

## Technical Committee News Bulletin No 5 2009

### World Sub-Junior/Junior 2009

#### Reflections

It was rewarding to have been invited to the 2009 World Sub-Junior/Junior Championships held in Sao Paulo – Brazil. A near perfect meet under the direction of Eumenes L. Souza and IPF board member Julio Conrado.

I will not offer an account of the lifting or results, this is the duty of other personnel, but some observations made may be of interest and food for thought in regard to future competitions.

At the Technical Meeting the referee's names were/ are announced from the final list of nominations, and whether they are present, or will be available for duties that have already been allocated and posted.

The referee's names forwarded to IPF Competition Secretary Gaston Parage must include the weight classes that they are available for. This is the only way that a reasonably conclusive schedule can be formulated. It is frustrating when some referees who have nominated themselves for ALL, that they then make lame excuses for declining. I am not just referring to this particular championships, it happens at all except the World Games.

Many times I have told the tale of two referees who were to attend a weigh-in at Bill Jamison's Marathon World Meet in Hamilton – Canada. The contestants were waiting to weigh and I was called, for only one referee was present. After a search it was discovered that the bus which stopped outside of the venue took a direct route to the Niagara Falls. By coincidence the bus was just pulling away as I peered out of the venue door. I am sure that it was the two (AWOL) referees who were waving goodbye and going sight seeing.

It may seem laughable now, but it was damned annoying at the time. Should referees not be available for the whole of the meet, please do not put ALL on the nomination form.

The now compulsory, approximately ten minute rules briefing for referees in each of the classes prior to sitting on platform has proved to be of value, for the judging appears to be of a higher standard, and certainly more uniform.

Some chaos was caused because of an early opening of the scales (by five minutes). Lot number one decided that there was time to visit the toilet before the scales opened and his name being called. He returned to find that lot number three was weighing in and his name had been transferred to the bottom of the list. This was corrected. Because of incidents such as this the scales must open on the exact time as that announced at the Technical Meeting.

It was brought to my attention that a male official was present when one women's class was weighing in.

When the women weigh-in at least two lady officials from different nations (not necessarily IPF referees) must conduct the weigh-in. It is not acceptable for a male official to conduct a women's weigh-in at IPF World Championships. Likewise, the same should apply to that of men i.e. weigh-ins must be conducted by the same sex as that of the competitors.

On three occasions in the squat lifters un-gripped the bar when asked to "rack" letting it fall amongst the spotters. Both lifters and coaches were reprimanded for this dangerous display. Should a lifter do this on two attempts, then it will definitely be a disqualification.

I recall sitting in the chair at the 1980 Worlds in Arlington – Dallas when the championships were held up for a length of time while paramedics attended to, and finally took to hospital a spotter who suffered a suspected thigh fracture after + 400 kg had been dumped.

A question asked by a referee was 'can he as Chief Referee tell the lifter to e.g. lock the legs if it is obvious that this is the reason why he is not receiving the "squat" signal without awaiting the five seconds to be told "replace" the bar'. Yes, why not, especially in regard to Juniors. Referees must show some understanding.

If there is a language barrier, a gesture is often adequate.

On the subject of language I was amazed when told that a referee who had been selected as Chief, declined because he could not speak or understand English. This is worrying, for there are only six commands in English – Re-place, Squat, Rack, Start, Press, Down. Is it customary to use commands in ones own language at National Events?

Having observed the lowering or dropping of the bar by Sumo style dead-lifters and how dangerously close it came to removing their toes on many occasions, the Technical Committee have proposed that allowable lateral foot movement which may compound the danger, be re-moved from the Technical Rules. The rule was felt necessary in the days when lifters had to contend with slippery platforms. Now that the surface must be of non-slip carpet the rule is unnecessary.

### Bars

Because the rule says that all bars manufactured since 2008 and their manufacturers wishing them to be "IPF Approved" must have the same knurling distances, this does not mean that bars which received IPF Approval before this date are not legal. They are perfectly legal! The only difference being – Bars used for IPF World Championships must conform to that as illustrated within the IPF Technical Rules. The reason being, that the bar is not felt alien to overseas lifters, the grip being the same as that of which they are used to.

## Retirements

The Technical Committee are sad to hear of the imminent retirement of our Referee Registrar Goran Gunnarsson and that of IPF Magazine Editor Dennis Unitt.

We offer our sincere thanks for their unquestionable devotion over the years, and wish them both a long and happy future.

## Obituary

We are all shocked and saddened to hear of the death of Dominic Cabalza (Philippines).

As yet the circumstances surrounding his death are uncertain to us, but it is reported that he was shot by someone who was under the influence of alcohol. Nick was one of the most ardent devotees of our sport, and particularly the IPF – Cat 1 Referee – Coach – Speaker. A perfect gentleman, colleague and friend. I personally extend my condolences and that of the Technical Committee and on behalf of all who knew him. RIP Nick.

John Stephenson  
Chairman IPF Technical Committee