

2026 International Minimum Qualification Standards (August - December)

New Category	Minimum Qualification Standards (Kg)								
	World Seniors MQS	European Seniors MQS	European u23s MQS	u20 MQS	u19 MQS	u18 MQS	u17 MQS	u16 MQS	u15 MQS
%	92%	89%	86%	83%	80%	77%	74%	71%	68%
MZ	W6-8	W6-8	W6-8	W6-8	W6-8	W6-8	W6-8	W6-8	W6-8
45	-	-	-	-	-	-	123	118	113
49	167	161	156	150	145	139	134	129	123
53	179	174	168	162	156	150	144	138	133
57	194	188	182	175	169	163	156	150	144
61	201	195	188	181	175	168	162	155	149
69	214	207	200	193	186	179	172	165	158
77	222	215	207	200	193	186	178	171	164
77+	-	-	-	-	-	-	195	187	179
86	226	218	211	204	196	189	-	-	-
86+	240	232	224	217	209	201	-	-	-
56	-	-	-	-	-	-	192	184	176
60	257	248	240	232	223	215	206	198	190
65	276	267	258	249	240	231	222	213	204
70	297	287	278	268	258	249	239	229	220
75	306	296	286	276	266	256	246	236	226
85	324	313	303	292	282	271	260	250	239
95	341	330	319	308	297	286	275	263	252
95+	-	-	-	-	-	-	307	295	282
110	358	346	334	323	311	299	-	-	-
110+	367	355	343	331	319	307	-	-	-

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.