

Федерация IPА. Нормативы по приседаниям со штангой в экипировке

Мужчины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК | МС | КМС | I | II | III |
|-------------------|-------|-------|-------|-------|-------|-------|-------|
| 52 | 245.0 | 215.0 | 190.0 | 167.5 | 150.0 | 132.5 | 117.5 |
| 56 | 267.5 | 232.5 | 207.5 | 182.5 | 162.5 | 142.5 | 127.5 |
| 60 | 287.5 | 250.0 | 222.5 | 197.5 | 175.0 | 155.0 | 135.0 |
| 67.5 | 320.0 | 280.0 | 250.0 | 220.0 | 195.0 | 172.5 | 152.5 |
| 75 | 350.0 | 305.0 | 272.5 | 240.0 | 212.5 | 187.5 | 165.0 |
| 82.5 | 372.5 | 325.0 | 290.0 | 257.5 | 227.5 | 200.0 | 177.5 |
| 90 | 395.0 | 345.0 | 307.5 | 270.0 | 240.0 | 212.5 | 187.5 |
| 100 | 415.0 | 362.5 | 325.0 | 285.0 | 252.5 | 225.0 | 197.5 |
| 110 | 432.5 | 380.0 | 337.5 | 297.5 | 265.0 | 232.5 | 207.5 |
| 125 | 455.0 | 397.5 | 355.0 | 312.5 | 275.0 | 245.0 | 215.0 |
| 140 | 470.0 | 412.5 | 365.0 | 322.5 | 285.0 | 252.5 | 222.5 |
| 140+ | 480.0 | 422.5 | 377.5 | 332.5 | 295.0 | 260.0 | 230.0 |

Женщины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК | МС | КМС | I | II | III |
|-------------------|-------|-------|-------|-------|-------|-------|-------|
| 44 | 155.0 | 140.0 | 125.0 | 110.0 | 97.5 | 85.0 | 75.0 |
| 48 | 172.5 | 155.0 | 137.5 | 120.0 | 107.5 | 95.0 | 85.0 |
| 52 | 185.0 | 167.5 | 150.0 | 132.5 | 117.5 | 102.5 | 90.0 |
| 56 | 200.0 | 180.0 | 160.0 | 140.0 | 125.0 | 110.0 | 97.5 |
| 60 | 210.0 | 190.0 | 170.0 | 150.0 | 132.5 | 117.5 | 105.0 |
| 67.5 | 232.5 | 210.0 | 187.5 | 165.0 | 145.0 | 127.5 | 115.0 |
| 75 | 245.0 | 222.5 | 200.0 | 175.0 | 155.0 | 137.5 | 122.5 |
| 82.5 | 260.0 | 235.0 | 210.0 | 185.0 | 165.0 | 145.0 | 127.5 |
| 90 | 270.0 | 245.0 | 220.0 | 192.5 | 170.0 | 152.5 | 135.0 |
| 90+ | 280.0 | 260.0 | 232.5 | 205.0 | 182.5 | 160.0 | 142.5 |

Федерация IPА. Нормативы по приседаниям со штангой без экипировки

Мужчины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК | МС | КМС | I | II | III |
|-------------------|-------|-------|-------|-------|-------|-------|-------|
| 52 | 205.0 | 185.0 | 165.0 | 145.0 | 127.5 | 112.5 | 100.0 |
| 56 | 222.5 | 200.0 | 177.5 | 157.5 | 137.5 | 122.5 | 107.5 |
| 60 | 235.0 | 212.5 | 190.0 | 167.5 | 147.5 | 130.0 | 115.0 |
| 67.5 | 260.0 | 235.0 | 210.0 | 185.0 | 162.5 | 145.0 | 127.5 |
| 75 | 280.0 | 252.5 | 225.0 | 197.5 | 175.0 | 155.0 | 137.5 |
| 82.5 | 297.5 | 267.5 | 237.5 | 210.0 | 185.0 | 165.0 | 145.0 |
| 90 | 310.0 | 280.0 | 250.0 | 220.0 | 195.0 | 172.5 | 152.5 |
| 100 | 322.5 | 292.5 | 262.5 | 230.0 | 205.0 | 180.0 | 160.0 |
| 110 | 335.0 | 302.5 | 270.0 | 237.5 | 210.0 | 187.5 | 165.0 |
| 125 | 350.0 | 315.0 | 280.0 | 247.5 | 220.0 | 195.0 | 172.5 |
| 140 | 360.0 | 325.0 | 290.0 | 255.0 | 225.0 | 200.0 | 177.5 |
| 140+ | 365.0 | 332.5 | 297.5 | 262.5 | 232.5 | 205.0 | 180.0 |

Женщины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК | МС | КМС | I | II | III |
|-------------------|-------|-------|-------|-------|-------|-------|-------|
| 44 | 127.5 | 115.0 | 102.5 | 90.0 | 80.0 | 72.5 | 62.5 |
| 48 | 142.5 | 127.5 | 112.5 | 100.0 | 87.5 | 77.5 | 70.0 |
| 52 | 152.5 | 137.5 | 122.5 | 107.5 | 95.0 | 85.0 | 75.0 |
| 56 | 160.0 | 145.0 | 130.0 | 115.0 | 102.5 | 90.0 | 80.0 |
| 60 | 172.5 | 155.0 | 137.5 | 120.0 | 107.5 | 95.0 | 85.0 |
| 67.5 | 185.0 | 167.5 | 150.0 | 130.0 | 117.5 | 102.5 | 90.0 |
| 75 | 197.5 | 177.5 | 157.5 | 140.0 | 122.5 | 110.0 | 97.5 |
| 82.5 | 205.0 | 185.0 | 165.0 | 145.0 | 130.0 | 115.0 | 100.0 |

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|------------|-------|-------|-------|-------|-------|-------|-------|
| 90 | 212.5 | 192.5 | 172.5 | 150.0 | 132.5 | 117.5 | 105.0 |
| 90+ | 220.0 | 202.5 | 180.0 | 157.5 | 140.0 | 125.0 | 110.0 |