

First powerlifting meet planner

Before lifting starts, lifters weigh in and name their first attempts. The meet then runs lift by lift: all squats, then all bench presses, then all deadlifts, each lifter taking three attempts (International Powerlifting Federation, 2026).

What each lift must show (IPF Technical Rulebook)

Squat

- Walk the bar out, stand still and upright with knees locked, and wait for the “Squat” command.
- Descend until the top surface of the legs at the hip joint is lower than the top of the knees — only one descent is allowed.
- Stand back up without bouncing twice or letting the bar travel downwards on the way up.
- Stay still until the “Rack” command before returning the bar.

Bench press

- Wait with straight arms for the “Start” command.
- Lower the bar to the chest or abdomen and hold it still until the “Press” command.
- Press back to straight arms without any downward movement of the bar, then wait for “Rack”.
- Keep your feet flat and in contact with the floor throughout; your grip must be no wider than 81 cm between the forefingers.

Deadlift

- Lift the bar from the floor in one movement — any downward movement before you finish fails the lift.
- Finish standing erect with knees locked and shoulders back.
- Hold still until the “Down” command, then lower the bar under control.

Many first-meet misses are not strength failures: they are lifters racking early or pressing before the command. Practise the commands in training.

Meet-day checklist

	Item
☐	Entry confirmed, weigh-in time and place noted
☐	Bring the kit your federation requires, food, water and a copy of your planned attempts.
☐	Ask if you can bring a handler or friend to track the order of lifting and call your warm-ups.
☐	Federation's approved kit list checked (kit rules are detailed and change from time to time)

Attempt planner

- Choose an opening attempt you are confident of making with perfect technique on a bad day — a made first lift keeps you in the competition.
- Base your second and third attempts on how the first one moved, not on a plan made weeks earlier.

Opening attempts are practical advice rather than a rule, and experienced coaches differ on exact percentages. The aim of a first meet is to make lifts, learn the process and set a total you can build on.

Lift	Best in training	1st attempt	Made?	2nd attempt	Made?	3rd attempt	Made?
Squat							
Bench press							
Deadlift							
Total							

Warm-up plan in the back room

Lift	Warm-up 1	Warm-up 2	Warm-up 3	Warm-up 4	Warm-up 5
Squat					
Bench press					
Deadlift					

Notes

Full guide: bodywise.io/hub/powerlifting-for-beginners · Score your total: bodywise.io/hub/tools/ipf-gl-points-calculator