

TECHNICAL COMMITTEE NEWS BULLETIN NO 1 2009

ELEIKO (Platform)

The ELEIKO Powerlifting Platform as advertised in their catalogue does not conform to IPF regulations and is not "IPF Approved". The surface of laminate board and rubber is contrary to the rule which says that it must be covered with non-slip carpet.

This particular platform was used at the recent Asian Bench Press Championships which eventually had to be covered with carpet because of the increasingly slippery surface.

Letters to and from ELEIKO SPORT AB

John Stephenson wrote: - You may recall that we discussed the Powerlifting Platform as featured in the ELEIKO Brochure, and the fact that the surface does not conform with the requirement as laid down in the IPF Technical Rules i.e. it must be of non-slip carpet, whereas, that of ELEIKO - Laminate and Rubber.

Having attended the Asian Bench Press Championships, this particular platform was in use. It eventually had to be covered with carpet as the surface progressively became more slippery. Those lifters who had cause to use blocks were at an advantage for these were covered by carpet.

Perhaps you would be inclined to review this item, as it would appear that it is being purchased as a legal accessory for use in IPF Events.

ELEIKO SPORT AB wrote: - The issue has already been brought to our product development meetings and our absolute aim is to come up with a platform that corresponds to the IPF Technical Rules. We have highest priority on this issue.

For the World Games in Kaohsiung Chinese Taipei we will do a platform 4 X 4 m, 30 mm thick with a non-slippery carpet (is under construction and will be tested). If this turns out well I think this could be the model also for our present 3 X 2 .5 m platform.

Round System

The words - **and the lifter having been called to the bar by the speaker** - have been added to paragraph (g) page 22 Technical Rules.

Rules (proposals)

As was mentioned in the last of our 2008 bulletins, certain items were discussed at a Technical Committee Meeting held in conjunction with the 2008 Open Powerlifting Championships held in St. Johns Newfoundland. One proposal that appears to be of some interest is that - **The bar must travel a distance of at least 15 cm's from chest to lockout.** One lifter who showed some concern was Denmark's "Mighty Atom" World Record Holder Anton Kraft. After a gym session he was delighted to discover that a 20 cm distance was measured. It can be gauged from this that there can be no excuse for any other lifter not being able to achieve the proposed 15 cm's at least.

The laughable performances of so called bench presses and records taken when the bar moves 5 cm's because of little more than a shoulder shrug/rotation must be eliminated. How is it to be judged? If in the opinion of the referees the bar is not at least 15 cm's above the chest, then the signal will not be given to "start". As in the squat, should the lifter in the opinion of the referees not be up-right 15 degrees maximum or less, the signal to "squat" will not be given.

Scales

One other proposal of importance is that - **scales must register to the 2nd place of decimals.** It may seem logical that should be so, but at many championships this type of scale is not available. Although possible, it is unlikely that two lifters will weigh exactly the same, therefore the lifter finishing first with the same total and no doubt the lower lot number becoming the winner, will hopefully not occur.

Rules Clinic

Having been invited to the Asian Bench Press Championships as an observer/guest, and to offer any assistance, I thought it would be an opportune time to conduct a Rules Clinic. A well publicised Rules Clinic was organised (Power Point Presentation, Bench, Bar and Lifter to demonstrate) which disappointingly turned out to be a complete waste of time and effort, as only one person showed up. These clinics are compulsory at all Regional Championships which Regional Members of the Technical Committee should administer. It is their responsibility. They should have the knowledge to construct a format. A quite comprehensive clinic can be found on the IPF Website, Technical Bulletin No 1 2008. It is in the interest of all to attend.

It was obvious from some of the results of "performances" by certain referees sporting the red badge, that these particular referees are the very people who are in need of this education.

All International Referees must have attended a Rules Clinic before the next renewal of licenses January 2011.

Regarding the Asian Championships Dr. Josephine Ip and Hong Kong Powerlifting directed an extremely well organised competition.

Weigh-in

It was brought to my notice that an almost unbelievable incident occurred of late at a Regional Championships whereby a lifter weighed in slightly overweight in the 60 kg class but was allowed to lift in this, his chosen category. Apparently, he did not have a coach with him, and there may have been a language barrier, but, how could this have passed by referees, speaker and scoreboard. It was not until the second round that it was brought to the attention of the jury. Of course the weight lifted had to be transferred into the 67.5 kg class, much to the displeasure of a disgruntled team manager.

At the same meet a coach complained that his lifter had been weighed in by just one referee and this referee was also the coach of an opposing team member. **At least two referees of different nations must conduct weigh-ins at International Meets!**

Jury

A suggestion that some form of menu be devised in which the jury could relate to when making decisions i.e. reversing calls, awarding new attempts etc., would in my opinion become too inflexible and no accounting for dual or triple faults made, making for a possible "pick and mix". The jury themselves undecided.

2009 Master's Bench Press Championships

Having lived and worked in New Zealand several years ago and returning regularly since, it was my pleasure while visiting recently to deliver the new IPF Banner to the organisers of the 2009 Master's Bench Press Championships. The first on our 2009 calendar of World Events.

Unofficially I took the opportunity to view the venue and accommodation situated in Taupo in the centre of the North Island. Both are of the highest possible standard.

It was in 1994 that the Kiwi's hosted the Women's Worlds in Rotorua, just an hour from Taupo. A most successful Championship.

It can be guaranteed that all who travel to New Zealand for the meet 15th - 18th April will be pleasantly surprised by all they observe and to admit that the journey was well worthwhile. - You'll just love it! -

Referee's Examination

Congratulations to Julian Perry (NZL) for passing the Category One Exam at the 2008 Oceania Regional Powerlifting Championships.

The Category Two theory has been up-dated with "one or two" questions. Referee Registrar and Administrator Göran Gunnarsson will inform examiners.

John Stephenson
Chairman IPF Technical Committee