

How to get started in Powerlifting.

So you want to start powerlifting?

You've already made a great start by choosing the GBPF. Our contests are friendly and supportive of new competitors and unrivalled within the North West. Divisional competitions provide a pathway to the national championships and beyond that European (EPF) and World (IPF) championships. We are the only UK powerlifting organization which follows the WADA anti-doping code.

Probably the best thing to do is find other powerlifters in your area, you can do this by contacting one of our growing list of clubs or affiliated gyms with a number of GBPF members, the division may also hold development events especially for novice lifters where you can learn correct technique and get help with your training routine. Being able to rely on other people's experience will be very useful when attempting to refine your lifting technique; it may involve you traveling especially on the lead up to your first contest where feedback on your lifts is essential.

Join the GBPF- You must be a member to compete in our events! It's £40 for adults and £20 for U23s <http://www.gbpf.org.uk/Membership/>

Join our Facebook group and keep up to date with the latest powerlifting news and views. Official announcements are often made on here as well as the website.

Learn the rules- Like all sports there are rules dictating the performance of the lifts to what type of clothing is allowed, it's worth familiarizing yourself with them so that you don't get any surprises on contest day.

http://www.powerlifting-ipf.com/fileadmin/data/Technical_Rules/2015_V2_IPF_Technical_Rules_Book_2015_classic_rules_in_back_section.pdf

Attend a contest- There are events every couple of months, it's a good way to meet other lifters and sample the contest day atmosphere.

Set yourself a target- Nothing focuses the mind quite like a deadline, many people coast along in the gym making slow progress by not having goals to their training and probably one of the best measures of your performance is to compete. The sooner you get started the better, some people have this idea in their mind that they aren't strong enough or that they need to lift X amount before they can compete. The list of excuses can be a mile long but I will guarantee that once you get started your progress will take on a new dimension. The camaraderie in powerlifting is unrivalled: if you are going out to attempt a personal best lift, everyone in the room including those in your weight class will be cheering you on to complete it.

Don't be tempted to take drugs- The GBPF is unequivocal in its opposition to drugs in sport, and all participants will be required to make themselves available for testing.

Your competition debut

Once you have decided on a contest to lift in, follow the instructions on the website regarding entry.

There are restrictions on what you are allowed to wear in a powerlifting contest but first let's look at the different contests that operate in the GBPF:

Unequipped Powerlifting

Under these rules you must wear a non-supportive singlet and a t-shirt along with suitable footwear. A belt, neoprene knee sleeves and approved wrist wraps can also be worn. These rules are sometimes known as "Classic" or "Raw". The vast majority of competitors lift by these rules these days.

For your first contest you will need the following clothing/equipment

- A non-supportive singlet made of a stretch type material that complies with the rules
- A plain round neck T-shirt (this may carry an approved logo)
- Training shoes- these need to be of a good sturdy design, many lifters prefer to wear purpose made weightlifting shoes.
- Knee length socks- these **must** be worn for the deadlift to prevent the bar grazing your shins.
- You can also wear a leather belt, neoprene knee sleeves and wrist wraps, all of which must conform to the technical specifications and be on the IPF approved list.



Equipped Lifting

Under IPF rules you have the option to wear support equipment- this falls into three categories Squat/deadlift suit, Bench shirt and Knee wraps. Only those on the approved list can be worn <http://www.powerlifting-ipf.com/51.html>

The squat suit is a tight fitting leotard made of a tough fabric that provides a lot of support around the upper legs and hips and torso. The deadlift suit is similar in design except cut in such a way to enhance the deadlift movement.

Bench press shirts are a tight fitting T-shirt made of a tough fabric that provides support around the upper arm, shoulders and chest.

Knee wraps are a 2mx8cm length of commercially made elasticated fabric that are wrapped around the knees to provide support on the squat.

Support equipment is a vast subject and you would be well advised to discuss this with a coach before committing to purchasing certain products.