

Proposals to IPF Congress 2002

At the IPF Annual Congress held in Trencin Slovakia, the following proposals forwarded by the Technical Committee were accepted by the Nation's Delegates.

1. ORDER OF COMPETITION

Page 21 (k) Change from third sentence to read:

If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5 kg increase on his next attempt.

Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight. In the event of a fourth attempt for a world record being granted, the lifter must submit the weight within one minute of the lights having been activated for his successful third attempt.

2. WORLD RECORDS

Page 31 World Continental, Regional and National Championships.

Change sentences in first paragraph 1 to read:

Men's 50-59 and 60+ records exceeding those gained in the 40-49 age group will be included in the 40-49 category.

Men's 60+ records exceeding those gained in the 50-59 age group will be included in the 50-59 category.

Women's 50+ records exceeding those gained in the 40-49 age group will be included in the 40-49 category.

Likewise, Sub-Juniors 14 / 18 records exceeding those gained in the Juniors 19 / 23 age group, will be included in this group.

3. GENERAL RULES OF POWERLIFTING

Pages 3 and 4 Age Categories

Change Masters to read:

Men - Masters One: From 1 January in the calendar year in which he reaches 40 years to and including the calendar year in which he reaches 49 years.

Men - Masters Two: From 1 January in the calendar year in which he reaches 50 years to and including the calendar year in which he reaches 59 years.

Men - Masters Three: From 1 January in the calendar year in which he reaches 60 years and upwards.

Women - Masters One: from 1 January in the calendar year in which she reaches 40 years to and including the calendar year in which she reaches 49 years.

Women - Masters Two: From 1 January in the calendar year in which she

reaches 50 years and upwards.

The proposal to set a minimum range of movement in the bench press was withdrawn. Members of the T.C. felt that it would (if passed) make for subjective decisions. Something we are eager to eliminate from the rules.

We are looking at other options to counter the extreme bridge. Perhaps the lifter having to remove the bar from the racks without the help of the spotter/loaders?

Wheelchair assistance to access the bench, proposed by P.L.. Australia was narrowly defeated 17 to 15. It is hoped that there will be no repercussions!

The new rules will come into force on the first of January 2003

SUPPORTIVE SHIRTS

Unapproved (unlicensed) supportive shirts i.e. bench/erector must not be passed by examining referee's. It is appreciated that often there is some difficulty at times to decide if what is presented, is or is not, on the IPF Approved List. An up to date copy which can be down loaded from the IPF Web Site, found often within the pages of International Powerlifter or e:mailed/faxed from the Technical Committee, is the only "proof" one has of their legitimacy. Even the labels (often removed) may be of little indication.

At this time, only Inzer, Titan and Crain are recognised - single ply, seams only as in the diagram found in the IPF Technical Rule book. No denim, canvas, velcro attachments, or open back.

ILLEGAL COSTUME

At the recent Mens Open World Championships, a canvas costume was presented at gear check. Not only was this illegal, but it was emblazoned with self adhesive logos from one of our approved suppliers. This is fraudulent and could warrant action from the Disciplinary Committee.

ATHLETIC SUPPORTER

A standard commercial "athletic supporter" or - - - - may be worn under the lifting suit.

Very seldom does one see the common old jock strap these days, so, it was surprising to see a more specialised box type of protector offered up for approval at the "Men's Open". It was passed, affording the lifter no undue advantage, but we would not suggest that it meets that of "standard".

FOOTWEAR

Sports Boots or sports shoes are the only acceptable footwear to be worn by lifters on platform at IPF World Championships. It must be noted that sports, refers to indoors sports. No, not Ice Hockey!! Hiking boots do not fall into this category! At the recent World Master's Championships a referee inadvertently passed/stamped ("IPF Approved") working boots, army combat boots and the like, causing the Jury endless arguments with lifters who were asked to remove them.

If it is felt necessary, there is no reason why a heel may not be professionally constructed. This would not be considered to be "doctoring"

Incidentally, anyone who has followed the World Weightlifting Championships this past month would have noticed the uniform appearance of footwear. Yes, there are especially designed, for powerlifting, boots on the market. Expensive? Probably. But so are supportive shirts. The boots will no doubt last a lifetime of lifting. Priorities?

It was good to see Shane Hamman U S A competing in the World Weightlifting Championships, placing 5th in the Super's. Shane is still the holder of the World Squat record at 125 + Senior and Junior 457.5 kg.

NEW INTERNATIONAL REFEREES

Congratulations to the following who passed the examinations in conjunction with one or other of the last two World Championships. And at an International meet in Australia.

CAT 1 Robert Keller U.S.A.
Jan Wilczynski Poland
Steve Lousich N.Z.

CAT 2 Neville Primach R.S.A.
Castrilli Alberto Luis Argentina

Gilson Clemente Da Silva)
Osvaldo Luis Milani) Brazil
Christine Suzan Wender)

Jorge Arce Rodriguez)
Aderita Monica Villacis Cervantes) Ecuador

Mani Khosravi)
Ali Hazratzad) Iran
Farshid Soltani)

Gordon Thorogood Australia

SUPPORTIVE SUITS/LOGO

The committee has been informed by the Treasurer that as from the first of January 2003, Marathon will not be legal apparel for use at IPF sanctioned competitions. Reason - Unpaid licensing fees.

Quest Nutrition U.S.A. (logo) has been accepted for USA PL team use, and legal for the forthcoming 2003 calendar year.

BENCH PRESS RULE

A question arose as to whether or not the bar taken to the abdomen area may be cause for failure.

It was a topic we discussed at our T.C. eve before Congress meeting.

The rule says - - - - the lifter must lower the bar to the chest, hold it motionless on the chest - - -

We the T.C. came to the conclusion that the chest (for the purpose of the rule) terminates at the base of the sternum/breast bone.

Therefore, the bar touching below this, should warrant red lights.

It is something I have written on before, remembering the days when certain lifters would lower the bar to the diaphragm and use this as some form of extra propulsion/explosion.

I recall a lady referee moving out of the chair and putting a chalk mark on the lifter's shirt, where she expected the bar to be placed!!!!- -

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JOHN STEPHENSON
CHAIRMAN IPF T.C.