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DYNAMICS OF SPORTS AND TECHNICAL INDICATORS AT THE WORLD CHAMPIONSHIPS AND CHAMPIONSHIPS OF THE REPUBLIC OF BELARUS IN CLASSIC POWERLIFTING IN BENCH PRESS AMONG MEN

Abstract. The article presents the dynamics of changes in sports and technical indicators at the world championships and championships of the Republic of Belarus in classic powerlifting in the bench press among men. An attempt was made to justify its change.

Keywords: powerlifting; efficiency; technical skill; competitive activities.

Powerlifting is one of the most common power sports in the modern world. It involves performing three basic exercises: squat, bench press, and deadlift, symbolizing a significant expression of human strength and power. Similar to many other sports, the history of powerlifting is closely related to the development of sports culture and the desire of individuals to grow their physical abilities.

During the early 20th century, specifically the 1920s and 1930s, weightlifting experienced a progressive narrowing of specialization and disciplines. In 1972, the final purely strength-based exercise, the strict press, was eliminated due to widespread technical abuses and subjective rule interpretations. Consequently, athletes with predominantly strength-oriented capabilities found themselves at a disadvantage compared to those with higher

speed-strength ability, who excelled in the snatch and clean and jerk events. This disparity rendered many strength-focused athletes non-competitive. As a result, during the late 1950s and early 1960s, a new sport emerged, which later became known as powerlifting.

In 1972, the first world championship was held, and also the International Powerlifting Federation (IPF) was established. Since 1978, European continental championships began to be held.

If initially the competition was held in one discipline in three exercises: squatting, bench press and traction, then in 1992 the bench press began to be held, including as a separate discipline.

Further popularization and development of the sport led to the emergence of the classic division in 2012. And in 2016, competitions began to be held in the new discipline of classic powerlifting – classic bench press.

In the period from 2016 to 2024, 64 sets of medals in the individual championship were awarded at the world championships in classical powerlifting in the bench press among men, with prizes won by representatives of 27 different countries of the world (see table 1) [1].

Table 1. – Distribution of medals between the countries participating in the world classic bench press championship 2016-2024.

№	Country	Medals			
		In total	Gold	Silver	Bronze
1	Japan	36	16	11	9
2	Kazakhstan	25	5	8	12
3	USA	20	10	5	5
4	Ukraine	18	4	10	4
5	Sweden	13	4	7	2
6	France	10	4	2	4
7	Poland	9	1	5	3
8	Russia	8	2	2	4
9	Canada	8	1	4	3
10	Mongolia	7	5	2	
11	Finland	6	4	2	
12	Georgia	6	1	2	3
13	Norway	4	1	2	1
14	Australia	4	1		3
15	Czech Republic	3	1		2
16	Lithuania	2	2		
17	England	2			2
18	Germany	2			2
19	Hungary	1	1		
20	Iran	1	1		
21	Austria	1		1	
22	Algeria	1		1	
23	Latvia	1			1
24	Netherlands	1			1
25	Peru	1			1
26	Turkmenistan	1			1
27	South Africa	1			1

As a result of the study, the best results of the participants of the world championships and the championships of the Republic of Belarus in the classic bench press by weight categories were analyzed. Results expressed in kilograms were converted to GL IPF Points and used to calculate mean outcome measures across all weight categories (see table 2) [1, 2].

Table 2. – Dynamics of the best results (in conventional units GL IPF points) at the world championships and the championships of the Republic of Belarus in classic bench press on average for all weight categories

Year	Number of weight categories		Number of competitors		Mean results	
	world	RB	world	RB	Bench Press	
					world	RB
2014	--	8	--	181	--	93,82
2015	--	8	--	37	--	92,23
2016	8	8	50	59	101,19	88,48
2017	8	7	52	38	102,71	93,15
2018	8	7	79	19	109,09	90,03
2019	8	7	87	14	111,80	80,36
2020	--	6	--	13	--	86,93
2021	8	6	62	8	107,03	80,59
2022	8	5	55	7	108,65	76,79
2023	8	5	57	7	105,26	73,78
2024	8	7	80	17	110,84	80,15

In 2016, the initial results worldwide were 101.19 points according to the GL IPF Points system, while in the Republic of Belarus they were 88.48 points. The maximum level of sportsmanship at the world championships was achieved in 2019 and amounted to 111.80 points, which reflects an increase of 10.61 points or 10.485 %. The process of changing results at world championships during this time period was undulating, reaching a minimum in 2016, a maximum in 2019 and a subsequent decline by 2023. Probably, the influence of COVID-19 was exerted on the waviness of the increase in performance. In the Republic of Belarus, the dynamics of changes in the level of sportsmanship also had a wave-like character, but with a downward trend. The maximum performance was achieved at the first competitions in 2014 and amounted to 93.82 points, but subsequently decreased to 73.78 points in 2023, which amounted to a drop in performance by 20.04 points or 21.36 % (see figure).

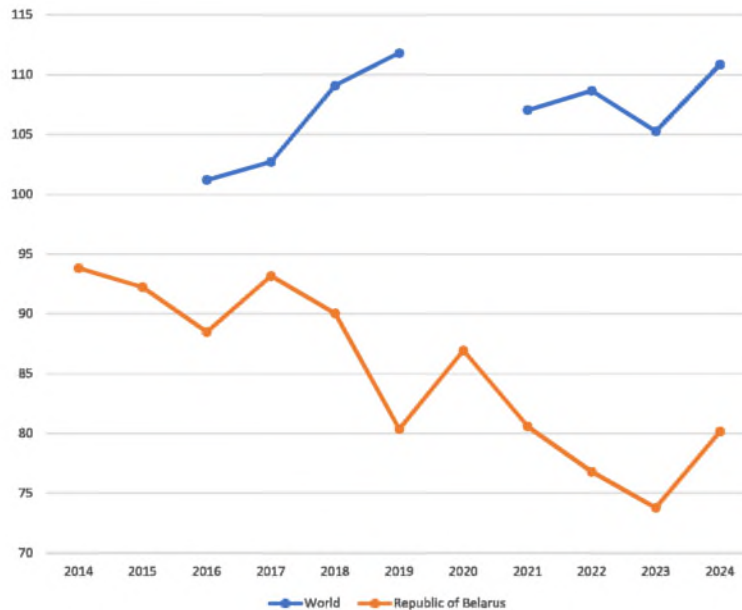


Figure – Dynamics of the best results (in conventional units GL IPF Points) at the world championships and the championships of the Republic of Belarus in classic bench press on average for all weight categories

Conclusions

As the global popularity of classical powerlifting increases, accompanied by improved performance outcomes and training methodologies, such dynamics are not observed in the Republic of Belarus. This discrepancy negatively impacts sports and technical indicators, as well as the number of competition participants in the Republic of Belarus.

The closure of sports schools, the discontinuation of the work of coaches and their coaching staffs in this sports area, weak collaboration between the federation and various organizations, and insufficient support from the federation for athletes and coaches have collectively led to a decline in interest in powerlifting. Consequently, there has been a significant reduction in competition participation, sometimes dropping to fewer than 10 individuals, resulting in decreased performance outcomes and a critical reduction in the number of competitors.

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