

New to Powerlifting?

So, you've found the sport of powerlifting and are ready to test your Squat, Bench & Deadlift (**SBD**) on the platform.

What to do next?

Check out the calendar, we have two levels of competition; **Club** or **Divisional**.

What's the difference? How do I know what's best for me?

	Club	Good to Know	Divisional	Good to Know
Cost	£10	Pay at time of booking. Places are on a first come first served basis.	£20-25	Priority entry comps are listed on the calendar. An invitation to make payment will be emailed to you once your place is confirmed. Non-priority comps can be paid at entry through the shop.
Run to IPF Rules	Yes	http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/technical-rules/english/IPF_Technical_Rules_Book_2_016_1.pdf	Yes	http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/technical-rules/english/IPF_Technical_Rules_Book_2016_1.pdf
Do I need a British Powerlifting membership	No	For future reference British Powerlifting membership runs from January-December and costs £40.	Yes	Purchase here https://www.britishpowerlifting.org/buy-membership

Approved IPF Kit	No	Singlets are optional. Socks that cover the lifters shins must be worn for deadlifts. For future reference https://us11.campaign-archive.com/?u=4879b27ff5cf93a705b75199d&id=bf40509922	Yes	http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/approved-list/IPF_Approved_List_01.02.2016V1.pdf
Bench only	Yes		Yes	
Do you accommodate lifters with disabilities?	Yes	Please contact clubs@nwpowerlifting.org.uk with your specific needs and we will ensure that you are able to enter the club comp most appropriate for your needs with adequate facilities. https://www.britishpowerlifting.org/documents/335_equality_and_diversity_policy_february_2017.pdf	Yes	Please contact technical@nwpowerlifting.org.uk with your specific needs and we will ensure that you are able to enter the comp most appropriate for your needs with adequate facilities. https://www.britishpowerlifting.org/documents/335_equality_and_diversity_policy_february_2017.pdf
Do you accommodate junior lifters?	Yes	Please contact clubs@nwpowerlifting.org.uk to ensure appropriate procedures are in place for junior lifters. https://www.britishpowerlifting.org/documents/334_british_powerlifting_safeguarding_policy_february_2017.pdf	Yes	We follow this policy https://www.britishpowerlifting.org/documents/334_british_powerlifting_safeguarding_policy_february_2017.pdf but if you have any particular questions please contact technical@nwpowerlifting.org.uk

Run over One Day	Yes		Yes	
Run over Two Days	No		Yes	
Can I set a Qualifying Total for National Competitions	No	Club comps are not sanctioned by the IPF and are for platform experience only.	Yes	Qualifying totals will be indicated on the results sheet. BR = British BM = British Masters https://www.britishpowerlifting.org/qualifying-procedure https://www.britishpowerlifting.org/qualifying-totals
Can I collect Affiliate/club League Points	Yes	http://www.nwpowerlifting.org.uk/clubs-gyms/	Yes	http://www.nwpowerlifting.org.uk/clubs-gyms/
Do I need a coach?	No		No	
Priority Entry	No	First come first served basis	Some	http://www.nwpowerlifting.org.uk/calendar/calendar2019/ Check the calendar to see which events have priority entry.
Is a livestream provided through the Facebook Fan page	Depends on the club	Check out the fan page for useful information though in the meantime https://www.facebook.com/NWPowerlifting/	Yes	Livestream is posted on the fan page approx five mins before lift off https://www.facebook.com/NWPowerlifting/

Can I volunteer to help?	Yes	All NWPL comps are run by volunteers. We don't expect you to volunteer at the club comp you're competing at. But, you're welcome to volunteer at any other comp doing whatever you feel most comfortable doing. Volunteering provides a wealth of information and experience for your own competitions and is an invaluable way of keeping the division running. You will be given adequate training, well fed and watered.	Yes	Without volunteers' our competitions cannot run. Some of the competitions will be run using the priority entry system. Volunteering will help for priority entry for these competitions. Check out the entry procedures and the priority entry system. http://www.nwpowerlifting.org.uk/about/faqs/ The calendar will clearly state which comps are priority entry.
Can I spectate first?	Yes	Spectators add so much to the atmosphere at a competition. When it comes to making a lift spectators can certainly make all the difference. All NWPL comps are family friendly and we welcome your support.	Yes	Spectators add so much to the atmosphere at a competition. When it comes to making a lift spectators can certainly make all the difference. All NWPL comps are family friendly and we welcome your support..
Is there a charge to spectate?	No		No	

Will support be given specifically for novices?	Yes	These competitions are specifically for novice lifters. Commands will be run through and any questions answered. Support and feedback is given. It's a great environment and very enjoyable. Questions not answered here or on the website can be directed to clubs@nwpowerlifting.org.uk	Yes	Divisional comps are fast paced and busy. Support and advice is always provided if possible but cannot be guaranteed. Commands and rules will not be run through. For feedback on failed lifts resulting in a red light can be requested immediately from the referee after receiving a red light.
Do I need to lift a certain weight to enter?	No	There are no qualifying totals needed to enter a club comp.	No	There are no qualifying totals needed to enter a divisional comp. NB: We often host National qualifications on behalf of British Powerlifting and entry is based on making a qualifying total. Entry for those will be through British Powerlifting so please check requirements first.
Am I strong enough to compete?	Yes	Absolutely!	Yes	Absolutely!
Is there an Anti Doping policy?	Yes	http://www.nwpowerlifting.org.uk/anti-doping/ Specific questions can be sent to dco@nwpowerlifting.org.uk	Yes	http://www.nwpowerlifting.org.uk/anti-doping/ Specific questions can be sent to dco@nwpowerlifting.org.uk