

## “Interpretation of new bench rules for athletes and referees”

### 1) Technical Rules Page 18, item 8:

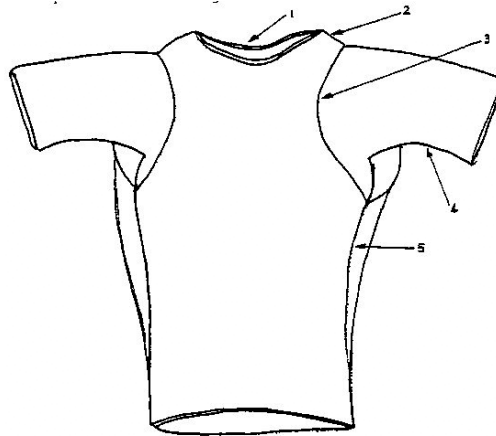
„After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), hold it motionless on the chest, after which the Chief referee will signal the audible command “Press”. The lifter must then return the bar to **straight** arms length **elbows locked**. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.”

*That means “The lifter must then return the bar to **straight** arms length **elbows locked**.” There are no exceptions, no allowances made for impairment forms. In borderline cases or doubt, the referees shall vote in favour for the athlete (as it is usual in all disciplines). Also common sense shall prevail.”*

*Clearly, the intention behind the new rule is to stop those few lifters abusing impairment forms or getting away with lifts when they didn't fully straighten their arms when in fact they would have been able to do so (but with less weight on the bar, of course). This rule is instituted to protect the large majority of lifters not abusing the previous rule of impairment forms and to ensure that all have an even playing field. It is emphatically pointed out to referees and officials to keep in mind the intention of this rule as opposed to robotically considering only the letter of the rule. Red-lighting a lift because of a microscopic technical detail shouldn't be the order of the day. We are engaged in the arduous activity of Powerlifting, not exquisite ballet. So without going soft on enforcing the **spirit** of rule, be realistic in judging the lifts. Conversely, it is called to the lifters' attention that it is your responsibility as a lifter to convince the judges that you actually straightened your arms and not try to find shortcuts to the rule. We are a sport where only performance counts!*

**2) Technical Rules Page 12/13:**

**„Supportive shirts may only have their sleeves tightened through the use of pleats (on the inside of the shirt) on the original manufacturer’s seams. Pleats may not be sewn back onto the body of the garment.“**



**„Any manipulation or doctoring of the bench shirt from the original design as supplied by the manufacturer and approved by The Technical Committee will render the shirt illegal for use in competition. The material must cover the whole of the deltoid area as arrowed 2.“**

**This regulating includes also that to shorten the sleeves is not allowed.**