

# IPF Technical Rule Changes

## Technical Rule Change 1: Page 2

### GENERAL RULES OF POWERLIFTING

2. The IPF, through its member federations, conducts and sanctions the following World Championships:

The major events on the IPF calendar are as follows:

- Equipped World Open Powerlifting Championship
- Equipped World Sub-Junior and Junior Powerlifting Championship
- Equipped World Masters Powerlifting Championship
- Equipped World Bench Press Championship (Open, Sub-Junior/Junior and Master)
- Classic World Open Powerlifting Championship
- Classic World Sub-Junior and Junior Powerlifting Championship
- Classic World Masters Powerlifting Championship
- Classic World Bench Press Championship (Open, Sub-Junior/Junior and Master)
- University World Cup
- Other international events as approved by the EC.

The Championship Secretary, in consult with the Executive Committee, shall ensure that major international events do not clash. If necessary, sanction(s) may be refused to achieve an orderly Calendar. **If necessary, the events on the Calendar may be combined into one championship.**

## Technical Rule Change 2: Page 3

### Body Weight Categories:

#### WOMEN

Sub-Junior & Junior only-up to 43.0 kg

47.0 kg Class up to 47.0 kg

52.0 kg Class from 47.01 kg up to 52.0 kg

57.0 kg Class from 52.01 kg up to 57.0 kg

63.0 kg Class from 57.01 kg up to 63.0 kg

**69.0 kg Class from 63.01 kg up to 69.0 kg**

**76.0 kg Class from 69.01 kg up to 76.0 kg**

~~72.0 kg Class from 63.01 kg up to 72.0 kg~~

84.0 kg Class from 76.01 kg up to 84.0 kg

84.0+ kg Class from 84.01 kg up to unlimited.

5. Each nation is allowed a maximum of eight (8) competitors spread throughout the range of the eight (8) bodyweight categories for men and eight (8) competitors throughout the range of ~~seven~~ **eight** (7) **(8)** bodyweight categories for women. In the Junior and Sub-Junior age categories nine (9) for men and nine (9) for women. There must not be more than two competitors from any one nation in any particular bodyweight category

## Technical Rule Change 3: Page 10 to 16

### PERSONAL EQUIPMENT

#### Suits (to be deleted)

##### Non-supportive

~~(f) A Female lifter is not allowed to use knee wraps or knee sleeves over a full body suit in Equipped or Classic competitions.~~

#### Inspection of Personal Equipment (to be deleted)

~~(k) Coach or Lifter must confirm lifters participating in the contest to the Chief referee no later than during the first round of the weigh-in for that particular bodyweight category to be able to weigh in.~~

## Technical Rule Change 4: Page 19

### POWERLIFTS AND RULES OF PERFORMANCE

#### Bench Press

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees. ~~The Chief referee shall position himself on the head side of the bench press rack.~~

#### Causes for Disqualification of a Bench Press:

8. Any contact of the lifter's feet with the bench or its supports. ~~Lifting of the feet is not allowed. Foot movement is permissible but must remain flat on the platform~~

## Technical Rule Change 5: Page 34

### IPF Rules for CLASSIC (Raw/Unequipped) Powerlifting

~~(Last sentence below to be deleted)~~

#### Inspection of personal equipment in competitions designated as Classic/Raw

In competitions designated as Classic/Raw, the lifter shall present all items of Personal Equipment to the Referees conducting the weigh-in for their class, during that weigh-in. Any items not meeting the specifications of the Technical Rules or considered by the Referees to be unclean or torn shall be rejected at that point and the lifter shall have the option of re-submitting alternative items. During the conduct of the competition the Technical Controller shall also examine items of personal equipment worn by lifters in the warm-up or preparation areas and shall reject any items not meeting the specifications of the Technical Rules. The Technical Controller shall also reject any knee sleeves that have been put on the lifter with the assistance of any other person or method, such as the use of plastic sliding's, the use of lubricants and so on. Should a lifter go onto the lifting platform and/or perform a competitive lift wearing an item of Personal Equipment not meeting the specifications of the Technical Rules, the Referees shall proceed according to rule "Referees" 6 (d). Referees and the Technical Controller for their bodyweight category must assemble 5 min prior the start of the inspection of personal equipment. ~~Coach or Lifter must confirm lifters participating in the contest to the Chief referee no later than during the first round of the weigh-in for that bodyweight category to be able to weigh in.~~

## **Technical Rule Change 6: Page 34-37**

### **Personal Attire**

#### **Suits**

##### **Non-Supportive (to be deleted)**

~~(f) A Female lifter is not allowed to use knee wraps or knee sleeves over a full body suit in Equipped or Classic competitions.~~

## **Technical Rule Change 7: Page 36-37**

### **Inspection of personal equipment in competitions designated as Classic (To be deleted)**

~~Coach or Lifter must confirm lifters participating in the contest to the Chief referee no later than during the first round of the weigh in for that particular bodyweight category to be able to weigh in.~~