

Questions to IPF 260110 regarding rules 2026

Page 10 & 25:

The text ending with “shoulders back” has been deleted. Is this correct, or is it still mandatory to pull the shoulders back? The text has not been deleted on page 25.

Page 11:

Which card (blue or yellow) shall be presented by the referees if the lifter has the barbell placed in the wrong position at the start and/or the end of a squat?

Page 12 & 25:

According to the Rule Change Proposal Explanations, it appears to be permitted to allow the bar to sink into the chest during the descending phase. Have we understood this correctly?

Page 13 & 19:

Is it permitted to use a combination of a non-supportive long-legged singlet and knee wraps in an equipped competition? Please clarify.

Page 15:

The lifter in the picture on the right is not wearing a T-shirt. Please replace with another picture.

Page 19:

Is it permitted to use long socks when wearing knee sleeves?

Page 19:

Headline “Headwear”, item no. 3:

The last sentence refers to wrist wraps and should be moved to the headline "Wraps" on the same page.

Page 21:

Headline "Squat", item no. 5:

How shall referees act if a lifter does not follow the rule "Walk through the front of the rack"?

- First offence?
- Second offence?

Page 22:

Text above the picture: Remove "but not obligatory".

Page 22:

Headline "Bench Press", item no. 1:

How shall referees act if a lifter does not follow the rule "Enter the rack from the head side"?

Is the same rule applied for both entering and exiting the rack?

- First offence?
- Second offence?

Page 25:

Headline "Deadlift", item no. 5:

How shall referees act if a lifter does not follow the rule "Step away over the bar"?

Is the same rule applied both before and after the lift?

- First offence?
- Second offence?

Page 28:

Headline “Weighing-in”, item no. 5:

Does “barefoot” mean no shoes and no socks?

Is the use of paper tissue on the scale mandatory for hygiene reasons?

How shall referees act if an underweight lifter uses light clothing to reach the correct bodyweight for the class?

This rule may cause problems for both underweight and overweight lifters. Please clarify.

Page 37:

Headline “Referees”, item no. 15:

How shall this rule be applied when a weight class is divided into two groups competing at different times or on different platforms?

Using the same referees or jury is not always possible. However, the same referees should follow the same lifters throughout the entire competition when possible.

This paragraph should be divided into several paragraphs for clarity.

Page 41:

Headline “World and International Records”, item no. 2h:

This paragraph is unclear and should be removed.

At record attempts, the lifter always follows him-/herself when granted a re-attempt. Please refer to page 30, headline “Order of Competition”, paragraph h.

Page 48:

Headline “Coach Responsibilities”:

The wording “under the influence of alcohol and drugs” should be in bold text.

Pages 42–46:

Delete all text referring to Classic lifting.

