

USA Powerlifting MX Category

In Effect January 1, 2021

Background and Eligibility. The MX category provides dedicated competition space for athletes 14 years of age or older of all gender identities. Competitors who elect to compete within the MX category compete across 14 weight classes in the sub-junior, junior, open, and masters I-IV age divisions. Looking forward, USA Powerlifting is working to ensure MX athletes will have a path to compete at a higher level. Starting in 2022, MX athletes will compete at Nationals and with that, have a path to international competition and the opportunity to represent the United States abroad.

Rules and Procedures. The technical rules of performance as well as all policies and procedures as defined in the rulebook apply to lifters competing in the MX category with the exception of best lifter calculation and weight classes (see below).

Best Lifter Calculation:

- The Best Lifter Award (an optional award offered at events at the discretion of the meet director) for those competing in the MX category will be calculated using gender neutral [IPF GL points](#)
- Gender neutral IPF GL points are derived by averaging the male and female IPF GL points that correspond to the lifter's body weight and achieved total

Weight Classes:

- The 14 MX weight classes, which align with the [LGBT Powerlifting Union's](#) MX category, are as follows:
 - 44.0 kg Class up to 44.0kg
 - 48.0 kg Class from 44.01 to 48.0 kg
 - 52.0 kg Class from 48.01 to 52.0 kg
 - 56.0 kg Class from 52.01 to 56.0 kg
 - 60.0 kg Class from 56.01 to 60.0 kg
 - 67.5 kg Class from 60.01 to 67.5 kg
 - 75.0 kg Class from 67.51 to 75.0 kg
 - 82.5 kg Class from 75.01 to 82.5 kg
 - 90.0 kg Class from 82.51 to 90.0 kg
 - 100.0 kg Class from 90.01 to 100.0 kg
 - 110.0 kg Class from 100.01 to 110.0 kg
 - 125.0 kg Class from 110.01 to 125.0 kg
 - 140.0 kg Class from 125.01 to 140.0 kg
 - 140.0+ kg Class from 140.01 to Unlimited kg

General Information.

- The MX category may be offered at local, state, and regional meets. Meet directors are not required to offer the MX category. If an athlete is interested in competing in the MX category at a particular meet but an MX category is not offered, the athlete is encouraged to contact the meet director to see if the MX category can be added for that particular meet; this request should be made as far in advance of the meet as possible
- State records will be maintained for the MX category
- Those competing in the MX category may choose to lift raw, equipped, or raw with wraps
- All [USA Powerlifting anti-doping rules](#) apply to those competing in the MX category