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## **Powerlifters' ways to overcome confounding factors at competitions**

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### **Abstract**

Competitive activity is accompanied by a number of factors that prevent athletes' high performance. Like all other athletes, powerlifters find solutions to fight interference emerging at the competitions. The study aims to explore possible ways to overcome the confounding factors in powerlifting. Respondents to the questionnaire were 160 lifters (80 men and 80 women) aged from 16 to 49, with sport experience from 1 year to 34 years and sports qualifications from third junior rank to the Master of Sports, some having the title of "Master of Sports of Russia of International Class". The study builds a hierarchy of ways to overcome the confounding factors according to the degree of their significance. The first five options were analyzed being most important in the athletes' viewpoint.

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### **Keywords**

Competition, Confounding factors, Powerlifting, Ways to overcome