

## 2026 International Minimum Qualification Standards (January - July)

| New Category | Medal Zones                        |                                       |                      | Minimum Qualification Standards (Kg) |         |         |         |         |         |
|--------------|------------------------------------|---------------------------------------|----------------------|--------------------------------------|---------|---------|---------|---------|---------|
|              | Olympic Bronze Average (2022-2024) | World 6-8th place Average (2022-2024) | European Seniors MQS | u20 MQS                              | u19 MQS | u18 MQS | u17 MQS | u16 MQS | u15 MQS |
| %            |                                    | 100%                                  | 89%                  | 83%                                  | 80%     | 77%     | 74%     | 71%     | 68%     |
| MZ           |                                    |                                       | W6-8                 | W6-8                                 | W6-8    | W6-8    | W6-8    | W6-8    | W6-8    |
| 44           | -                                  | -                                     | -                    | -                                    | -       | -       | 121     | 116     | 111     |
| 48           | 192                                | 179                                   | 159                  | 149                                  | 143     | 138     | 132     | 127     | 122     |
| 53           | 203                                | 188                                   | 167                  | 156                                  | 150     | 145     | 139     | 133     | 128     |
| 58           | 225                                | 216                                   | 192                  | 179                                  | 173     | 166     | 160     | 153     | 147     |
| 63           | 236                                | 222                                   | 197                  | 184                                  | 177     | 171     | 164     | 157     | 151     |
| 69           | 254                                | 236                                   | 210                  | 196                                  | 189     | 182     | 175     | 168     | 161     |
| 77           | 256                                | 241                                   | 215                  | 200                                  | 193     | 186     | 178     | 171     | 164     |
| 77+          | -                                  | -                                     | -                    | -                                    | -       | -       | 195     | 187     | 179     |
| 86           | 264                                | 247                                   | 220                  | 205                                  | 198     | 190     | -       | -       | -       |
| 86+          | 285                                | 261                                   | 232                  | 217                                  | 209     | 201     | -       | -       | -       |
| 56           | -                                  | -                                     | -                    | -                                    | -       | -       | 193     | 185     | 178     |
| 60           | 295                                | 281                                   | 250                  | 233                                  | 225     | 216     | 208     | 199     | 191     |
| 65           | 323                                | 300                                   | 267                  | 249                                  | 240     | 231     | 222     | 213     | 204     |
| 71           | 340                                | 326                                   | 290                  | 270                                  | 261     | 251     | 241     | 231     | 222     |
| 79           | 361                                | 339                                   | 302                  | 281                                  | 271     | 261     | 251     | 241     | 231     |
| 88           | 380                                | 362                                   | 322                  | 300                                  | 290     | 279     | 268     | 257     | 246     |
| 94           | 388                                | 368                                   | 328                  | 305                                  | 294     | 283     | 272     | 261     | 250     |
| 94+          | -                                  | -                                     | -                    | -                                    | -       | -       | 307     | 294     | 282     |
| 110          | 414                                | 381                                   | 339                  | 317                                  | 305     | 294     | -       | -       | -       |
| 110+         | 444                                | 418                                   | 372                  | 347                                  | 335     | 322     | -       | -       | -       |

**Lifting the Minimum qualification standard does not guarantee automatic qualification.** Athletes should read the selection policies and criteria carefully to fully understand how selections are made. Minimum qualification standards are percentages of the 2022-2024 world top 6-8 average, adjusted for new weight categories using Q-points.

**Numbers highlighted in RED have been adjusted to create a natural upward curve across weight categories and age groups.** Adjustments have been made using one of the following methods:

- In the super-heavyweight categories, we have removed the lowest anomalous results.
- In weight-restricted categories, we have used the average Q-points for the 2024 Olympic categories to generate the adjustments.