

TECHNICAL COMMITTEE NEWS BULLETIN NO: 2 2008

Referee's Clinic

Apologies for a couple of errors in the print -out that was featured in the first issue of the IPF Magazine this year.

In dictation, my secretary, (her indoors) wrote forefingers in regard to gripping the bar in the squat. This should have read " four fingers "

The paragraph item 5. Any downward movement of the whole of the bar in the course of being pressed out, referring to the bench press, was mistakenly entered under the

Deadlift heading. I guess this was quite obvious to all! Corrections on the IPF Site, but too late for publication in the magazine.

Power Point Presentation

Morten Novum (Cat 1 Norway) e:mail novum@online.no is in the process of putting together a comprehensive presentation which should be available to all who conduct these clinics. When it has been viewed by the Technical Committee and meets all of the requirements, all Nations will be recommended to its use, therefore, giving world-wide uniformity of the rules. Thanks to Morten for his input.

All referees who attend will be requested to sign a form indicating that they have attended the rules clinic at least once within a four year period. After each clinic the completed form which may be loaded down from the IPF Site, must be sent by the organiser to the Referee Registrar Goran Gunnarsson, copied to The Chairman of the Technical Committee John Stephenson. This record will be filed for future reference i.e. re-registration.

Bench Press - Photos

Several photographs showing positions of the bar in relation to the chest and degrees of angle acceptable and un-acceptable have been received from John Myers (Australia) and Susumu Yoshida (Japan) and may be viewed on the IPF Site. Our thanks to them both.

It is appreciated that there may be some difficulty in distinguishing exactly the base of the sternum by the referees in judging position of bar. As in all cases of doubt, benefit must be made in favour of the lifter.

Records - Single Lift

Still receiving requests for clarification on the rule in regard to claiming single lift bench press records at a three lift meet.

The lifter is not required to make a total, but at least one **genuine/bona fide** attempt must be made on both squat and deadlift.

It has been said by some that this rule may encourage bench press specialists to participate in three lift meets to achieve single lift records. Not so! Nations will not nominate a lifter to a championship who is unlikely to gain team points.

Quest Bar - Ivanko Discs

Quest Nutrition have produced a bar meeting all of the requirements needed for International use as from 01 01 08. Quest have teamed up with the Ivanko Barbell Company whose discs they will use. This unusual " mix and match " has been approved and contracts signed. It must be recognised that no other discs may be used in conjunction with this bar, without the express permission of the manufacturers.

Note:- Bars originally approved where hand grip dimensions are dissimilar to those depicted in the Technical Rules may still be used at National Meets where World Records may be claimed.

IPF Approvals

Four Bench Shirts from METAL forwarded prior to the deadline 31 12 07 met the approval of the Committee and were added to the list, as were several sets of wraps sent by PRO-WRIST.

Shoes and Boots

Recently there has been some controversy in regard to the underside of some shoes or boots that have been offered for scrutiny, and indeed, some which have passed.

Shoes or Boots

(c) The underside must be uniform on both sides - - - -

This will be discussed at the bi-annual meeting with the Executive Committee in June. If agreed, any minor addition to the rule should not need Congress approval and will make for further clarification.

Overruling referee's decisions.

To reiterate that mentioned in the " Clinic "

Jury -Item 9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the jury in consultation with the referees reverse the decision.

By majority vote.

This has been the subject of much interest and discussion within both the Executive Committee and Technical Committee. The reason being that some overrulings do not follow that of the intention of the rule. The rule was designed for specific and downright " mistakes " made by the referees, not e.g. doubtful depth of squat, whether or not the bar was below the base of the sternum in the bench press, or whether or not both knees were exactly locked at completion of the dead lift. In cases such as these referees should be asked by the jury to be more observant of these particular points. Obvious, is more likely to mean e.g. the lifter not having waited for the signal to begin the lift, stepping backward or forward during the course of the lift, or releasing the bar (dumping). The word blatant should perhaps be replaced by the word flagrant, stressing a glaring wrong. This is alluding to decisions made by referees who appear to favour their own Country's lifters. Not to dwell on the subject for it will be continuously monitored over the coming months, but to say, let the referees do their job, with a word in their ear should they tend to stray from the written rule. If after a period of time controversy still

reigns, then perhaps an amendment to the rule will be proposed, some already having been discussed.

Intimidation

There are " one or two " coaches of some repute on the International Circuit who knowingly or un-knowingly tend to intimidate some juries. It is asked that a jury stay strong and not be influenced by grudges.

Radio Com

It has been suggested that a communication by " radio " between jury and speaker should any changes need to be made, would alleviate a jury member walking to and fro.

Depending on availability of this facility, it will provide yet more of a professional outlook on our sport.

Referees - Recent successful examinations

Cat 1

Pamela Cutjar (Australia)

Gordon Thorogood (Australia)

Cat 2

Ann Mort (Australia)

Andy Dorner (Germany)

Francois De Laere (Belgium)

Congratulations to them all.

Referees Re-registration

Goran Gunnarsson Referee Registrar e:mail referee@telia.com has asked me to make mention that until he is in receipt of the re-registration form and that the Treasurer Gaston Parage e:mail gparage@vo.lu has confirmed payment, a referee's name will not be added to the current list. He has received many forms but some fees have not been paid. To avoid any problem he recommends all Nations fulfil the criteria so that their referee's 2008 - 2011 label may be sent as soon as possible.

John Stephenson

Chairman IPF Technical Committee