

I.P.F. TECHNICAL COMMITTEE NEWSLETTER

from John Stephenson - Chairman TPNL5 - September, 2002

CONGRESS 2002

ORDER OF COMPETITION

Page 21 (K) Change from third sentence to read:

If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5 kg increase on his next attempt.

Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight. In the event of a fourth attempt for a world record being granted, the lifter must submit the weight within one minute of the lights having been activated for his successful third attempt.

Reason:

Quite often it has been noted that lifters suffer (forfeit attempts) because of coaches failing to submit further attempts within the one minute time allowance, or table officials not responding quickly enough.

POWERLIFTS AND RULES OF PERFORMANCE

Bench Press. Page 16 item 8

After sentence which reads:

The lifter must then return the bar to arms length with no excessive/immoderate uneven extension of the arms, both arms locking out simultaneously/together. Insert the following:-

In the course of pressing out, the bar must travel a minimum distance of 15 cm i.e. from the highest point of the chest to the underside of the bar when the arms are fully extended.

Causes for Disqualification of a Bench Press.

Page 17 new item.

Failure to press the bar to full extension of the arms with at least 15 cm of movement.

Reason:

It has become quite obvious that the sport of powerlifting is being ridiculed now that a "shrug of the shoulders" appears to be all that is needed to be an acceptable movement / within the rules.

Bench Press. Page 16 IPF Technical Rules

Rules for the disabled competing in IPF single lift Benchpress championships.

Change first paragraph. That which says:

Benchpress Championships shall be organised without a special division for disabled lifters.

Disabled lifters who can walk to the bench unaided may compete in IPF single lift Benchpress Championships -

To the following:

Benchpress Championships shall be organised without a special division for disabled lifters. Disabled lifters e.g. the blind, sight impaired, mobility impaired, may be assisted to and from the bench. Assisted to mean " with the help of the 'coach' or /and with the use of crutches, sticks/canes"

Reason

Discriminating against lifters on the basis of disability or mode of access to the bench is not legally defensible under the laws of the majority of countries.

The rules of performance are not altered by this proposal. The disabled lifter will not gain any advantage.

(This change has already been passed by the E.C. and T.C as a commonsense proposal. Please amend Rule Books accordingly)

PROPOSAL FROM POWERLIFTING AUSTRALIA

RULES FOR THE DISABLED COMPETING IN IPF SINGLE LIFT BENCH PRESS CHAMPIONSHIPS.
Page 16 IPF Technical Rules

Include in the first paragraph:-

Severely mobility impaired lifters may use their wheelchair to access the platform/bench.

Reason:

Discriminating against lifters on the basis of disability or mode of access to the bench is not legally defensible under the laws of most countries.

WORLD RECORDS

Page 31 World, Continental, Regional and National Championships.

Change sentences in first paragraph of I to read:

Men's 50-59 and 60+ records exceeding those gained in the 40-49 age group will be included in the 40-49 category.

Men's 60+ records exceeding those gained in the 50-59 age group will be included in the 50-59 category.

Women's 50+ records exceeding those gained in the 40-49 age group will be included in the 40-49 category.

Likewise, Sub-Juniors 14 / 18 records exceeding those gained in the Juniors 19 / 23 age group will be included in this group.

Reason:

It would appear logical that the lifter "advancing" in years should be credited with a record in the lower age category if the record made in the higher age category exceeds that record.

A Sub-Junior who may make a new Open Record but be unable to claim the Junior Record just does not make sense.

GENERAL RULES OF POWERLIFTING

Page 3 and 4 Age Categories.

Change Masters to read:

Men - Masters One: from 1 January in the calendar year in which he reaches 40 years to and including the calendar year in which he reaches 49 years.

Men - Masters Two: from 1st January in the calendar year in which he reaches 50 years to and including the calendar year in which he reaches 59 years.

Men - Masters Three: from 1st. January in the calendar year he reaches 60 years and upwards.

Women - Masters One: from 1st. January in the calendar year in which she reaches 40 years to and including the calendar year in which she reaches 49 years.

Women - Masters Two: from 1st. January in the calendar year in which she reaches 50 years and upwards.

Reason:

Much less confusing especially if lifters birth date may be on the eve or day of competition and for some reason his/her class day is changed. Yes, it does happen

Also, year of birth would be of great help to the records Registrar who is experiencing some difficulty in processing

Note:

At the 2000 Rules Congress a proposal that the Technical Committee may submit one A4 sheet of essential proposed changes per annum was accepted by delegates. This would probably consist of up to six items.

This has not been written into the draft copy of the Constitution and By-Laws which no doubt should be an addendum to Powers 7.2.14

'A' GROUP. ELITE LIFTING IN PRIME TIME

I see no difficulty in this, or any real need for a change of rules to accommodate it. IPF Technical Rules ORDER OF COMPETITION page 20 (b). A session can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the organizer for purpose of presentation.

At the Men's Open World Championships in Prague 4 - 5 years ago, as Technical Secretary, I suggested doing just this in the 82.5kg class, for there were 28 lifters. An ideal time to begin this procedure. I believe the programming prevented this.

It would be quite easy at the Technical Meeting when one knows the number of lifters in each class (generally 75kg - 110kg to warrant) to announce that this will take place and programme accordingly.

My only concern is that we may experience the problem W/L is still undergoing. B class lifters finding some fictitious way or otherwise of getting themselves into the A group, thus making fools of themselves and an embarrassment to the organiser/officials. Yes, I know - Grouping shall be determined by examining the lifters best totals achieved at national or international level during the previous twelve months???

TOO MANY AWARDS! (MEDALS)

All lifters and officials who partake in the IPF World Championships receive a participation certificate. Is it demeaning for a lifter to receive a small token who places 1st, 2nd, 3rd in the squat? It may be regarded by some to be of a lesser value if there are e.g. just six in the class, but to remove this incentive from the rules, we feel would be a retrograde step, not in the interest of the lifter, or our sport generally.

Merit award certificates may be presented in lieu of medals T. R. page 5 item 13.

BOMBED LIFTERS COMPETING FOR INDIVIDUAL MEDALS

I am not so sure about this one, even though our priority has always been in favour of the lifter. It may encourage the one lift merchant and appear contradictory to that of, no total: no record.

I will debate this with committee members and report on our findings.

Finally, we are a pro-active and fair minded committee, taking the initiative always ready to listen. But the old adage still rings true.
If it's not broke why mend it?

INZER ADVANCED DESIGNS

Peter Thorne of Inzer has submitted a new Support shirt for approval.

This soft back shirt complies with all the IPF technical specification and is approved for use in IPF competitions from 1st. August, 2002.

The new bench shirt is call the **PHENOM** and has been added to the Approved List