

## TECHNICAL NEWS BULLETIN NO 5

\* The IPF EC has withdrawn the proposal to shorten the time in Bench Press and Deadlift.

### REFEREE REGISTRAR

As mentioned in the T C Report to Congress, thanks to Goran for all the work he does in this important post. Herewith the up-dated list of numbers

world wide. ( see attachment )

### ORDER OF COMPETITION

Responsibilities of the Officials

### BENCH PRESS

Moderate un-even extension?

The most pressing ( excuse the pun ) and talked about rule in the bench press is that which says - the bar may be pressed with moderate un-even extension. The ambiguity attached to this rule by the word **moderate** must be eliminated, and the rule returned to even extension as formerly, or un-even extension. As simple as that! At this point in time Juries should remind Referees that some " leeway " must be allowed in cases of un-even extension. To see the blue card repeatedly raised for the slightest un-evenness is not acceptable.

Apart from this " major flaw " it is felt that the rules of performance are pretty well complete and should need little or no further tampering with.

### QUESTIONS ASKED

Q At what stage during the proceedings can changes be made in team selection.

A Changes may only be made on the final nomination i.e. 21 days before the start of the competition, and only from those lifters ( up to five reserves ) originally nominated on the preliminary 60 days prior to. The only change that may be made at the Technical Meeting is preferred weight class.

Q Can socks covering the knee cap be worn in lieu of wraps.

A No. Shin length socks must be worn while performing the deadlift. Shin finishing below the knee.

Q What is the possibility of women referees wearing a scarf instead of a tie.

A Again, bring the proposal formerly at least three months before Congress 2010 and let Congress decide.

Incidentally, all proposals for change should be forwarded at least three months before the 2010 Rules Congress via the Nations Secretary, thus allowing time for publication.

## NEW REFEREES

Cat 1	Vicki Botha	RSA
	Margetta Salminen	Finland
	Sergey Ivanov	Russia
	Alexander Smirnov	Russia
Cat 2	Isabel Kruger	RSA
	Dan Oppenheim	RSA
	Jacques Knoessen	RSA

Congratulations to all, and thanks to our official examiners.

John Stephenson

Chairman IPF Technical Committee