

TECHNICAL NEWS BULLETIN NO 4 2007

New T. C. Member

Joachim Lehmann e:mail lehmann_powerlifting@yahoo.de (Germany) has replaced Myriam Busselot (Belgium) as the European Regional Representative.

Myriam has taken on the role of Vice President for Europe. We welcome Joachim, and wish Myriam well as Arnulf Wahlstrøm (European President)aide-de-camp.

Bench Press

Uneven Extension

As was mentioned in our last bulletin, the question of uneven extension would be discussed with the Executive Committee at our meeting in Denmark at the time of the Open Bench Press championships. After much debate it was decided that a proposal to Congress 2007 would read - Any uneven extension be accepted as long as the whole of the bar does not descend during the uplifting process.

Referees Commands

At a recent Regional Meet to which I was invited, several of the referees (International) had difficulty in speaking in English as per the IPF Rule Book, the commands, especially, - " Replace the Bar ". Many lifters interpreted the " grunt " as " start " , the Jury having to intervene and either re-start the clock, or award extra attempts. Referees who wish to be invited to world events must acquaint themselves with correct pronunciation. I am aware that at many home meets commands are given in the native language.

Bar not reaching the chest

Should the bar not reach the chest (the obvious reason because the shirt is undersized) then once the bar has stopped, three seconds should be silently counted, as in an

unfinished deadlift, and the Chief Referee command "Rack" - Red card.

Feet and Buttocks positions

Many lifters are failing to receive the " start " signal. The main reasons being - feet not flat on the platform or/and the majority of the buttocks not in contact with the bench.

(Refer to illustrations in the International Powerlifter Vol 1) or the Web Site. Although not a rule as such, it is in the lifters interest to keep the lower legs upright or forward of upright. The tendency to lift buttocks or not keep the feet flat, is because the lower legs are slanted back, as in the photos shown as not acceptable.

Bar oscillation

Oscillation of the bar or a "wobbling" when at the chest is not cause for failure. Motionless maybe better interpreted as pause. No sinking after the "press" command.

Footwear

The rule says that the feet must be flat on the platform and that the shape of the shoe must be taken into account. It might be in the lifters interest to wear shoes with a flat sole.

World Open Bench Press (Bombers)

At the recent Open World Bench Press Championships in Thisted Denmark, there was a 20% number of bomb outs. Apart from the usual reason (too heavy) the main cause was that many lifters were not in the correct position to receive the start signal. i.e. the required amount of the buttocks not in contact with the bench, as indicated in the illustrations on the Web Site and International Powerlifter Magazine, or, feet not flat. Some lifters were told to "replace the bar" three times. The clock ran out on some.

Others were completely burnt out by the time the "start" signal was given.

The simple and pragmatic way help resolve this situation has been forwarded by the USAPL Technical Committee - The lifter will not be allowed to "increase the opening attempt" until such time as a lift has been approved.

Severe perhaps, but it would surely stop some lifters travelling world wide who continually bomb out.

Referees (not to blame)

I was questioned by one or two disgruntled lifters saying that their classes were unfairly judged - NOT SO - All of the referees were briefed before taking up their positions on platform and did an excellent job in bringing the lift back to the purity it once was. Referees are instructed to give any benefit of doubt in favour of the lifter. Perhaps lessons have been learnt and training will be adjusted accordingly.

Deadlift (Socks)

Examining referees and Technical Controllers must check the length of socks to be worn by lifters. Some appear on platform with socks that finish half way up the shin.

Not at the knee as is the rule. It has also been noticed that blood has shown through. Grazing having occurred during warm-up. If this is the case then shin guards must be checked in and worn.

Referees (proposal to Congress 2007)

A referee's clinic will be held every year at both the Master's World championships and the Sub -Juniors/Juniors World championships. Every International referee must participate in one of the clinics within a four year period.

Apart from obviously raising the standard it will combat the lack of officials that we are presently incurring at these meets.

The practical Category two examination will be held only in conjunction with International or Regional Championships. The theoretical examination may still be held as usual at a National level.

Referees (Examined)

Thanks to Registrar Goran Gunnarsson for supplying the up-dated list. Congratulations to all.

John Stephenson

Chairman IPF Technical Committee