

Guide to Super Training Competitions

Lifting Equipment/Clothing

- Singlet and long socks (compulsory)
- Correct underwear! (Briefs – no boxer shorts. Ladies – no under-wiring or moulded cup bras)
- Squat shoes / Deadlift shoes
- Belt, knee sleeves and wrist wraps (optional)
- Plain, round neck T-shirt with short sleeves that cover the deltoids
- Any warm up equipment (e.g. foam roller)
- British Powerlifting membership e-card and a PEN!
- Food and drink
- Contactless method of payment (card or phone)
- Talc if used (chalk will be available on the platform)

Weighing in

You should aim to arrive before the start of the specified weigh in time. Please check the latest flight list on the ST website for all timings.

When you arrive at ST you'll see our main entrance and to the left (as you face the building) you'll see a separate door and, possibly, two gazebos (depending on the weather). On the door will be the weigh-in list. People will be called into the weigh-in in the order on this list. If you're not there or if you miss your turn, you will have to wait until everyone else has weighed in. The weigh in period is an hour and a half.

At weigh-in you will be asked for your British Powerlifting electronic membership card. You **MUST** produce this. Don't leave it until the morning of the competition to find that you have lost it – if you check in advance and can't find it, get in touch with the competition organisers and the membership secretary and arrangements can be made.

You will also be asked for your openers, that is your first weight in each lift. If you are overweight or underweight 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 weigh-in period (an hour and a half) until you make weight. If you do not make weight, then we will just enter you in the higher weight class.

We will be issuing you with attempt slips during weigh in. These slips are used to write down your second and third attempts for each lift during the competition. It's a good idea to sign them all straight away and also write your name on the front just in case!

Don't set your openers too high! 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, you have until 3 minutes before the start of each flight to change your openers. Make sure your first attempt, especially on squat, is EASY and this will give you the confidence for the rest.

Rack Heights

After weigh-in go next door into the main gym. There will be someone with a clipboard standing next to a rack. They are there to record your rack height on the competition rack but make sure you are wearing your squat shoes and not wearing a bulky hoody or you might well end up with the wrong height! Bear in mind that you are trying out the rack with an empty bar and a weighted one might sit lower. After you squat, if you feel that your rack height was incorrect, you can ask for it to be changed when you hand in your next attempt slip. You should also indicate whether you will require blocks on the bench. The order of lifting will only be finalised once weigh-in is complete so keep an eye out for the spreadsheet going up in the warm-up area, there will be an announcement when it goes up.

Comp Run Through

About an hour before your session there will be a run-down of how the comp will operate. The competition director will explain everything and this is a good time for any questions you might have.

Sessions, Groups and Flights

Your session will be split into two groups (sometimes known as flights), Group A will warm-up and start at the allotted lift-off time. The order of lifting (posted up after weigh-in) will indicate which group you are in.

When Group A go out to the platform to squat, Group B warm-up for squats. When Group A finish squatting, Group B will go out to squat and Group A will start their warm-up for bench press. And so on.

Once the competition starts

Remember that you must have finished adjusting your kit (wrist wraps, knee sleeves etc) BEFORE approaching the platform and only approach once you hear "Bar's loaded!". Once you are called to the bar, you have 60 seconds in which to begin your lift. When you leave the platform, you have 60 seconds to give your next attempt at the desk. If you don't do this in time you will be given a 2.5kg increment for your next attempt (or the same weight again in the case of a failed lift).

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 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. If you cannot

complete the lift, it is vital that you STAY WITH THE BAR and help it up as much as possible. Never dump the bar on your spotters as this could cause injury and may result in your disqualification from the contest. Exit the platform to the side – DO NOT step forward through the rack.

Bench

It's entirely up to you whether you want a hand-off from the side, the centre or even un-rack it yourself. Feel free to talk to your spotters about how 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 and you should lower the bar to your chest and hold it there until you hear the "PRESS!" command. Once your arms are locked out, you will get the "RACK!" command and the spotters will help you into the rack.

Deadlift

If you are using Talc then please make sure you do this outside through the door in the warm-up area and shake off all loose Talc before you come back in. The gym needs to be cleared up after each competition and Talc can be a nightmare to clean!

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 drop the bar. Even if you don't make the lift, return the bar to the platform rather than just letting go.

It's understandable if your grip fails, but not if your temper fails. Equally, DO NOT intentionally slam the bar into the platform after a successful lift, this shows disrespect for the equipment provided. Exit the platform via the back, DO NOT step over the bar. Make sure you read the rules of performance and reasons for failure for each lift and make sure you wait for commands.

Once You've Finished Lifting

After both groups in your session have finished you will all be invited back onto the platform to receive your participation medals, so don't shoot off too quickly! Then it's time to think about your next competition...