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OG UNDERGROUND · FAIRSET RANKING TABLES · 10 min

Compare any two 10-minute sets on one number. Each table cell is FairSet points, with the published reps in parentheses.

HOW TO READ A CELL

Example cell: 456.8 (60)

456.8 is the FairSet score. (60) is the number of good reps in the 10-minute set that produced that score.

FairSet = $\text{reps} \times (\text{bells} \times \text{kg})^{1.50} \div (\text{bodyweight kg})^{0.88} \times \text{age boost}$.

Double Snatch always uses two kettlebells. Rank-rep targets match Long Cycle at the same bell weight.

COLOR KEY

Band	Meaning
Professional	Heaviest competition bells. MSIC / MS / CMS / Rank I.
Semi-Professional	One step lighter. CMS through Rank III.
Amateur	The common club standard.
Semi-Amateur	Lighter bells. Rank I / II / III.
Beginners	Lightest adult bells. Rank I / II / III.
Female class rows	Pink class column = women.
Male class rows	Blue class column = men.

SHEETS IN THIS FILE

01 Open men Long Cycle. 01b Open men Jerk. 01c Open men Snatch, then Double Snatch under it.

02 / 02b / 02c Open women, same order. Double Snatch sits under Snatch.

03 / 03b Legends men and women: Long Cycle, Jerk, Snatch, Double Snatch.

04 Futures youth, including Double Snatch under Snatch.

05 Worked math, including a Double Snatch example.

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OPEN MEN (to 49) · LONG CYCLE · FAIRSET · 10 min

Each cell = FairSet points (reps). Age 35 (×1.00). Bodyweight = class kg. Double Snatch is always two bells.

LONG CYCLE · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (2 × 32 kg)				Semi-Professional (2 × 28 kg)				Amateur (2 × 24 kg)				Semi-Amateur (2 × 20 kg)			Beginners (2 × 16 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
74	165	Super lightweight	742.2 (64)	556.7 (48)	405.9 (35)	278.3 (24)	512.6 (54)	379.7 (40)	303.7 (32)	237.3 (25)	534.8 (71)	414.3 (55)	331.4 (44)	241.0 (32)	378.2 (66)	303.7 (53)	240.7 (42)	307.5 (75)	250.1 (61)	200.9 (49)
80	175	Welterweight	736.3 (68)	563.1 (52)	411.5 (38)	281.5 (26)	522.9 (59)	390.0 (44)	310.2 (35)	239.3 (27)	527.5 (75)	414.9 (59)	337.6 (48)	246.2 (35)	379.9 (71)	305.0 (57)	246.1 (46)	302.4 (79)	248.8 (65)	202.9 (53)
84	185	Middleweight	736.5 (71)	570.5 (55)	425.3 (41)	290.4 (28)	543.4 (64)	399.0 (47)	322.6 (38)	246.2 (29)	532.3 (79)	424.5 (63)	343.6 (51)	256.0 (38)	384.4 (75)	312.6 (61)	251.1 (49)	304.4 (83)	253.1 (69)	209.0 (57)
89	195	Super middleweight	729.5 (74)	561.9 (57)	433.8 (44)	295.8 (30)	540.6 (67)	403.4 (50)	322.8 (40)	242.1 (30)	531.5 (83)	422.6 (66)	345.8 (54)	256.1 (40)	379.9 (78)	311.8 (64)	253.3 (52)	303.2 (87)	254.4 (73)	209.1 (60)
93	205	Cruiserweight	730.3 (77)	578.5 (61)	436.3 (46)	303.5 (32)	543.4 (70)	411.4 (53)	326.0 (42)	240.6 (31)	535.9 (87)	425.1 (69)	345.0 (56)	258.7 (42)	379.6 (81)	314.0 (67)	253.1 (54)	305.1 (91)	258.2 (77)	211.3 (63)
102	225	Heavyweight	690.8 (79)	550.9 (63)	419.7 (48)	297.3 (34)	522.4 (73)	400.8 (56)	314.9 (44)	229.0 (32)	516.8 (91)	408.9 (72)	329.4 (58)	249.9 (44)	362.9 (84)	302.4 (70)	241.9 (56)	293.7 (95)	250.4 (81)	204.0 (66)
110	225	Super heavyweight 102+	654.5 (80)	531.8 (65)	409.1 (50)	286.4 (35)	502.2 (75)	388.4 (58)	301.3 (45)	221.0 (33)	504.8 (95)	398.6 (75)	318.9 (60)	244.5 (46)	351.7 (87)	291.1 (72)	234.5 (58)	286.4 (99)	243.0 (84)	199.6 (69)

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OPEN MEN (to 49) · JERK · FAIRSET · 10 min

Each cell = FairSet points (reps). Age 35 (×1.00). Bodyweight = class kg. Double Snatch is always two bells.

JERK · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (2 × 32 kg)				Semi-Professional (2 × 28 kg)				Amateur (2 × 24 kg)				Semi-Amateur (2 × 20 kg)			Beginners (2 × 16 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
74	165	Super lightweight	1090.1 (94)	858.2 (74)	661.0 (57)	498.7 (43)	816.3 (86)	645.5 (68)	531.6 (56)	417.6 (44)	858.7 (114)	662.9 (88)	527.3 (70)	421.8 (56)	607.4 (106)	492.8 (86)	389.7 (68)	500.2 (122)	397.7 (97)	311.6 (76)
80	175	Welterweight	1093.6 (101)	866.2 (80)	671.3 (62)	508.9 (47)	815.4 (92)	647.0 (73)	531.8 (60)	416.5 (47)	851.0 (121)	661.1 (94)	527.5 (75)	422.0 (60)	604.6 (113)	492.2 (92)	390.6 (73)	497.7 (130)	398.1 (104)	317.7 (83)
84	185	Middleweight	1120.3 (108)	892.1 (86)	695.0 (67)	529.0 (51)	832.0 (98)	662.2 (78)	543.4 (64)	424.5 (50)	862.4 (128)	673.7 (100)	539.0 (80)	431.2 (64)	615.0 (120)	502.3 (98)	399.8 (78)	506.1 (138)	414.4 (113)	330.1 (90)
89	195	Super middleweight	1133.7 (115)	907.0 (92)	699.9 (71)	532.4 (54)	831.1 (103)	661.7 (82)	540.6 (67)	419.6 (52)	851.6 (133)	665.9 (104)	537.9 (84)	429.0 (67)	613.8 (126)	501.7 (103)	399.4 (82)	508.9 (146)	418.3 (120)	334.6 (96)
93	205	Cruiserweight	1147.6 (121)	920.0 (97)	701.8 (74)	531.1 (56)	838.4 (108)	667.6 (86)	543.4 (70)	419.2 (54)	850.1 (138)	665.3 (108)	542.1 (88)	431.2 (70)	609.2 (130)	501.4 (107)	403.0 (86)	503.0 (150)	422.5 (126)	338.7 (101)
102	225	Heavyweight	1110.5 (127)	883.1 (101)	673.3 (77)	507.1 (58)	801.6 (112)	629.8 (88)	515.3 (72)	400.8 (56)	806.5 (142)	636.1 (112)	522.5 (92)	414.6 (73)	578.9 (134)	479.6 (111)	384.5 (89)	482.3 (156)	401.9 (130)	324.6 (105)
110	225	Super heavyweight 102+	1063.6 (130)	859.1 (105)	654.5 (80)	490.9 (60)	770.1 (115)	602.7 (90)	495.6 (74)	388.4 (58)	770.6 (145)	611.1 (115)	504.8 (95)	398.6 (75)	557.9 (138)	464.9 (115)	371.9 (92)	462.8 (160)	384.7 (133)	312.4 (108)

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OPEN MEN (to 49) · SNATCH + DOUBLE SNATCH · FAIRSET · 10 min

Each cell = FairSet points (reps). Age 35 (×1.00). Bodyweight = class kg. Double Snatch is always two bells.

SNATCH · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (1 × 32 kg)				Semi-Professional (1 × 28 kg)				Amateur (1 × 24 kg)				Semi-Amateur (1 × 20 kg)			Beginners (1 × 16 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
74	165	Super lightweight	569.9 (139)	434.6 (106)	307.5 (75)	237.8 (58)	406.1 (121)	315.5 (94)	255.1 (76)	181.2 (54)	420.8 (158)	338.2 (127)	261.0 (98)	181.1 (68)	307.9 (152)	243.1 (120)	190.4 (94)	256.6 (177)	210.2 (145)	174.0 (120)
80	175	Welterweight	562.8 (147)	436.4 (114)	306.3 (80)	241.2 (63)	397.9 (127)	310.2 (99)	250.7 (80)	181.7 (58)	407.8 (164)	330.7 (133)	256.1 (103)	179.0 (72)	298.9 (158)	238.3 (126)	185.4 (98)	249.0 (184)	209.8 (155)	169.2 (125)
84	185	Middleweight	568.4 (155)	447.4 (122)	311.7 (85)	249.4 (68)	399.2 (133)	312.2 (104)	252.1 (84)	186.1 (62)	404.9 (170)	331.1 (139)	257.3 (108)	181.0 (76)	297.2 (164)	239.2 (132)	184.8 (102)	247.7 (191)	207.5 (160)	168.6 (130)
89	195	Super middleweight	568.1 (163)	453.1 (130)	313.7 (90)	251.0 (72)	393.7 (138)	308.1 (108)	251.0 (88)	188.3 (66)	396.2 (175)	326.0 (144)	253.6 (112)	181.1 (80)	292.8 (170)	235.9 (137)	182.6 (106)	242.8 (197)	203.3 (165)	165.1 (134)
93	205	Cruiserweight	570.0 (170)	462.7 (138)	315.2 (94)	254.8 (76)	392.5 (143)	307.4 (112)	249.8 (91)	189.4 (69)	392.0 (180)	322.3 (148)	252.6 (116)	182.9 (84)	289.9 (175)	235.3 (142)	178.9 (108)	239.5 (202)	200.4 (169)	163.6 (138)
102	225	Heavyweight	544.1 (176)	448.3 (145)	303.0 (98)	241.1 (78)	372.0 (147)	293.5 (116)	237.8 (94)	182.2 (72)	371.5 (185)	305.2 (152)	238.9 (119)	176.7 (88)	274.9 (180)	223.0 (146)	171.1 (112)	225.2 (206)	189.1 (173)	155.2 (142)
110	225	Super heavyweight 102+	520.7 (180)	428.1 (148)	289.3 (100)	231.4 (80)	355.1 (150)	284.1 (120)	229.7 (97)	177.6 (75)	357.0 (190)	291.2 (155)	229.2 (122)	169.1 (90)	264.4 (185)	214.4 (150)	165.8 (116)	214.8 (210)	181.0 (177)	148.3 (145)

DOUBLE SNATCH · 10 min

kg(EU)																				
			MSIC				CMS				CMS				Rank I			Rank I		
			742.2 (64)	556.7 (48)	405.9 (35)	278.3 (24)	512.6 (54)	379.7 (40)	303.7 (32)	237.3 (25)	534.8 (71)	414.3 (55)	331.4 (44)	241.0 (32)	378.2 (66)	303.7 (53)	240.7 (42)	307.5 (75)	250.1 (61)	200.9 (49)
80	175	Welterweight	736.3 (68)	563.1 (52)	411.5 (38)	281.5 (26)	522.9 (59)	390.0 (44)	310.2 (35)	239.3 (27)	527.5 (75)	414.9 (59)	337.6 (48)	246.2 (35)	379.9 (71)	305.0 (57)	246.1 (46)	302.4 (79)	248.8 (65)	202.9 (53)
84	185	Middleweight	736.5 (71)	570.5 (55)	425.3 (41)	290.4 (28)	543.4 (64)	399.0 (47)	322.6 (38)	246.2 (29)	532.3 (79)	424.5 (63)	343.6 (51)	256.0 (38)	384.4 (75)	312.6 (61)	251.1 (49)	304.4 (83)	253.1 (69)	209.0 (57)
89	195	Super middleweight	729.5 (74)	561.9 (57)	433.8 (44)	295.8 (30)	540.6 (67)	403.4 (50)	322.8 (40)	242.1 (30)	531.5 (83)	422.6 (66)	345.8 (54)	256.1 (40)	379.9 (78)	311.8 (64)	253.3 (52)	303.2 (87)	254.4 (73)	209.1 (60)
93	205	Cruiserweight	730.3 (77)	578.5 (61)	436.3 (46)	303.5 (32)	543.4 (70)	411.4 (53)	326.0 (42)	240.6 (31)	535.9 (87)	425.1 (69)	345.0 (56)	258.7 (42)	379.6 (81)	314.0 (67)	253.1 (54)	305.1 (91)	258.2 (77)	211.3 (63)
102	225	Heavyweight	690.8 (79)	550.9 (63)	419.7 (48)	297.3 (34)	522.4 (73)	400.8 (56)	314.9 (44)	229.0 (32)	516.8 (91)	408.9 (72)	329.4 (58)	249.9 (44)	362.9 (84)	302.4 (70)	241.9 (56)	293.7 (95)	250.4 (81)	204.0 (66)
110	225	Super heavyweight 102+	654.5 (80)	531.8 (65)	409.1 (50)	286.4 (35)	502.2 (75)	388.4 (58)	301.3 (45)	221.0 (33)	504.8 (95)	398.6 (75)	318.9 (60)	244.5 (46)	351.7 (87)	291.1 (72)	234.5 (58)	286.4 (99)	243.0 (84)	199.6 (69)

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OPEN WOMEN (to 49) · LONG CYCLE · FAIRSET · 10 min

Each cell = FairSet points (reps). Age 35 (×1.00). Bodyweight = class kg. Double Snatch is always two bells.

LONG CYCLE · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (1 × 24 kg)				Semi-Professional (1 × 20 kg)				Amateur (1 × 16 kg)				Semi-Amateur (1 × 12 kg)			Beginners (1 × 8 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	127.1 (35)	98.1 (27)	76.3 (21)	54.5 (15)	96.7 (35)	69.1 (25)	55.3 (20)	44.2 (16)	94.9 (48)	69.2 (35)	55.4 (28)	43.5 (22)	57.8 (45)	46.2 (36)	34.7 (27)	38.5 (55)	29.4 (42)	21.0 (30)
57	125	Flyweight	134.0 (40)	100.5 (30)	77.1 (23)	53.6 (16)	96.9 (38)	68.8 (27)	56.1 (22)	43.3 (17)	100.3 (55)	71.1 (39)	56.5 (31)	43.8 (24)	56.9 (48)	45.0 (38)	34.4 (29)	38.0 (59)	29.0 (45)	21.3 (33)
61	135	Bantamweight	142.0 (45)	107.3 (34)	82.1 (26)	56.8 (18)	100.9 (42)	72.0 (30)	57.6 (24)	45.6 (19)	101.4 (59)	73.9 (43)	58.4 (34)	44.7 (26)	58.0 (52)	45.8 (41)	35.7 (32)	38.3 (63)	29.8 (49)	22.5 (37)
66	145	Featherweight	150.2 (51)	111.9 (38)	85.4 (29)	58.9 (20)	103.1 (46)	73.9 (33)	58.3 (26)	47.1 (21)	101.0 (63)	75.3 (47)	59.3 (37)	44.9 (28)	58.3 (56)	46.9 (45)	36.4 (35)	38.0 (67)	30.0 (53)	23.2 (41)
70	155	Lightweight	162.2 (58)	120.3 (43)	89.5 (32)	61.5 (22)	106.4 (50)	76.6 (36)	61.7 (29)	48.9 (23)	102.0 (67)	77.6 (51)	60.9 (40)	45.7 (30)	60.3 (61)	48.4 (49)	37.6 (38)	38.2 (71)	30.7 (57)	24.2 (45)

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JERK · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (1 × 24 kg)				Semi-Professional (1 × 20 kg)				Amateur (1 × 16 kg)				Semi-Amateur (1 × 12 kg)			Beginners (1 × 8 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	218.0 (60)	163.5 (45)	130.8 (36)	101.7 (28)	165.8 (60)	124.4 (45)	102.3 (37)	80.1 (29)	158.2 (80)	118.6 (60)	94.9 (48)	75.1 (38)	95.0 (74)	74.5 (58)	55.2 (43)	61.5 (88)	46.8 (67)	32.9 (47)
57	125	Flyweight	221.2 (66)	167.5 (50)	134.0 (40)	103.9 (31)	165.7 (65)	124.9 (49)	102.0 (40)	81.6 (32)	156.9 (86)	118.6 (65)	94.8 (52)	74.8 (41)	94.8 (80)	74.6 (63)	56.9 (48)	60.6 (94)	46.4 (72)	33.5 (52)
61	135	Bantamweight	230.4 (73)	176.8 (56)	138.9 (44)	107.3 (34)	168.1 (70)	129.7 (54)	105.7 (44)	84.0 (35)	159.8 (93)	120.3 (70)	96.2 (56)	77.3 (45)	96.0 (86)	75.9 (68)	59.2 (53)	60.7 (100)	47.4 (78)	35.2 (58)
66	145	Featherweight	235.6 (80)	182.6 (62)	141.4 (48)	109.0 (37)	168.0 (75)	129.9 (58)	107.5 (48)	85.1 (38)	160.3 (100)	121.8 (76)	96.2 (60)	77.0 (48)	95.8 (92)	77.1 (74)	60.4 (58)	60.6 (107)	47.6 (84)	36.3 (64)
70	155	Lightweight	243.3 (87)	190.2 (68)	145.4 (52)	111.9 (40)	170.2 (80)	134.0 (63)	110.6 (52)	87.2 (41)	162.9 (107)	124.8 (82)	98.9 (65)	79.2 (52)	97.9 (99)	79.1 (80)	62.3 (63)	61.4 (114)	48.4 (90)	37.7 (70)

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SNATCH · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (1 × 24 kg)				Semi-Professional (1 × 20 kg)				Amateur (1 × 16 kg)				Semi-Amateur (1 × 12 kg)			Beginners (1 × 8 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	363.3 (100)	254.3 (70)	181.6 (50)	138.0 (38)	262.5 (95)	193.4 (70)	157.5 (57)	96.7 (35)	253.1 (128)	193.8 (98)	144.4 (73)	96.9 (49)	158.0 (123)	123.3 (96)	89.9 (70)	101.4 (145)	83.9 (120)	67.1 (96)
57	125	Flyweight	358.5 (107)	258.0 (77)	184.3 (55)	140.7 (42)	254.9 (100)	188.6 (74)	152.9 (60)	96.9 (38)	244.4 (134)	187.9 (103)	142.3 (78)	94.8 (52)	151.6 (128)	118.5 (100)	87.7 (74)	97.4 (151)	80.6 (125)	64.5 (100)
61	135	Bantamweight	363.0 (115)	265.2 (84)	189.4 (60)	145.2 (46)	252.1 (105)	189.7 (79)	153.7 (64)	100.9 (42)	240.6 (140)	187.3 (109)	142.6 (83)	96.2 (56)	149.5 (134)	117.2 (105)	88.2 (79)	95.4 (157)	79.0 (130)	63.8 (105)
66	145	Featherweight	362.3 (123)	268.0 (91)	191.4 (65)	147.3 (50)	246.5 (110)	188.2 (84)	152.4 (68)	103.1 (46)	234.1 (146)	184.4 (115)	141.1 (88)	96.2 (60)	145.8 (140)	114.5 (110)	87.5 (84)	92.4 (163)	76.5 (135)	62.3 (110)
70	155	Lightweight	366.4 (131)	274.1 (98)	195.8 (70)	151.0 (54)	244.7 (115)	189.3 (89)	153.2 (72)	106.4 (50)	231.4 (152)	184.2 (121)	141.6 (93)	97.4 (64)	144.4 (146)	113.7 (115)	88.0 (89)	91.5 (170)	75.3 (140)	61.9 (115)

DOUBLE SNATCH · 10 min																				
kg(EU)	lb(US)	Bodyweight class	Professional (2 × 24 kg)				Semi-Professional (2 × 20 kg)				Amateur (2 × 16 kg)				Semi-Amateur (2 × 12 kg)			Beginners (2 × 8 kg)		
			MSIC	MS	CMS	Rank I	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	359.6 (35)	277.4 (27)	215.8 (21)	154.1 (15)	273.6 (35)	195.4 (25)	156.3 (20)	125.1 (16)	268.5 (48)	195.8 (35)	156.6 (28)	123.0 (22)	163.5 (45)	130.8 (36)	98.1 (27)	108.8 (55)	83.1 (42)	59.3 (30)
57	125	Flyweight	379.1 (40)	284.3 (30)	218.0 (23)	151.6 (16)	274.0 (38)	194.7 (27)	158.6 (22)	122.6 (17)	283.7 (55)	201.2 (39)	159.9 (31)	123.8 (24)	160.8 (48)	127.3 (38)	97.2 (29)	107.6 (59)	82.1 (45)	60.2 (33)
61	135	Bantamweight	401.8 (45)	303.6 (34)	232.1 (26)	160.7 (18)	285.3 (42)	203.8 (30)	163.0 (24)	129.0 (19)	286.7 (59)	209.0 (43)	165.2 (34)	126.4 (26)	164.1 (52)	129.4 (41)	101.0 (32)	108.3 (63)	84.2 (49)	63.6 (37)
66	145	Featherweight	424.8 (51)	316.6 (38)	241.6 (29)	166.6 (20)	291.5 (46)	209.1 (33)	164.8 (26)	133.1 (21)	285.7 (63)	213.1 (47)	167.8 (37)	127.0 (28)	164.9 (56)	132.5 (45)	103.1 (35)	107.4 (67)	85.0 (53)	65.7 (41)
70	155	Lightweight	458.8 (58)	340.1 (43)	253.1 (32)	174.0 (22)	300.9 (50)	216.6 (36)	174.5 (29)	138.4 (23)	288.5 (67)	219.6 (51)	172.2 (40)	129.2 (30)	170.6 (61)	137.0 (49)	106.3 (38)	108.1 (71)	86.8 (57)	68.5 (45)

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LEGENDS MEN (50+ / 60+) · FAIRSET · 10 min

Each cell = FairSet points (reps). 50+ age ×1.13. 60+ age ×1.34. Bodyweight = class kg. Double Snatch is always two bells.

LONG CYCLE · 10 min																		
kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (2 × 24 kg)					Legends 50+ Semi-Professional (2 × 20 kg)				Legends 50+ Amateur (2 × 16 kg)				Legends 60+ Semi-Amateur (2 × 12 kg)		
			MS	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
74	165	Super lightweight	740.5 (87)	544.7 (64)	442.6 (52)	357.5 (42)	272.4 (32)	492.1 (76)	388.5 (60)	323.8 (50)	272.0 (42)	407.7 (88)	329.0 (71)	278.0 (60)	227.0 (49)	285.5 (80)	235.5 (66)	196.3 (55)
80	175	Welterweight	731.2 (92)	540.4 (68)	445.1 (56)	357.6 (45)	278.2 (35)	483.7 (80)	386.9 (64)	326.5 (54)	278.1 (46)	402.3 (93)	324.4 (75)	276.9 (64)	229.3 (53)	279.9 (84)	233.2 (70)	199.9 (60)
84	185	Middleweight	738.5 (97)	548.2 (72)	456.8 (60)	365.4 (48)	289.3 (38)	492.3 (85)	393.8 (68)	335.9 (58)	283.8 (49)	402.0 (97)	327.4 (79)	281.8 (68)	236.2 (57)	280.9 (88)	239.4 (75)	207.5 (65)
89	195	Super middleweight	730.8 (101)	549.9 (76)	455.8 (63)	369.0 (51)	289.4 (40)	489.9 (89)	390.8 (71)	335.8 (61)	286.2 (52)	397.8 (101)	323.0 (82)	279.6 (71)	236.3 (60)	276.1 (91)	239.7 (79)	209.3 (69)
93	205	Cruiserweight	724.0 (104)	556.9 (80)	459.4 (66)	375.9 (54)	292.4 (42)	492.5 (93)	391.9 (74)	338.9 (64)	286.0 (54)	394.1 (104)	322.1 (85)	280.4 (74)	238.7 (63)	274.3 (94)	242.2 (83)	213.0 (73)
102	225	Heavyweight	686.7 (107)	539.1 (84)	436.4 (68)	359.4 (56)	282.4 (44)	473.6 (97)	375.9 (77)	322.2 (66)	273.4 (56)	373.8 (107)	307.4 (88)	269.0 (77)	230.6 (66)	261.0 (97)	234.1 (87)	207.2 (77)
110	225	Super heavyweight 102+	660.6 (110)	522.4 (87)	420.4 (70)	348.3 (58)	276.2 (46)	456.8 (100)	360.9 (79)	310.6 (68)	265.0 (58)	359.6 (110)	294.2 (90)	258.2 (79)	225.5 (69)	251.8 (100)	226.6 (90)	201.4 (80)

JERK

kg(EU)																		
			MS					CMS				CMS				Rank I		
			1072.5 (126)	885.2 (104)	698.0 (82)	570.3 (67)	476.7 (56)	777.0 (120)	641.0 (99)	531.0 (82)	440.3 (68)	653.3 (141)	537.4 (116)	440.2 (95)	352.1 (76)	456.8 (128)	378.3 (106)	306.9 (86)
80	175	Welterweight	1064.9 (134)	874.2 (110)	691.4 (87)	572.2 (72)	476.8 (60)	767.8 (127)	634.8 (105)	532.0 (88)	441.3 (73)	640.2 (148)	532.1 (123)	441.2 (102)	359.1 (83)	449.8 (135)	379.8 (114)	313.2 (94)
84	185	Middleweight	1081.1 (142)	883.1 (116)	700.4 (92)	586.2 (77)	487.3 (64)	776.1 (134)	642.9 (111)	544.4 (94)	451.7 (78)	642.3 (155)	538.7 (130)	451.7 (109)	373.0 (90)	453.3 (142)	389.4 (122)	325.6 (102)
89	195	Super middleweight	1070.9 (148)	882.7 (122)	694.6 (96)	593.3 (82)	484.8 (67)	770.6 (140)	638.5 (116)	539.4 (98)	451.4 (82)	630.2 (160)	535.6 (136)	452.9 (115)	378.1 (96)	449.0 (148)	388.3 (128)	327.6 (108)
93	205	Cruiserweight	1072.0 (154)	891.0 (128)	696.1 (100)	591.7 (85)	487.3 (70)	767.8 (145)	635.5 (120)	540.1 (102)	455.4 (86)	625.2 (165)	538.1 (142)	454.7 (120)	382.7 (101)	449.4 (154)	391.1 (134)	332.7 (114)
102	225	Heavyweight	1026.8 (160)	847.1 (132)	667.4 (104)	564.7 (88)	468.5 (73)	732.3 (150)	605.4 (124)	517.5 (106)	434.5 (89)	593.9 (170)	510.0 (146)	436.7 (125)	366.8 (105)	430.5 (160)	374.0 (139)	322.9 (120)
110	225	Super heavyweight 102+	990.8 (165)	810.7 (135)	642.5 (107)	546.5 (91)	450.4 (75)	708.1 (155)	584.7 (128)	502.5 (110)	420.3 (92)	572.0 (175)	490.3 (150)	421.7 (129)	353.0 (108)	415.4 (165)	362.5 (144)	312.2 (124)

SNATC

kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (1 × 24 kg)					Legends 50+ Semi-Professional (1 × 20 kg)					Legends 50+ Amateur (1 × 16 kg)					Legends 60+ Semi-Amateur (1 × 12 kg)		
74	165	Super lightweight	526.6 (175)					393.8 (172)				324.3 (198)				229.6 (182)				
			511.4 (182)	427.1 (152)	348.4 (124)	281.0 (100)	202.3 (72)	382.6 (179)	316.3 (148)	260.8 (122)	209.5 (98)	313.5 (205)	256.9 (168)	226.4 (148)	191.2 (125)	221.5 (188)	202.6 (172)	188.5 (160)		
84	185	Middleweight	508.7 (189)	425.3 (158)	349.9 (130)	282.6 (105)	204.6 (76)	380.9 (186)	315.3 (154)	260.1 (127)	208.9 (102)	310.6 (212)	254.9 (174)	225.6 (154)	190.5 (130)	218.9 (194)	200.9 (178)	187.3 (166)		
89	195	Super middleweight	498.8 (195)	414.4 (162)	342.8 (134)	276.3 (108)	204.7 (80)	373.6 (192)	307.5 (158)	256.9 (132)	206.3 (106)	303.6 (218)	250.7 (180)	220.0 (158)	186.6 (134)	212.4 (198)	197.3 (184)	182.3 (170)		
93	205	Cruiserweight	492.2 (200)	413.5 (168)	339.6 (138)	273.2 (111)	206.7 (84)	368.8 (197)	303.3 (162)	254.6 (136)	202.2 (108)	300.1 (224)	247.8 (185)	217.0 (162)	184.9 (138)	208.4 (202)	194.0 (188)	179.5 (174)		
102	225	Heavyweight	465.1 (205)	390.3 (172)	322.2 (142)	258.7 (114)	199.7 (88)	346.9 (201)	286.5 (166)	241.6 (140)	193.3 (112)	284.1 (230)	234.7 (190)	205.0 (166)	175.4 (142)	196.0 (206)	182.6 (192)	168.4 (177)		
110	225	Super heavyweight 102+	445.9 (210)	371.5 (175)	307.8 (145)	248.4 (117)	191.1 (90)	331.1 (205)	274.6 (170)	231.0 (143)	187.4 (116)	271.6 (235)	225.4 (195)	196.5 (170)	167.6 (145)	186.9 (210)	173.6 (195)	160.2 (180)		

DOUBL

kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (2 × 24 kg)				Legends 50+ Semi-Professional (2 × 20 kg)				Legends 50+ Amateur (2 × 16 kg)				Legends 60+ Semi-Amateur (2 × 12 kg)			
			MS	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
74																		
80	175	Welterweight	731.2 (92)					483.7 (80)				402.3 (93)				279.9 (84)		
			738.5 (97)	548.2 (72)	456.8 (60)	365.4 (48)	289.3 (38)	492.3 (85)	393.8 (68)	335.9 (58)	283.8 (49)	402.0 (97)	327.4 (79)	281.8 (68)	236.2 (57)	280.9 (88)	239.4 (75)	207.5 (65)
89	195	Super middleweight	730.8 (101)	549.9 (76)	455.8 (63)	369.0 (51)	289.4 (40)	489.9 (89)	390.8 (71)	335.8 (61)	286.2 (52)	397.8 (101)	323.0 (82)	279.6 (71)	236.3 (60)	276.1 (91)	239.7 (79)	209.3 (69)
93	205	Cruiserweight	724.0 (104)	556.9 (80)	459.4 (66)	375.9 (54)	292.4 (42)	492.5 (93)	391.9 (74)	338.9 (64)	286.0 (54)	394.1 (104)	322.1 (85)	280.4 (74)	238.7 (63)	274.3 (94)	242.2 (83)	213.0 (73)
102	225	Heavyweight	686.7 (107)	539.1 (84)	436.4 (68)	359.4 (56)	282.4 (44)	473.6 (97)	375.9 (77)	322.2 (66)	273.4 (56)	373.8 (107)	307.4 (88)	269.0 (77)	230.6 (66)	261.0 (97)	234.1 (87)	207.2 (77)
110	225	Super heavyweight 102+	660.6 (110)	522.4 (87)	420.4 (70)	348.3 (58)	276.2 (46)	456.8 (100)	360.9 (79)	310.6 (68)	265.0 (58)	359.6 (110)	294.2 (90)	258.2 (79)	225.5 (69)	251.8 (100)	226.6 (90)	201.4 (80)

The OGUnderground uses the IKO ranking as their ranking standard and are applicable to individual sets/competitions. Any and all future changes that the IKO may make will be officially adopted and adjusted accordingly.

LEGENDS WOMEN (50+ / 60+) · FAIRSET · 10 min

Each cell = FairSet points (reps). 50+ age ×1.13. 60+ age ×1.34. Bodyweight = class kg. Double Snatch is always two bells.

LONG CYCLE · 10 min																		
kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (1 × 16 kg)					Legends 50+ Semi-Professional (1 × 12 kg)				Legends 50+ Amateur (1 × 8 kg)				Legends 60+ Semi-Amateur (1 × 6 kg)		
			MS	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	140.8 (63)	100.6 (45)	73.7 (33)	60.3 (27)	49.2 (22)	82.7 (57)	61.0 (42)	49.3 (34)	39.2 (27)	53.7 (68)	41.1 (52)	32.4 (41)	23.7 (30)	36.5 (60)	28.6 (47)	20.7 (34)
57	125	Flyweight	138.1 (67)	98.9 (48)	76.3 (37)	61.8 (30)	49.5 (24)	80.3 (60)	60.2 (45)	49.5 (37)	38.8 (29)	52.5 (72)	40.1 (55)	32.1 (44)	24.0 (33)	35.9 (64)	28.1 (50)	21.3 (38)
61	135	Bantamweight	139.8 (72)	101.0 (52)	79.6 (41)	64.1 (33)	50.5 (26)	80.7 (64)	60.5 (48)	50.4 (40)	40.4 (32)	52.2 (76)	40.5 (59)	33.0 (48)	25.4 (37)	36.0 (68)	28.6 (54)	22.2 (42)
66	145	Featherweight	139.5 (77)	101.4 (56)	79.7 (44)	65.2 (36)	50.7 (28)	80.0 (68)	61.2 (52)	50.6 (43)	41.2 (35)	51.2 (80)	40.4 (63)	33.3 (52)	26.3 (41)	35.5 (72)	28.6 (58)	22.7 (46)
70	155	Lightweight	141.1 (82)	103.2 (60)	82.6 (48)	67.1 (39)	51.6 (30)	80.4 (72)	62.6 (56)	51.4 (46)	42.5 (38)	51.1 (84)	40.7 (67)	34.1 (56)	27.4 (45)	35.6 (76)	29.0 (62)	23.4 (50)

JERK · 10 min																		
kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (1 × 16 kg)					Legends 50+ Semi-Professional (1 × 12 kg)				Legends 50+ Amateur (1 × 8 kg)				Legends 60+ Semi-Amateur (1 × 6 kg)		
			MS	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	205.6 (92)	167.6 (75)	127.4 (57)	105.0 (47)	84.9 (38)	130.6 (90)	100.1 (69)	81.3 (56)	62.4 (43)	83.7 (106)	65.6 (83)	51.4 (65)	37.1 (47)	57.2 (94)	43.8 (72)	30.4 (50)
57	125	Flyweight	202.0 (98)	164.9 (80)	127.8 (62)	103.1 (50)	84.5 (41)	128.5 (96)	100.4 (75)	80.3 (60)	64.3 (48)	82.3 (113)	64.9 (89)	51.0 (70)	37.9 (52)	56.1 (100)	43.8 (78)	32.0 (57)
61	135	Bantamweight	203.9 (105)	167.0 (86)	130.1 (67)	104.8 (54)	87.4 (45)	128.6 (102)	102.2 (81)	82.0 (65)	66.8 (53)	82.4 (120)	65.2 (95)	52.2 (76)	39.8 (58)	56.6 (107)	44.9 (85)	33.8 (64)
66	145	Featherweight	202.9 (112)	166.7 (92)	130.4 (72)	105.1 (58)	87.0 (48)	127.1 (108)	102.4 (87)	82.4 (70)	68.2 (58)	81.3 (127)	65.3 (102)	52.5 (82)	41.0 (64)	56.2 (114)	45.4 (92)	35.0 (71)
70	155	Lightweight	204.7 (119)	168.6 (98)	132.5 (77)	106.7 (62)	89.4 (52)	127.4 (114)	103.9 (93)	84.9 (76)	70.4 (63)	81.5 (134)	66.3 (109)	53.5 (88)	42.6 (70)	56.7 (121)	46.4 (99)	36.5 (78)

SNATCH · 10 min																		
kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (1 × 16 kg)					Legends 50+ Semi-Professional (1 × 12 kg)				Legends 50+ Amateur (1 × 8 kg)				Legends 60+ Semi-Amateur (1 × 6 kg)		
			MS	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	324.0 (145)	268.1 (120)	207.8 (93)	158.6 (71)	109.5 (49)	206.1 (142)	166.9 (115)	133.5 (92)	101.6 (70)	129.6 (164)	108.2 (137)	91.6 (116)	75.8 (96)	94.3 (155)	85.2 (140)	76.1 (125)
57	125	Flyweight	309.2 (150)	257.6 (125)	202.0 (98)	154.6 (75)	107.2 (52)	196.8 (147)	160.6 (120)	129.9 (97)	99.1 (74)	123.9 (170)	103.5 (142)	87.4 (120)	72.9 (100)	89.8 (160)	81.4 (145)	73.0 (130)
61	135	Bantamweight	302.9 (156)	252.4 (130)	200.0 (103)	155.3 (80)	108.7 (56)	193.0 (153)	157.6 (125)	128.6 (102)	99.6 (79)	121.5 (177)	100.9 (147)	85.8 (125)	72.1 (105)	87.2 (165)	79.3 (150)	71.9 (136)
66	145	Featherweight	293.5 (162)	244.6 (135)	195.7 (108)	154.0 (85)	108.7 (60)	187.1 (159)	153.0 (130)	125.9 (107)	98.8 (84)	117.9 (184)	97.4 (152)	83.3 (130)	70.5 (110)	83.9 (170)	76.5 (155)	70.1 (142)
70	155	Lightweight	289.0 (168)	240.8 (140)	194.4 (113)	154.8 (90)	110.1 (64)	184.4 (165)	152.0 (136)	125.1 (112)	99.4 (89)	116.2 (191)	95.5 (157)	82.7 (136)	69.9 (115)	82.4 (176)	74.9 (160)	69.3 (148)

DOUBLE SNATCH · 10 min																		
kg(EU)	lb(US)	Bodyweight class	Legends 50+ Professional (2 × 16 kg)					Legends 50+ Semi-Professional (2 × 12 kg)				Legends 50+ Amateur (2 × 8 kg)				Legends 60+ Semi-Amateur (2 × 6 kg)		
			MS	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	CMS	Rank I	Rank II	Rank III	Rank I	Rank II	Rank III
52	115	Strawweight	398.2 (63)	284.4 (45)	208.6 (33)	170.6 (27)	139.0 (22)	234.0 (57)	172.4 (42)	139.6 (34)	110.8 (27)	151.9 (68)	116.2 (52)	91.6 (41)	67.0 (30)	103.3 (60)	80.9 (47)	58.5 (34)
57	125	Flyweight	390.6 (67)	279.8 (48)	215.7 (37)	174.9 (30)	139.9 (24)	227.2 (60)	170.4 (45)	140.1 (37)	109.8 (29)	148.4 (72)	113.4 (55)	90.7 (44)	68.0 (33)	101.6 (64)	79.4 (50)	60.3 (38)
61	135	Bantamweight	395.4 (72)	285.6 (52)	225.2 (41)	181.2 (33)	142.8 (26)	228.3 (64)	171.2 (48)	142.7 (40)	114.1 (32)	147.6 (76)	114.6 (59)	93.2 (48)	71.8 (37)	101.7 (68)	80.8 (54)	62.8 (42)
66	145	Featherweight	394.5 (77)	286.9 (56)	225.5 (44)	184.5 (36)	143.5 (28)	226.3 (68)	173.1 (52)	143.1 (43)	116.5 (35)	144.9 (80)	114.1 (63)	94.2 (52)	74.3 (41)	100.5 (72)	80.9 (58)	64.2 (46)
70	155	Lightweight	399.0 (82)	291.9 (60)	233.5 (48)	189.7 (39)	146.0 (30)	227.5 (72)	177.0 (56)	145.4 (46)	120.1 (38)	144.5 (84)	115.3 (67)	96.3 (56)	77.4 (45)	100.7 (76)	82.1 (62)	66.2 (50)

The OGUnderground uses the IKO ranking as their ranking standard and are applicable to individual sets/competitions. Any and all future changes that the IKO may make will be officially adopted and adjusted accordingly.

FUTURES (YOUTH) · FAIRSET RANKING TABLE · 10 min

Rank I / II / III only. Each cell = FairSet points (reps). Double Snatch is two bells for boys and girls.

FUTURES 16– LONG CYCLE								
kg	lb	Class	Boys Rank I (2×12 kg)	Boys Rank II	Boys Rank III	Girls Rank I (1×6 kg)	Girls Rank II	Girls Rank III
43	95	Leafweight	363.9 (75)	291.1 (60)	218.4 (45)	45.5 (75)	36.4 (60)	27.3 (45)
57	125	Flyweight	302.9 (80)	246.1 (65)	189.3 (50)	37.9 (80)	30.8 (65)	23.7 (50)
70	155	Lightweight	268.6 (85)	221.2 (70)	173.8 (55)	33.6 (85)	27.7 (70)	21.7 (55)
75	155	Super Lightweight 70+	267.7 (90)	223.1 (75)	178.4 (60)	33.5 (90)	27.9 (75)	22.3 (60)

FUTURES 12– LONG CYCLE								
kg	lb	Class	Boys Rank I (2×8 kg)	Boys Rank II	Boys Rank III	Girls Rank I (1×4 kg)	Girls Rank II	Girls Rank III
30	65	Fuzzweight	335.5 (85)	276.3 (70)	217.1 (55)	41.9 (85)	34.5 (70)	27.1 (55)
43	95	Leafweight	258.7 (90)	215.6 (75)	172.5 (60)	32.3 (90)	27.0 (75)	21.6 (60)
57	125	Flyweight	213.1 (95)	179.5 (80)	145.8 (65)	26.6 (95)	22.4 (80)	18.2 (65)
62	125	Super Flyweight 57+	208.3 (100)	177.1 (85)	145.8 (70)	26.0 (100)	22.1 (85)	18.2 (70)

FUTURES 16– JERK								
kg	lb	Class	Boys Rank I (2×12 kg)	Boys Rank II	Boys Rank III	Girls Rank I (1×6 kg)	Girls Rank II	Girls Rank III
43	95	Leafweight	543.5 (112)	436.7 (90)	325.1 (67)	67.9 (112)	54.6 (90)	40.6 (67)
57	125	Flyweight	454.4 (120)	378.6 (100)	284.0 (75)	56.8 (120)	47.3 (100)	35.5 (75)
70	155	Lightweight	404.5 (128)	341.3 (108)	262.3 (83)	50.6 (128)	42.7 (108)	32.8 (83)
75	155	Super Lightweight 70+	401.5 (135)	342.0 (115)	267.7 (90)	50.2 (135)	42.8 (115)	33.5 (90)

FUTURES 12– JERK								
kg	lb	Class	Boys Rank I (2×8 kg)	Boys Rank II	Boys Rank III	Girls Rank I (1×4 kg)	Girls Rank II	Girls Rank III
30	65	Fuzzweight	501.2 (127)	422.3 (107)	335.5 (85)	62.7 (127)	52.8 (107)	41.9 (85)
43	95	Leafweight	388.1 (135)	330.6 (115)	258.7 (90)	48.5 (135)	41.3 (115)	32.3 (90)
57	125	Flyweight	320.8 (143)	269.2 (120)	213.1 (95)	40.1 (143)	33.7 (120)	26.6 (95)
62	125	Super Flyweight 57+	312.5 (150)	260.4 (125)	208.3 (100)	39.1 (150)	32.6 (125)	26.0 (100)

FUTURES 16– SNATCH								
kg	lb	Class	Boys Rank I (1×12 kg)	Boys Rank II	Boys Rank III	Girls Rank I (1×6 kg)	Girls Rank II	Girls Rank III
43	95	Leafweight	257.3 (150)	209.3 (122)	163.0 (95)	91.0 (150)	74.0 (122)	57.6 (95)
57	125	Flyweight	214.2 (160)	174.0 (130)	133.9 (100)	75.7 (160)	61.5 (130)	47.3 (100)
70	155	Lightweight	189.9 (170)	154.2 (138)	117.3 (105)	67.2 (170)	54.5 (138)	41.5 (105)
75	155	Super Lightweight 70+	189.3 (180)	152.5 (145)	115.7 (110)	66.9 (180)	53.9 (145)	40.9 (110)

FUTURES 12– SNATCH								
kg	lb	Class	Boys Rank I (1×8 kg)	Boys Rank II	Boys Rank III	Girls Rank I (1×4 kg)	Girls Rank II	Girls Rank III
30	65	Fuzzweight	237.2 (170)	205.1 (147)	174.4 (125)	83.9 (170)	72.5 (147)	61.7 (125)
43	95	Leafweight	183.0 (180)	157.6 (155)	132.1 (130)	64.7 (180)	55.7 (155)	46.7 (130)
57	125	Flyweight	150.7 (190)	129.3 (163)	107.1 (135)	53.3 (190)	45.7 (163)	37.9 (135)
62	125	Super Flyweight 57+	147.3 (200)	125.2 (170)	103.1 (140)	52.1 (200)	44.3 (170)	36.5 (140)

FUTURES 16– DOUBLE SNATCH								
kg	lb	Class	Boys Rank I (2×12 kg)	Boys Rank II	Boys Rank III	Girls Rank I (2×6 kg)	Girls Rank II	Girls Rank III
43	95	Leafweight	363.9 (75)	291.1 (60)	218.4 (45)	128.7 (75)	102.9 (60)	77.2 (45)
57	125	Flyweight	302.9 (80)	246.1 (65)	189.3 (50)	107.1 (80)	87.0 (65)	66.9 (50)
70	155	Lightweight	268.6 (85)	221.2 (70)	173.8 (55)	95.0 (85)	78.2 (70)	61.5 (55)
75	155	Super Lightweight 70+	267.7 (90)	223.1 (75)	178.4 (60)	94.6 (90)	78.9 (75)	63.1 (60)

FUTURES 12– DOUBLE SNATCH								
kg	lb	Class	Boys Rank I (2×8 kg)	Boys Rank II	Boys Rank III	Girls Rank I (2×4 kg)	Girls Rank II	Girls Rank III
30	65	Fuzzweight	335.5 (85)	276.3 (70)	217.1 (55)	118.6 (85)	97.7 (70)	76.7 (55)
43	95	Leafweight	258.7 (90)	215.6 (75)	172.5 (60)	91.5 (90)	76.2 (75)	61.0 (60)
57	125	Flyweight	213.1 (95)	179.5 (80)	145.8 (65)	75.4 (95)	63.5 (80)	51.6 (65)
62	125	Super Flyweight 57+	208.3 (100)	177.1 (85)	145.8 (70)	73.7 (100)	62.6 (85)	51.6 (70)

The OGUnderground uses the IKO ranking as their ranking standard and are applicable to individual sets/competitions. Any and all future changes that the IKO may make will be officially adopted and adjusted accordingly.

WORKED MATH

FairSet = reps × (bells × kg)^1.50 ÷ (bodyweight kg)^0.88 × age. Double Snatch always uses two bells.

Example	Reps	Load kg	Load Demand	BW^0.88	Age	FairSet (reps)
84 kg / 185 lb man, Legends 50+, Long Cycle 2×24 kg, Rank I	60	48	332.55	49.359	1.13	456.8 (60)
Same athlete, Rank II	48	48	332.55	49.359	1.13	365.4 (48)
Same athlete, Rank III	38	48	332.55	49.359	1.13	289.3 (38)
Same athlete, Double Snatch 2×24 kg, Rank I (same reps as LC Rank I)	60	48	332.55	49.359	1.13	456.8 (60)
80 kg Open man, Amateur Long Cycle 2×24 kg, Rank I	59	48	332.55	47.285	1	414.9 (59)
80 kg Open man, Amateur Double Snatch 2×24 kg, Rank I	59	48	332.55	47.285	1	414.9 (59)
70 kg Open woman, Amateur Long Cycle 1×16 kg, Rank I	51	16	64	42.042	1	77.6 (51)
70 kg Open woman, Amateur Double Snatch 2×16 kg, Rank I	51	32	181.02	42.042	1	219.6 (51)
57 kg Futures 16– boy, Double Snatch 2×12 kg, Rank I	80	24	117.58	35.089	1.13	302.9 (80)