

Hello lifters! I hope you've all had a great meet prep thus far. Below you will find the rules briefing for 2024 IPL European Powerlifting Championships.

Please read the Rules Brief in its entirety. Understanding the rules will help you know what to expect and help us in running a smooth and successful meet.

LOCATION, DATE, & TIME:

- Location: Nordstadthalle Schwetzingen, Grenzhofstrasse, Schwetzingen, Baden-Württemberg, 68723 Germany
Remark: there is currently an unexpected construction going on. Please make sure to arrive from the south (Schwetzingen) and park in the neighbourhood. If your hotel is in walking distance, we recommend that.
- Date: Friday, 21-23 June 2024
- Start time: 10am each day
- Full event information: <https://www.germanpowerliftingunion.de/ipl-europeans2024/>

WHAT TO EXPECT:

- Upon arrival at weigh-ins, you will be asked to provide your rack heights, opening attempts in **kilos**, and any records you will be attempting on your first attempts.
- **Please be prepared to show:**
- Government-issued identification or passport.
- Current National membership card from your country and an IPL Membership card. (remark: some national federations, like Germany, don't have a national membership card)
- **All equipment you plan to wear on the platform, including singlet, t-shirt, underwear, belt, wraps, sleeves, socks, and shoes.**
- Please refer to the [IPL Rulebook](#) for complete rules.
- **Minors (under 18) are required to weigh-in with a parent or legal guardian present.** Minors without a parent or legal guardian will be weighed in their singlet.

ROSTER:

- See attached Lifting roster.

WEIGHINS:

- 10am-12pm and 6pm-8pm each day

RECORDS:

- Make sure you inform us at the weigh-in or tell the score table that you will be attempting a record so it can be recorded on your scorecard and the speaker can make an announcement.
- Please check the records at this link: <https://records.powerlifting-ipl.com/>
- Only World and National (European, US...) records can be chipped by 1/2kg. 4th attempts are only allowed on World national (European, US, ... not German records for example) records. All other records, ie, State (German, Greece...) can only be broken by 2.5kg increments.
- State (for European lifters: your countries, i.e. German, Greece...), National (for example European) and World records can be set at this event.

AWARDS:

Awards will be presented at the end of each day. Competitors placing are required to be at the award ceremony. The Best Lifter Awards for women will be presented on Saturday and the Best Lifter Awards will be presented on Sunday

A REMINDER TO ALL IPL LIFTERS:

- All lifters must use over-the-calf socks in the deadlift event.
- A one piece singlet is required.
- Rule 3.6.2: All underwear will be traditional “legless brief” style, also known as having a “V” cut leg opening. Aka “tighty whiteys”
- Rule 3.11.18: The use of kinesiology tape (KT tape) or similar tapes is not allowed.

GENERAL RULES:

- Remember: do not step on the platform for any lift until the head judge gives the command “Platform is ready”. This also starts your 1-minute clock for your lift.
- Only minor adjustments requiring no assistance may be made while on the platform – no one else is allowed to assist you (e.g. tightening belt). No swearing or unsportsmanlike conduct will be tolerated. If you are going to use nose tork it must be out of the audience's view and away from the platform.
- No lifter may approach the bar with any blood showing. Your time clock will continue once notified of the problem, and it is the lifter's responsibility to correct it before timing out.
- Pressed talcum powder (pool chalk) will be provided to be used instead of baby powder. It should only be applied in the designated area. We will have a dedicated area in the warm-up room for applying talcum.

REVIEW OF THE LIFTS:

- In all three lifts, you will have one minute from the time the announcement that the bar is ready for you to start the lift. Starting the lift in the squat and bench means unracking the bar in order to stop the clock. Starting the lift in the deadlift is the first movement of the bar from the ground.
- If a lifter needs to change his/her opening attempt, he/she has until 5 minutes prior to the start of his/her flight. 2nd and 3rd attempts may not be changed once submitted, with the exception of the third round deadlift attempts, which may be changed twice subject to the bar not having already been loaded to the lifter's originally chosen weight.
- In the third round of the dead lift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight.
- Any lifter competing in the single lift bench or deadlift can change their 3rd attempt twice right up until the time they are called to the platform.
- Please stay with the bar in case of a missed lift. The spotters are here to help you, however it is vital for everyone's safety that you stay with the bar and don't drop or dump it on the spotters.

SQUAT:

- When the lifter unracks the bar to get in position and is motionless, erect with knees locked, the Chief Referee will give the signal consisting of a downward movement of the arm and the audible command “Squat”.
- Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. The attempt is deemed to have commenced when the lifter's knees have unlocked.
- The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
- The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then move forward and return the bar to the racks. The lifter must stay with the bar during this process.

CAUSE FOR DISQUALIFICATION OF A SQUAT:

- Failure to observe the Chief Referee's signals at the commencement or completion of a lift.

- Double bouncing at the bottom of the lift, or any downward movement during the ascent.
- Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
- Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees.
- Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.
- Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals to make the lift easier.
- Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no support that might aid the lifter.
- Any dropping or dumping of the bar after completion of the lift.
- Timing out
- Failure to comply with any of the items outlined under Rules of Performance for the squat.

BENCH PRESS:

- The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat or on the toes. Hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip or a thumbless grip is also allowed along with a reverse grip.
- To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform.
- After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off must be at arms length.
- After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall show full lockout of both elbows.
- Note: if you have a handoff man – make sure he moves out of the way of the ref so the ref can give the commands.
- Once the lifter receives the hand-off at full arms length the chief referee will then give a "Start" command. The lifter must lower the bar to the chest or abdominal area, hold it motionless on the chest or abdominal area. The referee will then give the signal, "press". The lifter must then return the bar to arms length with no excessive or pronounced uneven lockout of the arms. (slight uneven extension is allowed but is up to the discretion of the referee) When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.

CAUSE FOR DISQUALIFICATION OF A BENCH PRESS:

- Failure to observe any of the Chief Referee's signals.
- Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, buttocks, or feet off the floor / blocks / plates / or lateral movement of hands on the bar. The head can come up or down during the lift.
- Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
- Any pronounced / exaggerated uneven lockout at the completion of the lift.
- Any downward movement of the bar in the course of being pressed out.
- Failure to press the bar to full extension of the arms at the completion of the lift.
- Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
- Any contact of the lifter's feet with the bench or its supports.
- Deliberate contact between the bar and the bar rests support which would assist the lifter.
- Failure to comply with any of the items outlined under the Rules of Performance.

DEADLIFT:

- The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- On completion of the lift the knees shall be locked in a straight position and the shoulders back.
- The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- Any raising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be a reason to disqualify the lift. In the third round of the dead lift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight.

CAUSE FOR DISQUALIFICATION OF A DEADLIFT:

- Any downward movement of the bar before it reaches the final position.
- Failure to stand erect with the shoulders back.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
- Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
- Lowering the bar before receiving the Chief Referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands, i.e. : releasing the bar from the palms of the hand.
- Failure to comply with any of the items outlined under Rules of Performance.

Finally, as athletes we require that everyone demonstrates control. That means no cursing, rudeness or out of control behavior on the part of the lifter or coach will be allowed.

Good luck! If you have any questions please reply back to this email. Thank you.