

## TECHNICAL COMMITTEE NEWSLETTER NO 3 2005

### IPF Approvals ( supportive wear )

Under instruction from the IPF Executive Committee no further approvals of supportive equipment i.e. suits, shirts and wraps will be considered up until at least a meeting has been held in Germany at the time of the World Games in July. Our licensees have been given notice!

### IPF Logo

At the " request " of the Technical Committee to all manufacturers of supportive suits and shirts registered with the IPF, Titan Support Systems Inc, are now printing the IPF logo on all of their suits and shirts that have received IPF approval. We thank them for heeding this request, as yet, not a demand. It is in the interest of lifters, examining referees and producers.

### Pro Wrist Straps

The T.C. welcome Al Thomas ( USA ) onto the list of approved suppliers of wrist and knee wraps.

His products are namely:-

"APT'S Pro Wrist Straps"

"ZRV Pro Wraps Wrist and Knees"

He can be found on the IPF Website or e:mail [ProWristStraps@aol.com](mailto:ProWristStraps@aol.com)

Incidentally, his wraps were approved before the "moratorium"

### Weightlifting Costumes

A question has arisen as to whether or not a weightlifting costume ( non supportive ) with sleeves is legal with a T. Shirt or, supportive shirt beneath.

Under IPF Rules, a T. Shirt or support shirt must be worn under the lifting suit during the performance of the squat and bench press, but is optional for the men in the deadlift.

The rule does not change because the weightlifting costume may have sleeves. Double sleeves? How can this be illegal when two thirds of a support shirt may be covered with a supportive lifting suit !!!

All that is asked is that the sleeves of the T. Shirt or support shirt do not protrude beyond those of the weightlifting costume.

### New Rule in W/L

As from May the IWF will apparently change the rule on increments ( rising bar ), lowering to one kg. This will no doubt make for closer competition. Especially womens lighter classes. The IPF are not proposing change as has been rumoured. At this point in time the status quo remains.

### Records

The T.C. are in receipt of an interesting letter from Joe Marksteiner (USA) concerning discrepancies in World Records which may occur when discs showing slight percentage differences are totalled. His theory amounted to a lifter having to take up to one and a half kg's to break a World Record. The Executive Committee received a copy and decided that there was no need for change.

On the same theme – Now that only discs that are IPF Approved may be used for the setting of World Records i.e. Eleiko - Leoko - Ivanko - Pallini - Uesaka, there is much less chance of divergence. At the recent World Master's Bench Press Championships I weighed every disc to be used on platform ( Ivanko ). The certified scales showed each and every disc perfectly true.

### Lot Numbers

The importance of lot numbers cannot be over emphasised.

At a recent IPF Championships an error by the speaker calling lifter A with lot number 5 with 157.5 kg's to proceed lifter B lot number 2 with the same weight made for both to finish bench pressing. The lighter lifter B was awarded the bronze medal.

Common sense eventually prevailed and both were awarded third place. Of course, the jury could have awarded lifter A a fourth attempt with 160 kg's. Apparently it was well within his capability.

### Complaint to Jury

Should coaches wish the Jury to follow up on complaints made to them against opposing lifters, they must produce the said fee with a written protest.

Recently, a coach asked the Jury to look at a shirt ( passed by the examining referees ) which he thought was illegal, because of a presumed seam across the pec area. He produced the fee eventually and the Jury studied the shirt. In their opinion the extra stitching was due to a repair. The complaint was not deemed frivolous, and the whole of the fee returned.

### World Masters Bench Press Championships

Congratulations to Meet Director Vladimir Matti and Technical Director Jiri Hofirek and the Czech Powerlifting Federation for producing one of the most well organised competitions that I have had the privilege to attend in over 27 years officiating on the International Circuit. This will feature in my top ten. The success of the meet can be gauged by the fact that not one complaint was made to the Technical Committee. Three hundred satisfied lifters. Must be a first !

### Over 60 / Over 70 . Medals

The first of the IPF medals for the best overall lifter - Women over 60 years of age and Men over 70 years of age, were presented at the prize giving held along with the banquet at the World Master's Bench Press Championships.

One question that arose was, were the medals to be awarded to class winners only, as in rule 12 GENERAL RULES OF POWERLIFTING. No, overall best lifter 1-2-3 on the Wilks Formula.

### Combo Rack

The Committee at this time of writing are awaiting a catalogue containing details of the Combo Rack - Steve Howard USA who wishes to acquire T.C. approval for its use in International events. Look for it on the approved list should it meet our standards.

### Failure Card System

After twelve years now that the scheme has been in operation some referees are still having difficulty in raising the correct card.

This must be overcome. As has been said previously, unless the correct card is raised, the scheme is of no help at all!

### Commonwealth Championships

Peter Fiore ( Director of Powerlifting GB ) tells me that there has been a good response for the inaugural meet to be held in September in Northampton England. Fred McKenzie Meet Director will be accepting entries up until 21 days, (as per IPF Rules ), prior to the Technical Meeting.

### Referees

Nominated referees who continually fail to show, depleting the list of options is becoming an increasing problem. The Technical Committee are considering asking the Executive Committee if some form of penalty should be imposed on the defaulters!

### Bombers

Prime reason as always - Too heavy X 3.

Mention was made by Alan Ferguson IPF representative at the World Master's Bench Press Championships at the closing ceremony, of his concern at the amount of bombers there were,

especially at a one lift meet, seven, in one weight/age category alone. Perhaps it is considered more embarrassing to take an easy opener than attempt almost maximum. What some lifters do in the gym has little bearing when confronted by IPF referees. Some of the reasons for failure by technicalities maybe lessened if the Rule Interpretation was studied.

#### Mental Deficiency

Although it is often heard said that one must be slightly deranged to lift weights, it is totally untrue that the IPF will restrict anyone with a mental affliction from competing with the "able" minded, as has been questioned by an Icelandic Coach. The IPF would be scorned upon if this type of discrimination occurred and possibly subject the federation to litigation.

JOHN STEPHENSON  
CHAIRMAN IPF TECHNICAL COMMITTEE