

TECHNICAL COMMITTEE NEWSLETTER NO 7 2004

RULES PROPOSALS TO IPF CONGRESS 2004

The Technical Committee

In pursuance with Constitution (By-Laws) 13.2.1

The Committee shall within (30) days following the Congress present the Executive Committee for approval, any necessary clarifications (re-wording) and corrections to the Technical Rules required by reason of Congress decisions.

Herewith are proposals that received Congress approval and their affects, if any, relating to other Technical Rules.
The new rules will come into force on 1st January 2005.

GENERAL RULES OF POWERLIFTING 1

Page 3 New Item 1 (f)

Should a lifter "bomb" out in anyone of the disciplines, he may still compete in order to achieve a medal on any one of the remaining lifts.

Note:-

In item (d) insert the word OVERALL in the following sentence -
Lifters failing to achieve a total are eliminated from the overall competition.

Page 5 In item 13 strike the words - and a lifter must make a total in the competition in order to qualify for an award.

2.

Page 3 Item 2

Delete Men's Open World Championships and Women's Open World Championships and insert Men's and Women's combined Open World Championships (applicable from 2006).

Delete Men's and Women's combined Sub-Junior World Championships and Men's and Women's combined Junior World Championships and insert Men's and Women's combined Sub-Junior and Junior World Championships.

3.

Page 4

Insert between the first and second paragraph of item 4 Men 70 years of age (calendar year) and over, to receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) Formula.
Women 60 years of age (calendar year) and over, to receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) Formula.

4.

Page 4

Re-word item 7.

Each Nation must submit a team roster giving the name of each lifter and his/her body weight category.

Personal bests from National or International Championships during the previous 12 months shall be stated. This may include his/her result achieved at last years International Championships in the same body weight category. The date and title of the competition in which the total was achieved must also be stated. These details must be submitted to the Championship Secretary of the IPF or Region and also the Meet

Director at least 21 days before the date of the Championships. The names of the alternates or reserves with their bodyweight categories and best totals achieved at National or International Championships must also be submitted at this time. Nominated lifters without results from any of the above Championships will be ranked in the first group to lift if his/her bodyweight category will be split into groups. Failure to comply with any of these requirements may result in disqualification of the offending team. A lifter cannot produce a qualifying total via his national federation for entry into World, International or Regional Championships while he is under suspension by the IPF or Region.

5.

Page 5

Item 10

Change second sentence to read- If a referee from that Nation is present, or, if present , is unavailable in the capacity.

Clarification: If a referee is available and not requested to participate then the team will not be subject to a loss of team points.

EQUIPMENT AND SPECIFICATIONS

6.

Page 6

Beneath the itemised words SQUAT RACKS and (a) insert the words - Only Squat Racks from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.

Beneath the itemised word BENCH insert the words - Only Bench Racks and Benches from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.

COSTUME AND PERSONAL EQUIPMENT

7.

Page 10

T.Shirt / Supportive Shirt

(e) Insert after the first sentence the words - The Erector Shirt as used in the squat and deadlift maybe "sleeveless" but must cover the deltoids.

8.

Page 11

Socks

Delete the following sentence: The Medical Committee insist that shin length socks be worn to cover and protect the shins if the lifter so happens to drag the bar on the shins - and insert - Shin length socks MUST be worn to cover and protect the shins while performing the deadlift.

POWERLIFTS AND RULES OF PERFORMANCE

9

Page 15

Item 8

Delete that which says: The one second rule is recommended, i.e. held for the count of one while motionless at the chest.

Note:- This, was not a rule, but rather a recommendation from the T.C. to the lifter which apparently has caused some confusion. Robert Wilks spoke on this subject and it's removal was agreed upon.

ORDER OF COMPETITION

Page 22

The organiser will appoint the following officials:

(b) Technical Secretary - delete the words In the absence of a member of the Technical Committee.....

10.

Page 22

Responsibilities of the officials are :

(a) change the fourth sentence to read:- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the time keeper who will immediately begin the clock. The speaker to make a simultaneous announcement, again, calling the lifter by name.

Page 23

(c) Timekeeper - second paragraph - delete the words "after being called to the platform" and insert - after the Chief Referee signals "Bar loaded/ready".

Page 25

8 - Insert the word overall i.e..... from the overall competition.

REFEREES

11.

Page 27

8 Strike the words in the first sentence and replace with :- Prior to the commencement of the squat and bench press the side referees will raise their arms and keep them raised until the lifter is in the correct position to begin the lift.

12.

Page 28

Qualifications for a Category 2 Referee are as follows:- Change (a) which says. A National referee in good standing with his National Federation - to - A National Referee of at least two years standing, having officated in the position as a referee with a minimum of two National Championships within this period.

13.

Page 29

Item 32 - Re-word the sentence four International or National Powerlifting Championships during the previous.....

WORLD RECORDS

14.

Page 33

item 7 - Change wording from - In no circumstances may lifters not taking part in the full competition be permitted to attempt records on individual lifts to - Records on individual lifts must be accompanied by a total of the three lifts.

15.

Page 33

Item 12 - delete current item and insert - Open World Records set in individual lifts must be accompanied by lifts of at least double the lifters class bodyweight on both squat and deadlift for males. The male lifter must at least achieve his class bodyweight on the bench press. Female lifters must achieve one and a half times their class bodyweight on both squat and deadlift, and achieve at least half of their class

bodyweight on the bench press. For the purpose of the rule - 90+ and 125+ class bodyweights will be regarded as 92.5 and 127.5

The minimum weight that may be taken if it does not equate to the exact formula must be a multiple of 2.5.kgs above e.g. 56 kg class - one and a half times class bodyweight = 84 kgs - minimum weight accepted = 85 kgs. In the case of "half" the class bodyweight in the 44 kg class the bar must, as in the rule, include collars i.e. 25kgs.

Further to all of the above:-

The proposal that 1-2-3 on individual medals be highlighted (perhaps encircled on the score board and score sheets) is not a Technical Rule as such to be introduced into the Rule Book. A mention of this fact will be made in future T.C. Newsletters.

ORDER OF COMPETITION

Page 25

Item 11 - (to follow)

To avoid contamination a solution of one part household bleach to 10 parts water is recommended to clean blood or tissue from the bar or platform and that in the warm up area should "accidents" occur.

I spoke with Peter Thorne (Inzer Advance Designs) and he assures us that the deltoid cap will be kept on the "sleeveless" (Erector Shirt).

Referees - Please adjust Rule Books accordingly

John Stephenson

Chairman IPF Technical Committee