

TECHNICAL NEWS BULLETIN NO 4 2009

Bench Shirts

There was much controversy at the 2009 Open Bench Press Championships in regard to Bench Shirts, some that had been "doctored" to the extent that they did not resemble the shirt that was sent by the manufacturer for approval by the Technical Committee. Unfortunately in one instance, two shirts passed the scrutiny of the gear check but were later discovered to be illegal, and in another instance, shirts eventually found to be legal had been rejected at gear check.

To be clear:

To adjust for better fit alterations may be made in the tightening of the shirt, but only on the original seams. (PERSONAL EQUIPMENT (g)). Although alterations/pleats to form a tightening of the suits and supportive shirts do not make them illegal, these must be made on the original seams). The method advised is a "gathering" of the excess material.

The origin of this concession was to allow lifters to buy large, tighten, and let out as they no doubt gained body-weight.

The sleeves, should they extend below the elbow may be cut and re-sewn. There shall be no alteration or tampering made to any other area, specifically to that of the neckline or chest.

Suits (IPF Legal)

Lifters must take care when purchasing equipment that it conforms to IPF regulation. At the recent World Games a deadlift suit was rejected because of seams in the legs that were purely designed as a reinforcement or bracing. There are costumes that look similar from the same manufacturer but are designed for other organisations where the rules on supportive gear are not as stringent as that of the IPF.

Platform Referees (Briefing)

With the recommendation of the Technical Committee and acceptance of the Executive Committee, in future, at all World championships a Referee's Briefing will take place fifteen minutes before lift-off for each and every class. These short but specific instructions do not replace the more comprehensive clinic. There is much more to being a knowledgeable referee than pushing buttons on a key pad, especially when a Cat 1 is asked to sit on a Jury. All aspects of the Technical Rules should be known. Relying on others knowledge is not good enough.

It is unbelievable to still receive E-Mail and calls from some International Referees who appear to have not kept abreast with the rules over the years.

John Stephenson
Chairman IPF Technical Committee

PLATFORM REFEREE'S BRIEFING

Prior to lift off The Technical Controller and Referees should be instructed by a Member of The Technical Committee, President of the Jury or Jury Member, of the following:-

1. That the lifter is presentable i.e.

T-Shirt sleeves not pushed or rolled up.
No apparel worn inside out.
Wraps not extending beyond prescribed widths.
Wrap securing loop removed from thumb.

2. SQUAT

Side referees must keep the arm raised to bring attention to the Chief Referee

If of opinion e.g.

Lifter's knees not locked.
Bar too low on shoulders.
Not standing up-right (15 degrees max lean forward) before start and after completion of the lift.
Hands and fingers not gripping bar, not necessarily thumbs around.

Foot movement after the "rack" signal is not cause for failure.
Of course, the main thing to observe during the movement is that
The minimum depth conforms with that as illustrated in the Technical Rules Book
- Demonstrate.

Chief Referee to tell lifter to "re-place" with backward movement of the arm if after five seconds the lifter hasn't realised there is a problem. Chief Referee to inform lifter the reason why the signal was not given. By gesture if necessary.

3. BENCH PRESS

Side referees must keep the arm raised to bring attention to the Chief Referee
If of opinion e.g.

Lifter's arms not locked.
Hands and fingers not gripping, and thumbs not around the bar.
Head, shoulders and at least fifty per cent of the buttocks not in contact with the bench.
Feet not flat on the platform or blocks.
Feet touching bench legs.
Hands exceeding eighty one cm marks.

General

Bar stopping above the chest (not touching after three seconds the command is “rack”)

Bar touching stomach the command is “press”

Motionless – clearly visible before signal to “press”, recommended count of one second when at the chest for consistency.

“Moderate” un-even extension to be allowed. Simultaneous lock-out not necessary.

Chief Referee to tell lifter to “re-place” with backward movement of the arm if after five seconds the lifter hasn’t realised there is a problem. Chief Referee to inform lifter the reason why the signal was not given. By gesture if necessary.

4. DEADLIFT

“Maintain Control”. If the fingers open this should not be cause for failure as long as the bar stays hooked or in the palms of the hands until it is returned to the platform.

If the bar settles as the shoulders come back (slightly downward on completion), this should not be reason to fail the lift.

Apparent finished position i.e. if not locked out completely, no further movement after three seconds, signal “down”.

5. BAR LOADING

Do not rely on spotter/loaders. Joint responsibility of referees to insure correct weight.

6. CLEANING THE BAR

Be inclined to grant the request. Request to be made to Chief Referee not the spotter/loaders.

Compulsory in last round of deadlift and in both other rounds if requested.

7. RECORD DISCS

Be sure that they are immediately available.

8. FAILURE CARDS

To be raised for a count of three seconds each time the lift is failed. Not to be raised until after the red lights have appeared. Only the card with the important failure must be raised.

9. LIGHTS

Keep Master Switch on for three seconds, or up to five if event is covered by T.V.

Allegedly integrity of “one or two” referees on the International Circuit has been questionable. “Favouring” home lifters over others will not be tolerated.

10. JURY

Jury should only overrule very clear and obvious mistakes by the referees.

Examples: No start signal given, head above the bench, shoulders not touching the bench etc., Standard of referee decisions regarding depth in squat, bar position on chest/stomach, un-even etc., which in the opinion of the jury is not correct, shall first be notified to the referees, to make it clear the standard required by the jury. Should the standard not improve, the jury may take appropriate action which may mean overruling referee decisions, or ultimately replacing referees.

11. GENERAL

Master's Records not multiple of 2.5 kg cannot be requested at an Open Championship.

Signal give when a lifter fails during a lift should be “rack”. The lift is completed.

Should he fail in the starting position after the signal again it is “Rack”.

REPLACE” is only used before the signal begins if after five seconds the lifter has not realised there is a problem. All three referees must remember to sign the protocol.

Technical Controller shall attend the gear check.

All doubt must be made in favour of the lifter.