

## TECHNICAL COMMITTEE NEWS BULLETIN NO 3 2009

### Technical Meeting

The Technical Meeting prior to a championships is designed to inform all of the officials, coaches, managers et al the overall procedure for the forthcoming days of the meet. It plays a major part in any successful championships.

It is surprising at times when so few people turn up. Many feel that the naming of nominations, the bus time table, and the time and price of the banquet are the only considerations. Not so. There are many other important issues that may be explained e.g. legality of equipment, rule anomalies, duties. At a recent Bench Press Championships I was questioned during the proceedings regarding the rules by “one or two” referees who I know were not at the Technical Meeting when a comprehensive Bench Press Rules Briefing was given. The Technical Committee would urge all officials to attend. It only takes up to one and a half hours of one’s time.

### Jury Table

I have been asked to mention the Jury Table and how often it is left in a disgraceful state e.g. cups, bottles, scraps of paper etc., and many times a lounging place (chairs should be for only Jury members) for all and sundry. It is up to the President of the Jury to see that this does not happen. After all, it is considered to be a place of “sanctum”.

### Letter from Russia

I am a power-lifter from Russia.

There is gossip floating around about some new rules in Bench Press. If I am not mistaken it concerns the starting position, something about the knees and feet of the athlete, like that the projection of the knee should not go further than the length of the foot.

I have searched the information at official IPF Web Site, reading the IPF Technical Rule Book and both the first and the second Technical News Letters, but none was found. In fact, it would not have been a problem if not for some “wise” referees showing how well informed they are, and trying to use this so called “rule”. Can you make the situation clear please?

Answer: - You can be assured that there has been no change to the rules. Any change will need to be a proposal to the IPF Congress and if past will be well publicised. It is unfortunate if any rumour contrary to the rules is being circulated. I sincerely hope it is not via International Officials.

## World Master's Bench Press Championships - Taupo New Zealand

A particularly well organised Meet thanks to Meet Director Ted Anderson, Technical Secretary Steve Lousich and the N Z P F.

The opening ceremony with the traditional Maori challenge and welcome is always entertaining especially with the backdrop of Lake Taupo and distant mountains. The Lakeside Theatre Venue was ideal for a three to four day Bench Press Championships.

Approximately one hundred and seventy ( 170 ) lifters took part. A considerable number for an event being held in the "far side" of the world. Quality lifting and many World Record claims ensued. Disappointingly, only fifteen ( 15 ) referees were in evidence. Six of which were from the home nation, many who were also lifting and coaching. They are to be commended for their conviction and dedication to our sport. Spectators increased daily and on the final day the auditorium was almost filled to capacity.

As per custom the event terminated with awards ceremony and an excellent banquet. No "pippies or puha" (Maori Delicacy)

All who journeyed to New Zealand (Land of the Long White Cloud) will I am sure savour the experience and conclude that it was all worth while. Well done Kiwis!

### Referee's Examinations

Congratulations to the following who passed their exams, and thanks to the examiners.

#### **Cat 1**

Pijush Kanti Bhowmick ( India )  
Honkaniemi Mika ( Finland )

#### **Cat 2**

Moloy Ranjan Mondal ( India )  
Sampa Guha ( India )  
Vinod Sahu ( India )  
Krishna Sahu ( India )  
Zhumarov Nurlan ( Kazakhstan )  
Shilov Igor ( Kazakhstan )  
Shkirman Vladimir ( Kazakhstan )  
Zbandut Ivan ( Ukrain )  
Izosimov Sergiy ( Ukrain )

## **BENCH PRESS ( Rules Briefing )**

The lifter must be in the correct position before the “ start “ signal is given – Head and shoulders on the bench at least 50% of the buttocks in contact with the bench, feet flat on the platform or blocks, arms locked.

If after 5 ( five ) seconds the “start” signal has not been given, the Chief Referee will tell the lifter to “ replace “ the bar and tell him or her the reason why. Should the Chief Referee not know why the side referees have not dropped their arms, they should indicate by gesture. If the Chief Referee sees a fault not spotted by the side referees, he should try and indicate before the side referees drop their arms. He cannot take it upon himself to tell the lifter to “ replace “ the bar if both side referees have dropped their arms, even though he may have seen something that they missed.

When the “ start “ signal has been given and the bar lowered to the chest ( above the base of the sternum ) the recommended silent count of “ one “ should be observed before the signal to “ press “ the bar. If this is done then there will be consistency throughout the championships. If there is a little wobbling or oscillation of the bar when at the chest, this should not be cause for failure. The main consideration is the pause at the chest, and no sinking after the “ press “ signal.

Although the rule says that the body position must be maintained at all times as that in the starting position, It is accepted that the buttocks may rise as long as part of them remain in contact with the bench.

When pressed, slight un-even extension is permissible. If the referee is in doubt as to whether or not it is too pronounced, then, as in all decisions of doubt favour the lifter.

Because of the ambiguity this rule is being reviewed. Bear in mind that the lifter need not lock out both arms together on completion. This was deleted from the rule by Congress 2006, so that is relative to un-even extension.

Should the bar not reach the chest after the silent count of 3 ( three seconds ) –signal to “ rack “.  
Should the bar touch below the sternum – signal to “ press “.

### **ANOMALY – Irregularity**

Should the centre referee mistakenly tell the lifter to “ press “ when the bar does not reach the chest, the side referees may decide to white light the lift because the lifter is obeying the command, or, red light because the bar did not touch the chest. Either way, the Jury should call it a “ no lift “ and award another attempt.

### **CARDS**

Red - Bar not lowered to chest.  
Bar lowered to stomach i.e below sternum.

Blue - Pronounced un-even extension.  
Downward movement of the whole of the bar.  
Not fully extended

Yellow - All other infractions.

### **MEDICAL CERTIFICATE**

If one cannot lock-out completely a certificate is required, produced by the IPF Medical Committee, and handed to the Jury who will inform the referees.