	161kg	-65kg	105kg	129kg	234kg
-58kg	77kg	98kg	175kg	-71kg	116kg	141kg	257kg
-63kg	81kg	102kg	183kg	-79kg	123kg	150kg	273kg
-69kg	84kg	107kg	191kg	-88kg	129kg	158kg	287kg
-77kg	88kg	112kg	200kg	-94kg	133kg	162kg	295kg
-86kg	91kg	116kg	207kg	-110kg	140kg	171kg	311kg
+86kg	101kg	127kg	228kg	+110kg	150kg	184kg	334kg



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Youth Females: Q-points rounded to 225 points; super heavyweight is calculated with 100kg. Ratio between C&J and Snatch in range of 1.26-1.27. Female -44kg category 93% of 225 points, Female -48kg category 97% of 225 points.

Youth Males: Q-points rounded to 310 points; +110 category uses 120kg for body weight to calculate records. Ratio between C&J and Snatch in the range of 1.22-1.23. Men -56kg category 93% of 310 points, Men -60kg category 97% of 310 points.

Female Youth				Male Youth			
BW Category	Snatch	Clean&Jerk	Total	BW Category	Snatch	Clean&Jerk	Total
-44kg	51kg	65kg	116kg	-56kg	76kg	92kg	168kg
-48kg	58kg	75kg	133kg	-60kg	85kg	104kg	189kg
-53kg	66kg	83kg	149kg	-65kg	94kg	114kg	208kg
-58kg	70kg	88kg	158kg	-71kg	100kg	122kg	222kg
-63kg	73kg	92kg	165kg	-79kg	106kg	129kg	235kg
-69kg	76kg	96kg	172kg	-88kg	111kg	136kg	247kg
-77kg	80kg	100kg	180kg	-94kg	114kg	140kg	254kg
+77kg	86kg	109kg	195kg	+94kg	124kg	151kg	275kg