

## TECHNICAL NEWSLETTER NO 2 2005

### Highlight Golds

At the 2004 IPF Congress, a proposal from the Ukraine that winners of individual lifts should be highlighted on the scoreboard and scoresheet was accepted. Although not a written rule, the Technical Committee recommend Meet Director's follow.

### Cat 2 Referee Examination

Referee Registrar Goran Gunnarsson responsible for test administration, wishes it to be known that the theory now contains some questions relevant to recent rule changes. Examiners are requested to contact Goran on [gorangun42@hotmail.com](mailto:gorangun42@hotmail.com) who will forward the updated papers. On completion of exams the score sheets must be sent to Goran.

### IPF Approved

Due to the amount of suits and shirts that are being produced, examining referees are having difficulty in defining what is, or what is not legal. Therefore, we have asked manufacturers to print " IPF Approved " on all suits and shirts that meet our approval. Although not a demand, this request is in both the interest of the manufacturer and the IPF. We have received an excellent example of the IPF logo that Titan will use on future suits and shirts meeting IPF approval.

### Weighlifting Suits

The modern type weight-lifting suit with zip at the neck opening is legal for use in IPF sanctioned competitions. Many are now to be seen on the International Circuit.

### World Records

As it would appear that the rule needed clarification and to be consistent with other references, the Executive Committee and Technical Committee have introduced the following into the IPF Technical Rules.

### EQUIPMENT AND SPECIFICATIONS

#### Bars and Discs

First paragraph, last sentence to read . . . Only bars and discs that have official IPF approval maybe used at IPF World Championships **or in the setting of World Records.**

### WORLD RECORDS

3. Requirements for recognition of a World Record are as follows . . . .

**(e) Only bars and discs that are listed on the IPF Approved list of apparel and equipment for use at IPF sanctioned competition, as current at the time, maybe used in the setting of World Records.**

All other Competitions

(b) 5. The weight **and brand name of the barbell and each individual disc used in each record attempt.**

As this is not a change of rule as such, there was no need to go to Congress on this issue.

Rule books should be adjusted accordingly.

APPROVED LIST OF APPAREL AND EQUIPMENT FOR USE AT IPF SANCTIONED  
COMPETITIONS

To add - **World records may only be made with bars and plates officially  
registered and approved by the Technical Committee.**

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