QELTIC GAMES

Powerlifting Tournament 2026

Lifter Briefing Sheet

Date: Sunday 3rd May
Location: UpliftedTITANS Gym
Weigh-in & Athlete Briefing: 9:30 AM
Lifting Starts: 11:00 AM

What is This Competition?

Welcome to a beginner-friendly, inclusive powerlifting competition.

In this meet, you will perform three lifts:

Squat
Bench Press
Deadlift

You will have 3 attempts per lift, and your best successful attempt in each lift will count toward your total score. Lifters also have the option to do only 1 or 2 of the lifts if they don't wish to do all 3.

This is a non-gendered competition, meaning all athletes compete together using bodyweight-based categories, rather than gender divisions. Rankings are determined using total weight lifted to ensure fair comparison across all lifters.

Please note: Bodyweight is not displayed or announced on the day. It is only used for our scoring system on the day and to display any records you may lift under the weight class you come under for our leaderboard.

Commands (You MUST Follow These)

Lift Commands

Squat	- Squat → Rack
Bench Press	- Start → Press → Rack
Deadlift	- Down

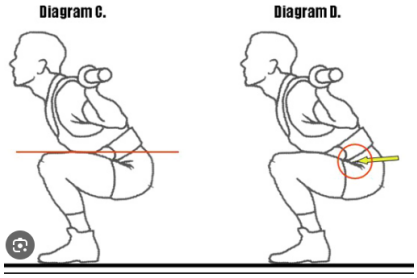
Each lifter has 3 attempts per lift (squat, bench press, deadlift)
The best successful attempt for each lift counts toward your total.
You must follow the referee's commands for each lift.
Commands below. (These will also be demonstrated before each lift)
Failure to follow commands will result in a "no lift".

Squat

Simple movement:
Stand and unrack the bar → Squat down → Stand tall re-rack

Commands:
"**Squat**" – given once you have unracked the bar and are motionless ready to squat
"**Rack**" – after you return to a standing position with control and are fully locked out

Key Rules:
Hip crease must go below the top of the knee



You must stand fully upright before and after the lift
No downward movement of the bar after starting the ascent

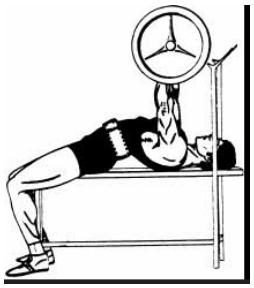
Beginner Tips:
Keep your chest up
Push knees out
Hit depth (hip below knee)
Wait for the "Squat" command before standing and wait for the "rack" command before racking the bar back up.

Bench Press

Simple movement:
Unrack and bring above chest → Lower to chest → Pause → Press → Rack

Commands:
"Start" – when you have unracked the bar and your arms are locked out with the bar above your chest, ready to descend
"Press" – after the bar is motionless on the chest (it must touch the chest to count)
"Rack" – once arms are locked out again after pressing

Key Rules:
Bar must pause on the chest (no bouncing)
Feet must remain in contact with the floor
Head, shoulders, and glutes must stay on the bench



Beginner Tips:
Keep feet flat on the floor
Control the bar to your chest
Pause before pressing
Stay tight throughout the lift

Deadlift

Simple movement:
Bar on floor → Lift to standing → Hold → Lower on command

Commands:
No start command. You will be told “Bar ready” when it’s ready for you.
“Down” – once you are standing upright with shoulders back and fully locked out with the bar

Key Rules:
Lift the bar from the floor to full lockout. No hitching allowed.
Stand tall with hips and knees locked
Control the bar back to the floor after the “Down” command. No dropping.

Beginner Tips:
Keep the bar close to your body
Stand fully upright at the top
Lock hips and knees
Lower under control after the “Down” command

Attempt selections

Attempt Selection (Simple Approach)

Here is a rough guide to help you choose your lift attempts safely:

Attempt 1 (Opener)
Something they can confidently hit any day in training for 2-3 reps.
Should feel “easy-medium”.

Attempt 2
A solid, comfortable increase. No massive jumps in weight.
Still controlled and safe so not compromising form too much.

Attempt 3
Personal best attempt OR slight push. There will be spotters looking after you so go for it!
Only if lift 1 & 2 are successful. If lifts 1 or 2 are a “no lift”, try and attempt that weight again to get a successful lift.

💡 Main rule of thumb:
No surprises on attempt 1.

Clothing requirements

What to wear on the day

All competitors should wear comfortable, form-fitting athletic clothing suitable for powerlifting.
SINGLETS ARE NOT MANDATORY

Recommended:
T-shirt or singlet (must cover shoulders)
Shorts or leggings
Flat, stable shoes (e.g. trainers or flat-soled shoes)
Wrist wraps allowed

Not allowed:
Loose or baggy clothing that may interfere with judging
Clothing with padding or supportive lifting aids
No deadlift suits
No lifting straps (raw grip only)

Optional:
Weightlifting belt
Wrist wraps
Chalk

All equipment should be safe, non-obstructive, and compliant with competition standards.
If you require to wear something not on the list, please let us know ahead of time so we can confirm if it is allowed or not.

Other Info

On the Day

Arrive early for weigh-in and briefing.
Weigh in is 9.30am and the first lift will be at 11am.

This is to allow us enough time to weigh all athletes and set the running order. As well as giving athletes enough warm up time.

Listen for your flight (group) number.

This is likely to run at approximately 3 groups of 5-7 people.
Each flight will go for their squat attempts one after another before moving on to the next lift.
E.g, Flight 1 will all do their 1st, 2nd & 3rd attempts on squat. Then flight 2 will go, then 3.
Then we will move on to the bench and do the same order before going into deadlifts.

Warm up properly before your attempts. You will be advised on 15-20mins before your flight goes up to allow for warm up time. But you are responsible for ensuring you warm up before your lifts. If you need any help there will be helpers on the day to advise you.

"What If I Make a Mistake?"
That's completely normal. Everyone gets at least one "no lift" at some point—even experienced lifters. Nothing bad happens. You just try again on your next attempt. Remember you have 3 attempts each lift. Judges are there to guide fairness, not to intimidate you.

My tip: always do your 1st attempt with a weight you can comfortably get 2 or 3 reps at in training. This allows you to bank that first lift and let the nerves calm down a little. Save the going full ham for the 3rd lift. See the attempt selections for more information.

"Do I need to wear a singlet?"
Singlets are **not** mandatory in our competition. However, please wear clothing that allows us to see your movement during each lift. No baggy clothes.

"Why are straps not allowed?"
Powerlifting is divided into 2 categories - Unequipped & equipped.
We will be focusing on **Unequipped** lifts. Which means no assistance gear is allowed.
I.e straps, sleeves etc. As this would then come under as equipped lifting.