



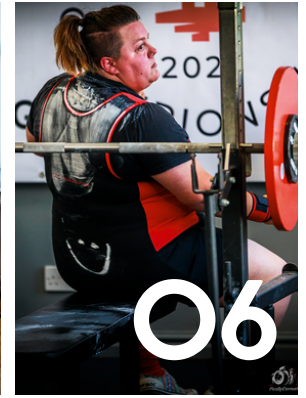
OUR GUIDE TO

POWERLIFTING COMPETITIONS

This guide will provide you with everything you need to know for entering and participating in a competition in the Isle of Man.

MANXPOWERLIFTING@GMAIL.COM

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WELCOME

ABOUT US

Manx Powerlifting is a British Powerlifting affiliation and was formed in January 2022. We are the only association sanctioned by British Powerlifting on the Island with 2 club locations; Revolution in Castletown and Fusion Barbell in Douglas. Powerlifting is a sport that is growing exponentially on the Island, with a diverse range of members.

Since we were founded, we have successfully ran 6 local competitions and have a huge base of members from age 14 and the oldest being over 70! We have taken a team to the Commonwealth Powerlifting Championships in New Zealand and the Home Nations in Belfast!

MEET OUR EXECUTIVE COMMITTEE

Our exec committee were appointed their roles via voting at our 2024 AGM. Each member has a wealth of experience and are always on hand to help. If you wish to contact a specific member of the committee, their email address can be found here: manxpowerlifting.com/committee.



Chris Weldon
Vice Chairman



Lisa Grant
Director of Operations



Emma Bell-Scott
Deputy Finance Director



Jo Corr
Media & Comms
Manager



Kerry Lindsay
Memberships & Records
Manager



Sarah Morgan
Safeguarding Manager



Kate Divers
Referee & Volunteer
Manager



Kail de los Reye
Technical Manager



Liz Young
Secretary

POWERLIFTING JARGON

Within the Powerlifting world there is lots of jargon and it can be confusing at first. Below will give you a simple guide to understanding some of the jargon. If there is any other terminology that you do not understand, please don't hesitate to ask us.

POWERLIFTING MEET

This is simply another way of saying "Powerlifting Competition".

FLIGHT

At a meet, lifters will be organised into "flights". These are groups of lifters normally in the same weight classes. E.G., Flight A = 57kg & 63kg women. Flight B = 83kg & 93kg men.

ATTEMPTS

The name for each "go" at a lift. Every lifter has three attempts for the squat, then three for the bench and then three for the deadlift. You have to declare your weight for each opener at weigh in or registration. And then you declare your second attempt weight after you lift your opener, and your third attempt weight directly after you lift your second attempt.

PLATFORM

A small area of carpet where you attempt your lifts (to take the impact of weights). The platform will have squat rack or bench, bars, and spotters on it waiting for you to step up to Squat, Bench & Deadlift.

HANDLER (COACH)

A handler will either be your coach or someone you have chosen to help you get through the day. They will help you with your warm-ups and loading the bars and your attempts. They are there to help take some stress off their lifter and keep them sane.

IPF

International Powerlifting Federation is an international governing body for the sport of powerlifting.

SBD

Squat. Bench. Deadlift.

GOOD LIFT

3 (or 2) white lights show after your lift.

NO LIFT

2 red lights, or 3 red lights. Sometimes a no lift is obvious (the person got stuck at the bottom of the squat, couldn't press the bar, or couldn't lock out their deadlift). Sometimes it's less obvious (they didn't quite hit depth on the squat).

DUMPING THE BAR

This means throwing the bar from your bar on squat. You must not do this. This is dangerous (to you and to the spotters) and could get you disqualified. Instead, let the spotters do their job. They will know that you've failed the lift and will take the bar from you.

BOMBING OUT

If you fail all three attempts at squat, bench or deadlift, this means you bomb out.

HITCH

One of the few ways you can fail a deadlift. Hitching refers to the small movements a lifter sometimes makes when the deadlift bar gets to mid-thigh. It's a small stop-start movement to inch the bar up the thighs.

2024

COMP ESSENTIALS

Before you enter a Manx Powerlifting competition, it is important you are fully aware of the below. All those who wish to compete in a Manx Powerlifting comp are advised to understand the rules and kit requirements before they step on the platform.

01

Manx Powerlifting Membership

To enter a Manx Powerlifting sanctioned competition you **must** have a Manx Powerlifting membership. Once you apply, it will take up to **10 days** for processing so make sure you apply with enough time. Memberships last for the calendar year, not 12 months so your membership will need to be renewed annually. You will need to provide your membership number on comp day so, make sure you have a screenshot with you. To apply, please visit: manxpowerlifting.com/membership.

02

IPF Rules

Manx Powerlifting operate under IPF rules. Lifters are expected to lift in accordance with the [IPF Technical Rules](https://www.powerlifting.sport/rules/codes/info/technical-rules). It is strongly advised that all lifters, particularly novices, make themselves aware of the rules. Technical rules can be found here: <https://www.powerlifting.sport/rules/codes/info/technical-rules>.

03

Required Kit

You will be expected to wear equipment that is listed on the IPF Approved List. This includes: Singlet & Plain cotton t-shirt, Deadlift socks & Deadlift shoes/slippers. With optional kit including: Belt, Knee Sleeves, Wrist Wraps & Squat shoes. Please make yourself aware of the approved list before purchasing your kit via the following:

<https://www.powerlifting.sport/rules/codes/info/approved-list>. Kit checks will be done on comp day and if they do not meet the requirements, you will not be able to compete.

AGE AND WEIGHT CATEGORIES

When entering a competition, you will enter based on the age you are. Competitors from age 14+ are welcome to enter a Manx Powerlifting competition and there is no limit on age (we currently have a member over 70!) You must also chose a weight category to compete in and must stay within that category to compete.

	Age Category	Weight Category	Example
Female	Sub-Junior 14-18, Junior 18-23, Open 23-39, Masters 1 39-49, Masters 2 49-59, Masters 3 59-69, Masters 4 69+.	47 kg, 52 kg, 57 kg, 63 kg, 69 kg, 76 kg, 84 kg & 84 kg+.	If you chose to compete in the 57kg category, you must weigh in between 52.1kg - 57kg.
Male	Sub-Junior 14-18, Junior 18-23, Open 23-39, Masters 1 39-49, Masters 2 49-59, Masters 3 59-69, Masters 4 69+.	59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+.	If you chose to compete in the 105kg category, you must weigh in between 93.1kg - 105kg.

You will have up until 2 weeks before comp day to change your weight category if you feel you need to. This will be announced on our social media pages. It is advisable to choose a category in which you are comfortable with your weight especially if it is your first comp.





LIST OF EXPENSES

COMPETITION ENTRY

Sub-Junior	£40
All Others	£50

MEMBERSHIP FEES

Under 23	£35
Over 23	£49
Non-Lifting Membership	£30



REQUIRED KIT (ROUGH GUIDE)

Singlet £50-£80

T-Shirt £5-£30

(cost will depend if you plan on plain cotton T-Shirt from Primark etc or a branded T-Shirt)

Deadlift Socks £5-£15

(you can wear football socks from Sports Direct etc or wear the branded socks from the approved list)

Suitable Shoes £0-£200+

(cost will depend on whether you use shoes you already have or buy, squat shoes, deadlifts shoes etc)



OPTIONAL KIT

Belt £60-£220

Wrist Wraps £25-£30

Knees Sleeves £45-£100



We understand the above list can look very daunting for the first time and some may struggle to purchase everything required. We have a whole host of experienced lifters on the Island who would be willing to lend you kit so please don't hesitate to reach out to us at manxpowerlifting@gmail.com and we can help you!

SBD RULES & COMMANDS

Each lift has a varied amount of technical rules and commands which you must follow in order to execute a “good lift”. The rules and commands are specific to each of the lifts. You will have 3 referees, one centre and one either side and they ultimately decide whether you have executed the lift properly based on the set standards. It is advised to train to these standards so when you compete you are well prepared with the standards that are expected. The below will outline the basis of each lift and the commands associated with it.

You have 1 minute from when “bar is loaded” has been called to get on the platform and complete your lift. Once complete you will have 1 minute to provide the table volunteers with your next attempt. You will have 3 attempts at each lift!



SQUAT

Commands: “SQUAT” & “RACK”

How to: Set your squat up as you normally would and step back. Ensure your knees are locked and the bar is steady on your back, the centre referee will then give you the “SQUAT” command. Once your hip crease passes below the highest point of the knee, you’ve achieved the proper depth and can return to the starting position. After reaching the proper depth and completing the movement by fully extending at the hips and knees, don’t rack the barbell immediately. Once the referee sees that you successfully completed the rep, they will say “RACK.” This is your cue to rack the barbell and wait for the lights to show if you correctly performed the movement.



BENCH

Commands: “START” “PRESS” & “RACK”

How to: Once you have positioned yourself on the bench and un-racked the barbell, the centre ref will say “START”. This is your cue to begin lowering the barbell toward your chest in a controlled fashion. Do not let the weight crash down on your chest and ensure elbow joint is below your shoulders. Once the barbell touches your chest and comes to a complete stop, the ref will say “PRESS”. Like the squat, once you have pressed and elbows are locked out, the ref will say “RACK”.



DEADLIFT

Commands: “DOWN”

How to: The deadlift, only has one command. You walk out onto the platform and lift the deadlift, once your hips and knees are locked out at the top, the referee will give you the “DOWN” command. Do not drop the bar, make sure you lower it to the platform in a controlled manner. When executing the deadlift, you need to ensure you do not ramp or hitch the bar. It needs to be smooth, controlled movement.

THINGS TO DO BEFORE STEPPING ON THE PLATFORM

Here is a basic guide on important things which need to be done before you step on the platform. There will also be plenty of volunteers, referees and coaches who will be on hand to help you on the day with anything you are unsure of.



01

WEIGH IN

Arrive at the venue around 10 minutes before your allocated weigh in time. Order of names will be provided on the door, queue up in the order. The person weighing you in will need to see: **your membership number** (screenshot is fine) & **your photo ID**. You will also be required to provide the numbers you intend to open on for Squat, Bench & Deadlift.



02

KIT CHECK

After weigh in, you will need to have your kit checked to ensure everything you intend to wear on the platform is IPF approved as mentioned earlier. You will be told on the day, the location for kit check. Once this is done, you can go put your kit on so you are ready for warming up



03

RACK HEIGHT

The MC will call when it is time to check your rack height and if you have a handler/coach or a referee is available they can help you. **Wear the shoes you intend to wear for Squat & Bench** - this ensures your rack height is accurate when it is time to compete. Having your rack height done before the comp starts means the spotters/loaders can have this ready each time you step on the platform and you don't have to remember where it needs to be over your 9 lifts. Take your time to ensure the height is exactly where you need it for Squats & for Bench. Once all lifters have checked their Squat height, they will move on to bench height.



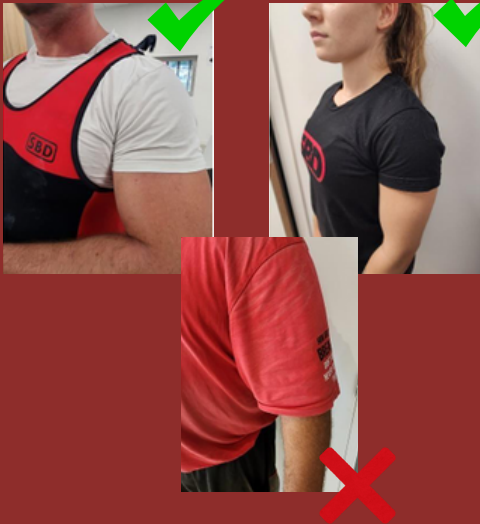
04

WARM UP

Warm up with plenty of time before lift off. Ensure all your warm ups are complete and you are ready and waiting to go on the platform a few minutes before lift off. The MC and volunteers will give plenty of reminders and countdowns.

KIT CHECK

It is very important you have the correct approved kit on comp day, if you don't there may be a chance you cannot compete. The below is a basic guide to the kit you are required to wear however, you must read the rules & approved list for more in-depth detail [Rules & Approved List](#).



T-SHIRT

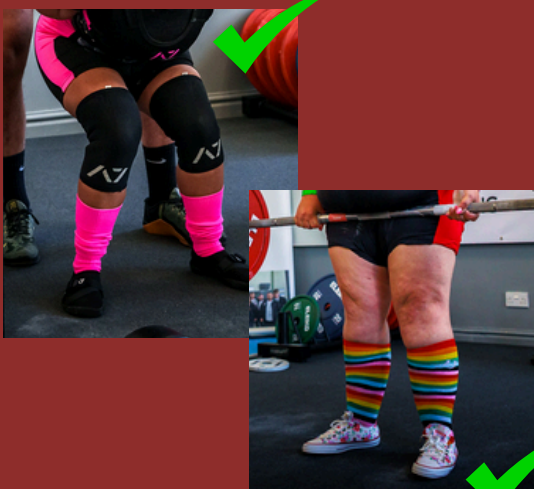
A t-shirt must be worn under a singlet by all lifters for Squat, Bench Press & Deadlift. The t-shirt must conform to the following:

- cotton & shall not consist of any rubberised or similar stretch material & no pockets, buttons, zippers or other. Must have a round neck collar.
- Tight fit sleeves that do not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up when competing.
- Plain with no logos or emblems, or may bear the logo or emblem of lifter's name, lifter's IPF region of the event in which the lifter is competing or approved logos.
- **Quick Tip:** plain cotton t-shirts can be bought cheaply from Primark or most popular t-shirt choices are A7UK or SBD.

SINGLET

Only singlets on the Approved List of Apparel and Equipment for Use at IPF Competitions shall be permitted for use in competitions. Singlets must meet all the specifications of the IPF Technical Rules, a breach of any rules it will not be permitted for use in competitions. Singlets must conform to the following:

- The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
- The suit shall be one-piece and form fitting without any looseness. "Lifters can wear an approved long-legged singlet, but without knee sleeves or knee wraps."
- Whichever type of singlet a lifter wears for squat, they must wear the same singlet throughout all disciplines. The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter.
- **Quick Tip:** A7UK & SBD are popular choices for singlets.



SOCKS

Socks can be of any colour/multi coloured & or pattern and they may have manufacturer's logos. Socks must conform to the following:

- They shall not be of such length on the leg that they come into contact with the knee sleeves (so deadlift socks can be worn during squats, they just cannot touch the knee sleeves).
- Full length leg stockings, tights or hose are strictly forbidden.
- Shin length socks must be worn to cover and protect the shins while performing the deadlift.
- **Quick Tip:** Football socks from Sports Direct can be used for deadlifts and cost around £4.

KIT CHECK

It is very important you have the correct approved kit on comp day, if you don't there may be a chance you cannot compete. The below is a basic guide to the kit you are required to wear however, you must read the rules & approved list for more in-depth detail [Rules](#) & [Approved List](#).

SHOES OR BOOTS



Shoes only include indoor sports shoes/sports boots such as:

- Squat shoes (can be worn for bench too)
- Deadlift Slippers (can be worn for Squats & bench too)
- Deadlift boots (can be worn for Squats & bench too)
- Weightlifting/Powerlifting boots or Deadlift slippers.

No part of the underside shall be higher than 5 cm & the underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design.

Quick Tip: a lot of lifters opt for converse & vans due to the flatness. Training in the shoes you intend to lift in will help you find what works best for you.

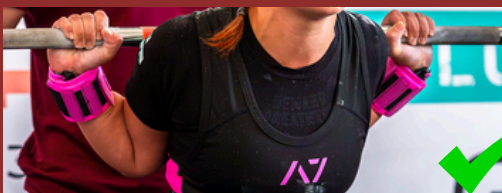
BELT

If a belt is worn it must be worn on the outside of the singlet. Only belts from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions.

- The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt. (c) The buckle shall be attached at one end of the belt by means of studs and/or stitching. (d) The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever.)
- The belt may be plain i.e. of a single or two or more colours and with no logos, or may bear approved logos. See the rules for dimensions.
- **Quick Tip:** strengthshop is the cheaper option for belts.



WRIST WRAPS



Wrist wraps shall not exceed 1 m in length and 8 cm in width.

- Any sleeves and Velcro patches/tabs for securing must be incorporated within the one-meter length.
- A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift, in width.
- A combination of wrist wraps and sweat bands is not allowed.
- A wrist covering shall not extend beyond 10 cm above and 2 cm below the centre of the wrist joint and shall not exceed a covering width of 12 cm.
- **Quick Tip:** strengthshop is the cheaper option for wrist wraps.

KIT CHECK

It is very important you have the correct approved kit on comp day, if you don't there may be a chance you cannot compete. The below is a basic guide to the kit you are required to wear however, you must read the rules & approved list for more in-depth detail [Rules & Approved List](#).



KNEE SLEEVES

Sleeves can only be worn on the knees by the lifter during any lift in comp; sleeves cannot be worn or used on any part of the body other than the knees. Only knee sleeves from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted. In addition, any such sleeves from approved manufacturers must meet all the specifications of the IPF Technical Rules; knee sleeves which breach any IPF Technical Rule shall not be permitted for use in competitions. Knee sleeves must conform to the following specifications:

- Must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene.
- Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm. (c)
- Knee sleeves shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them. When worn by the lifter in competition, knee sleeves must not be in contact with the singlet or socks and must be centered over the knee joint.

BRIEFS

A standard commercial "athletic supporter" or standard commercial briefs of any mixture of cotton, nylon or polyester shall be worn under the lifting suit. Women may also wear a commercial or sports bra. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the singlet. Any supportive undergarment is not legal for use in IPF competition.



INSPECTION OF EQUIPMENT / KITCHECK

- Kit checks can take place at any time and locations will differ - the checks will be done before the competition within thirty minutes of the start of your weight category.
- Any item considered unclean or torn shall be rejected.
- If after the inspection a lifter appears on the platform wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall immediately be disqualified from the competition.
- Referees shall also reject any knee sleeves that have been put on the lifter with the assistance of any other person or method, such as the use of plastic sliding's, the use of lubricants and so on.
- All items mentioned previously under personal equipment shall be inspected. Items such as watches, costume jewellery, mouthpieces, eye wear and feminine hygiene articles need not be inspected.

EXAMPLE COMP DAY

In the week's leading up to competition day, we will share weigh in times and flight orders on our Instagram and Facebook pages. Make sure you an eye on these so you know your times. The below describes a typical day at a competition to give you an idea of how it all works.

Based on:

- **57kg Female called Jo**
- **Weigh in @ 9am**
- **Lift off @ 11am**
- **Competing in Flight A with 63kg Female Category**

O1

Arrival at Venue for Weigh In

Jo arrives at the venue at 8:45am, to give herself enough time. Jo checks the list on the door and she is 5th in the queue so stands in this order. Jo takes her passport out of her bag and has her membership screenshot ready on her phone. Jo is then called in, gets on the scales, her weight is noted and she shows her ID & Membership number. Jo then gives her opening lifts for Squat, Bench, Deadlift and leaves the weigh room ready for the next person.

Eat Food, Kit Checks & Rack Heights

Once weigh is done, Jo will go and hydrate herself and eat some of the food she packed for the day. During this time, the MC or Volunteers will call out for all lifters to do a kit check. Jo queues up with everything she intends to wear, once this has been done Jo will go and put on her singlet, t-shirt, socks and shoes for squats. The MC or Volunteers will call out for all lifters to get their rack heights done. When it is Jo's turn, she will take her time, testing a few heights to see what is right for her. She will follow this process again for bench wearing the shoes she intends to bench in.

O3

Warm up

Jo will have her warm up already planned out. This includes all of her mobility and her sets of squats. Jo has a handler/coach with her who will load the bar for all of her sets so she is able to rest and save energy between each set. Jo will be ready to head to the platform a few minutes before 11am so she is ready. The order of lifters will be on a screen and Jo will queue up in the correct order of lifters (the order starts off with who is opening on the lightest squat and builds up from there).

O2

EXAMPLE COMP DAY

Based on:

- 57kg Female called Jo
- Weigh in @ 9am
- Lift off @ 11am
- Competing in Flight A with 63kg Female Category

BAR IS LOADED!

O4

The bar will be loaded by the platform team for Jo's opener which is 100kg. Once the bar is ready and the centre referee is happy, the MC will announce "bar is loaded". Jo's 1 minute timer is now ticking and she needs to complete her squat within that time. Jo will head to the platform, complete her squat and walk off the platform. Her coach is waiting at the table where the volunteers are waiting for her to put in her next attempt, she has 1 minute to do this. When it has been decided, Jo will join back in the queue, ready to go for her 2nd squat and will follow this process until all squats are complete.

O5

After Squats?

Once all squats are complete, Step 3 & Step 4 will be followed again for Bench & Deadlifts. Jo will ensure she is rehydrating herself and refuelling for Bench & Deadlift during this time also.

Following Flights & Prize Giving

O6

Depending on the size of the comp and how it has been organised. There may be further flight's after the flight Jo competing in so Jo's prize giving may be straight after her flight or the following flight. If it is after all of the flights, Jo can will get changed, sit back and watch the remainder of the comp. At the prize giving, it will be announced who came 1st, 2nd & 3rd in each weight category and also the best male/female lifter of the day.





COMP DAY TIPS

Here are some handy tips that will help you to be prepared for comp day.

01 Venue

If you have never been to the comp venue before, ask can you go and have a look the day before the comp. As a lot of comps will be in a gym, it may not be set up until late at night with people training/attending classes. However, go in and ask “where will the platform be?”, “where will the weigh room be?”, “where will I warm up?” and so on. It will help you feel less nervous if you know where everything is when you arrive on the day.

02 Comp Day Food/Drinks

On the day, you will want to ensure you have lots of food (high in carbs) and drinks with you so you can be hydrated and fuelled ready for your lifts. We advise only bringing food that you are used to and to not try anything for the first time on comp day in case it upsets your stomach. Have your food prepped and in your bag the night before. Here are some things you could bring:

- Water with rehydration tablets/Lucozade Sport
- Caffeine (pre-workout, monster, red bull etc)
- Overnight Oats/Sandwiches/Bagels
- Honey/Rice Pudding
- Rice Krispies Squares Bars

03 Playlist

If you’re planning on wearing headphones on the day, have your playlist planned and ready to go so you don’t have to worry about it on the day.

04 Chalk Vs Talc

Chalk assists with your grip on the bar and talc helps the bar to slide. Use chalk on your hands for grip and talc on your legs to help the bar slide during deadlifts.

ADDITIONAL INFORMATION

Handler / Coach

If you wish to have a handler or coach with you on the day, they must also be a member of Manx Powerlifting. For safeguarding reasons, we cannot allow non-members to enter the warm up areas. Non-Lifting memberships are available for a smaller fee than a lifting membership and are available here: manxpowerlifting.com/membership.

Referee's

Referee's are there to judge your lifting but they are also there to help. Referee's are on hand to answer any questions or provide any advice they can. Don't be afraid to approach them when they are free, to have a chat!

Anti Doping

Manx Powerlifting strictly adheres to the IPF and the WADA (World Anti-Doping Agency) code. All lifters are responsible for ensuring they adhere to the code and keep powerlifting on the Isle of Man a drug-free sport. We strongly advise all lifters whom are prescribed medication to ensure it is not on the prohibited list here: <https://www.wada-ama.org/en/prohibited-list>. If you are unsure, please don't hesitate to contact us and we can help you with any queries.

COMP DAY CHECKLIST

Use this handy checklist to help you ensure you have all you need for comp day. You could print and tick off or keep on your phone to help you keep track.

Weigh In

- Membership Card - screenshot or print out
- Photo ID - Passport, Driving License etc
- Opening lifts

Kit List

- T-Shirt & Singlet
- Deadlift Socks
- Shoes for squats, bench & deadlift
- Belt (optional)
- Wristwraps (optional)
- Knee Sleeves (optional)

Other

- Food & drinks for the day
- Headphones
- Talc for deadlifts (optional)
- Warm clothes for in between lifts