

What happens on contest day?

The contest organizer will publish a weigh-in time for the competitors which is usually 2 hours before the start of the contest, the weigh-in period will be for 1.5hrs. The purpose of the weigh-in is to determine which weight class you belong in, you will need to remove heavy items of clothing and you may need to strip down to your underwear if you are very close to the top of your weight category in order to “make the weight” your coach or parent may accompany you. Female lifters usually have a female official for the weigh-in. If you are outside your expected weight class you may re weigh later in the weigh-in period in order to increase/reduce your bodyweight.

IPF Weight Classes:

Men: up to 53 kg (Sub-Junior/Junior), 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+

Women: up to 43 kg (Sub-Junior/Junior), 47 kg, 52 kg, 57 kg, 63 kg, 72 kg, 84 kg, 84 kg +

You will be requested to present your clothing and support equipment for inspection to see that it complies with the rules. The organizers will post the order of competition which will explain how the weight groups will be split, due to all the different classes and number of competitors the organizers could structure the groups in a variety of ways so it's important to be aware of which group you will be in so you know when to start warming up. If in doubt ask.

In a powerlifting competition the contest starts with squats, bench press then deadlift, you will get three attempts at each and to make a total you must have at least one attempt passed at each discipline. Your group may consist of up to 14 lifters from the 74kg and 83kg class for example, before the start of the round the MC will announce the running order in from lightest attempt to heaviest, again it's important to be aware of when it is your turn as once your attempt has been loaded on the bar you have one minute to commence the lift - having a coach or helper can be useful here. After each attempt you have one minute to post your next attempt at the officials table.

Once all the lifters have completed their first attempts the second round starts (the running order will be re arranged according to the weights the lifters posted for their next attempts) this process repeats for all three rounds. You will then have time to warm up for the bench press which will be a minimum of 20 mins but if another group are squatting immediately after you this could be longer. The rounds system repeats in the same fashion for the bench press and deadlift.

Following the contest there will be an awards ceremony.

I have only brushed the surface in this guide and there is a great deal more depth to all areas such as training routines, technique, support equipment and contest day psychology.