Условия присвоения спортивных разрядов:

* **МСМК**(мастер спорта международного класса) - занять первое место в сумме двоеборья по итогам выступления на первенстве мира среди юниоров и юниорок;
* Звание **МСМК** присваивается с 16 лет, **МС** (мастер спорта) - с 15 лет;
* Спортивные разряды **КМС** (кандидат в мастера спорта), I, II, III - с 14 лет;
* Юношеские разряды присваиваются с 10 до 18 лет.

**Нормативы по тяжелой атлетике на 2016 год**

**Мужчины**

|  |  |
| --- | --- |
| **Весовая категория** | **Сумма двоеборья (кг)** |
| **Взрослые** | **Юноши 11-15 лет** |
| **МСМК** | **МС** | **КМС** | **1** | **2** | **3** | **1 юн** | **2 юн** | **3 юн** |
| **34 кг** |  |  | - | - | - | - | 75,0 | 70,0 | 55,0 |
| **38 кг** |  |  | - | - | - | - | 80,0 | 75,0 | 60,0 |
| **42 кг** |  |  | - | 105,0 | 95,0 | 90,0 | 85,0 | 80,0 | 65,0 |
| **46 кг** |  |  | 135,0 | 120,0 | 105,0 | 95,0 | 90,0 | 85,0 | 70,0 |
| **50 кг** |  | 180,0 | 155,0 | 135,0 | 120,0 | 105,0 | 95,0 | 90,0 | 75,0 |
| **56 кг** | 255,0 | 205,0 | 175,0 | 155,0 | 135,0 | 120,0 | 100,0 | 95,0 | 80,0 |
| **62 кг** | 285,0 | 230,0 | 195,0 | 175,0 | 155,0 | 130,0 | 110,0 | 100,0 | 85,0 |
| **69 кг** | 315,0 | 255,0 | 210,0 | 185,0 | 165,0 | 140,0 | 125,0 | 110,0 | 95,0 |
| **+69 кг** | - | - | - | 195,0 | 175,0 | 150,0 | 135,0 | 115,0 | 105,0 |
| **77 кг** | 350,0 | 280,0 | 240,0 | 210,0 | 185,0 | 160,0 | 140,0 | 125,0 | 110,0 |
| **85 кг** | 365,0 | 295,0 | 255,0 | 225,0 | 195,0 | 170,0 | 145,0 | 130,0 | 115,0 |
| **94 кг** | 385,0 | 310,0 | 265,0 | 230,0 | 200,0 | 175,0 | 155,0 | 135,0 | 120,0 |
| **+94 кг** | - | 315,0 | 270,0 | 235,0 | 210,0 | 180,0 | 160,0 | 140,0 | 125,0 |
| **105 кг** | 400,0 | 320,0 | 275,0 | 240,0 | 215,0 | 185,0 | - | - | - |
| **+105 кг** | 415,0 | 325,0 | 280,0 | 245,0 | 220,0 | 190,0 | - | - | - |

 **Женщины**

|  |  |
| --- | --- |
| **Весовая категория** | **Сумма двоеборья (кг)** |
| **Взрослые** | **Юноши 11-15 лет** |
| **МСМК** | **МС** | **КМС** | **1** | **2** | **3** | **1 юн** | **2 юн** | **3 юн** |
| **34 кг** | - | - | **-** | **-** | **-** | **-** | 65,0 | 55,0 | 45,0 |
| **36 кг** | - | - | **-** | **-** | **-** | **-** | 70,0 | 60,0 | 50,0 |
| **40 кг** | - | - | 95,0 | 90,0 | 85,0 | 80,0 | 75,0 | 65,0 | 55,0 |
| **44 кг** | - | 120,0 | 105,0 | 95,0 | 90,0 | 85,0 | 80,0 | 70,0 | 60,0 |
| **48 кг** | 165,0 | 130,0 | 110,0 | 100,0 | 95,0 | 90,0 | 85,0 | 75,0 | 65,0 |
| **53 кг** | 180,0 | 140,0 | 120,0 | 110,0 | 105,0 | 95,0 | 90,0 | 80,0 | 70,0 |
| **58 кг** | 190,0 | 150,0 | 130,0 | 115,0 | 110,0 | 100,0 | 95,0 | 85,0 | 75,0 |
| **63 кг** | 205,0 | 160,0 | 140,0 | 125,0 | 115,0 | 105,0 | 100,0 | 90,0 | 80,0 |
| **69 кг** | 215,0 | 170,0 | 150,0 | 130,0 | 120,0 | 110,0 | 105,0 | 95,0 | 85,0 |
| **+69 кг** | - | 175,0 | 155,0 | 135,0 | 125,0 | 115,0 | 110,0 | 100,0 | 90,0 |
| **75 кг** | 225,0 | 180,0 | 160,0 | 140,0 | 130,0 | 120,0 | **-** | **-** | **-** |
| **+75 кг** | 235,0 | 190,0 | 165,0 | 145,0 | 135,0 | 125,0 | **-** | **-** | **-** |