

TECHNICAL COMMITTEE NEWSLETTER NO 5 2005

Commonwealth Championships

The inaugural Commonwealth Championships held in Northumberland England on the 9th 10th 11th September, were a huge success.

All credit to Fred McKenzie Meet Director and Fund Raiser, and Peter Fiore Director of Powerlifting Great Britain and their teams.

A little short of 100 lifters from eleven nations competed - Australia, Canada, England, Fiji, India, New Zealand, Northern Ireland, Pakistan, Republic of South Africa, Scotland and Wales. Nigeria who nominated a team failed to show. Sri Lanka too, who were offered one all expenses paid trip by the Meet Director to a lifter as a nice gesture following the Tsunami disaster did not take up the offer. No doubt there would have been more if this meet had not clashed with the IPF Junior Worlds.

Team England, both male and female fielding the larger teams understandably took the major trophies. Trophies donated by the IPF were awarded to best male and female lifter on the Wilks formula, again, both going to England.

Drug testing took place. 10 per cent of the lifters being tested.

It is proposed that these Championships will be held every two years. Bids already having been received from Australia and Fiji.

A Commonwealth Powerlifting Federation has been formed and formal application will be / has been made to the IPF.

The IPF was formed with only 7 nations and now registers close to 100. One can foresee the Commonwealth Championships becoming a major attraction on the IPF calendar and increasing in numbers dramatically.

IPF Referees

Dress - The Technical Committee have received complaints recently that some referees on the International Stage, are appearing improperly dressed. One allegedly in T. Shirt and trainers. The jury must not let this happen. It is part of their duty to see that all platform personnel are properly (by the book) attired.

Rules

It is surprising that there are a number of referees who are not keeping up-to-date with the rule changes that have been made over the years, even Category 1's sitting on the jury. Everything that one needs to know may be loaded down from the IPF Website i.e. Technical Rules where all of the up-dates are printed in the rear. Rule Interpretation and Platform Referee Brief and our regular Newsletter.

Category 1 Examination

Category 2 referees wishing to be considered for the Cat 1 Exam must use the application form and comply with the regulations as printed. Access is via the Web Site.

Once achieving the red badge, no doubt one will be asked to sit on the jury making sure that the Technical Rules are being applied correctly, and having to make some decisions that coaches and managers are opposed to. Do not be intimidated. You and your colleagues on " the bench " have supreme control in any dispute.

TECHNICAL COMMITTEE REPORT TO CONGRESS 2005

It hardly seems a year ago that I was writing our report to Congress 2004.

We have continued to keep members of the IPF informed with our regular newsletter and total transparency.

As Chairman of the Technical Committee I sat on two occasions in meetings of the Executive Committee putting our views across on matters of - proposals to Congress, clarifications, and interpretations of many Technical Rules. No doubt the " moratorium " (no new supportive shirts or suits) of two years from the date of this 2005 Congress, was one of the biggest issues.

The " IPF Approved " insignia to be printed on all forthcoming supportive shirts and suits will make for a better understanding at equipment checks.

An almost daily influx of e:mails concerning rules and allied subjects has been answered promptly to the best of the Chairmans ability.

Referee / Jury selection has been made by the Technical Committee at 5 world Championships throughout this past year, and at the time of writing the Chairman is to conduct the Technical Meeting of the inaugural Commonwealth Championships in England. Depending on the success of this meet it could be added to the IPF calendar, possibly biennially.

We have kept excellent relations with IPF Approved manufacturers and thank them for their confidence in our integrity when assessing potential approvals.

Our referee registrar Goran Gunnarsson continues to do an excellent job. Administrator of the International Referees Examination, he has supplied the following figures.

Cat 1 - India 1 Italy 2, Ukraine 2, Hungary 1

Cat 2 - France 2, USA 7, Luxembourg 2, Canada 2, Finland 1, Denmark 2, Great Britain 3, Kazakhstan 1, Hong Kong 2, Iran 1, Japan 1, Uzbekistan 1, Germany 1, India 1

Members of the Technical Committee have conducted many of these examinations.

IPF Referees as at 20-08-05

Europe 271, Africa 9, Asia 65, Oceania 19, Americas 77 - Total 441

Congress 2006 will examine the technical Rules (generally) once again. There is a move to simplify them. This may mean some deletions. Nations will be asked to forward to the Technical Committee bona fide suggestions. Please do not repeat proposals that have failed miserably in the past.

My thanks to members of the Technical Committee who have made input, and to the IPF Treasury for any funding.

To close. We shall continue to uphold the good name of the IPF and take care of our duties as prescribed.

John Stephenson
Chairman IPF Technical Committee

Rules Congress 2006

As has been mentioned in our report to Congress 2005, next year, proposals in regard to the Technical Rules will be considered by both the Technical Committee and Executive Committee. Those with merit will be put before delegates. Already we have received suggestions to reduce the excessive arch in the Bench Press. There is also a suggestion that some detail in respect to Bar and Foot movement which referees find difficult in observing, or interpretation of the rule, should be removed.

Suits and Shirts (Supportive)

As was reported in our last newsletter, the 90 day period of grace allowed to manufacturers before the new system of approvals comes into force will end/ended on the 13th October 2005. During this period Titan Support Systems Inc presented a new material named NXG Super Plus, a shirt and two costumes, one of which was approved by a former committee many years ago, but, not put into production. All received IPF Approval. Inzer Advanced Designs presented a shirt and costume. Both receiving IPF Approval.

The two year moritorium now begins i.e. no new approvals of shirts and suits until congress 2007. During this two year period manufacturers may forward new designs for safety testing to the Japanese Powerlifting Federation c/o Susumu Yoshida who has been designated to carry out this duty by the E.C. and T.C. " His" findings will be presented to both committees. All who have the pleasure of knowing Susumu will feel assured that " his " opinion is completely unbiased.

John Stephenson
Chairman IPF Technical Committee