

Proposals to Rules Congress 2004

RULES PROPOSALS TO IPF CONGRESS 2004

In pursuance with Constitution / Bye Laws 13.2.1

The Technical Committee

The chairman will be responsible for producing a final list of acceptable Rules Proposals for presentation to the Congress.

Please find here presented in Rule Book order:-

GENERAL RULES OF POWERLIFTING

Proposer: Luxembourg and Chinese Taipei

1 New Item 1 (f)

Should a lifter bomb out in any one of the disciplines, he or she may still compete in order to achieve a medal on any one of the remaining lifts.

Reason:

Rather than be totally disqualified it will encourage lifters to continue and still gain some award.

This proposal if passed will not change the rule which says:

Individual records will not stand unless a total is achieved.

There would also be some change to the wording in item 13 i.e....

The lifter must make a total in the competition in order to qualify for an award.

Proposer: - Powerlifting Australia

2 Rule 2

Insert "Men's & Women's combined Open World Championships", "Men's & Women's combined Sub-Junior & Junior World Championships" & Men's & Women's combined Masters 1, 2 & 3 World Championships", "Men's & Women's combined Masters & Open Bench Press World Championships" and delete competing wording.

Reason:

To allow for the World Championships calendar to be rationalized into four events, as follows (dates are suggested and to be confirmed by the E/C.

World Master (Men & Women 1, 2 & 3) - March

World Juniors (Men & Women Sub-Junior & Junior) - early July

World Bench Press (Men & Women Open Master) - September

World Championships (Men & Women) - mid to late November

Fewer, larger events reduce travel time, create economies of scale in various costs, create events of magnitude comparable to other sports.

To give equal weighting and prominence to Women's Open Worlds.

Proposer: - Powerlifting Australia

3 Rule 3 - Sub-Junior, delete "18 years", insert "19 years"

Junior, delete "19 years", insert "20 years"

Reason:

To make Sub-Junior category one year older

- the current Sub-Junior is lopsided, with few lifters aged 14 - 18 and many aged 19 - 23
- three World Sub-Junior Championships have been held and have essentially been failures, i.e. low attendance and devaluation of the World Championships concept;
moving the Sub-Junior Worlds to a combined event with Junior Worlds only hides and does not change the underlying problem of few lifters in the current Sub-Junior category

Proposer: - British Weightlifters Assoc - P.L. Australia

4

Insert between the first and second paragraph of item 4

Men 70 years of age (calendar year) and over, to receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) Formula.

Women 60 years of age (calendar year) and over, to receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) Formula.

Reason:

To encourage these particular lifters to compete against each other. As yet, there are not enough competitors to warrant class weights in these categories.

Proposer: - Norwegian Powerlifting Federation

5

Re-word item 7 as that in bold print.

Each Nation must submit a team roster giving the name of each lifter and his/her body weight category.

Personal bests from National or International Championships during the previous 12 months shall be stated. This may include his/her result achieved at last years International Championships in the same body weight category. The date and title of the competition in which the total was achieved must also be stated.

These details must be submitted to the **Championship Secretary** of the IPF or Region and also the Meet Director at least 21 days before the date of the Championships.

The names of the alternates or reserves with their bodyweight categories and best totals **achieved at National or International Championships** must also be submitted at this time. **Nominated lifters without results from any of the above Championships will be ranked in the first group to lift if his/her bodyweight category will be split into groups.** Failure to comply with any of these requirements, may result in disqualification of the offending team.

A lifter cannot produce a qualifying total via his national federation for entry into World, International, or Regional championships while he is under suspension by the IPF or Region.

Reason:

To simply have more control over the grouping.

General Secretary replaced by **Championship Secretary.**

Proposer: - European Powerlifting Federation

6 - Item 10

Change second sentence to read - If a referee from that Nation is present or, if present, is **not available** in the capacity...

Reason:

By taking away "does not act" and replace by **not available**, one does not need to use all of the referees nominated for a Championships. That gives the Technical Director the option to use any of the referees.

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EQUIPMENT AND SPECIFICATIONS

Proposer: - IPF Technical Committee

7

Only Squat and Bench Racks and Benches from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.

Reason:

To secure a high technical standard at International Championships.

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COSTUME AND PERSONAL EQUIPMENT

Proposer: - IPF Technical Committee

8 - Socks

Delete the following sentence: The Medical Committee insist that shin length socks be worn to cover and protect the shins if the lifter so happens to drag the bar on the shins - and insert - **Shin length socks shall be worn to cover and protect the shins while performing the deadlift.**

Reason:

The present situation where the bar has to be cleaned between " every other lift " with a sterile solution, dried, plasters torn from shins and adhering to the bar, is considered to be unhealthy, unsightly, and totally unacceptable.

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POWERLIFTS AND RULES OF PERFORMANCE

Proposer: - Powerlifting Australia - IPF Technical Committee

9

Bench Press: Change paragraph eight, page fifteen to read:

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 being held at the chest for a definite and visible pause, the audible command "**press**" will be given. The lifter must then return the bar to arms length **extended evenly throughout**, both arms locking out simultaneously/to-gether. When held motionless in this position the audible command "rack" shall be given with a backward motion of the arm.

"Pronounced/exaggerated" to be deleted from 4. Causes for disqualification of a Bench Press.

To be consistent with the above.

Reason:

To re-introduce the signal at the chest will eliminate the touch and go syndrome which has become progressively worse since the signal was abolished.

"Immoderate" uneven extension has created wide variations in interpretation, extended evenly throughout will return the bench press to a relatively "black and white" lift to judge.

Proposer: - Swedish Powerlifting Federation

10

Bench Press - Single Lift:

Five attempts. The lifter must have achieved a lift in one of the first three attempts to be able to continue.

Reason:

Five attempts will make for a more interesting competition.

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WEIGHING - IN

Proposer: - European Powerlifting Federation

11

The body weight category in which the lifter is nominated at the Technical Meeting cannot be altered after that time. This rule applies equally to that of the alternates/reserves.

Reason:

- a) Gives the organiser adequate time to prepare all the competition lists and to specify inputs to the competition computer programme prior to the start of the competition.
- b) Grouping of lifters can be made and announced prior to weighing-in. Essential when the B Group lifts in the morning session, and the A Group in the evening.

This will mean, if passed, changes to the following: item 6 strike the words----- for that body-weight category. Item 7 strike completely. And to the last sentence of (c) under ORDER OF COMPETITION

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ORDER OF COMPETITION

Proposer: - Powerlifting Australia - IPF Technical Committee

12

The Round System

(b) Third sentence - insert after. A session can be composed of-----the words, **one group of a bodyweight category - - - -**

Reason:

To allow for groups to be run seperately e.g. presentation of ten or so A Group Lifters for T.V. presentation as at the 2003 Men's Open Championships.

Proposer: IPF Technical Committee

13

The organiser will appoint the following officials:

(b) Technical Secretary - Strike the words---- in the absence of a member of the T.C.

Reason:

Not all members of the Technical Committee are prepared to undertake this task !

Proposer: Powerlifting Australia

14

Responsibilities of the officials are:

(c) Timekeeper-second paragraph - delete the words "after being called to the platform" and insert **after the Chief Referee signals "Bar loaded/ready"**.

Reason:

Being called to the platform is an imprecise point of time. The speaker often delays. The Chief Referee should be in control of the platform not the speaker.

This proposal if passed will affect item (a) the wording to be-
When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the **time keeper** who will **immediately begin the clock. The speaker to make a simultaneous announcement, again, calling the lifter by name.**

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REFEREES

Proposer: - Swedish Powerlifting Federation

15

Raise an arm.

In squat and Bench Press the side referees will raise their arms, and keep them raised until the lifter is in the correct position to receive the signal to begin the lift.

Reason:

To make referees more active/aware.

Note: Should this proposal pass, item 8 will need re-wording.

Proposer: - IPF Technical Committee

16

Item 19

Qualifications for a Category 2 Referee are as follows:-

Change (a) which says. A National Referee in good standing with his National Federation - to - **A National referee of at least two years standing, having officiated in the position as a referee with a minimum of two National Championships within this period.**

Reason:

To show some degree of experience.

Proposer: - IPF Technical Committee

17

Page 29 item 32

Delete the word "open". Insert the word **full** after the word championships.

Reason:

Some referees are unable to fulfil the written rule e.g. where some Nations have many referees who cannot be accommodated at the one meet. Deleting "open" will allow for all other **full** meets to be taken into account.

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WORLD RECORDS

Proposer:- IPF Technical Committee

18

Item 7

Change wording from - In no circumstances may lifters not taking part in the full competition be permitted to attempt records on individual lifts to - **Records on Individual lifts must be accompanied by a total of the three lifts.**

Reason:

As the wording now stands, the implication is that only those partaking in the said competition may attempt records. This excludes e.g. guest lifters.

We the Technical Committee are sure that the intention of the rule was as the proposal!

Proposer: - IPF Technical Committee

19

Item 12

Open World Records set in individual lifts must be accompanied by lifts of at least double the lifters **class bodyweight** on both squat and deadlift for males. The male lifter must at least achieve his **class bodyweight** on the bench press.

Female lifters must achieve one and a half times their **class bodyweight** on both squat and deadlift, while they must achieve at least half of their **class bodyweight** on the bench press.

For the purpose of the rule - 90+ and 125+ **class bodyweights** will be regarded as 92.5 and 127.5 .

The minimum weight that may be taken if it does not equate to the exact formula must be a multiple of 2.5. kgs above e.g. 56 kg class - one and a half times **class bodyweight** = 84 kgs - minimum weight accepted = 85 kgs.

In the case of "half" the **class bodyweight** in the 44 kg class the bar must, as in the rule, include collars i.e. 25 kgs.

Reason:

There has been some controversy over the current rule, suggesting that there are two or three lifters on the International Circuit, who due to bodyweight and physical structure cannot accomplish this. The proposal will still keep a minimum standard. All can achieve what is asked in the proposal.

Proposer: - Powerlifting Australia

20

Item 13 - Delete from "World Single Lift Bench Press Records" to "**Bench Press**" **Records.**

Reason:

Nonsensical to have two World Records for the same lift. It undermines IPF credibility if double-counted World Records are recognised. The records in Bench only meets are, on the whole, no better than the records in three lift meets. The IPF should now issue a World Record List with the better of the current Single or three lift Bench Press performance shown as the only World Record.
BYE-LAW 105.9 - delete "Single lift Bench Press"

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WILKS FORMULA

Proposer: - Belgium Powerlifting Federation

21

Establish a new table for single lift bench press championships.

Reason:

Wilks formula is worked out based on the lifter's total.. A new formula based on bench press statistics will give justice to lifters competing in bench press championships.

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John Stephenson
Chairman IPF Technical Committee