

## **Technical Rules Proposals**

All Technical Rules Proposals have been deferred to the General Assembly 2010 and will form part of the IPF strategic plan.

### **Bench Shirts**

Further to that written in a previous bulletin concerning the legal or illegal adjustments that may or may not be made to the bench shirts.

All bench shirts that received Technical Committee approval were to be designed so that the material covered the whole of the deltoid area when worn. This was a conclusion reached because of the uncertainty in regard to neckline circumference. This is in force!

It has been rumoured that some lifters are purchasing shirts several sizes too large and making “adjustments” whereby the neckline is so low that it barely covers the pectorals.

Although not specifically ruled under supportive shirts in the IPF Technical Rules, three cm’s width of seam applies equally as to that of supportive suits.

### **Appeals to the Jury**

All appeals against referee’s decisions must be made to the jury. Should the jury require the complaint be made in writing, this must be produced immediately following the action upon which the appeal or complaint is based. Perhaps this ruling (time wise) is a ploy to deter coaches from continuously approaching the jury table. A pre annotated note can be quickly filled in!

Should a complaint be made against a lifting member or official of an opposing team, the cash sum of 75 euros must accompany the written complaint. Unfortunately, this rule is not strictly adhered to. The jury should not consider otherwise. Several coaches have been turned away at recent championships for not fulfilling this requirement.

### **Referee’s Examinations**

Congratulations to all who have recently passed exams to become International Referees. Our thanks to the examiners for providing their time.

#### Category 1

Fernando Baez (Puerto Rico)

Louis Levesque (Canada)

Igor Derevyenko (Russia)

Remi Pronier (France)

Miroslav Vacek (Czech)

Vladimir Tejrovsky (Czech)

## Category 2

Jorge Hernandez Aguilar (Puerto Rico)  
Rosemary Marie Beer (Austria)  
Alessio Marazzini (Italy)  
John Myers (Australia)  
Ines Hemmerling (Germany)  
Dennis Unitt (Gt. Britain)  
Fred Mackenzie (Gt. Britain)  
Ian Kinghorn (Gt. Britain)

### **Welcome**

It is our pleasure to Welcome Patrik Thur e:mail [patrik.thur@telia.com](mailto:patrik.thur@telia.com) the new Referee Registrar as from January 1<sup>st</sup> 2010 replacing Goran Gunnarsson who retires after several years in the post. All of the duties associated with the job will be passed on to Patrik with Goran's guidance! They are good friends.

Once again we thank Goran for his excellent service and wish him and his wife Synnove a very happy future.

### **Category 2 Exam**

Some changes have been made to the questions in the theory paper. Patrik Thur our new Referee Registrar will furnish examiners with the new paper as from 1<sup>st</sup> Jan 2010. After this date the old paper is not to be used.

### **Tape on thumbs**

The rule says that – two layers of medical tape may be worn on the thumbs. When written the intention of this rule was that these two layers would be worn around the thumbs. Recently it has been witnessed that some are being worn length wise and over the finger tips in the form of a splint. Technical Controllers should be aware of this.

### **Medical Socks**

Both the Technical and Executive Committees have approved a medical type calf length sock designed for circulation and varicose problems. When worn, there has to be a visible separation between the socks and wraps.

When checking in, a Doctor's note must be produced stating the reason for their use. It must be pointed out that Chris Calvano MD IPF Medical Committee whose advice on this subject was requested did say that lifters with such conditions should consider the associated risk - health wise.

There is a non elastic sock available on the market also designed for such problems which exerts no pressure on the calves.

## **World Open 2009**

The 2009 World Open Championships was somewhat under subscribed, no doubt due to the recession, the security fear (unfounded), and the fact that the recent World Games may have taken pride of place. Incidentally, it has been suggested that in the year of the World Games the Open Championships be deleted from the calendar.

The quality of the lifting was nevertheless worthy of the effort the Indian Powerlifting Federation had put into the organising of this, one of our premier events.

I was particularly pleased to see Dean Bowring (G B) take the Super Heavy crown, the first Brit to do so. A class dominated over the years by USA and Eastern Europe. The closest being Andy Kerr Gothenburg 1983 when, if he had successfully pulled the final deadlift of the competition, he would have beaten the legendary Bill Kazmair.

Deano was a member of the British Junior Team I once had the pleasure to manage on an earlier trip to India. He is the most likeable and modest of lifters and a great ambassador for the newly formed Great Britain Powerlifting Federation.

The Technical Committee met on this occasion and discussed subjects relative to our brief, mainly that of proposed changes to the rules should they have been voted on in the Assembly. As has been mentioned previously, they were deferred and will now form part of the IPF strategic plan being formulated by Robert Wilks.

As this is the last of our Newsletters for 2009, on behalf of the Technical Committee I would like to wish Season's Greetings to all in the Powerlifting World, and look forward to communicating in 2010.

We trust that the Newsletter is considered informative and to be of some value.

John Stephenson  
Chairman IPF Technical Committee