

## TECHNICAL COMMITTEE NEWSLETTER NO 1 2005

Further to Proposals to Rules Congress November 2004 which were approved and published as our last newsletter of 2004.

Clarifications / Interpretations

### GENERAL RULES OF POWERLIFTING

Page 3

New Item 1 (f)

A total must be achieved ( minimums on individual lifts can be found in the revised item 12 of WORLD RECORDS ) in order to claim a World Record.

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Item 4

This rule applies to Bench Press Championships also. No World Records claims to be made in these age groups.

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Item 7

Should lifters move from one bodyweight class to another, prior to, or during the weigh-in period and cannot produce a total comparable to the group with the higher totals, then they will be ranked in the first group to lift.

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Item 10

For some "unavoidable" reason a referee may not be requested to participate.

### EQUIPMENT AND SPECIFICATIONS

Page 6

Squat / Bench Racks and Benches approved by the Technical Committee can be found on the IPF Website under " Approved  
"Equipment"

### COSTUME AND PERSONAL EQUIPMENT

Page 11

Socks

Shin length socks compulsory to be worn while performing the deadlift must be of a normal commercial type and not in contact with knee wraps if worn.

### POWERLIFTS AND RULES OF PERFORMANCE

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Item 8

The lifter may wish to consider the application of a one second delay at the chest to avoid the red card, but it is **not** a rule.

### ORDER OF COMPETITION

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Item 11

This was not a proposal to Congress - but the Technical Committee consider that this basic solution is probably the cheapest and one of the most effective. We appreciate that there are several other preparations that maybe considered.

## REFEREES

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The two National Championships within the two year period must be **full** Powerlifting Meets.

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Item 32

Powerlifting to mean **full** Meets.

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## TECHNICAL COMMITTEE MEETING

The Technical Committee met in November 2004. Under discussion :

1. Rules video - DVD
2. " IPF Approved " sewn or printed upon suits/shirts
3. Disinfecting ( Blood on Bar )
4. Circumference of Neck Opening ( Bench Shirt )
5. "Sleeveless" ( Erector Shirt )
6. Suggestion that wider bench be used for lifters over 90 kilos
7. Scoreboard

In short, the following conclusions were reached.

1. That we would invite interested parties to produce and forward to the Technical Committee. Robert Keller was keen to set the " ball rolling "
2. Because of the number of different shirts and suits that are being produced, referees not knowing as to whether or not they are legal, manufacturers to be asked to sew or print " IPF Approved " or, the " Trade Name ".
3. No mention of this subject having been printed in the Technical Rules, or, directive from the Medical Committee, the recommendation that a solution of one part bleach to 10 parts water be applied.
- 4 To counter the fact that some lifters are appearing on platform with shirts that have neck openings resembling that of a hospital gown, it has been decided that the shirt must cover the whole of the deltoids. A circumference of 70 cm's was considered to be the maximum opening necessary in putting the shirt over the head.

5. The new rule was brought about because the "Erector" had been refused at gear check - no sleeve as such. As with the Bench Shirt the deltoids must be covered when squatting.

6. Mr Joseph Ponnier was thanked for his interest in regard to the introduction of a second / wider bench for the over 90kg lifter. The Committee considered this impractical, but welcomed any proposals that would enhance our sport.

7. Spoke of our intention to recommend to the Executive Committee and Disciplinary Committee that Meet Directors be penalised whose scoreboards do not meet the requirements i.e. detail clearly visible to all concerned. Especially that of the spectators. We shall continue to monitor throughout 2005.

#### Category One Referee Examination

Category Two Referees who wish to take the examination for Category One ( those that meet the qualifications ) should fill in the application form constructed by our Referee Registrar Goran Gunnarsson and which can be found on the IPF site. Three months notice prior to the examination must be given, and the application forwarded to those named on the form.

#### Gulf Meet

Recently an e:mail was received from a US Marine serving in Iraq requesting information regarding our Technical Rules. He is partaking in an up-coming meet to be held in one of the camps. It is comforting to know that Powerlifting is one of the sporting activities held in the zone of conflict.

#### Commonwealth Powerlifting Championships

Invitations have been sent to all interested parties throughout the British Commonwealth for the inaugural meet to be held in Ashington Northumberland England 5 -12 September 2005. The lifting itself, maybe over three days 9-10-11 depending on the amount of entries.

The Meet Director Fred Mackenzie informs that accommodation and breakfast will be provided free of charge ( budgeted for ) and possibly Airport ( Newcastle ) Hotel transfers. The intended application of Powerlifting into the Commonwealth Games may depend on the success of these Championships. We the Technical Committee sincerely hope that the organisers receive the response they deserve.

All information concerning this meet to : Fred Mackenzie Meet Director Tel : 44 01670 819559

Peter Fiore BWLA Powerlifting Director e: mail :p.j.fiore@ntlworld.com

#### One Second ( at the chest )

This was never a rule but a recommendation to the lifter. There is no change. A definite visible pause being the rule.

Incidentally, the proposal to Rules Congress that the signal at the chest be re-introduced was defeated quite overwhelmingly.

#### Sad end to 2004

The death of Geoff Brown ( G.B.) brought a sad end to 2004. Everyone who had the privilege of knowing Geoff will appreciate the dedication he gave to our sport. Cat One Referee - Speaker - Recorder - Championships Secretary. Master of all roles. The Technical Committee of the IPF offer their sincere condolences. Rest in Peace Geoff.

The Technical Committee wish Powerlifters, Officials, and all who follow our sport a very happy and successful New Year 2005.