

TECHNICAL COMMITTEE NEWSLETTER NO 6 2005

Technical Committee (Re-structure)

At the request of the IPF Executive Committee, Chairpersons of each of the six regions affiliated to the IPF are to be included as Members of the IPF Technical Committee.

New Members:-

Europe - Myriam Busselot m.busselot@skynet.be
Africa - Hanie Smith acnam@lantic.net
Oceania - Steve Louisch sml@xtra.co.nz
Asia - Subrata Dutta sdutta21@yahoo.co.in

North America - Bill Clayton (to be confirmed)

South America - ?

Standing Members :-

Bill Jamison billjamison@sympatico.ca
Johnny Wiklund johnnywiklund@telia.com
Henk Keizer hkeizer@planet.nl

Due to E.C.commitments, Arnulf Wahlstrom and Susumu Yoshida are now deleted as is Robert Keller whose duties as Media Officer are of most importance to our federation.

A small constitutional change will be necessary to allow up to ten (10) members.

Supportive Equipment

As was mentioned in our last newsletter the moratorium on new gear began on the 14th October last and will end 1st April 2008.

Manufacturers seeking approval may forward apparel to the Technical Committee up to the 31st May 2007. The interim year will allow all to " Buy and Try " before it becomes legal for use in competition.

During the 90 day period in which shirts / suits could still be submitted for assessment, those meeting approval were TITAN,

shirt named KATANA, plus NXG super-plus fabric. INZER shirt and two suits (yet to be named)
METAL SPORT & WEAR

two shirts named METAL PRESSER and VIKING PRESSER. CRAINS MUSCLE WORLD two shirts
/two suits named EXTREME /

EXTREME PLUS.

All suits and shirts that receive approval should now bear the words " IPF APPROVED " in a prominent position. There is no moratorium on wraps.

Subject to licensing fees being paid all of the above will be found on the IPF Approved List. If it is not on the list then it is not legal !

It is to be noted on the IPF Approved list (to be found on the web site) the following absolving the IPF from liability.

The user of this powerlifting equipment for himself and his heirs, release the IPF, its representatives, agents, and affiliates from any and all liability arising from the use of this equipment. Further, the user agrees to use this equipment as recommended. Failure to do so voids all responsibility and liability for the IPF, its agents, and affiliates, and the manufacturer of this equipment. Use of this equipment constitutes an agreement to these conditions.

Proposals passed by Congress 2005

GENERAL RULES OF POWERLIFTING

3. Age Categories

To add -

Master

1111: from 1 January in the calendar year he reaches 70 years and upwards.

Master

111: from 1 January in the calendar year she reaches 60 years and upwards.

It must be recognised that these age categories are not included in class weights.

WORLD RECORDS

World, Continental, Regional and National Championships.

1. Men's 70+ records exceeding those gained in the 60+ age group will be included in the 60+ category.

Women 60+ records exceeding those gained in the 50+ age group will be included in the 50+ category.

Robert Wilks has kindly formulated minimum totals, which have been accepted for achieving the records which are as follows:-

Men - 52 kg class 355 kg's,

56 " " 385 "

60 " " 410 "

67.5 " 455 "

75 " " 490 "

82.5 " 525 "

90 " " 550 "

100 " " 575 "

110	"	"	595	"
125	"	"	615	"
+125	"	"	630	"

Women - 44 kg class 265 kg

48	"	"	285	"
52	"	"	305	"
56	"	"	320	"
60	"	"	335	"
67.5	"	"	365	"
75	"	"	395	"
82.5	"	"	415	"
90	"	"	435	"
+90	"	"	460	"

Robert is working on the minimum's required for individual disciplines which no doubt will be found on the IPF Web Site, under Records, or via Jari Tahtinen IPF Records Registrar e:mail jari.tahtinen@kolumbus.fi

EQUIPMENT AND SPECIFICATIONS

Platform

In the first paragraph delete the words - The surface of the platform maybe treated with an approved non-slip coating e.g. Boat deck paint. To be re-worded - **The surface of the platform must be covered with a material of non-slip carpet, smooth i.e. free from irregularities, projections, even. Rubber matting or similar material is not permitted.**

Second paragraph delete all but last sentence which reads - **If a lifter cannot reach the squat racks it is permissible to build up the height of the platform.**

The above rules come into effect on the 1st January 2006. Referees, Coaches, and all concerned, please adjust your rule books accordingly.

GENERAL RULES OF POWERLIFTING

(f) - Should a lifter "bomb" out in any one of the disciplines, he may still compete in order to achieve a medal on any one of the remaining lifts.

To achieve a medal under this rule **the lifter must make a genuine attempt** on each of the three disciplines. The rule is not designed for the one lift specialist.

2005 Men's Open Championships

Superb venue, excellent lifting, great spotting, but where were the spectators? After a short venture to see something of Miami I returned in time for lift-off of group 2 110 kg class. My first thought was have I arrived mistakenly back in the wrong building.

I can re-call a queue at the door in the early nineties in Scandinavia the day that the 100 kg, 110 kg classes were lifting. Perhaps it was because the likes of Coan and Karwoski were lifting that drew the crowds. In the USA it would appear that there are too many organisations vying for the market. Yes and of course Hurricane Wilma could bear some responsibility.

A and B Groups

The Men's and Women's 2006 combined Open World Championships will for the first time be conducted in groups A and B.

Those with the lower totals i.e. personal bests achieved throughout the previous twelve months at National or International level will lift in the morning. Those with the higher totals achieved during the same period will lift in the afternoon or early evening - Prime Time. Complete details have not yet been formulated, but I believe any lifter changing weight category after the Technical Meeting will be placed in the B group. There will be strict control. Genuine totals with nominations.

Bench Press

At an informal meeting of the Technical Committee recently, we spoke of returning the Bench Press to it's purest form and making it easier for the referees to judge. Now more difficult than the squat. Lifting out without spotter help - legs at ninety (90) degree angle - feet flat as shape of shoe will allow - head remaining on bench - signal at chest, were points that were discussed as some of the favoured options.

A more formal debate on this subject will be held with the Executive Committee in Hungary May 2006.

IPF Referees (Shirts)

Hanie Smith (RSA) Technical Committee representative for Africa is now taking orders for shirts with either Cat 1 or Cat 2 badge embroidered on the pocket. They are in long sleeve, and short sleeve in white, and coloured polo, the polo cannot be worn on platform. The badges are run free, that is, the dye will not come away when washing. Hanie can be contacted on e:mail acnam@lantic.net

Cat 2 Exam

I had been asked to conduct an examination for five Category 2's examinees, while at the recent " Men's Open " in Miami.

Time had been set and papers prepared. **No one showed up.** This time wasting and discourtesy is intollerable. Unless one can guarantee being present, **please do not apply.**

Jury (Rule 9)

Many are surprised when the Jury is seen to reverse the referee's decision, and it is often heard said when this happens " Why not judge the lifting from the Jury table ? "

The rule is carefully worded - obvious - blatant. Obvious to " all " except the referees e.g. The referees in question may not be totally acquainted with a particular rule. Blatant, meaning perhaps the referees are being a little too " patriotic " towards a particular lifter. Should a decision be overruled it is expected that all three Jury members are in agreement. One difficulty on the Jury table at International Meets is that the members are from different Nations, some not speaking English (the International language) and communication is a problem when a decision must be made.

This is the last of our letters for 2005. On behalf of the Technical Committee I wish all, " good tidings", and success in 2006.

John Stephenson

Chairman IPF Technical Committee