



THE ISF COEFFICIENTS FOR RELATIVE SCORING

approved by the ISF Presidium

ACTUAL FROM DEC 10, 2020 TO DEC 31, 2023



Key Points

In streetlifting, differences in the size of the athlete's body, and therefore in their body weight, are reflected in the divide of streetlifters into different weight classes. However, in certain cases, it is necessary to determine who is the best athlete in the competition or what is the best result that has ever been achieved in many competitions, without taking into account differences in body weight. Thus, we are talking about a system for assessing the achievement of athletes in relation to their body weight – or, in other words, a *relative evaluation*.

Any evaluation system has the goal of converting the objective result shown by the athlete (in our case, expressed in an objective measure: kilograms) into some conventional points. The rule for converting a sports result into points is called a scoring scale. From a practical point of view, a scoring scale given in the form of a formula was used, namely:

$$\begin{aligned} \text{ISF Points} &= \text{ISF Coefficient} \times \text{Result, if Result} \neq 0, \\ \text{ISF Points} &= 0, \text{ if Result} = 0. \end{aligned} \quad (1)$$

The equalization coefficient is calculated by the formula:

$$\text{ISF Coefficient} = \frac{100}{A - B \cdot e^{-C \cdot Bwt}} \quad (2)$$

where Bwt – body weight; A, B, C – constants; e is the base of the natural logarithm; 100 – normalization factor and body weight $Bwt \geq 40kg$ for men and $Bwt \geq 35kg$ for women.

The parameters of the equation (constants) for various types of competitions are given in *Table 1*.

Table 1. The parameters of the equation

		A	B	C
Men's	Classic Streetlifting (Total)	799,81893	681,45441	0,00614
	Classic Pull-up/Chin-up	320.98041	281.40258	0.01008
	Classic Dip	381.22073	733.79378	0.02398
Women's	Classic Streetlifting (Total)	406,88531	697,06188	0,02032
	Classic Pull-up/Chin-up	142.40398	442.52671	0.04724
	Classic Dip	221.82209	357.00377	0.02937

To equalize the results of competitors, the ISF point's results for athletes whose body weight exceeds a certain threshold are increased by 0.5 points for each additional kilogram.

- For men: 90 kg in pull-ups/chin-ups, 100 kg in dips on the uneven bars and 95 in the double event (total).
- For women: 55 kg in pull-ups/chin-ups, 65 kg in dips and 60 kg in the double event (total).

When assigning classes and ranks, as well as the distribution of prizes in the combined age categories, the result demonstrated by the participants, whose age exceeds 40 years, increases in accordance with the following table:

№	Categories	Age	result of increasing the percentage
1	Masters M1	from 40 years to and including 44 years of age;	2,5 %
2	Masters M2	from 45 years to and including 49 years of age;	5 %
3	Masters M3	from 50 years to and including 54 years of age;	7,5 %
4	Masters M4	from 55 years to and including 59 years of age;	10 %
5	Masters M5	from 60 years to and including 69 years of age	12,5 %
6	Masters M6	from 70 years and older	15

Example of calculating the final results for an athlete aged 46 years:

Exercises	The result	Calculation
Classic streetlifting (total)	120 kg	$120 + 5 \% = 126 \text{ kg}$
Classic streetlifting (pull-up/chin-up)	47,5 kg	$47,5 + 5 \% = 49,875 \text{ kg}$
Classic streetlifting (dip)	72,5 kg	$72,5 + 5 \% = 76,125 \text{ kg}$
Multilift streetlifting (total)	31 rep.	$31 + 5 \% = 33 \text{ rep.}$
Multilift streetlifting (pull-ups/chin-ups)	12 rep.	$12 + 5 \% = 13 \text{ rep.}$
Multilift streetlifting (dips)	19 rep.	$19 + 5 \% = 20 \text{ rep.}$