

## TECHNICAL COMMITTEE NEWSLETTER NO 4 2005

### Suits/Shirts

At the most recent meeting of the IPF Executive Committee supportive suits/shirts and their future was discussed.

The outcome is the following:-

1. As from the 15th July 2005 for a period of 90 days ( ending on 13th October ) our approved manufacturers - namely - Inzer Advance Designs - Titan Support Systems Inc - Crain Muscle World - and Metal Shop Gym have the opportunity to forward to the Technical Committee any new product for inspection under the current system.

2. The system for approval will change after this period in as much as that the suit and more so the shirt will need to be tested for safety by designated, totally unbiased lifters.

3. A moratorium on new supportive gear ( wraps have not been questioned ) other than that which is in the "pipeline" will come into force. Approvals will take place bi-annually. Next time at the IPF Congress 2007.

### Technical Rules ( Clarification and adjustments )

#### COSTUME AND PERSONAL EQUIPMENT

##### T/Shirt/Supportive Shirt

A T. Shirt or Support Shirt ( the support shirt shall be of one ply stretch material ) of any colour or colours - - - - Although not specifically mentioned under the title, it has always been considered that material for the shirt will follow that of the suit.

(e) remove the words - - - - but must cover the deltoids

#### ORDER OF COMPETITION

Responsibilities of the Officials are:

(a) - - - - When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker.

When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin.

To clarify - when the Speaker - - - -

Reason:

Reverting to the old rule is because the Chief Referee is unaware of the change in weight that maybe made in the third

round of the deadlift and that of the single lift bench press.

#### JURY AND TECHNICAL COMMITTEE

13. If music accompanies the lifting, the Jury will determine the volume. The music will terminate when the lifter takes the weight of the bar in the squat and bench press or begins the pull in the deadlift.

##### Carpet

A proposal that the platform must be covered with carpet will be put to Congress 2005. As has been recommended for several years, this has proved to be the most effective covering in terms of grip especially when performing sumo style deadlift.

Several accidents have occurred on rubber and painted surfaces, one lifter even pursuing for compensation.

#### Records

A proposal that records for women over 60 years and men over 70 years be officially registered will also be put to Congress 2005 in Miami.

#### Open or Senior

A suggestion that the term "Open" be changed to "Senior" did not meet with Executive Committee approval. The term "Open" has always been recognized within the IPF from 14 years of age to infinity. "Senior" would exclude Juniors.

John Stephenson  
Chairman IPF Technical Committee