

## IPF RULES CHANGE FOR 2024

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- 1.(b) *Competition takes place between lifters in categories defined by sex, body weight and age. The Men's and Women's Open Championships permit lifters of any age in excess of 19 years.*

Individuals under the age of 19 years are no longer able to compete at an Open IPF event.

- 1(c) *In the event of a Powerlifting or Bench Press Championships being combined..., a lifter has the option of competing in both Championships...Master 3 & 4 lifters are not allowed to compete in Open Class.*

Master 3 and Master 4 lifters are no longer allowed to compete as an Open lifter.

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*Men and Women – Open: from the day he/she reaches 19 years and upwards (no category restrictions need apply).*

The open category is no longer from 14 years and upwards.

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11. *Team award shall be given for the first three places with Medals...Teams with less than 3 lifters will not receive medals.*

In order for a country to be considered a Team, it must have 3 or more members to qualify for Team Medal consideration.

12. *At all IPF Championships, a "Best lifter" award shall be given to the lifter who produces the best performance based on the IPF formula...Categories with less than 3 Lifters will not receive any "Best Lifter" awards.*

If there are less than 3 lifters in a category, then a Best Lifter award will not be given, eg. If there are less than 3 lifters in the whole of a Master 4 class, they will not receive a Best Lifter trophy.

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### **Lights**

*They must be wired or electronic/wireless in such a way that they light up together and not separately when activated by the three referees.*

The addition of "electronic/wireless" has been added to the text.

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Non-supportive

(a) *The suit shall be one-piece and form fitting without any looseness when worn.*

*"Lifters can wear an approved long-legged singlet, but without knee sleeves or knee wraps." Whichever singlet a lifter wears for the squat, they must wear the same singlet throughout all disciplines. Note that TC will need to check that no knee sleeves are worn.*

If a lifter chooses to wear a long-legged singlet, then a long-legged approved singlet must be worn for the whole of the competition. They may **not** choose to wear a traditional singlet for one lift and then wear a long-legged one for the other lifts. If a long-legged singlet is worn, knee wraps or knee sleeves may **not** be worn at the same time.

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**T-Shirt**

(b) *The t-shirt must have **tight fit "Form Fitting"** sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing. See pictures below [rule book].*

This is self-explanatory.

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**Head Wear**

- 1. Hats are strictly forbidden to be worn on the platform during lifting.*
- 2. Female lifter may wear Hijab (head scarf) while lifting. In Bench Press the Jury or Referees may require the lifter to affix her hair accordingly to the performance of the Bench Press.*
- 3. Standard commercial sweat bands one colour (Black or White) may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.*

This section has been added to speak specifically about head wear. Headbands may now only be white or black and will not have any logos on it. Wrist wraps and wrist sweatbands are not allowed to be worn together.

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**Bench Press**

9. *The height of the safety racks can be adjusted by the jury for safety reasons.*

This is self-explanatory.

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**Miscellaneous Rules (loading errors, misconduct, appeals etc.)**

1. During any competition taking place on a platform or stage, only the lifter and **ONE (1) coach**, members of the Jury, officiating referees, spotter/loaders and the Technical Controller will be allowed around the platform or on the stage.

...

Dress code for coaches at international events shall be national team tracksuit plus team or IPF approved t-shirt, or sport shorts plus team or IPF approved t-shirt, **NO HATS, NOT TAKING PICTURES or MAKING VIDEOS.**

This is self-explanatory.

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**JURY**

9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation **verbally or electronically** with the referees, by unanimous jury vote with (3) Member Jury or with Majority vote with (5) Member Jury may reverse the decision...

This is self-explanatory.

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**COACH RESPONSIBILITY**

This section is a new addition to the IPF Rules and sets out the responsibility of a coach.