**IPF RULE AND APPROVED LIST**

A link to the IPF Technical Rules is below and it is worthwhile to read it through, giving special attention to rules of performance and reasons for failure for each lift.

* <http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/technical-rules/english/2015_V2_IPF_Technical_Rules_Book_2015_classic_rules_in_back_section.pdf>

A link to the list of currently approved kit is below, if a kit check is being undertaken, this is the list that will be used and any items you wish to use, but are not included on this list will not be allowed for use in the competition:

* http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/approved-list/IPFV4\_final\_Approved\_List\_01.07.2015.pdf

**INFORMATION FOR LIFTERS**

You should aim to arrive for the start of weigh-in or slightly earlier, as some competitions will call you in lot number order and, if you miss your turn, you will have to wait until everyone else has weighed in.

Prior to your weigh in, you should set your rack height for the squat (ensure you are wearing clothes and shoes similar to those that you will be squatting in), ideally this should be 2-4” below the height that you squat at, to reduce the chance of you catching the racks when you are un-racking. You will also be required to sign a drugs form prior to weigh in (this says you are happy to be drugs tested).

At weigh-in you will be asked for your GBPF membership card, your rack height, drugs form and openers (your first weight in each lift). If you are unsure about any of your equipment, now is a good time to get it checked. If you are overweight for your category, then you have the option to try again later in the weigh-in; you can have as many attempts as you like, within the limit of the weigh-in period, if you are under or overweight.

If you do not make weight, then you will lift at the discretion of the organisers as a guest. This means that you will not be eligible for win or place in the competition but you can still set divisional records and also register a qualifying total for national competitions, in the weight class that you lift in on the day.

Once your weight and openers are recorded, you will be given entry slips to use during the competition, 3 x squat, 3 x bench and 5 x deadlift. It’s good practice to fill your name in and sign each slip as soon as you get them which will save time during the competition. If you need to change your opener, put the weight you want into the “1st attempt” box and hand it in at the desk (where the MC and laptops are); you can only do this once and it must be done 3 minutes before your flight is due to lift off – “final changes” are normally called by the MC at this point.

When you have completed your 1st lift, you only have 60 seconds after you leave the platform to put in your next attempt, so fill in the relevant box and hand it in at the desk. **BRING YOUR OWN PEN!** If you do not hand in your next attempt in time, you will be given a 2.5kg increase or the same weight if it was a failed lift. Once you have put in your next attempt it cannot be changed, the only exception to this is in the deadlift where you can have two changes to your third attempt.

Don’t set your opener too high, especially if it’s your first competition. It’s often said that your opener should be a weight you can do for a triple, even on a really bad day, but you should also pay attention to how you feel in warm-up. Make sure your first attempt, especially on squat, is easy, as this will give you the confidence for the rest of your lifts – it’s where you finish that matters, not where you start.

The order of lifting will only be finalised once weigh-in is complete so keep an eye out for the spreadsheet going up on the monitor (it will be displayed in several locations).

Once the competition starts, remember that you must have finished adjusting your kit (wrist wraps, knee sleeves, etc.) BEFORE approaching the platform. You should only approach the platform once you hear “bar’s loaded” and should enter / exit the platform from the rear. Note that on the completion of your lift, you shouldn’t walk under the bar on squats or over the bar on deadlifts.

**SQUAT**

Take the bar in your own time and step back. Once you are standing upright with your knees locked, the centre referee will say “SQUAT!” and give a downward movement of the arm. You have 60 seconds from “bar loaded” to start your attempt, so you don’t have to rush any of this. Take your time and set up strong. Squat so your hip crease is below the top of your knees and return to standing, knees locked. Hold at the top until you get the “RACK!” command and then the spotters will help you into the rack with the bar. Exit the platform the way you came in – DO NOT step forward through the rack.

NOTE, you can have the rack height adjusted when you get onto the platform, however, the time it takes to do this comes out of your attempt minute, so you may run out of time to start your attempt if you do this.

If cannot complete your squat, **DO NOT** jump out from under the bar or drop back to the bottom of the squat, as this can cause injury to the spotters and / or to yourself. Instead, hold your position and either shake your head or say either “NO” or “SPOT”. The spotters will then help you back to an upright position and then back to the squat rack.

**BENCH**

It’s entirely up to you whether you want a hand-off from the side or the centre and someone will be available to do this for you. Feel free to talk to your spotters about how you want them to hand the bar to you. When you have the bar at arm’s length, with your elbows locked, the centre referee will give the “START!” command, when given the command you should lower the bar to touch your chest and hold it there motionless, until you hear the “PRESS!” command. Once the weight is pressed from your chest and your arms are locked, you will get the “RACK!” command and the spotters will help you into the rack.

NOTE, you can have the rack height adjusted when you get onto the platform, however, the time it takes to do this comes out of your attempt minute, so you may run out of time to start your attempt if you do this.

If cannot complete your bench, the spotters will usually take control of the bar if they notice any downwards movement or if the centre referee says “take the bar”. They will raise the bar to the height of the rack and then into the rack – you should keep your hands on the bar until the bar is back in the rack, in case the bar slips from one of the spotters hands.

**DEADLIFT**

On the deadlift, approach the bar and begin the lift in your own time: there is no start command. Once you are standing erect with knees locked and shoulders back, the centre referee will give the “DOWN!” command accompanied by a downward movement of the arm – **DO NOT** step forwards over the bar once you have lowered it to the floor.

If cannot complete your deadlift, lower the bar back to the floor under control. **DO NOT DROP OR THROW** the bar back to the floor.

Make sure you read the rules of performance and reasons for failure for each lift and make sure you wait for commands. If you have any questions about the rules of performance / reasons for failure, speak to a member of your club, if they cannot help you, please contact the competition organiser, who should be able to provide you with the information.

**COMPETITION DAY CHECKLIST**

* Singlet and long socks.
* Correct underwear! Chaps – no boxer shorts. Ladies – no moulded cup bras.
* Squat shoes / Deadlift shoes.
* Belt, knee sleeves and wrist wraps.
* Plain, round neck T-shirt with short sleeves that cover the deltoids.
* Any warm-up equipment (e.g. foam roller / bands).
* GBPF membership card and a PEN!
* Food and drink.
* Cash.
* Talc if used (chalk will be available on the platform).
* Basic first aid kit (pain killers, plasters, tape, hot / cold gels, nail clippers, etc.).