

TECHNICAL COMMITTEE NEWS BULLETIN NO 3 2008

Referee Clinic

At the time of writing three official clinics have been held, one in conjunction with the Master's Bench Press Championships in Bratislava, one at the Asian Championships in Tashkent, and the other at the European Regional Championships in Frydek-Mistek Czechia. Hanie Smith Technical Committee Representative for the African Region conducted the one in Slovakia, the one in Uzbekistan conducted by Hiroyuki Ueno, Asian Region Chief Examiner. The presentation was constructed by Morten Novum Norway, Our thanks to them for getting this important item off the mark, which must be attended by all International Referees, at least once within the next four years. Twenty seven International Referees attended clinics held in Bratislava, and Tashkent. Referee Registrar Goran Gunnarsson will display them on the IPF Website marked with a red asterisk. I have no details as yet on the number who attended that in Frydek-Mistek Czechia.

" One or two points " have been brought up regarding the content of the clinic. These will be addressed in June with the Technical and Executive Committees.

Titan

Logo

Titan has registered a logo entitled TORO which depicts a bull on the belts which they are having manufactured. this " trade mark " does not need to be masked.

Wraps

THP Knee

THP letters have been replaced with a solid yellow line.

Inzer (wraps)

Knee and wrist wraps named TRUE BLACK have been added to the list of IPF Approved Equipment.

Pro Wrist Straps

Wrist and knees 2 XH and 3 XH have been approved.

New Referees

The following have recently been examined and passed the Category Two.

Jennifer Thompson (USA)

Bill Sindelar (USA)

Mike Licciardi (USA)

Sergio Centeno (Puerto Rico)

Pradeep Kumar Srivastava (India)

Sergey Menshenin (Kazakhstan)
Munkhnasan Geleg (Mongolia)
Munkh-Erdene Davaatseren (Mongolia)
Konstantin Khardin (Uzbekistan)
Babu Rao (India)
Shahnavez Majid (Iran)
Arastehfard Mahdi (Iran)
Babaei Ghane Jamshid (Iran)
Jaberi Davood (Iran)
Asadi Ali (Iran)
Mehreze (Iran)

Thanks to Robert Keller and Hiroyuki Ueno (Examiners) and congratulations to our new input.

Questions asked of the Technical committee

Causes for disqualification of a Deadlift

5. Stepping backward or forward although lateral movement of the feet or rocking of the feet between ball and heel is permitted.

Q. What exactly does lateral movement of the feet mean.

A. Lateral is to mean a sliding sideways movement of the feet or part/thereof i.e toe or heel. This movement became legal following introduction of the Sumo style and when some platforms were, or, became somewhat slippery during the course of the competition. Of course, any excessive movement would result in the bar descending which would be cause for failure. With non-slip carpet (now the only legal platform covering) this movement of the feet should not occur.

Rules for the disabled competing in IPF single lift Bench Press Championships - - - - -
They may be assisted to, and from the bench. Assisted to mean " with the help of the coach or/and with use of crutches, sticks/canes or wheelchair "

The rules of the competition apply equally to that of the able bodied.

Q. Is the coach allowed to fit and tighten the belt. Make whatever necessary adjustments the lifter feels comfortable with in regard to the shirt. Place the lifters feet on platform or blocks. Position the lifter on the bench.

A. Not having encountered such lifters on the International Circuit, it is suggested that to allow all of these points would be going outside the bounds of the rules.

Prosthetic foot placement has been witnessed! One does not wish to appear callous or discriminatory, but if the lifter is this severely disabled then perhaps the IPF is not the federation for him. His needs would be more catered for by the IPC. (International Paralympic Committee) Lifters who need a wheel chair must make enquiries of the organiser. Facilities may not be provided e.g. accommodation, position of ramp if platform is staged. The one minute time allowance must also be taken into consideration especially should the lifter not be in the correct position to immediately receive the start signal.

Q. What is the procedure should a lifter wish to move from e.g. 125kg to +125kg or visa versa and both groups weigh in at the same weigh in. 125kg first.

A. If the lifter definitely knows he is going up he should tell the referees, keep his lot number and weigh in first in the second group. On the other hand, should the lifter know he is moving down, he will be given the lowest of lot numbers and weigh in number one in the first group. The reason why 1 or 2 lot numbers are left vacant. If undecided on body weight or because of some type of " gamesmanship " the lifter has this option. Perhaps eventually the rule may change whereby the declared weight at the Technical Meeting will need to be adhered to.

John Stephenson

Chairman IPF Technical Committee