

SAWF QUALIFYING STANDARDS - June 2025

MEN	Weight Division	World Championships			African Games			Commonwealth & African Championships			SA Championships		
		Senior	Junior	Youth	Senior	Junior	Youth	Senior	Junior	Youth	Senior	Junior	Youth
	56			198			185			137			105
	60	239	231	207	223		195	207	175	144	175	137	110
	65	253	244	219	236		206	219	185	152	185	145	116
	71	267	258	231	249		217	231	196	160	196	153	123
	79	284	274	246	265		231	246	208	170	208	163	130
	88	299	289	259	279		243	259	219	179	219	171	137
	94	308	297	267	287		250	267	226	185	226	176	141
	94+			287			269			203			158
	110	325	314		303			281	238		238	186	
	110+	349	337		326			302	256		256	200	

WOMEN	Weight Division	World Championships			African Games			Commonwealth & African Championships			SA Championships		
		Senior	Junior	Youth	Senior	Junior	Youth	Senior	Junior	Youth	Senior	Junior	Youth
	44			128			120			89			63
	48	158	148	137	148		129	132	116	95	116	84	68
	53	171	160	148	160		139	143	125	103	125	91	73
	58	182	170	158	170		148	152	134	109	134	97	78
	63	192	179	166	179		156	160	141	115	141	102	82
	69	203	189	176	189		165	169	149	122	149	108	86
	77	214	200	185	200		174	178	157	128	157	114	91
	77+			206			194			147			109
	86	224	209		209			187	164		164	120	
	86+	251	235		235			209	184		184	134	