

TECHNICAL COMMITTEE NEWSLETTER NO 5 2004

Proposals to Rules Congress 2004

Now that June is through and the requested deadline for proposals to Congress has passed, herewith are proposals accepted by the Technical Committee for presentation to Congress. These to be added to those outlined in Technical Committee Newsletter No 2 2004 which may be found on the IPF Web Site. They are presented in rule book order.

1. GENERAL RULES OF POWERLIFTING

Proposer: European Powerlifting Federation
Item 10

Change second sentence to read - If a referee from that Nation is present or, if present, is **not available** in the capacity

Reason:

By taking away "does not act" and replace by **not available**, one does not need to use all referees nominated for a Championships. That gives the Technical Director the option to use ANY of the referees

Proposer : Luxembourg and Chinese Taipei

2. Should a lifter bomb out in any one of the disciplines, he or she may still compete in order to achieve a medal on any one of the remaining lifts.

Reason:

Encourages lifters. Rather than be totally disqualified, to still gain some award.

This proposal if passed will not change the rule which says:
Individual records will not stand unless a total is achieved.
There would also be some change to the wording in item 13 i.e.
The lifter must make a total in the competition in order to qualify for an award.

3. EQUIPMENT AND SPECIFICATIONS

Proposer IPF T.C.

Only Squat and Bench Racks and Benches from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.

Reason:

To secure a high technical standard at International Championships.

4. WEIGHING-IN

Proposer: European Powerlifting Federation

The body weight category in which the lifter is nominated at the Technical Meeting cannot be altered after that time. This rule applies equally to that of the alternates/reserves.

Reason:

- a) Gives the organiser adequate time to prepare all the competition lists and to specify inputs to the competition computer programme prior to the start of the competition.
- b) Grouping of lifters can be made and announced prior to weighing-in. Essential when the B Group lifts in the morning session, and the A Group in the evening.

This will mean, if passed, changes to the following: item 6 strike the words - - - for that body-weight category. Item 7 strike completely. And to the last sentence of (c) under Order of Competition.

5. ORDER OF COMPETITION

Proposer: IPF T.C.

The organiser will appoint the following officials:

(b) Technical Secretary - Strike the words - - - - in the absence of a member of the T.C.

Reason:

Not all members of the Technical Committee are prepared to undertake this task !

6. REFEREES

Proposer IPF T.C.

Item 19

Qualifications for a Category 2 Referee are as follows:-

Change (a) which says. A National Referee in good standing with his National Federation - to - **A National referee of at least two years standing, having officiated in the position as a referee with a minimum of two National Championships within this period.**

Reason :

To show some degree of experience.

7. WORLD RECORDS

Proposer: IPF T.

Item 7

Change wording from - In no circumstances may lifters not taking part in the full competition be permitted to attempt records on individual lifts to - **Records on individual lifts must be accompanied by a total of the three lifts.**

Reason :

As the wording now stands, the implication is that only those partaking in the said competition may attempt records. This

excludes e.g. guest lifters.

We the Technical Committee are sure that the intention of the rule was as the proposal !

Proposer IPF T.C.

8.

Item 12

Open World Records set in individual lifts must be accompanied by lifts of at least double the lifters **class bodyweight** on both squat and deadlift for males. The male lifter must at least achieve his **class bodyweight** on the bench press.

Female lifters must achieve one and a half times their **class body weight** on both squat and deadlift, while they must achieve at least fifty per cent of their **class bodyweight** on the bench press.

Reason:

There has been some controversy over the current rule, suggesting that there are two or three lifters on the International Circuit, who due to body weight and physical structure cannot accomplish this. The proposal will still keep some form of discipline. All can achieve what is asked in the proposal.

9. WILKS FORMULA

Proposer: Belgium

Establish a new table for single lift bench press championships.

Reason:

Wilks formula is worked out based on the lifter's total. A new formula based on bench press statistics will give justice to lifters competing in bench press championships.

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New Gear

The Technical Committee have approved the following items of supportive equipment.

METAL SPORT AND WEAR

Viking Deadlifter - Metal Black Wraps - Viking Bencher - Viking Bencher X Type.

TITAN SUPPORT SYSTEMS INC

F 6 Tornado Support Shirt

INZER ADVANCE DESIGNS

Rage X Support Shirt.

If the required fees have been paid for the above they will be included in the list of approvals to be found on the IPF Website and within the pages of International Powerlifter Magazine.

" New " International Referees

Congratulations to the following having recently passed the examination.

Category One : Xavier De Puytorac France
 Janne Toivanen Finland

Category two : Ronald Cambara Guatemala
 Remi Pronier France
 Alfred Elend Austria

2004 Women's Open World Championships

All praise to Christiane Guingal - Meet Director, and the French Federation for the impressive organisation of the Women's Meet. The only criticism heard was again, as at many championships where the scoreboard is "screened", is that the detail is not visible to the spectators. This problem must be overcome !

Failure Cards

There are still referees on the International Circuit who raise the wrong card. As is mentioned in the REFEREE'S DUTIES printout, the scheme is completely useless unless the correct card is raised.

All one has to study is Blue Card 2. The Red Card 1 is obvious. Yellow Card 3 for all other infringements.

Table (Recommendation)

The Technical Committee recommend that a small (not too obscure) table be positioned in front of each of the platform referees to accommodate light switches and failure cards.

World Records

World Records Registrar Jari Tahtinen has informed the Technical Committee that he is in receipt of World Record Claims for records other than open records i.e. Master's Record made at "Open Championships " with less than a 2.5.kg increment.

He does not wish to penalise the lifter for an infringement of the rule made by "whoever", but wishes attention brought to IPF Technical Rules Order of Competition item (d) A lifter may only take increments of less than 2.5 kg's for record attempts in the championships in which he is competing.