

Sunday, 11 March 2001

IPF TECHNICAL COMMITTEE NEWSLETTER

SUB-JUNIORS

The Technical Committee has been asked why Sub – Juniors have been added to the list of World Championships when it was not on the agenda for proposals to “Rules Congress 2000”.

To add Sub – Junior championships was a proposal from the floor, voted on, and received the required majority.

The Technical Committee had received a proposal similar to this effect prior to Congress but as is the prerogative of the committee (Constitution and By – Laws 606.1) we did not feel it was an acceptable rule proposal, therefore, did not include it either in the draft forwarded to all nations, or as a major proposal to be voted on separately. Many factors contributed to this decision e.g. Yet another World Championships. Expense. Travel. Organisation. One major point was that current world junior champions not yet nineteen years of age would be unable to defend their titles. Somewhat frustrating for a “16 / 17” year old to see their titles slip away. Yes, they maybe new champions in the Sub’s if they wish to attend, but may consider this a backward step.

Awards for teenagers within the junior championships as they then were 14 – 23, e.g. teenage records, best teenage lifter, etc, we feel would have been more acceptable.

It is to be seen how well this new meet will be subscribed to. Hopefully it will receive the support the promoter deserves. To promote the sport, is also the duty of our committee.

AGE CATEGORY CLARIFICATION

Men – Open: from the day he reaches 14 years and upwards (no category restrictions need apply).

Sub – Junior: from the day he reaches 14 years and throughout the full calendar year in which he reaches 18 years.

Junior: from 1st January in the calendar year he reaches 19 years and throughout the full calendar year in which he reaches 23 years.

Master 1: from the day he reaches 40 years to and including 49 years of age.

_____ 2: from the day he reaches 50 years to and including 59 years of age.

_____ 3: from the day he reaches 60 years and upwards.

Women – Open: from the day she reaches 14 years and upwards (no category restrictions need apply).

Sub – Junior: from the day she reaches 14 years and throughout the full calendar year in which she reaches 18 years.

Junior: from 1st January in the calendar year she reaches 19 years and throughout the full calendar year in which she reaches 23 years.

Master 1: from the day she reaches 40 years to and including 49 years of age.

2: from the day she reaches 50 years and upwards.

Competitive lifting shall be restricted to competitors aged 14 years and older.

Placing for all age groupings shall be determined by the totals of the lifters in accordance with standard rules of lifting i.e. not further subdivisions as was the Womens Masters.

Senior

This is not an age category championships and will be referred to as "Open".

Incidentally, it is interesting to see how things have changed in respect to age since the inception of the IPF.

1972 – 1978 Restricted to 16 years of age and older. A junior lifter is one who is below the age of 20. On the day of his 20th birthday he becomes a senior.

1979 From 14 years of age or older. A junior lifter is from 14 through 19.

1982 A junior lifter is from 14 through 23.

It was not until 1992 that the masters were changed to D.O.B. i.e. the day they became 40 or 50 they became masters one or two. Up until that time they could remain in the particular category throughout the full calendar year in which they reached the stated upper limit of that category.

THREE MINUTE RULE

The definition and application of the three minute rule is as follows –

Three minutes is defined as three minutes of extra time, over and above the one minute in which to complete the attempt from the time the speaker announces that the bar is “ready”.

EXAMPLE 1

If a lifter happens to be the last lifter in the round and he is granted a further attempt, the bar will be loaded and the clock set to four minutes (three minutes of extra time and one minute standard time).

The lifter may begin the lift anytime within the four minutes.

If the lifter happens to be last but two in the round and he is granted a further attempt then the clock will be set to two minutes (one minute of extra time plus one minute of standard time).

The lifter may begin the lift anytime within the two minutes.

All other lifters in the round granted a further attempt will have the normal standard one minute in which to begin the attempt.

This rule also applies to record attempts when fourth attempts are granted.

EXAMPLE 2

In the case of compensatory time when only three lifters are left in a group, three minutes will be put on the clock when the last lifter in the round has submitted his next attempt (during this three minute period the bar will remain loaded from the last attempt).

Once the three minutes have expired the speaker will announce that the bar be loaded to the desired next attempt. Once this has been established the clock will be set for the standard one minute.

EXAMPLE 3

If the contest is stopped for the Jury to consider an appeal, upon re-commence-

ment the next lifter shall be given three minutes in which to commence his lift. Not three extra minutes.

JURY

9. "Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees reverse the decision".

We have been asked where the line is to be drawn in respect to this new ruling.

First of all, consider the words, extreme, obvious, blatant. These should not make for opinionated or subjective decisions.

An example I offer is that explained in an earlier N/L. A lifter performs a squat without receiving the Chief Referees signal to do so. On completion he is told to "rack" and receives white lights from the side referees. By doing so the lifter collects a bronze medal.

The Jury said that they could not reverse the decision even though the function of the Jury is to ensure that the technical rules are correctly applied.

The new rule will hopefully be applied with some commonsense.

DISABLED LIFTERS competing in single lift IPF Bench Press Championships

The proposal to accept the disabled lifter (those with prosthetic limbs or leg braces) lifting in three lift meets with the able-bodied was defeated by Congress 22 / 5.

For Bench Press competitions the following proposal was accepted –

Bench Press Championships shall be organised without a special division for disabled lifters. Disabled lifters can compete within the able classes if they fulfil the IPF rules for able lifters and they can walk unaided to the bench.

“For lifters who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The lifter shall be weighed in without the device, with compensatory weight added according to the established fraction chart –

For each below ankle amputation = 1 / 54 of bodyweight

For each below knee amputation = 1 / 36 of bodyweight

For each above knee amputation = 1 / 18 of bodyweight

For each hip disarticulation = 1 / 9 of bodyweight

For lifters with disfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.”

INTERNATIONAL REFEREE’S (Examinations).

The updated paper’s for both the Category One and Category Two referee’s examination have been completed by, and are available from, the IPF Referee’s Registrar Göran Gunnarsson.

All bona fide examiners for the Category Two examination (confirmed by their nations powerlifting secretary) will receive these on request. Nations wishing to appoint examiners to invigilate the Category Two are asked to forward the names to Göran.

The Category One examination (part one) will be overseen by a member of the Technical Committee or an experienced Category One referee appointed by the Technical Committee. A candidate for the Category One examination must be nominated to the IPF General Secretary and Chairman of the Technical Committee by their national secretary. Proof of

their having adjudicated in at least four international championships (excluding the World Bench Press Championships) and have been a Category Two referee for at least four years will be required. It is important that cards are signed after officiating to help verify this requirement.

I would suggest that three months notice (prior to the examination/championships) be given for acceptance. During this period the candidate may acquaint himself/herself with the requirement of part one available from Göran.

The examination fee remains at 60 DEM payable to the examiner/s prior to the test. The fee is non-returnable should the candidate fail.

The fee includes, card, badge, certificate. The appropriate tie is an extra 30 DEM.

The completed papers together with the fees should be forwarded to Referee's Registrar.

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SINGLE GROUP (10 – 15 Mins interval).

A promoter of a small contest (five to six in a group) being held under IPF rules asks if some flexibility may be given to the rule regarding the interval between squat/bench/deadlift. That is, may more than the written maximum of 15 minutes allowed.

If time is of no consequence and a sympathetic audience is in attendance, why not?

It may be something that will need to be considered for major events. Time is more of a factor, especially at a "Worlds".

WRAPS

Supportive

Only wraps from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in powerlifting competitions.

Non Supportive

Wraps made of medical crepe or bandage also sweat bands do not require Technical Committee approval.

TECHNICAL RULES 2001 (Internet).

The Technical Rules may be viewed and downloaded from the Internet. They contain corrections and updates from previous copy.

All will be found on <http://www.powerlifting-ipf.com/>

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