

TECHNICAL COMMITTEE NEWS BULLETIN NO 4 2008

CONDOLENCES

It was with deep regret to learn of the death of Pete Alinez (Sen) father of Pete (Jnr) M D of TITAN. Anyone who had the pleasure of knowing this most gentlemanly of men will feel saddened, but as time goes by reflect on the pleasurable times spent in his company. The Technical Committee extend their sympathy to Pete and his family.

NEW REFEREES

Category 1

Oleksandr Kotendzhy	Ukraine
Lev Duhoveny	"
Onix Rivera	Puerto Rico
Karl-Heinz Voscul	Germany

Category 2

Oleg Khomenko	Ukraine
Arnis Skels	Latvia
Raivo Lapins	"
Andrejs Rozlapa	""
Josef Mayrhofer	Austria
Michel Poquet	France
Jacques Beauverger	"
Nathalie Lagardere	"
Herbert Krebs	Austria

Thanks to our official examiners and congratulations to all.

REFEREES CLINIC

I did not realise that the Power- point presentation as produced by Morten Novum would be quite verbatim to that as devised by myself and published in the first issue of International Powerlifter this year. Never-the-less, apart from a little refinement needed and the fact that there is rather an abrupt ending (to be continued below) there was no adverse comment to the presentation in Prague in conjunction with the Open Bench Press Championships.

AFTERWORD

Although much of the content has tried to familiarise the referees with the rules and set a world wide standard, there is no substitute for experience and all referees should do their utmost to participate at the highest level. One of the main reasons of introducing a clinic at International Meets is to swell the number of officials sadly lacking at meets other than the Open worlds.

Finally, it is often said that many of the rules of competition in our sport raise too much subjectivity in the mind of the referee. Anyone who follows soccer, cricket, tennis e.g. sports that have hundreds of years behind them, still find difficulty with the off side rule - LBW (leg before wicket) and line calls when hawk eye is not in operation.

As has been said on many occasions, any element of doubt must be made in favour of the lifter.

SAFETY STANDS - Bench Press

With the amount of crashes to the stands at the Open Bench Press Meet due to, one would suspect the wearing of too tight a shirt, it would appear that they are saving serious injury and quite literally worth their weight in gold.

QUESTIONS ASKED OF THE TECHNICAL COMMITTEE

(Q) What is the correct procedure to be taken by the Chief Referee when the bar fails to reach the chest.

(A) The same as that in the deadlift when the lifter fails to stand erect (the bar reaching the apparent finishing position) i.e. The count of three seconds. No further movement then the signal to " rack " or " down " as the case may be.

(Q) What is the likelihood of a Women's M3 age category O/60 class weight being recognised in the near future.

(A) Should the numbers world wide justify and it is officially presented then possibly at the next Rules Congress 2010. Of course age categories may be adapted for use nationally.

(Q) Who is responsible for the correct rack height of the safety stands in the bench press.

(A) The lifter should have made this choice when the rack height sheet was filled in and possibly signed. In competition the adjustment will be made by the spotter/loaders to the required height.

(Q) At what meets must the referee's clinic be held.

(A) At all World and International championships. All IPF Cat 1 and 2 must attend at least one clinic within a four year period. To swell the number of referees at the under subscribed Junior and Master events, was one of the purposes of the clinics.

RULES (Extension/Clarification)

At the recent Executive Committee Meeting an agenda item regarding shoes/boots was presented by the Technical Committee.

Page 13 (c) shoes/boots. **The underside must be uniform on both sides and that over the length of sole, and, or heel and must be reasonably flat. No abnormalities.**

This proposal was accepted unanimously and put on the agenda for the 2008 Congress

TECHNICAL CONTROLLER

To add the words Page 25 (g) **He/She must also attend the equipment control.**

SQUAT

To re-word item 5. Second sentence to read - **The lifter will then return the bar to the racks.**

There has been much controversy regarding the rarely seen stepping back by the lifter after the " rack " signal has been given, but then, in receipt of red lights. Perhaps the wording as written i.e. The lifter must then move forward and return the bar to the racks is somewhat confusing being that it is just a general term unnecessary as it is obvious that the lifter would not return the bar to the racks other than forward. Stepping back after the signal to " rack " is not cause for failure. Dropping or dumping of the bar after completion of the lift, would be.

John Stephenson

Chairman IPF Technical Committee